



DIRETORIA DE EXTENSÃO E PROJETOS
CENTRO DE LÍNGUAS DO IMPARH - CLI



TESTE DE NIVEL – 2026.1

CURSO: INGLÊS **SEMESTRE:** 6

DIAS: _____ **HORÁRIO:** _____

CANDIDATO: _____ **DATA:** ____/____/____

Read the article. Then read the questions from 1 to 5 and choose the correct answers.

WORK SMARTER NOT HARDER

We all have too much work to do and too little time to do it. Managing your time is a challenge, but the secret is to work smarter not harder.

First, know when to work. When are you most awake? When are you sleepy? Some people work better at night, others first thing in the morning. You should do creative work or complicated work when you are at your best. When you're not at your best, you should do jobs which don't need a lot of thinking, like reading emails or calling a colleague.

Second, eat and sleep well to work well. Have you ever had a large lunch and felt so sleepy that you couldn't think? It's better to eat small amounts of food several times a day than eat two or three large meals. A large meal at night can have a bad effect on your sleep quality and your ability to think. It's important to not only get enough sleep but also get good quality sleep.

Exercise is important too. In fact, exercising can make you feel more awake than having a cup of coffee. In addition, exercise makes you feel happier, and happy people work better!

Finally, do the right work at the right time. Certain experts say you should do your most difficult piece of work first. After you've finished that, you'll feel ready to do almost any other job on your to-do list. But other experts say the opposite; they suggest starting with something simple. Doing that will make you feel successful and ready to do your next job.

Questions

1. What is the writer's main purpose in writing this text?

- A) To explain how people can become more intelligent
- B) To say how food can make us feel sleepy
- C) To help busy people organize their work better
- D) To explain why people work too much



2. According to the writer, the best time to do more difficult work is:

- A) early in the day after a good night's sleep
- B) late in the evening when it is quiet
- C) different for each person
- D) after finishing simple tasks

3. What may be the result of eating large meals?

- A) It might be difficult to think about work later.
- B) You will have more time for working.
- C) You can sleep better at night.
- D) You will feel more energetic during the day.

4. What does the writer say about exercise?

- A) He likes to do it after drinking coffee.
- B) It can have a positive effect on how people feel.
- C) You must do it in the morning.
- D) It only helps people sleep better.

5. When selecting which job to do, the main thing is:

- A) to decide quickly and begin.
- B) to do something that is not easy.
- C) to choose a simple task.
- D) to do the right work at the right time.

The questions 6-25 are about Use of language and Grammar.

6. Choose the correct question.

- A) Where you are going tomorrow?
- B) Where are you going tomorrow?
- C) Where do you going tomorrow?
- D) Where are going you tomorrow?

7. Choose the correct indirect question.

- A) Can you tell me where is the nearest bank?
- B) Can you tell me where the nearest bank does?
- C) Can you tell me where does the nearest bank is?
- D) Can you tell me where the nearest bank is?

8. Have you _____ worked from home before?

- A) already
- B) yet
- C) ever
- D) since

9. She hasn't finished the report _____.

- A) already
- B) yet
- C) ever
- D) for



10. I've lived in this city _____ 2018.

- A) for
- B) during
- C) from
- D) since

11. Choose the sentence that is NOT correct.

- A) We have seen him yesterday.
- B) She has already sent the email.
- C) I've never worked on weekends.
- D) They haven't arrived yet.

12. Choose the correct option.

I need ___ advice about managing my time.

- A) a
- B) an
- C) the
- D) Ø (no article)

13. You feel tired and stressed at work. What is the best advice?

- A) You must to take a break.
- B) You should take a break.
- C) You could taking a break.
- D) You shouldn't to take a break.

14. Look at the sky. It's very dark. It _____ rain soon.

- A) is going to
- B) will
- C) goes to
- D) is

15. The phone is ringing. I _____ answer it!

- A) am going to
- B) don't
- C) will
- D) am

16. I can't meet you tonight. I _____ dinner with my boss.

- A) am having
- B) have
- C) will have
- D) had



17. Choose the correct sentence.

- A) I was driving when I was seeing the accident.
- B) I drove when I saw the accident.
- C) I was driving when I saw the accident.
- D) I drove when I was seeing the accident.

18. While she _____, someone knocked on the door.

- A) slept
- B) was sleeping
- C) is sleeping
- D) sleeps

19. There isn't _____ time to finish all the tasks today.

- A) much
- B) many
- C) few
- D) a few

20. If you manage your time better, you _____ feel less stressed.

- A) feel
- B) felt
- C) will feel
- D) would feel

21. Carla usually goes to bed very late. If she doesn't change this habit, she _____ feel tired during the day.

- A) will
- B) would
- C) is going to
- D) will be

22. Yesterday evening, Mark was cooking dinner when he suddenly _____ that he had forgotten to buy bread.

- A) had realized
- B) realized
- C) realizes
- D) has realized

23. Read the situation and choose the best option:

Daniel hasn't seen this movie before, but he wants to watch it tonight with his friends. He says:

- A) I already saw this movie tonight.
- B) I've seen this movie yet.
- C) I'm going to watch this movie tonight.
- D) I watch this movie tonight.



24. Read the sentence and choose the best option:

If people spend less time on their phones before bed, they _____ sleep better at night.

- A) do
- B) would
- C) are going to
- D) will

25. Read the short paragraph.

Sofia wants to improve her physical health. She decides to start by walking short distances every day instead of doing very intense workouts. This idea is similar to the suggestion that people should:

- A) begin with something simple
- B) avoid exercise completely
- C) train only once a week
- D) focus only on difficult activities