

REQUIREMENTS FOR THE WRITTEN ENTRANCE EXAMS

for applicants of the study in the Bachelor's Degree Programme „Technology in Transportation and Telecommunications“

Requirements for the written exam in Mathematics (for all applicants)

- 1) The arrangement of algebraic expressions (operations with fractions, factoring of quadratics and $a^3 + b^3$, powers with rational exponents).
- 2) Equations and inequalities (linear and quadratic equations, equations with absolute value or rather two absolute values, possibly with parameters, irrational equations, set of equations, linear and quadratic inequalities, inequalities with absolute value).
- 3) Sequences (arithmetic, geometric, recurrent).
- 4) Functions, their characteristics and graphs (linear, quadratic, rational, exponential and logarithmic functions). Simple exponential and logarithmic equations.
- 5) Complex numbers (algebraic form, goniometric form, operations with complex numbers, absolute value of complex numbers, Moivre theorem, solving quadratic equations, binomial equations).
- 6) Geometric congruence and similarity of triangles, constructive problems in the xy-plane using Thalet theorem, Pythagoras theorem, Euclidean theorems, theorems of central and inscribed angles, equal and similar representations in xy-plane).
- 7) Basic geometric shapes in 3D (the relative position of straight lines and planes, simple solids and their graphic representations).
- 8) Calculating perimeters / circumferences, areas and volumes of basic geometric shapes with the application of trigonometry.
- 9) Goniometry and Trigonometry (goniometric functions of general angles, sum theorems, simple goniometric equations, basic trigonometric theorems and their applications).
- 10) Analytic geometry of linear and quadratic shapes in the xy-plane (vectors, line intersections, deviations of two lines, equations of conic shapes in basic and translated positions).

Sample of a written entrance exam from mathematics

- 1) Hyperbole with the equation $x^2 + 4x - 5y^2 + 20y - 20 = 0$ has center S , length of semi coordinates a , b and eccentricity e , where
 - a) $S[-2, 2], a = 4, b = \frac{4}{5}, e = \frac{24}{5}$
 - b) $S[2, -2], a = 2, b = \frac{2\sqrt{5}}{5}, e = \frac{2\sqrt{30}}{5}$
 - c) $S[-2, 2], a = 2, b = \frac{2\sqrt{5}}{5}, e = \frac{2\sqrt{30}}{5}$
 - d) $S[2, -2], a = 4, b = \frac{4}{5}, e = \frac{24}{5}$
 - e) $S\left[4, \frac{4}{5}\right], a = 2, b = 2, e = 1$

- 2) The equation $x^2 + 4ax + 8a + 12 = 0$ (with x as the unknown) has two imaginary roots (zeroes) only when
- | | | | |
|----|--|----|---------------------|
| a) | $a < -1$ | b) | $-1 < a < 3$ |
| c) | $a > 3$ | d) | $a = 3 \vee a = -1$ |
| e) | $a \in (-\infty; -1) \cup (3; \infty)$ | | |
- 3) A set of solutions for the inequality $|x + 3| < 2$ with $x \in \mathbb{R}$ as the unknown, is
- | | | | |
|----|-----------------------------------|----|------------|
| a) | $(-\infty; -5) \cup (-1; \infty)$ | b) | $(-5; -3)$ |
| c) | $(-3; -1)$ | d) | $(-5; -1)$ |
| e) | $(1; 5)$ | | |
- 4) An equilateral square prism is inscribed into an equilateral square pyramid with the edge of the base a and height v so that one face of the prism is in the base of the pyramid and the other vertices are in the centers of its adjoining faces. The ratio of their volumes is
- | | | | |
|----|---------|----|----------|
| a) | $8 : 1$ | b) | $4 : 3$ |
| c) | $8 : 3$ | d) | $64 : 9$ |
| e) | $3 : 1$ | | |
- 5) The algebraic shape of the complex number $z = \frac{2 + j^{13}}{1 - j^5}$ is
- | | | | |
|----|------------------------------|----|------------------------------|
| a) | $1 + 3j$ | b) | $3 + 3j$ |
| c) | $\frac{1}{2} - \frac{3}{2}j$ | d) | $\frac{1}{2} + \frac{3}{2}j$ |
| e) | $2 - j$ | | |
- 6) If $\log y = 1 - 2 \log(x + 3) + 3 \log(x + 1)$, then y equals
- | | | | |
|----|---------------------------------|----|-------------------------------|
| a) | $\frac{3x + 4}{2(x + 3)}$ | b) | $\frac{30(x + 1)}{2(x + 3)}$ |
| c) | $\frac{10(x + 1)^3}{(x + 3)^2}$ | d) | $\frac{(x + 1)^3}{(x + 3)^2}$ |
| e) | $x - 2$ | | |
- 7) The graph of the function $y = \frac{x^3 - 1}{x^3 + x^2 + x}$ is part of a
- | | | | |
|----|---------------|----|----------|
| a) | hyperbole | b) | parabola |
| c) | straight line | d) | circle |
| e) | ellipse | | |
- 8) The expression $\frac{\sqrt[4]{b^3} \sqrt{a\sqrt{a}}}{\sqrt{b\sqrt{b}} \sqrt[3]{a^2}}$ equals to
- | | | | |
|----|---|----|--|
| a) | $\sqrt[4]{a}$, if $a > 0 \wedge b > 0$ | b) | $\sqrt[12]{ab}$, if $b > 0$ |
| c) | $\sqrt[12]{a}$, if $a > 0 \wedge b > 0$ | d) | $\sqrt[4]{ab}$, if $a > 0 \wedge b > 0$ |
| e) | $\sqrt[12]{ab^3}$, if $a > 0 \wedge b > 0$ | | |
- 9) The image of $M[7; 4]$ in axial symmetry with axis $p: 3x + 4y - 12 = 0$ is the point
- | | | | |
|----|------------|----|-----------|
| a) | $[4; 7]$ | b) | $[4; 0]$ |
| c) | $[-1; -4]$ | d) | $[1; -4]$ |
| e) | $[-4; -7]$ | | |

Requirements for the written test in English (for all applicants)

Required knowledge for the written test

An intermediate level of English, the ability to communicate on a basic level both in written and oral form, the ability to understand and convey information:

- basic verb tenses
- modal verbs
- irregular verbs
- conditional sentences
- passive form
- shall, should
- infinitive „to“ and without
- phrases with to infinitive
- countable and uncountable nouns
- comparatives and superlatives of adjectives and adverbs
- some, any
- much, many
- (a) few, (a) little
- personal, demonstrative and possessive pronouns
- numbers
- prepositions of time and place
- spelling
- writing an essay of 130 words (10 sentences) for a given topic

Samples of a written test in English – variant 1

'To see this hollow institution as desirable is laughable'

Dea Birkett vows she'll never say 'I do'

I am a mother in my 40s, and have been living with my boyfriend for a very long time. But I am not married, for one reason only. I don't want to be.

I didn't realise the hegemony marriage still holds until a few hours after my first child was born. I was lying in my hospital bed, when a photographer captured my daughter's first few hours. When they asked for my name, I replied, "Dea Birkett", so they asked: "Miss or Mrs?" I said, "Miss." I was handed a card, which read: "We also do weddings."

Even today, the presumption is that mothers want to get married. If they don't, it is because they can't: they are too old, ugly, or unloved. But three children later, the attractions of tying the knot still elude me. The sham begins at the wedding ceremony. The most unpalatable aspect of this costume drama is that it forces the bride and groom to lie. The "'til death us do part" promise is meaningless. It is not the same as making an oath that you will never move out of town, drive the family car more than 40mph, or buy a dog - all things you have some control over. Falling in and out of love is unpredictable. Promising to love someone forever is a promise no honest person would make.

I hope I will live happily ever after with my non-married man. But the only thing marriage guarantees is that you are more likely to stay married. You don't have to see your spouse for years - you can live in different countries - yet still be married. You don't have to do the decent thing - you can be adulterous or celibate. Happiness and fulfilment are not part of the package.

To see this hollow institution as a desirable moral position is laughable. Marriage isn't the gold standard for relationships. Singledom, in which someone is entirely free to leave if the relationship becomes intolerable, is surely a far more principled way to live.

I wouldn't presume to recommend living in supposed sin for everyone. But I do wish some people didn't rush so headily up the aisle. Although they may have the best of intentions (squeezing that new dishwasher out of the in-laws or getting their kids into a church school), they are colluding in a system that discriminates against New Spinsters like me. Nor do they try to change it from the inside; I haven't noticed armies of radical marrieds standing up for those couples who choose to stay legally separate. They are getting their tax allowance, pensions, full recognition of their parenthood. What should they care that the rest of us are denied such rights? I am proud that, despite huge financial incentives, I cannot be bought.

But what about this thing called love, the blissfully married cry? People kid themselves that marriage is a romantic match. But it is not about individuals. It is about the state sanction of certain kinds of relationship. The couple are immaterial; they are just a means of making sure that bonds are formed between appropriate sets of people - according to class, race, sexuality and disability. Marriages are about the bonding of two clans. Your spouse's family is part of the wedding deal.

This marriage of convenience - society's convenience - is not for me. I don't need my class, or my extended family, or the state to ratify my relationship. And certainly not a photographer on the maternity ward.

Find words in the text meaning:

- 1) to make a determined decision or promise to do something**vow, make an oath**
- 2) something which encourages a person to do something**incentive**
- 3) to act together secretly or illegally in order to deceive or cheat someone**collude**
- 4) having a hole or empty space inside**hollow**
- 5) to not be caught by someone**elude**
- 6) describes a fact or idea that is unpleasant or shocking and therefore difficult to accept, food that is unpleasant to taste or eat **unpalatable**
- 7) approval or permission, especially formal or legal**sanction**
- 8) having a powerful effect, making you feel slightly drunk or excited**heady**
- 9) something which is not what it seems to be and is intended to deceive people, or someone who pretends to be something they are not **sham**
- 10) to say that an event or action will happen in the future, especially as a result of knowledge or experience **predict**

True or false?

- 1) The author lives alone.....**FALSE**
- 2) The author is old and ugly.....**FALSE**
- 3) The author says everyone should stay single.....**FALSE**
- 4) The author says marriage does not guarantee you will not be cheated on.**TRUE**
- 5) The author says you can promise to love someone your whole life.....**FALSE**
- 6) The author wants to buy a dog.**FALSE**
- 7) The photographer offered to marry her.**FALSE**
- 8) Some people who marry expect a new dishwasher.**TRUE**
- 9) Marriage is a legal act sanctioned by the state.**TRUE**
- 10) People who marry promise to love each other until they die.**TRUE**

Samples of a written test in English – variant 2

Will a student lie, cheat, steal, or tolerate those who do?

Aminatta Forna The Guardian, Sunday 20 May 2012

Across Britain the exam season is in full flow. Schools are in the middle of GCSE, AS and A-levels, while universities host finals. At many institutions, though, one issue dominates: how to tackle cheating.

Colleges spend thousands of pounds and professional teaching staff spend hours rooting out those who have plagiarised from the internet or, in some cases, bought entire essays. So imagine a college where students sit their exams unsupervised, take responsibility for timing them and for handing papers in afterwards and are trusted not to check the answers with a quick glance at the textbook. At Williams College in Massachusetts, all this is standard practice.

Williams, where I recently served as a visiting professor, is one of a group of liberal arts colleges in New England, including Amherst, Wesleyan, Bennington and Smith. Described as "potted ivy" they share a small student body (Williams has 2,000 students) along with high academic standards, and an honour code. When I first heard of the honour system, I assumed it to be something like a motto, a guideline without real application. What I discovered amazed me. Williams' honour code was adopted in 1971. It is short, and essentially asks that students do not cheat, lie or plagiarise material. Agreeing to sign it is a condition of entry. It is the duty of students to report violations, which are in turn heard and handled by a student honour committee, responsible for determining guilt or innocence and deciding the penalty. My faculty colleagues all supported it, couldn't imagine teaching without it and were surprised to hear there was nothing similar in the UK. "Basically, it means I assume they don't cheat," a professor of biology told me. Overwhelmingly, cases of cheating are reported by other students, not by staff members.

Staff appreciated being freed of a responsibility that takes up time better spent teaching. Any professor suspecting plagiarism is duty bound to report it. But each case is handled from start to finish by students – who are, let's face it, better placed to deal with claims of internet plagiarism than, say, a middle-aged literature professor. In the UK, most college lecturers I have talked to just laughed at the idea that an honour system could work here – though it was laughter born of despair. Some people have even called it a "cheaters' charter", but if the honour code works well in the US, why shouldn't it work in Britain?

Northumbria University has introduced a student pledge, but declined to call it an honour code or make it obligatory or legally binding – thus rendering the exercise redundant. The system must be binding, with breaches punishable; and the more educational establishments that buy into it, the better it works. Far from being some kind of liberal opt-out, the honour code has its origins in the military – the code of the West Point cadets ("A cadet will not lie, cheat, steal or tolerate those who do") being the most famous. Perhaps British universities, far from being tougher, aren't tough enough. The main reason honour codes work is because they create a sense of community that students buy into. This is perhaps the reason they come down hard on each other. Because when you cheat, you're no longer seen as cheating the system: you're cheating your friends. Maybe that's a lesson British university students need to learn.

Find a word meaning:

- 1) a serious or formal promise, especially one to give money or to be a friend, or something that you give as a sign that you will keep a promise **noun** **pledge**
- 2) unnecessary because it is more than is needed **adjective** **redundant**
- 3) an action that breaks or acts against something, especially a law, agreement, principle or something that should be treated with respect **noun** **violation**

- 4) to give a quick short look **verb**..... **glance**
- 5) a short sentence or phrase that expresses a belief or purpose **noun**..... **motto**
- 6) to use another person's idea or a part of their work and pretend that it is your own **verb**..... **plagiarise**
- 7) the fact of having done something wrong or committed a crime **noun**..... **guilt**
- 8) the feeling that there is no hope and that you can do nothing to improve a difficult or worrying situation **noun**..... **despair**
- 9) a student in the armed forces or the police **noun**..... **cadet**
- 10) to listen to someone or something with great attention
or officially in court **verb**..... **hear**

True or false?

- 1) Students who plagiarise usually buy the entire essays on the internet **FALSE**
- 2) A college where students sit their exams without a teacher present is unrer **FALSE**
- 3) The author was surprised that the honour system is not just a motto **TRUE**
- 4) The students are required to sign the honour code to be accepted **TRUE**
- 5) Breaking the honour code is judged by a teacher committee **FALSE**
- 6) Most cases of cheating are spotted by teachers **FALSE**
- 7) Teachers in Britain are happy to have the same system at their schools **FALSE**
- 8) Northumbria University has a working honour code **FALSE**
- 9) The idea of honour codes started in army schools **TRUE**
- 10) A cheating student harms other students **TRUE**

Samples of a written test in English – variant 3

Django Unchained pulled from Chinese cinemas during debut screening

Bloggers claim Quentin Tarantino film was halted over full-frontal male nudity as authorities blame technical hitch for stoppage

Jonathan Kaiman in Beijing, Thursday 11 April 2013

Chinese authorities have cancelled screenings of Django Unchained on the morning of its release, despite weeks of publicity for the blockbuster spaghetti western.

Media authorities claimed the Quentin Tarantino film, scheduled for release on Thursday, had been postponed for "technical reasons", but unofficial news websites reported that the real reason was a scene showing full-frontal male nudity.

"Django screenings have been postponed and we can't guarantee when they will be resumed," said a woman at the Sanlitun Megabox theatre in Beijing.

According to a widely circulated post on the Sina Weibo social media site, the cinema's first showing of the film had been under way for about one minute when management pulled the plug.

"After watching it for about a minute, it stopped!" said microblogger Xue Yi Dao. "Staff then came in and said [film censors] ... had called to say it had to be delayed!! Can someone tell me what's happening!!"

The government-owned Shanghai United Circuit issued an emergency notice requiring the city's cinemas to halt screenings of the film and grant refunds to ticketholders, according to an article on the Sohu website.

Another site, Sina, cited an industry insider as saying the postponement was related to a nude scene featuring the film's lead actor, Jamie Foxx.

Tarantino, Django Unchained's director, had already reined in the movie's gore for the Chinese market, retouching footage to tone down the colour and bloodshed.

"What we call bloodshed and violence is just a means of serving the purpose of the film, and these slight adjustments will not affect the basic quality of the film," the director of Sony Pictures' China branch, Zhang Miao, told the Southern Metropolis Daily newspaper.

Django Unchained is Tarantino's first film to be released in China, where cultural authorities restrict the number of foreign films in cinemas each year.

Despite the edits, Django Unchained was set to run for its full 165 minutes. In contrast, the Chinese release of Skyfall lost an entire scene in which James Bond kills a security guard in Shanghai. Meanwhile, censors reduced Cloud Atlas by nearly 40 minutes, primarily because of its graphic sex scenes.

Many online commenters were perplexed by the cancellations because the film had passed China's notoriously opaque pre-screening censorship process. Censors' "cutting hands are fiercer than that of a slaveowner, insistent on making Django a eunuch", wrote one, according to Agence France Presse.

Bootleg DVD stores across the country have reportedly been selling an uncut version of the film for weeks. Hollywood studios are usually willing to comply with China's censorship regulations as they vie for access to the country's rapidly growing film market. In recent months, the infamously cash-strapped MGM Studios digitally altered a remake of the cold war thriller Red Dawn to turn its Chinese villains into North Koreans. Revenue at China's cinemas has grown tenfold over the past decade, with about 10 screens opening in the country every day.

Find a word meaning

1. **noun** a book or film that is very successful, especially because it is exciting..... **BLOCKBUSTER**
2. **noun** an amount of money that is given back to you, especially because you are not happy with a product or service that you have bought..... **REFUND**
3. **verb** to control an emotion, activity or situation to prevent it from becoming too powerful..... **REIN IN**
4. **noun** blood that has come from an injury and become thick **GORE**
5. **verb** to make small changes to a picture, photograph, etc., especially in order to improve it..... **RETOUCH**
6. **adjective** very clear and powerful **GRAPHIC**
7. **verb** to confuse and worry someone slightly by being difficult to understand or solve..... **PERPLEX**
8. **adjective** preventing light from travelling through, and therefore not transparent or translucent..... **OPAQUE**
9. **adjective** illegally made, copied or sold **BOOTLEG**
10. **verb** to compete with other people to achieve or get something..... **VIE**

True or false?

1. The real reason for not showing the film was a breakdown of the projector. **FALSE**
2. Some changes to the film were made by the director himself..... **TRUE**
3. The screening of the film did not even start. **FALSE**
4. The James Bond film was censored because of its erotic scenes..... **FALSE**
5. Django Unchained did not pass the strict Chinese censorship process..... **FALSE**
6. The uncut version is completely unavailable in China..... **FALSE**

7. Hollywood studios do not protest against Chinese censorship rules. **TRUE**
8. In the film Red Dawn the Chinese fight the North Koreans. **FALSE**
9. MGM Studios is doing very badly financially..... **TRUE**
10. The growing Chinese film market is fuelled mainly
by large numbers of foreign films..... **FALSE**

[Samples of a written test in English – variant 4](#)

Of course Ed Miliband doesn't know his grocery bill:

who on a decent income does?

Britain's gripped by a hunger epidemic, malnutrition is back – but what bothers rightwing media is whether Miliband is a value shopper

Alex Andreou theguardian.com, 20 May 2014

How much does Ed Miliband's family spend on groceries? Is it "**£70, £80 a week on groceries at least, probably more**" as he suggested, or more like the average of £83.60, excluding alcohol? Is Ed Miliband just a thrifty shopper, or is the world about to be plunged into another financial crisis, if this socialist, careless shopper is given the keys to 10 Downing Street by the electorate next year? Rightwing commentators have latched on gleefully to these, apparently, most vital questions. The people must know. The expression "can't see the wood for the trees" has never been more apt. Last month **wages caught up with inflation** for the first time in six years: six years of a real-terms squeeze on average households, following a global bust with which they had nothing to do, but for which they were asked to pay. Today, just as we were all dusting off our branches of palm tree, ready for the arrival of George Osborne on a donkey, data released by the Office for National Statistics shows that **inflation rose again last month, to 1.8% – outpacing wage growth again**. The squeeze continues. But the important question, it seems, is whether Miliband buys from the "value" or the "finest" range.

Meanwhile, the number of food parcels handed out by a single charity has **almost tripled over the last year to 913,000**; churches warn of a hunger epidemic; and the NHS has seen a **doubling in malnutrition-related admissions** – ailments that we thought had disappeared for good from the sixth-richest nation in the world. As sections of the media ridicule Miliband for his estimate coming in at a whole £3.60 below average, they miss the most pertinent point: that it is an average. Miliband was criticised for plucking a figure that was below that average. If he had said any number above the average, he would, no doubt, have been criticised for that. Yet everyone must know that this average of £83.60 will include households surviving on minimum wage jobs or living on benefits, which spend significantly less than the average, as well as households that spend a whole lot more. The key point is that the "squeeze" does not affect them equally. A cross-party committee found last week that the **poorest households now spend 40% of their income on housing, fuel and food**, more than ever in modern times.

This means that small drops in real earnings, which have happened month after month for six years, have had a disproportionate effect. The rise in **VAT to 20%**, which affects a surprising amount of groceries, was presented as a temporary austerity measure and described, risibly, by the chancellor as "progressive". It has been shown to have resulted in a loss of income for the poorest decile, proportionately double that of the richest. Where is the announcement on reversing this temporary measure now that, according to the government, everything is going splendidly? The likely truth is that Miliband doesn't know accurately how much he spends on groceries – most people with a steady stream of decent income don't. I didn't when I was one of them. As income increases, the weekly grocery bill forms an ever-diminishing portion of household finances. It becomes almost irrelevant. We see what we fancy at the supermarket and we get it. We don't see those

loitering by the chiller cabinets for the final reductions on food that is about to go off. We play a game of "guess how much" with our partners as we approach the till. We don't see the people adding up all the items in their basket obsessively, dozens of times, because a mistake means the embarrassment of being short. We see a nice new wine bar on the high street as we drive home. We don't see the person settling in for the night on a bit of cardboard in a doorway. We don't see, because it is painful and ugly and damning and we don't want to see.

Find a word meaning

1. **noun** the condition or policy of living without things that are not necessary and without comfort, with limited money or goods, or a practice, habit or experience that is typical of this **AUSTERITY**
2. **adjective** not lasting or needed for very long **TEMPORARY**
3. **noun** the food that you buy in a supermarket **GROCERIES**
4. **noun** physical weakness and bad health caused by having too little food, or too little of the types of food necessary for good health **MALNUTRITION**
5. **adjective** showing a careful use of money, especially by avoiding waste **THRIFTY**
6. **phrasal verb informal** to become interested in an idea, story or activity, and to start to use it **LATCH ONTO SOMETHING**
7. **verb** to (cause someone or something to) move or fall suddenly and often a long way forward, down or into something **PLUNGE**
8. **noun** all the people who are allowed to vote **ELECTORATE**
9. **noun** an illness **AILMENT**
10. **noun** the drawer in a cash register (= a machine which records sales in a shop, and in which money is kept) or the cash register itself **TILL**

True or false?

1. People are starving in Britain **TRUE**
2. Ed Miliband is the current prime minister of the UK. **FALSE**
3. Over the last six years, wages have grown less than the inflation. **TRUE**
4. Miliband does know accurately how much he spends on groceries **FALSE**
5. Rich people spend proportionately more money on food than the poor. **FALSE**
6. Rich people do not really know how much they spend on food **TRUE**
7. The "squeeze" is the effect of inflation on prices of houses. **FALSE**
8. Value Added Tax has been increased to 20 % recently **TRUE**
9. Miliband was criticised for overestimating his spending on food **FALSE**
10. Churches provide people with food during holy mass. **FALSE**

Samples of a written test in English – variant 5

Perfectionists relax:

we're good enough as we are Laya Maheshwari

In the modern world, telling a group of people that you're a perfectionist leads to grimacing smiles, painful groans, and even people slowly backing away from you. No sane person would want to be seen near one. Essentially, perfectionism is the **Cereal Killer cafe** of personality traits. How did we get to this point? Nearly everyone who's ever worked with

other human beings has horror stories to tell about perfectionists and their impossible work ethic (if you don't, then the stories being told are about you). In a **recent study**, Joachim Stoeber, professor of psychology at Kent University, classified perfectionists into three categories: the "self-oriented" group got sterling praise for managing to shy away from aggressive jokes. The "socially prescribed" and "other-oriented" groups had low self-esteem, did not respond well to feedback (however positive), and exhibited antisocial behaviour.

In the light of such unflattering public opinion, I'm here to make a stand for the perfectionists and explain why they aren't a plague upon mankind (and group projects). And of course, I'll attempt to do it perfectly. Perfectionism gets a daily rap on the knuckles partly because it's conflated with traits such as procrastination and **OCD**. Moreover, not enough attention is accorded to its temporal dimensions: it can be both a short-term characteristic and a long-term guiding belief. And by diffusing the core idea behind it into a much bigger and looser entity, it becomes an easy punching bag.

"Perfectionism" is often seen in the stereotypical boor who will stay up all night to choose the "right" font for the PowerPoint presentation before beginning work on her slides. (Helvetica: never fails.) This person will also want to read "just one more article" for research instead of actually commencing her own writing, and before she knows it the day is over. This isn't true perfectionism though, as it shows procrastination and fear, not a desire to do the best job possible. In an **interview with Rolling Stone**, Louis CK ended a description of his work habits by saying: "The worst thing happening to this generation is that they're taking discomfort away from themselves." When you can't figure out a way to conclude your essay, and so end up trawling through the kitchen for chocolate, you're running away from this discomfort. Yet this discomfort is precisely what drives perfectionists in every waking moment: the feeling that being "good enough" isn't, well, enough and that in this sweaty quagmire inspiration resides. Dorothy Parker could obviously relate, when she said: "I hate writing, I love having written."

What keeps perfectionists in check is an acknowledgment of real-world conditions. A perfectionist doesn't hope for the best version of a task given her best ever performance, to be delivered in unlimited time. A perfectionist works to produce the best possible version of a task given her best achievable performance, all inside the given time constraints. And wouldn't you be glad to have such a person on your side? There's a certain cushion to teamwork since blame can rarely be pinpointed on anyone, and there's always the hope that someone else's perspiration will make up for your hibernation. But when there's even one ambitious member who'll create self-imposed deadlines and ask for a chart to supplement the bullet point, the work you produce will be that much better. There's a misguided perception that were you to ask a self-proclaimed "perfectionist" to look back upon their work and ask if they were happy with it, they would start tearing their hair out, scream about a clumsy turn of phrase or superfluous comma, and lose sleep for the entire summer. This person may be a perfectionist, but more importantly she has trouble letting go and moving on. A true perfectionist would reflect upon the circumstances around the work, rest assured that no corners were cut, and learn some lessons.

Find a word meaning:

1. **verb** to begin something **COMMENCE**
2. **noun** an area of soft wet ground which you sink into if you try and walk on it **QUAGMIRE**
3. **noun** a deep long sound showing great pain or unhappiness **GROAN**
4. **noun** keeping delaying something that must be done, often because it is unpleasant or boring **PROCRASTINATION**
5. **adjective** approving of a very high standard **STERLING**

6. **verb** to search among a large number or many different places in order to find people or information you want **TRAWL**
7. **noun** belief and confidence in your own ability and value **SELF-ESTEEM**
8. **noun** something which controls what you do by keeping you within particular limits **CONSTRAINT**
9. **noun** information or statements of opinion about something, such as a new product, that provide an idea of whether it is successful or liked **FEED-BACK**
10. **adjective** more than is needed or wanted **SUPERFLUOUS**

True or false?

1. Admitting to being a perfectionist leads to a positive reaction from other people. **FALSE**
2. If you do not have negative experience with perfectionists, it means you are one. **TRUE**
3. All perfectionists are anti-social. **FALSE**
4. Perfectionism is often mistaken for Obsessive Compulsive Disorder. **TRUE**
5. Perfectionism is a long-term illness. **FALSE**
6. Helvetica is the right font for presentations. **TRUE**
7. Procrastination is one feature of perfectionism. **FALSE**
8. A perfectionist in a team drives everyone's performance up. **TRUE**
9. A perfectionist does not sleep during the summer. **FALSE**
10. A perfectionist can be content that all the details are correct. **TRUE**