

SCHOOL OF LIBERAL ARTS

FINAL EXAMINATION

Student ID (in Figures) :

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Student ID (in Words) : _____

Subject Code & Name : **MPU2232 Thinking Skills**
Semester & Year : May – August 2016
Lecturer/Examiner : Harizah Faiz, Wan Fadli Hazilan
Duration : 2 hours

INSTRUCTIONS TO CANDIDATES

1. This question paper consists of 2 parts:

PART A (60 marks) : READING COMPREHENSION

There are **TWO (2)** sections in this part. Read the passages and answer all questions in the space provided.

PART B (40 marks) : PROBLEM SOLVING

There is only **ONE (1)** section in this part. Write your answers in the space provided.

2. Candidates are not allowed to bring any unauthorized materials except writing equipment into the Examination Hall. Electronic dictionaries are strictly prohibited.

3. This question paper must be submitted along with all used and/or unused rough papers and/or graph paper (if any). Candidates are NOT allowed to take any examination materials out of the examination hall.

4. Only ballpoint pens are allowed to be used in answering the questions, with the exception of multiple choice questions, where 2B pencils are to be used.

WARNING: The University Examination Board (UEB) of BERJAYA University College of Hospitality regards cheating as a most serious offence and will not hesitate to mete out the appropriate punitive actions according to the severity of the offence committed, and in accordance with the clauses stipulated in the Students' Handbook, up to and including expulsion from BERJAYA University College of Hospitality.

Total Number of pages = 11 (including the cover page)

PART A : READING COMPREHENSION (60 marks)

INSTRUCTION(S) : There are **TWO (2)** sections in this part. Read the passages and answer **ALL** questions in the space provided.

SECTION 1: Questions 1 – 10 (30 marks)

Read the passage carefully and answer the questions that follow in the space provided.

One of the greatest and most harmful nutrition myths is that meat doesn't belong in a healthy diet. Meat consumption is blamed for high cholesterol, high blood pressure, heart disease, and obesity. With veganism trending, many people are convincing themselves that plant-based foods can suffice when it comes to daily nutritional needs, removing all traces of meat from their diets. Unfortunately, these people may be experiencing vitamin deficiencies and suffering decreased brain volume, fatigue, and confusion.

For more than two million years we were primarily meat eaters. Only in the last 10,000 years did the human diet shift, with the cultivation of grains and legumes. But are we more suited to this diet lower in meat? In the last 10,000 years human bodies have gotten smaller in size because of our modified diet. With a heavily grain-and-sugar-based diet, we are suffering increased rates of obesity, cancer, diabetes, and osteoporosis. We're also experiencing alarming incidence of skin problems, heart disease, and inflammation of all kinds. Our genes were developed before the agricultural revolution – the revolution that started grain cultivation, when we were not only meat eaters, but enthusiastic ones at that. On top of that, the human genome has changed less than 0.02% in the last 40,000 years. Our bodies were genetically programmed for optimal functioning on a diet including meat, and that programming has not changed.

By nature, humans are meat eaters, and our bodies are designed for it. We have incisors for tearing meat, and molars for grinding it. If we were meant to survive on vegetables alone, our digestive system would be similar to that of the cow, with four stomachs and the ability to ferment cellulose in order to break down plant material. The deteriorating health conditions that are prevalent now weren't around when the cavemen were living off meat, vegetables, fish, nuts, seeds, and fruits. In hunter-gatherer societies, 45-65% of energy requirements were derived from animal sources, and heart disease, obesity and type-2 diabetes – the diseases that plague society today, were not a problem. With the introduction of grains and processed foods, these diseases reared their ugly heads at alarming rates.

Meat helps keep blood sugar levels stable due to its fat content and because it is high in protein. Steady blood sugar is critical in preventing type-2 diabetes, as well as other chronic diseases. It also helps keep energy levels steady and creates a feeling of satiety or fullness between meals, reducing cravings for unhealthy foods. With stable blood sugar, you're less likely to drool for fattening snacks and sweets between meals. Eating more meat can prevent sugar cravings as well as help burn fat. Meat has a high thermogenic effect because of its

protein content, so that approximately thirty per cent of its calories are burned off during digestion alone. Digesting carbohydrates produces only a six to eight per cent increase in energy expenditure, while digesting the protein in meat typically produces a whopping 25 to 40 per cent increase.

According to research conducted at the University of Graz, vegetarians are two to three times more likely than meat eaters to suffer from depression, anxiety, eating disorders, and mental disorders and syndromes. We rely on prescribed medication to cure some of these conditions, when the answer may be as simple as eating a juicy hamburger or tender chicken breast. Meat is a great source of complete protein, containing all the amino acids our bodies need, including the ones our bodies can't produce. All B vitamins are found in greater concentration in meats than in plant sources, and vitamin B-12 can only be found in animal sources. The B vitamins are critical to health, especially mental health. Deficits in these vitamins can cause confusion, impaired senses, aggression, insomnia, weakness, dementia, and peripheral neuropathy.

The ultimate reason to eat meat? It tastes pretty damn good. Steak off the grill, roasted chicken, tender pot roasts, need I say more? For most of us, a meal is not a meal without a delicious cut of meat at the centre of it. We love meat, and meat loves us back with a host of critical health benefits. So be true to your human nature and to your taste buds. Don't cut meat out of your life. It has way too much to offer.

Adapted from: <http://breakingmuscle.com>

1. Meat is blamed for the following diseases except (1 mark)
 - A. High cholesterol
 - B. High blood pressure
 - C. Heart disease
 - D. Veganism

2. What is the author's main reason to eat meat? (1 mark)
 - A. It tastes good.
 - B. It cures illnesses.
 - C. It is high in calories.
 - D. It is human's natural food.

3. What is the overall tone of the article? (1 mark)
 - A. Serious
 - B. Casual
 - C. Academic
 - D. Humorous

4. Explain how humour is used in the first paragraph. (3 marks)

5. How did the agricultural revolution affect humans' diet? (4 marks)

6. What is to be blamed instead of meat for the health risks mentioned in the article? (2 marks)

7. Give **THREE (3)** physical evidence stated in the article to support humans are natural meat eaters. (6 marks)

8. What is the relationship between eating meat and mental health? (2 marks)

9. Describe **TWO (2)** ways eating meat can assist in weight loss. (4 marks)

10. In your opinion, should humans continue eating meat? Support your opinion with **ONE (1)** fact from the article. (6 marks)

SECTION 2: Questions 11 – 18 (30 marks)

Read the passage carefully and answer the questions that follow in the space provided.

A study by the University of Kerala found that 48 per cent of post-graduate students responded positively to superstition – this in a state that claims 94 per cent literacy. There was no difference in students from the social science stream and those studying science. Also, students from rural societies had shown lower superstition rates than urban, so education and exposure seem to have little to do with rationalism. Superstition is, in fact, a cross-community preoccupation in India.

According to Dr Kamala Ganesh, a leading sociologist in Mumbai, "Superstition encompasses different practices, some cultural or cosmetic habits with no harmful consequences, some that are downright harmful to health and well-being, and others that discriminate against certain categories of people." Many of these, she explains, have evolved from times when the uncertainties and dangers of life and threats to survival actually made people create symbolic and metaphoric ways of dealing with them psychologically.

Dr Sumant Khanna, a senior consultant in psychiatry who specializes in treating obsessive behaviours adds: "The more primitive a society, the more prone we are to superstition. To some extent, superstition is a part of the process of evolution, as it has prevented us from being reckless."

Dr Kamala Ganesh goes on to explain that not everything constituting superstition is irrational though, and neither is rationality the only logic available to humans. "It is just one dimension of our thinking," she says. However, according to her, many such customs and practices are born out of ignorance, fear, or are a ploy for some to make money from the gullible.

We continue to be drawn to it for multiple reasons – social indoctrination, and to find some control over the unpredictability of life, being key factors. Experts say that the lack of definitive knowledge has driven society to develop alternate models such as superstition. Shujoy Dutta,

whose debut novel *"Like a Pinprick to the Heart"* deals with a family of psychics says: "We're
25 always telling ourselves stories either to explain phenomena, or to deal with life, and of course
because we don't have the answers, we prefer the better story to the more rational one."

Take, for instance, the case of a lady doctor from Rajasthan who told her daughter, a young
mother and former TV journalist, to burn dried red chillies "to remove the evil eye," when she
had a minor viral infection. Not quite a believer, the journalist did it, just to be sure. No harm in
30 covering all bases, right? The lady did get better, but possibly because of the medicines that
were going in.

Also, it doesn't just happen in India. A 2007 Gallup poll of Americans found that 13 per cent
would be uncomfortable staying on the thirteenth floor of a hotel, and 9 per cent would
actually ask for a change! Clearly then, this isn't some Eastern-world preoccupation.

35 There are common beliefs about walking under a ladder and black cats being bad luck. Plus,
India has picked up England's superstition that sighting a single magpie brings back luck
(replacing magpies with mynahs that are common here) and there are also cross-cultural
obsessions with fingernails and hair! Some believe they are of particular use to those practising
the tantric arts, while in the olden days in Europe, they were also believed to be crucial for
40 'witches' to use in their potions and brews.

Writers have lucky pens and notebooks, athletes have specific pre-game rituals and practices
and actors are also prone to irrational beliefs. Most famously, theatre actors in England don't
say the name of the play *"Macbeth"* on stage, only referring to it as "The Scottish Play", or any
of a wide variety of phrases.

45 We may be drawn to certain habits and behaviours, through conditioning, but it is repeated
coincidences that ensure we become believers. It's like me going from, *"I wore this shirt twice
and got good news!"* to *"It's my lucky shirt, I absolutely must wear it to that job interview
tomorrow."*

Of course, sometimes, it works! Goa-based psychologist Arpita Anand weighs in: "The way we
50 think affects the way we feel and behave. So if you think you have something that is lucky, it
probably impacts your mood and that in turn enhances motivation and affects behaviour
positively."

She has a warning, though: "If one is anxious about a situation, then a belief like this helps
lower the anxiety by allowing a sense of control." This explains studies that have found that
55 nearly 70 per cent of students show superstitious behaviour before or during an exam. This is
really, what psychologist and Harvard professor Dr Ellen Langer calls, the "illusion of control."

It may backfire, though. Just as you can work yourself into a confident frame of mind if you
carry your lucky pen, you can get a little panicky when you let yourself be led by that
entirely. *"How will I land that job if I've just gone and lost my lucky earrings?"*

60 You feel shaken, your confidence drops and you might just blow the interview, which could seem to justify that ultimately self-fulfilling belief. Conversely, Langer studied how you may get a false sense of confidence because of that lucky mascot, and overestimate your chances of making a killing on the stock market, for instance.

Who doesn't want a little extra boost, though, whatever might trigger it. You'd think it's harmless enough when it comes to navigating luck and protecting yourself and your family, but superstitions and folklore can quickly turn into tricky territory especially when it involves life.

Adapted from: <http://readersdigest.co.in/story/what-makes-us-superstitious/1/123488.html>

11. What **THREE (3)** evidence shows that “*education and exposure seem to have little to do with rationalism*”? (6 marks)

12. According to Dr Kamala Ganesh, what do superstitions evolve from? (3 marks)

13. What are the purposes of having superstitions in life? (2 marks)

14. What is the author trying to convey when she gives the example “*I wore this shirt twice and got good news!*” to “*It's my lucky shirt, I absolutely must wear it to that job interview tomorrow*” (line 47 – line 48)? (3 marks)

15. Give **THREE (3)** examples from the article that prove superstition also exists in the Western world. (6 marks)

16. Why are superstitions considered an *"illusion of control"*? (3 marks)

17. What are **THREE (3)** things that can happen if you let yourself be led entirely by superstitions? (3 marks)

18. Explain the *statement "superstitions and folklore can quickly turn into tricky territory especially when it involves life" (line 66)* by giving **ONE (1)** example from real life situations. (4 marks)

END OF PART A

PART B : PROBLEM SOLVING (40 marks)

INSTRUCTION(S) : There is only **ONE (1)** section in this part. Write your answer in the space provided.

SECTION 1: (40 marks)

*Write a 300 word essay to discuss the situation given below. In your essay, you must **identify the main problem, analyse the possible causes of the problem, and propose at least TWO (2) solutions that can help solve the problem. You must write in detail with explanations and examples taken from the given situation.***

Andrew spent most of his time feeling like he could never please his father. No matter what Andrew did or how hard he tried, he felt like a failure when it came to his father. His dad always told him that he only wanted the best for him. Now the pressure was even higher. Andrew was going to graduate from high school in a few months and his dad expected him to go to one of the prestigious private colleges in their country. So far, Andrew had been asked back for an interview at one college and been rejected by two. They were still waiting for the fourth response. Andrew's father kept telling him not to worry, that he'd get in. His father had even re-written the entrance essay Andrew had written saying that he was merely "editing creatively." Not only was Andrew not so sure about getting in, he wasn't sure he even wanted to go to a private college. He felt very angry with his father. All his dad cared about was the right grades, the right number of certificates, the right college.

Things became even more complicated one Friday after school. Everyone had gone home and Andrew was packing up to go to the parking lot to be picked up by his mom when he spotted a school laptop left out on a table in the computer lab. He knew it was a school computer because of the school sticker on the side of it. He had always wanted a laptop but his dad had told him when he got straight A's for his final exam, he would buy him a laptop. Andrew knew that would never happen. Andrew knew stealing was wrong. He knew there was a chance he might get caught. He thought about his dad's reaction. Five minutes later Andrew was waiting in the parking lot to be picked up with a new laptop in his backpack.

By the following Tuesday, the school principal was on the phone with Andrew's father. Andrew listened in enough to know that the principal knew Andrew had taken the computer. He was the last person seen leaving the lab, and the computer teacher was in just before Andrew and the laptop was there. He also heard his father say clearly, "You can't prove my son did anything and we're considering withdrawing him from school anyway. Besides, maybe the laptop will turn up sooner or later."

The talk with his father went pretty much as Andrew expected. His dad didn't even seem to care about Andrew stealing the laptop; he only cared about the fact that this could mean he could jeopardize his chance of getting into college. The "talk" ended with his father saying that he was going to pull Andrew out from the school and have someone from his office quietly put the computer back on campus so that no charges could be made against Andrew. When Andrew said he didn't want to leave his school, his father told him he didn't care what he wanted. He was to keep his mouth shut and do what his dad told him to do.

