



הצעה לפתרון בחינת הבגרות באנגלית

מועד חורף תשפ"א 2021

שאלון F

הפתרון נכתב על ידי

אירה בורנשטיין וסופי בוחניק

מצוות מורי רשת החינוך אנקורי

המורים שפתרו את הבחינה מחכים לכם פה

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QUESTIONS (60 points)

Answer questions 1-7 in **English**, according to the text. In questions 1, 3 and 4, circle the number of the correct answer. In the other questions, follow the instructions.

1. According to paragraph I, acquiring a new habit (-).

- i) is an unrealistic goal
- ii) is less effective than most people think
- iii) might help us become successful
- iv) requires little motivation

(7 points)

2. According to paragraph I, why do many people fail in their attempts to change their behavior?

ANSWER: Many people often aim for unrealistic goals.

(7 points)

3. Dr. Fogg claims his method is effective because (-). (paragraph II)

- (i) it teaches you how to concentrate at all times
- (ii) the task is so small you can do it no matter what
- (iii) you may choose to read any book you like
- (iv) nobody tells you what the new habit should be

(7 points)

4. Dr. Fogg says that if you want to change your reading habits, (-). (paragraph II)

- (i) don't begin reading when you are tired
- (ii) read only short paragraphs at first
- (iii) focus on something simple to read
- (iv) begin by reading a paragraph at a time

(7 points)





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5. According to paragraph III, how should you choose the time to practice your new habit?

ANSWER: You should fit the new habit into existing routine when it's most convenient. (8 points)

6. Why does Dr. Fogg say you should celebrate your tiny successes?

COMPLETE THE SENTENCE. (paragraph III)

Celebrating your tiny successes is a way to
 teach/ trick the brain to enjoy the new habit and look forward to it. (8 points)

7. PUT A ✓ BY THE TWO CORRECT ANSWERS.

Success in making tiny changes is important because (-). (paragraph IV)

- ...✓ i) it will improve the way you see yourself
- ii) you will become a person who exercises a lot
- iii) you will read more than one paragraph a day
- iv) you will gradually learn additional things
- v) it may even help you feel good about your failures
- ...✓ vi) it may soon lead to much bigger changes

(2×8=16 points)