

Academic Reading Practice Test 18

READING

READING PASSAGE 1

You should spend about 20 minutes on Questions 1–13, which are based on Reading Passage 1 below.

Clutter Bugs Beware

Having an abundance of stuff is a symptom of 21st Century materialism—people are conditioned by society to think that more is better—but take heed: it can suck your energy and your time. An unruly assortment of stuff littering your room or your home can be both annoying and unsettling. Precious items and anything with real sentimental value should be stored carefully, of course, but clutter such as old receipts, outdated invitations, catalogues, your collection of trashy magazines and unwanted gifts should be disposed of. If you added up the time spent looking for misplaced objects or sifting through unnecessary papers to find what you need, what would that amount to? There is a lot to be said for the old adage: a place for everything and everything in its place.

This ancient organising truism can help you get your life in order and be free from clutter forever. Firstly, develop a system with a restricted series of options. Put all incoming material into your ‘inbox’ at work, or whatever the equivalent is at home, then deal with the tasks one by one. Either do them immediately or prioritise them into A, B or C tasks ensuring that the ‘A’ tasks take precedence over all others.

Another simple tip: find a home for everything. Before you toss something down on the countertop or sofa, ask yourself, ‘Is that where it belongs?’ If it does not have a home, designate a place for that object and use the same spot every time. Label boxes and containers, drawers and cupboards and, remember, procrastination is to be avoided at all costs. Stow belongings and equipment in their assigned places straight away. Get into the habit—concentrate your energy on it until it becomes automatic. Clear off all flat surfaces like the desk in your office, the bench top in the kitchen or the bed in the bedroom.

Be aware of transition stages, when you are moving from one task to another, and exploit this phase productively to clean and clear up. It is a good idea to have an evaluation now and then to review your organising system and make adjustments. Perhaps there is more to de-clutter or perhaps you need to rearrange items, for example, if they are stored in one room but you use them in another. Clutter is also categorized as anything that is not finished so, if you have incomplete projects, make time to get them over and done with. Once you are clutter-free and well-organised, your life may change for the better.

Feng shui principles discourage the accumulation of clutter as ‘chi’ or energy cannot move freely around masses of material, causing stagnation and a breeding ground for negative energy. For harmony and productivity, chi has to be free flowing and unrestricted. (Interestingly, the word ‘clutter’ comes from an Old English word which means ‘to cause to become blocked or obscured’.) Apparently, hoarding creates excessive ‘yin’ energy which interferes with the natural flow and causes imbalance. Some of the consequences of this are purported to be poor concentration, stress, resentment and a lowered immune

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