



## The Examination

Carefully read Texts **A**, **B** and **C** and then answer the questions about the texts.

## Text A

You read the opening pages of a book:

<h3>Studies in Dreams</h3> <p>A collection of essays collated by psychologist, Adam Hall PhD</p>  <h4>Contents</h4> <table border="0"> <thead> <tr> <th></th> <th style="text-align: right;">Page</th> </tr> </thead> <tbody> <tr> <td><u>Introduction</u> by Adam Hall (PhD, psychologist)</td> <td style="text-align: right;">6</td> </tr> <tr> <td><u>Chapter 1: What are dreams?</u> by Ravi Kaur (PhD, psychoanalyst)</td> <td style="text-align: right;">8</td> </tr> <tr> <td><u>Chapter 2: Why do we dream?</u> by Serena Marshall (Assistant Professor in Oneirology)</td> <td style="text-align: right;">11</td> </tr> <tr> <td><u>Chapter 3: Common themes in dreams</u> by Susie Li (Dream Researcher)</td> <td style="text-align: right;">13</td> </tr> <tr> <td><u>Chapter 4: Nightmares and hallucinations</u> by Heinrich Muller (Neuroscientist)</td> <td style="text-align: right;">20</td> </tr> <tr> <td><u>Chapter 5: The interpretation of dreams</u> by Alice McIntosh (Dream Researcher)</td> <td style="text-align: right;">25</td> </tr> <tr> <td><u>Chapter 6: Recurring dreams</u> by Dai Parry (PhD, psychoanalyst)</td> <td style="text-align: right;">29</td> </tr> <tr> <td><u>Chapter 7: Types of dreams</u> by Pierre LeCompte (Professor of Oneirology)</td> <td style="text-align: right;">32</td> </tr> <tr> <td><u>Chapter 8: Future research</u> by Adam Hall (PhD, psychologist)</td> <td style="text-align: right;">35</td> </tr> </tbody> </table>		Page	<u>Introduction</u> by Adam Hall (PhD, psychologist)	6	<u>Chapter 1: What are dreams?</u> by Ravi Kaur (PhD, psychoanalyst)	8	<u>Chapter 2: Why do we dream?</u> by Serena Marshall (Assistant Professor in Oneirology)	11	<u>Chapter 3: Common themes in dreams</u> by Susie Li (Dream Researcher)	13	<u>Chapter 4: Nightmares and hallucinations</u> by Heinrich Muller (Neuroscientist)	20	<u>Chapter 5: The interpretation of dreams</u> by Alice McIntosh (Dream Researcher)	25	<u>Chapter 6: Recurring dreams</u> by Dai Parry (PhD, psychoanalyst)	29	<u>Chapter 7: Types of dreams</u> by Pierre LeCompte (Professor of Oneirology)	32	<u>Chapter 8: Future research</u> by Adam Hall (PhD, psychologist)	35	<h3>Introduction</h3> <p>Everybody dreams, although the context of dreams and their effects may vary dramatically from individual to individual. We can dream at any time during the night, but most dreams occur during the two-hour REM (rapid eye movement) stage of sleep. This is the period of sleep when the brain is most active and is so-called because our eyes move rapidly behind our closed lids.</p> <p>The most common types of dreams are:</p> <ul style="list-style-type: none"> <li>• <b>normal</b> dreams, which are stories we create in our minds, often based on our thoughts or memories</li> <li>• <b>lucid</b> dreams, where you know you are dreaming and can control events</li> <li>• <b>false awakenings</b>, when you think you are awake but are actually still asleep</li> <li>• <b>recurring dreams</b>, in which either the setting or events are repeated on different nights</li> <li>• <b>nightmares</b>, which will often wake you up due to the unsettling or scary images</li> </ul> <p>The scientific study of dreams is a relatively new discipline. Some ancient civilisations believed that dreams were the link between us and the gods. The Greeks and Romans thought that dreams predicted the future. In the nineteenth century, more scientific studies were conducted. In 1900, Sigmund Freud, the Austrian neurologist, published his book 'The Interpretation of Dreams'. Freud believed that unwanted thoughts were suppressed but would surface in dreams. These dreams reflected our deepest desires and most personal experiences, thought to be linked to childhood memories.</p> <p>In truth, much about dreams is still unknown. The study of dreams now has a scientific name – Oneirology – which comes from the Greek word 'oneiron', meaning 'dream'. Modern oneirologists mainly cover two fields of study: the first research how the brain functions when we dream, while the second consider the context of dreams and our experiences within them.</p> <p>Most oneirologists do not focus on the interpretation of dreams. This is often seen as a different field of study, which depends on a variety of internal and external factors and can be truly bewildering.</p> <p>This book brings together the theories of several eminent scientists on various aspects of dreams to establish where modern thinking has got to on the subject and what future research might entail.</p>
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## Text B

You read chapter 2:

### Chapter 2: Why do we Dream?

Surprisingly, in this age of technical and scientific advances, there is still no agreement among researchers as to why we dream. Since the mid-nineteenth century, many famous scientists have conducted studies from two different viewpoints.



Some have investigated what we dream about and how our dreams affect us. Others have focused on how the brain operates while we dream.

Whatever the approach, all agree that most dreams occur during the REM (Rapid Eye Movement) stage of sleep, which lasts about two hours. This is when the brain is most active. There are three main theories as to why we dream.

#### Theory 1

Some believe that dreams help us to manage our emotions. Most dreams involve emotions, both good and bad. This may be because we remember emotional experiences more than ordinary ones. For example, going to a job interview is more nerve-racking than spending a normal day at work. Perhaps dreams prepare us to handle threats or difficult situations when we are awake. Dreaming about a scary situation might help us to face our fears.

For example, having a nightmare about your child running in front of a car may prompt a discussion about road safety.

#### Theory 2

Many artists, musicians and writers claim that dreams have inspired their creativity. Daily routines can restrict creativity but when we are asleep, ideas can flow unrestrained. It may be that art inspired by dreams has a stronger impact.

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Some examples include:

- Mary Shelley, who said her idea for 'Frankenstein' came from a dream
- Paul McCartney, who apparently woke up with a tune in his head, went to the piano and wrote the song 'Yesterday'
- Albert Einstein, who discovered the theory of relativity in a dream, in which he was sledding down a mountain so fast that he approached the speed of light
- Salvador Dali, who through the images of melting clocks in his painting, 'The Persistence of Memory', explored the idea that time has no meaning in dreams

#### Theory 3

A third theory is that dreams help to improve our memory. Important memories are replayed in our sleep, allowing us to 'learn' them like words in a script or a favourite book. These memories become more permanently fixed in our minds, while unimportant memories are discarded. Dreams are often about familiar people or events, but the memories can become a bit muddled because our sleep patterns change back and forth between REM and non-REM sleep. This can result in weird dreams, which may explain why we sometimes wake up having dreamt about keeping a pet dragon or being an astronaut.

Perhaps all three theories contain some element of truth. Perhaps dreams have different functions for different people. Research on dreams continues and hopefully, one day, we will better understand the purpose of dreams.



*Serena Marshall*

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## Text C

You read the following interview on an entertainment website:

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www.Dream-researcher-Edwin-Evans.com × +

# How to Interpret your Dreams



**Dream researcher, Edwin Evans, suggests how to find out what dreams mean**

Dreams often seem to be a bizarre mix of random memories and personal experiences. They involve familiar people and places, but the context may leave us confused or even scared. You're not likely to find yourself skydiving with the King or stark naked in public! So, why does the brain give us these images and what do they mean?

Ancient Greeks believed that gods called **the Oneiroi** would send them messages about the future through their dreams. Some sort of spiritual advisor usually gave an interpretation of people's dreams. Nowadays, people turn to psychics or dream analysts to interpret their dreams, although not everyone feels the need to tell others their dreams, especially the **embarrassing** ones!

**How can you interpret your dreams?**

Dreams contain symbols which are unique for each individual person. Working out what those symbols mean is all about understanding yourself, though there's plenty of dream dictionaries available to help you. Here are my suggestions:

- keep a dream diary by your bed and write down whatever bits and pieces you remember about your dream as soon as you wake up. **Do this regularly.**
- don't leap out of bed immediately. Instead, try to stay half asleep and wait for the meaning to come. If you wake too quickly, the dream can disappear.
- don't worry if you can't remember the whole dream or if the bits you remember make no sense. Look at the **finer details** (*see appendix*).
- read back through your dream diary and look for a pattern. Use a dream dictionary to help you.
- make a note of the feelings you had in the dream and when you woke up. Do those feelings relate to a recent event in your life which had significance for you?

**Some common symbols**

If you find a symbol or feeling coming up a lot, it might have a specific meaning connected to a hidden desire or unwanted thought. It could also just be related to a memory from your past. Symbols don't always have a set meaning. For example:

- being naked in public might suggest that you're ashamed about something or it could also mean that you feel vulnerable or are concerned about how others see you
- falling might suggest that you're worried about something or that you're concerned about failing and losing control
- being chased might suggest that there is conflict in your life or that you feel threatened by something or someone
- dogs often suggest loyalty or love towards someone, but could also mean that you've had a bad experience with a dog in the past if it appears as a nightmare

**Conclusion**

Dreams may show possibilities, but only you can decide the true meaning. It may take a while but keep trying.

**Appendix**

The 'finer details' of a dream could include:

- a particular person or place
- a colour that is significant to you
- the condition of something – is it old or new?

**1**

Look at the contents page in Text A.

Which **chapter number** and **title** gives information about a dream that happens more than once?

(2 marks)

Chapter number: \_\_\_\_\_

Chapter title: \_\_\_\_\_

**2**

Give **one** reason why the writer of Text A uses underlining.

(1 mark)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3**

Look at the third paragraph in Text A.

It states that 'Sigmund Freud believed that unwanted thoughts were suppressed'.

What does he mean by this?

(1 mark)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4

According to Text A, what **two** fields of study do oneirologists cover?

(2 marks)

Field of study 1: \_\_\_\_\_

Field of study 2: \_\_\_\_\_

5

Identify **two** organisational features used by the writer of Text B.

Using the text, state what information **one** of these features helps the reader to find.

(3 marks)

Organisational feature 1: \_\_\_\_\_

Organisational feature 2: \_\_\_\_\_

Information: \_\_\_\_\_

**6**

Identify whether the following statements in Text B are **facts** or **opinions**.

(4 marks)

There are three main theories as to why we dream: \_\_\_\_\_

It may be that art inspired by dreams has a stronger impact: \_\_\_\_\_

Perhaps dreams have different functions for different people: \_\_\_\_\_

There is still no agreement among researchers as to why we dream: \_\_\_\_\_

**7**

In Text B, the writer states that 'Daily routines can restrict creativity'.

What is the writer suggesting?

(1 mark)

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**8**

According to Text B, how might dreaming help a scary situation?

(1 mark)

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**9a**

The **main** purpose of Text C is to:

Tick (✓) one box

(1 mark)

<b>A</b>	instruct readers on how to interpret dreams	
<b>B</b>	explain why people dream	
<b>C</b>	persuade readers to record their dreams	
<b>D</b>	describe what dreams are	

**9b**

The writer of Text C has used **2nd person perspective/direct address** and **imperatives** to support the purpose.

Using the text, give **one** example of each of these.

(2 marks)

2nd person perspective/direct address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Imperative: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**10**

In Text C, the writer states that you should ‘Look at the finer details.’

Using the text, give **one** example of a finer detail.

**(1 mark)**

<hr/> <hr/> <hr/> <hr/> <hr/>
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**11**

Look at the first two paragraphs in Text C.

What tone of voice has the writer used when talking about dreams?

Provide **two** examples from the text to support your answer.

**(3 marks)**

Tone of voice: _____
Example 1: _____
_____
_____
Example 2: _____
_____
_____

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Analyse the **vocabulary** used in Texts B and C and state whether they are **formal** or **informal**.

Explain your answers.

(4 marks)

Text B: _____
Explanation: _____
_____
_____
Text C: _____
Explanation: _____
_____
_____

## 13a

Compare Text A and Text C.

Identify **two** similarities or differences about **dreams**.

(2 marks)

Comparison 1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comparison 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 13b

Compare **two** ways the information has been conveyed in Text A and Text C.

In your answer, you could consider the use of:

- vocabulary
- style of writing
- tone of voice

(2 marks)

Way 1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Way 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**END OF ASSESSMENT**

**For official use only:**

	1	2	3	4	5	6	7	8	9a	9b	10	11	12	13a	13b	TOTAL
Mark(s) available	2	1	1	2	3	4	1	1	1	2	1	3	4	2	2	30
Marker																
2 <sup>nd</sup> line marker																

Marker:	
Date:	

2 <sup>nd</sup> line Marker:	
Date:	



# Level 2

## Reading

**Highfield Qualifications**

Highfield Icon  
 First Point  
 Balby Carr Bank  
 Doncaster  
 South Yorkshire  
 DN4 5JQ  
 United Kingdom

**01302 363277**  
**info@highfield.co.uk**  
**www.highfieldqualifications.com**

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