

INSPIRATION COACHING CENTRE

● PASSAGE 1 – DIGITAL DISTRACTIONS AND STUDENTS

In the last decade, digital devices have transformed the way students learn. Smartphones, tablets and laptops have made information accessible within seconds. However, this accessibility has also created a culture of constant distraction. Students often switch between studying and checking notifications, leading to reduced concentration and lower retention of information.

Research indicates that multitasking with digital devices reduces productivity by nearly 40 percent. When the brain frequently shifts focus, it requires additional time to regain concentration. As a result, tasks take longer and are completed less effectively.

Despite these challenges, technology is not entirely harmful. Educational applications, online lectures and digital libraries provide valuable learning opportunities. The key lies in mindful usage. Students who schedule specific time for device usage and maintain distraction-free study hours perform better academically.

Parents and teachers also play a role. Encouraging balanced digital habits and promoting offline activities such as reading and sports can improve attention span and mental well-constant interruption.

Questions (10×1)

1. Digital devices have made information
 - (a) expensive
 - (b) accessible quickly
 - (c) difficult
 - (d) limited
2. Constant checking of notifications leads to
 - (a) better memory
 - (b) reduced concentration
 - (c) faster learning
 - (d) creativity
3. Multitasking reduces productivity by about
 - (a) 10%
 - (b) 25%
 - (c) 40%
 - (d) 80%
4. Technology is useful because it provides
 - (a) only entertainment
 - (b) learning opportunities
 - (c) distractions
 - (d) stress
5. Students perform better when they
 - (a) use phones constantly
 - (b) avoid studying

- (c) schedule device usage
- (d) multitask
- 6. Find the synonym of “encouraging” from the passage.
- 7. Why does multitasking reduce efficiency?
- 8. Complete analogy:
technology : tool :: distraction : _____
- 9. Suggest one way parents can help students.
- 10. Give a suitable title.

● PASSAGE 2 – THE RISE OF ELECTRIC VEHICLES

The transportation sector is undergoing a major transformation with the rise of electric vehicles (EVs). Increasing fuel prices and environmental concerns have encouraged governments and consumers to shift towards cleaner alternatives. Electric vehicles operate on rechargeable batteries and produce zero tailpipe emissions, making them environmentally friendly.

Many countries are offering subsidies and tax benefits to promote the adoption of EVs. Charging infrastructure is also expanding rapidly. Public charging stations are being installed in cities, highways and residential complexes. As battery technology improves, electric vehicles are becoming more affordable and efficient.

However, challenges remain. Limited charging stations in rural areas and high initial costs discourage some buyers. Battery disposal and recycling also pose environmental concerns. Despite these issues, experts believe that electric mobility will dominate the future of transportation.

Transitioning to electric vehicles can significantly reduce air pollution and dependence on fossil fuels. With continuous innovation and policy support, EVs are expected to become the primary mode of transport in the coming decades.

Questions

1. Electric vehicles operate on
 - (a) diesel
 - (b) petrol
 - (c) rechargeable batteries
 - (d) gas
2. EVs are environmentally friendly because they
 - (a) are fast
 - (b) produce zero emissions
 - (c) are costly
 - (d) are large
3. Governments promote EVs through
 - (a) taxes
 - (b) subsidies
 - (c) bans
 - (d) fines

4. One major challenge of EVs is
 - (a) speed
 - (b) charging infrastructure
 - (c) colour
 - (d) tyres
5. EVs can reduce
 - (a) education
 - (b) pollution
 - (c) population
 - (d) roads
6. Find antonym of “increase” from passage.
7. Why are some buyers discouraged?
8. Complete analogy:
battery : electricity :: engine : _____
9. Mention one environmental concern related to EVs.
10. Suggest title.

● PASSAGE 3 - IMPORTANCE OF SPORTS

Sports play a crucial role in shaping an individual's personality. Participation in sports teaches discipline, teamwork and perseverance. Students who engage in physical activities develop better health and stronger social skills. Regular exercise improves cardiovascular health and reduces stress. It also enhances concentration and academic performance. Studies show that students who participate in sports are more confident and develop leadership qualities. Sports also teach valuable life lessons such as handling success and failure gracefully. Team sports encourage cooperation and mutual respect among players. Even individual sports promote self-motivation and determination. In today's competitive world, balancing academics and sports is essential. Schools are increasingly recognising the importance of physical education. Encouraging students to participate in sports ensures holistic development and prepares them for future challenges.

Questions

1. Sports help in developing
 - (a) laziness
 - (b) discipline
 - (c) anger
 - (d) isolation
2. Regular exercise improves
 - (a) memory only
 - (b) health and concentration
 - (c) sleep only
 - (d) height only

3. Students in sports are generally more
 - (a) fearful
 - (b) confident
 - (c) weak
 - (d) careless
4. Team sports teach
 - (a) competition only
 - (b) cooperation
 - (c) anger
 - (d) silence
5. Schools promote sports for
 - (a) entertainment
 - (b) holistic development
 - (c) punishment
 - (d) exams
6. Find synonym of “vital” from passage.
7. How do sports help academically?
8. Complete analogy:
team : cooperation :: individual sport : _____
9. State one life lesson sports teach.
10. Suitable title.

● **PASSAGE 4 - SOCIAL MEDIA AND SELF-IMAGE**

Social media has transformed the way individuals perceive themselves and others. Platforms that allow instant sharing of photos and opinions have created a culture where validation is often measured in likes and comments. For many young users, online approval becomes closely linked with self-esteem.

While social media connects people across the world, it also encourages comparison. Users frequently present idealised versions of their lives, leading others to believe that such perfection is normal. This can create feelings of inadequacy and anxiety, particularly among teenagers.

However, social media also offers opportunities for creativity, learning and social awareness. Many young entrepreneurs and artists have successfully used digital platforms to showcase talent and build careers. Educational content, mental health support groups and awareness campaigns further highlight its positive potential.

The impact of social media therefore depends largely on usage. Mindful engagement, limited screen time and critical thinking can help users benefit from these platforms without harming their mental well-being.

Questions (10×1)

1. Online validation is often measured in
 - (a) marks
 - (b) likes and comments

- (c) money
- (d) followers only
- 2. Social media often leads to
 - (a) self-confidence only
 - (b) comparison and anxiety
 - (c) sleep
 - (d) exercise
- 3. Users present _____ versions of their lives
 - (a) realistic
 - (b) negative
 - (c) idealised
 - (d) boring
- 4. Social media can help entrepreneurs by
 - (a) reducing talent
 - (b) showcasing skills
 - (c) hiding work
 - (d) creating stress
- 5. Impact of social media depends on
 - (a) internet speed
 - (b) usage habits
 - (c) advertisements
 - (d) devices
- 6. Find the synonym of “encourages” from passage.
- 7. Why do teenagers feel inadequate sometimes?
- 8. Complete analogy:
likes : validation :: comparison : _____
- 9. Suggest one positive use of social media.
- 10. Suitable title.

● PASSAGE 5 – SPACE EXPLORATION

Human curiosity about space has led to remarkable scientific achievements. From landing on the moon to sending rovers to Mars, space exploration has expanded our understanding of the universe. Satellites orbiting Earth provide essential services such as weather forecasting, communication and navigation.

Space missions also contribute to technological advancements. Many everyday items, including satellite television and GPS systems, originated from space research. Scientists continue to explore distant planets in search of water and signs of life.

Despite its benefits, space exploration is expensive and complex. Missions require years of planning and advanced technology. There are also concerns about space debris and environmental impact beyond Earth.

Nevertheless, the pursuit of knowledge drives continued exploration. International cooperation among space agencies has made ambitious missions possible. Space exploration not only satisfies curiosity but also inspires innovation and unity among nations.

Questions

1. Space exploration satisfies human
 - (a) fear
 - (b) curiosity
 - (c) anger
 - (d) laziness
2. Satellites help in
 - (a) cooking
 - (b) communication
 - (c) painting
 - (d) farming only
3. GPS and satellite TV are results of
 - (a) agriculture
 - (b) space research
 - (c) sports
 - (d) trade
4. One concern about space exploration is
 - (a) rainfall
 - (b) space debris
 - (c) food
 - (d) oceans
5. Space missions require
 - (a) no planning
 - (b) advanced technology
 - (c) less time
 - (d) simple tools
6. Find antonym of “simple” from passage.
7. Why is space exploration expensive?
8. Complete analogy:
satellite : communication :: rover : _____
9. How does space exploration unite nations?
10. Suitable title.

● PASSAGE 6 – ARTIFICIAL INTELLIGENCE

Artificial Intelligence (AI) is rapidly transforming modern society. From virtual assistants to self-driving cars, AI systems are designed to perform tasks that traditionally required human intelligence. Businesses use AI to analyse data, improve efficiency and enhance customer experience.

In education, AI-powered tools personalise learning. Students receive customised lessons based on their performance and pace. Healthcare has also benefited from AI through early disease detection and advanced diagnostic systems.

However, the rise of AI has raised concerns about job displacement and privacy. Automation may replace certain routine jobs, requiring workers to learn new skills. Ethical use of AI and data protection have therefore become important global discussions. Despite challenges, AI offers immense potential. When used responsibly, it can improve quality of life, increase productivity and solve complex global problems. The future will likely see humans and intelligent machines working together.

Questions

1. AI performs tasks requiring
 - (a) animals
 - (b) human intelligence
 - (c) plants
 - (d) weather
2. Businesses use AI to
 - (a) reduce efficiency
 - (b) analyse data
 - (c) stop services
 - (d) avoid customers
3. AI helps education by
 - (a) stopping learning
 - (b) personalising lessons
 - (c) removing teachers
 - (d) exams only
4. One concern about AI is
 - (a) rainfall
 - (b) job displacement
 - (c) transport
 - (d) health
5. Responsible use of AI can
 - (a) harm life
 - (b) improve life
 - (c) reduce progress
 - (d) stop innovation
6. Find synonym of “enhance” from passage.
7. Why must workers learn new skills?
8. Complete analogy:
AI : automation :: teacher : _____
9. Mention one field benefiting from AI.
10. Suitable title.

● PASSAGE 7 - WATER CONSERVATION

Water is one of the most essential natural resources for life. Despite covering a large portion of the Earth's surface, only a small percentage of water is suitable for human consumption. Rapid urbanisation and population growth have increased pressure on freshwater sources. Conservation of water has therefore become a global priority. Simple measures such as rainwater harvesting, repairing leaks and using water-efficient appliances can significantly reduce wastage. Governments and organisations are also promoting awareness campaigns about responsible water usage.

Agriculture consumes a major share of freshwater. Modern irrigation techniques such as drip irrigation help minimise water loss and improve efficiency. Recycling wastewater for industrial use is another effective solution.

If water resources are not managed wisely, future generations may face severe shortages. Sustainable practices and collective responsibility are essential to ensure water security for all.

Questions

1. Only a small percentage of water is
 - (a) salty
 - (b) drinkable
 - (c) frozen
 - (d) polluted
2. Water conservation is important because of
 - (a) urbanisation
 - (b) population growth
 - (c) pressure on resources
 - (d) all of these
3. Rainwater harvesting helps
 - (a) waste water
 - (b) conserve water
 - (c) increase pollution
 - (d) reduce rain
4. Agriculture uses
 - (a) less water
 - (b) no water
 - (c) major share of water
 - (d) only rain
5. Drip irrigation helps in
 - (a) wasting water
 - (b) saving water
 - (c) flooding
 - (d) pollution
6. Find antonym of "scarcity" from passage.
7. Why is water conservation a global priority?

8. Complete analogy:
water : life :: air : _____
9. Mention one modern irrigation technique.
10. Suitable title.

● **PASSAGE 8 – CLIMATE CHANGE AND YOUTH ACTION**

Climate change is no longer a distant threat but a present reality. Rising global temperatures, melting glaciers and extreme weather events have become increasingly frequent. Scientists warn that human activities such as burning fossil fuels and deforestation are major contributors to this crisis.

In recent years, young people across the globe have taken a leading role in climate activism. Students are organising awareness campaigns, participating in environmental marches and demanding stronger policies from governments. Their message is clear: immediate action is necessary to secure the future.

Schools are incorporating sustainability education into their curriculum. Students are learning about renewable energy, waste management and conservation practices. Small changes such as reducing plastic use and conserving electricity can collectively make a significant impact.

While policy changes are essential, individual responsibility remains equally important. Climate change mitigation requires cooperation between governments, industries and citizens. The actions taken today will determine the quality of life for generations to come.

Questions (10×1)

1. Climate change is described as
 - (a) future possibility
 - (b) present reality
 - (c) myth
 - (d) seasonal event
2. One major cause of climate change is
 - (a) rainfall
 - (b) burning fossil fuels
 - (c) sports
 - (d) reading
3. Youth are participating in
 - (a) silence
 - (b) awareness campaigns
 - (c) pollution
 - (d) inactivity
4. Schools are teaching about
 - (a) gaming
 - (b) renewable energy
 - (c) fashion
 - (d) markets

5. Climate mitigation requires cooperation between
 - (a) students only
 - (b) industries only
 - (c) governments, industries & citizens
 - (d) none
6. Find synonym of “essential” from passage.
7. Why are students raising their voices?
8. Complete analogy:
glaciers : melting :: temperatures : _____
9. Mention one small change individuals can adopt.
10. Suggest suitable title.

● PASSAGE 9 – FINANCIAL LITERACY FOR TEENAGERS

Financial literacy is an essential life skill that is often overlooked in school education. Teenagers today are exposed to digital transactions, online shopping and investment platforms at a young age. However, many lack the knowledge required to manage money responsibly.

Understanding budgeting, saving and responsible spending can prevent future financial stress. Experts recommend that teenagers maintain a simple budget to track income and expenses. This habit promotes discipline and financial independence.

Digital payment apps have simplified transactions but also increased impulsive spending. Awareness about interest rates, credit scores and long-term investments can empower young individuals to make informed decisions.

Parents and educators must guide teenagers towards developing healthy financial habits. Teaching money management early ensures economic stability and reduces dependency in adulthood.

Questions

1. Financial literacy is often
 - (a) overemphasised
 - (b) ignored
 - (c) compulsory
 - (d) banned
2. Teenagers use
 - (a) only cash
 - (b) digital transactions
 - (c) no money
 - (d) barter system
3. Budgeting helps in
 - (a) overspending
 - (b) tracking expenses
 - (c) confusion
 - (d) waste

4. Digital apps may increase
 - (a) savings
 - (b) impulsive spending
 - (c) discipline
 - (d) stability
5. Teaching money management ensures
 - (a) poverty
 - (b) economic stability
 - (c) stress
 - (d) dependency
6. Find antonym of “responsible” from passage.
7. Why is budgeting important?
8. Complete analogy:
budget : discipline :: saving : _____
9. Mention one financial concept teenagers should learn.
10. Suitable title.

● PASSAGE 10 – THE FUTURE OF WORK

The nature of work is evolving rapidly due to technological advancements and globalisation. Remote working, freelancing and digital entrepreneurship are becoming common. The traditional concept of working in a fixed office from nine to five is gradually changing. Automation and artificial intelligence are reshaping industries. While some routine jobs may disappear, new opportunities requiring creative and analytical skills are emerging. Continuous learning and skill development have therefore become essential. Companies now value adaptability, collaboration and innovation. Employees must be prepared to upgrade their skills regularly. Online courses and digital certifications have made learning more accessible. The future of work demands flexibility and resilience. Those who embrace change and acquire relevant skills will thrive in a dynamic global economy.

Questions

1. The traditional 9–5 job concept is
 - (a) increasing
 - (b) unchanged
 - (c) gradually changing
 - (d) compulsory
2. Automation may
 - (a) create routine jobs
 - (b) remove some routine jobs
 - (c) stop innovation
 - (d) end industries
3. Continuous learning is
 - (a) optional

- (b) essential
- (c) harmful
- (d) costly only
- 4. Companies value
 - (a) laziness
 - (b) adaptability
 - (c) ignorance
 - (d) isolation
- 5. Online courses make learning
 - (a) difficult
 - (b) accessible
 - (c) expensive
 - (d) impossible
- 6. Find synonym of “resilience” from passage.
- 7. Why must employees upgrade skills?
- 8. Complete analogy:
automation : technology :: creativity : _____
- 9. Mention one emerging work style.
- 10. Suggest title.

PASSAGE 1 - Digital Distractions

- 1. b
- 2. b
- 3. c
- 4. b
- 5. c
- 6. promoting
- 7. Because brain needs time to regain focus after shifting
- 8. interruption
- 9. Encourage offline activities / balanced habits
- 10. Digital Distractions and Students

● PASSAGE 2 - Electric Vehicles

- 1. c
- 2. b
- 3. b
- 4. b
- 5. b
- 6. reduce
- 7. High initial cost & limited charging stations
- 8. fuel
- 9. Battery disposal/recycling
- 10. Rise of Electric Vehicles

● **PASSAGE 3 – Importance of Sports**

1. b
2. b
3. b
4. b
5. b
6. essential
7. Improves concentration & stress reduction
8. determination
9. Handling success & failure
10. Importance of Sports

● **PASSAGE 4 – Social Media**

1. b
2. b
3. c
4. b
5. b
6. promotes
7. Due to unrealistic comparisons
8. insecurity
9. Educational content / talent showcase
10. Social Media and Self-Image

● **PASSAGE 5 – Space Exploration**

1. b
2. b
3. b
4. b
5. b
6. complex
7. Advanced tech & long planning
8. exploration
9. Through international cooperation
10. Importance of Space Exploration

● **PASSAGE 6 – Artificial Intelligence**

1. b
2. b
3. b
4. b
5. b
6. improve

7. Automation may replace routine jobs
8. teaching
9. Healthcare / Education / Business
10. Rise of Artificial Intelligence

● **PASSAGE 7 – Water Conservation**

1. b
2. d
3. b
4. c
5. b
6. abundance
7. Due to pressure on freshwater
8. survival
9. Drip irrigation
10. Water Conservation

● **PASSAGE 8 – Climate Change**

1. b
2. b
3. b
4. b
5. c
6. necessary
7. To demand urgent action for future
8. rising
9. Reduce plastic use / conserve electricity
10. Youth and Climate Action

● **PASSAGE 9 – Financial Literacy**

1. b
2. b
3. b
4. b
5. b
6. impulsive
7. To track income & expenses
8. security
9. Interest rates / credit score / investments
10. Financial Literacy for Teenagers

● **PASSAGE 10 – Future of Work**

1. c

2. b
3. b
4. b
5. b
6. adaptability
7. Because industries are evolving
8. innovation
9. Remote working / freelancing
10. The Future of Work

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