

# Verbal Prep Book for Reading and Writing Mastery

**4** FULL READING AND WRITING EXAMS INCLUDED

555 QUESTIONS, ANSWERS, AND EXPLANATIONS

By Larry Ronaldson M.S. and Tom Speedling M.S. Edited by Dr. Steve Warner

SECOND EDITION

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# SAT Verbal Prep Book for Reading and Writing Mastery

Techniques and Systems for Decoding the Verbal Part of the SAT

Larry Ronaldson Tom Speedling

Edited by Dr. Steve Warner



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## **Reading Test 1** 65 MINUTES, 52 QUESTIONS

## DIRECTIONS

Each passage or pair of passages below is followed by a number of questions. After reading each passage or pair, choose the best answer to each question based on what is stated or implied in the passage or passages and in any accompanying graphics (such as a table or graph).

### Questions 1 - 10 are based on the following passage.

This passage is an excerpt from the book Taijiiquan through the Western Gate by Tai Chi master, Rick Barrett

My friend, Read, reached into his toolbox and picked up a drill bit called a speed-bore. He pointed to a broom leaning against the wall 15 feet away. In a flash, his make-shift knife was firmly in the broomstick.

- <sup>5</sup> Throwing a tiny blade 15 feet away into an object only slightly larger than the knife itself seems so improbable. Read had to perform myriad calculations in less than a second, taking into account his current body position, arm strength, size and weight of the bit, distance from
- 10 the target, force and velocity required, number of spins, trajectory, etc. Any athlete knows that the thinking mind is only a hindrance at such times. Such computations are not done by the reasoning mind.

Athletes speak reverently of being "in the Zone." It is <sup>15</sup> a magical state where everything is working well

- together. Effortlessly. Every cell seems to cooperate at such a high level that the body almost disappears. The state may be transitory and unpredictable, but while you are visiting, putts drop, crosscourt volleys find the lines,
- 20 and a ninety-mile-an-hour fastball hangs so long you can count the seams. A basketball player in the Zone always wants the ball with the game on the line. When asked what they are thinking during such performances, all the great ones say they have no thoughts. Others say
  25 respectfully, "He was unconscious!"

Peak performance is not just a result of natural ability and lots of training. Many amazing athletes never meet expectations. There are other qualities that coaches look for, intangibles that allow even a moderately gifted

*30* athlete to perform at championship level. There is something special about them that cannot be described in ordinary language.

The Zone is not restricted to million-dollar professionals and world-class athletes. We ordinary folks

- 35 can have glimpses of it as well. It requires being familiar enough with a particular activity and comfortable enough with the physical demands of performance to allow concerns about those things to disappear. This may happen a lot more often than we are aware. Familiarity
- 40 and ease in our mundane activities resonate with the exalted Zone experience, but may be dismissed because we take these things for granted.

I may be so comfortable driving a certain route in my car that I engage in a lively conversation and do not even

- <sup>45</sup> think about the actions of driving until I magically appear at my destination. Time and space alter significantly. There may be no perception of time at all. I trust my game so much that little or no thought is required. This might explain the 120 words a minute
- 50 typist or the violinist playing Paganini or even a physicist being able to come up with a theory that changes our world.

For most athletes, the ability to play in the Zone wanes with age, but for one group, Taijiquan masters and <sup>55</sup> a number of their disciples, it is present even at advanced age.

Morehei Ueshiba, the founder of the Japanese martial art aikido, was a slight man in his seventies when he deftly flipped hundred-pound sacks of rice with a long

60 spear in a demonstration for the emperor. Yang Chien-Hou, a great Tai Chi master, defeated nine opponents at

once when almost eighty. These martial artists display an effortless competence similar to what we see in athletes in the Zone. This ability does not come from size, speed

65 and strength because at their age, they no longer have these.

Imagine if we could be in the Zone in virtually everything we do. We could live a life devoid of stress and achieve levels of competence unheard of. Prince

- 70 Hamlet tells his best friend, Horatio, that there are "more things in heaven and earth than are thought of in your philosophy." Perhaps Taiji and the Zone are two cogent examples of that.
- 1. It can be reasonably inferred that being "in the zone" is achieved by:
  - A) being at one with the thing you are doing.
  - B) paying close attention to detail.
  - C) being intensely aware of your surroundings.
  - D) knowing your subject very well.
- 2. Which choice provides the best evidence for the answer to the previous question?
  - A) Lines 11-12 ("Any athlete ... times")
  - B) Lines 14-17 ("It is ... disappears")
  - C) Lines 26-28 ("Peak performance ... expectations")
  - D) Lines 39-43 ("Familiarity ... granted")
- 3. The author uses the anecdote about Read in order to illustrate:
  - A) the element of chance.
  - B) the art of knife throwing.
  - C) the physics of being in the zone.
  - D) the complexity of the brain.

- 4. Which choice provides the best evidence for the answer to the previous question?
  - A) Lines 7-11 ("Read had...trajectory, etc.")
  - B) Lines 14-16 ("Athletes speak ... together")
  - C) Lines 33-38 ("The Zone .... disappear")
  - D) Lines 39-42 ("Familiarity and ... granted")
- 5. The literary device used in the final paragraph, lines 70-73 is:
  - A) personification.
  - B) irony.
  - C) metaphor-simile.
  - D) hyperbole.
- 6. As used in line 40, "mundane" most nearly means
  - A) everyday.
  - B) extraordinary.
  - C) professional.
  - D) favorite.
- 7. The purpose of the passage is to:
  - A) describe some amazing feats by athletes.
  - B) educate the reader about an elevated level of unconscious effort.
  - C) demonstrate specific steps to getting in the Zone.
  - D) indicate why many of us never achieve a high level of expertise.

- 8. The tone of the passage is
  - A) provocative.
  - B) poignant.
  - C) practical.
  - D) upbeat.
- 9. The author mentions the elderly martial artists to make which point?
  - A) You are never too old to learn.
  - B) You can learn a lot from old people.
  - C) The exception does not make the rule.
  - D) One does not need speed, strength and power to be effective.
- 10. As used in line 54, "wanes" most nearly means
  - A) emboldens.
  - B) incorporates.
  - C) lessens.
  - D) succumbs.

### Questions 11 - 20 are based on the following passage and supplementary material.

This passage focuses on Title IX, the amendment that changed women's sports and women forever.

One of the great achievements of the women's movement was the enactment of Title IX of the Education Amendments of 1972. The law states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of,

- or be subjected to discrimination under any education program or activity receiving Federal financial assistance." Although it is best known for transforming the sports world, this "education" law also includes
- 10 access to higher education, standardized testing, and education for parenting and pregnant students and an avenue for dealing with sexual harassment.

Just over forty years ago, a woman's sport was square dancing, and home economics was her

15 major. Few advanced to higher education, and sports or academic scholarships were rare. If women played sports, they were considered mean, unfeminine and often labeled as lesbian.

Back then, girls played sports, but they played to 20 empty arenas and gymnasiums. Often even their family members did not come to watch. Cheerleaders received more attention than top college athletes, who often had to promise not to promote themselves and had to have car washes, bake sales and the like just to get money for

25 travel and equipment.

There were, of course, great women athletes and in some sports, golf and tennis, for instance, they did receive attention and even got paid, but certainly not at the level that men were paid. Perhaps one of the

- 30 strongest indications of the impressive change that Title IX has brought is that female tennis players at majors have been paid the same prize money as their male counterparts for a number of years now. Female basketball players, however, are paid, but not even close
- <sup>35</sup> to the salary of any of the men. In fact, today, the estimated median salary of men half the players make more than that is \$2.5 million. The league minimum is \$473,604. The cap for an 11 member women's team is \$878,000. Even prorated for the 34-game season, it's less
  <sup>40</sup> than the median NBA salary of one player.

Fifty years ago, Pele, the great Brazilian soccer player, was paid \$2 million a year while the top paid baseball player, Willie Mays, received \$125,000. Since he was paid almost seventeen times what the next highest

<sup>45</sup> paid athlete in the world was being paid, and he played soccer, the most popular sport in the world, he was arguably the most well-known person in the world. Today, Mia Hamm, the most prolific women's scorer in history is almost as well-known even though her highest

50 salary ever was only \$85,000 a year. Despite this financial discrepancy, she epitomizes what Title IX has meant to so many female athletes.

Although the emphasis is on sports, it is no surprise that Title IX has empowered women in almost every

- 55 field of business, military, education and politics. Many college presidents, business CEOS, doctors, and politicians are now women and two of them, Hillary Clinton and Elizabeth Warren are now being considered for the Presidency.
- 60 Just as the ability to play sports gave men confidence for so many years, it has allowed women to see themselves in an entirely new light. Of course, it has not been an utterly smooth win for women as there is still inequity, and lawsuits are continuously brought up to
- 65 counter this law, but so far it has had a very positive effect for both women and men. Men now have partners who are more fully realized as human beings because society has finally allowed them to develop to their fullest potential. They are involved with a person who
- can complement them on so many different levels.
   Today, young people have become inured to seeing female athletes such as Serena Williams. Rhonda
   Rousey, Danica Patrick, Lindsey Vonn, Becky Hammon, and Hope Solo on television, magazines and billboards.
- 75 Women are playing virtually every sport, even boxing, wrestling, and rugby, sports that traditionally were played only by men. Had Title IX not been passed and implemented, few of us would know any of these wonderful athletes.
- 80 Of course, the Women's Suffrage Movement and the nineteenth amendment are ultimately responsible for the many positive changes made for women since 1920, but

Title IX remains one of the great changes for women in the late twentieth century. It has necessitated a great deal

- <sup>85</sup> of adjustment on the part of men, but those who truly appreciate women will be thankful for how it has transformed their lives and in so doing has enhanced the lives of men as well.
- 11. The purpose of the passage is to:
  - A) delineate all the rulings of Title IX.
  - B) prove that Title IX has had only positive effects.
  - C) discuss the many benefits of Title IX since its inception.
  - D) explain why men agreed to this new ruling.
- 12. As used in line 48, the word "prolific" most nearly means:
  - A) amazing.
  - B) productive.
  - C) artistic.
  - D) sneaky.

High School Participation				
Year	1971-1972	2005-2006	Percent Increase	
Female	294,015	2,953,355	904%	
Male	3,666,917	4,206,549	15%	

-National Federation of State High School Associations, 2006

Collegiate Participation				
Year	1971-1972	2004-2005	Percent Increase	
Female	29,977	166,728	456%	
Male	170,384	222,838	31%	

-NCAA Sports Sponsorship and Participation Report, 1981-82-2004-05

- 13. Which of the following does the author NOT use to present his case?
  - A) Statistics
  - B) A reference to a political figure
  - C) Allusions to literature
  - D) Examples from sports
- 14. Which of the following does the author see as the most impressive change Title IX has brought for professional women's sports?
  - E) that they now play rugby
  - F) that some female athletes are well-known
  - G) that women tennis players get paid the same as men in major events
  - H) that women are in better shape
- 15. What does the author see as the ultimate advantage that Title IX has brought to women and society?
  - A) Women are allowed to be doctors and CEOS.
  - B) Women can make money from commercials.
  - C) Women can compete on an equal level with men and have earned the respect they deserve.
  - D) It has enriched society by giving it women who are more fully realized as individuals.
- 16. Which choice provides the best evidence for the answer to the previous question?
  - A) Lines 13-18 ("Just over ... lesbian")
  - B) Lines 29-35 ("Perhaps one ... men")
  - C) Lines 48-52 ("Today, Mia ... athletes")
  - D) Lines 60-70 ("Just as ... levels")

- 17. As used in line 71 "inured" most closely means?
  - A) anxious at
  - B) accustomed to
  - C) aware of
  - D) inspired by
- 18. The tone of the essay is:
  - A) enthusiastic.
  - B) objective.
  - C) ironic.
  - D) combative.
- 19. What explicit meaning may correctly be drawn from the data in the table?
  - A) Male participation in high school and collegiate sports has remained static since Title IX.
  - B) Female participation in collegiate sports has increased more than 500%.
  - C) Female participation has shown the greatest increase in high school.
  - D) The decline in male participation can be directly attributed to the increase in female participation.
- 20. Based on information in the both the passage and the table, which statement is true.
  - A) Men's participation in high school and college sports is at risk.
  - B) Title IX has benefited both men and women.
  - C) Title IX has empowered women in every field of business, military, education, and politics.
  - D) Title IX is the greatest achievement in the women's movement.

#### **GRAMMAR PRACTICE PASSAGES**

\* There are still many minor rules that we have not covered, but we do so in the practice pages in the book. Pay careful attention to those explanations and if you do not understand them, ask your English teachers to go over them with you. It is very important that you don't just do the practice questions we have provided without going over the explanations. They not only make you sharper for the exam, but also get you ready for college.

The passages below are designed to make you understand how to take this test more efficiently. At first, you might just want to give up. If you persist, you will start to notice that it gets easier very rapidly. Grammar is fairly logical, so those solid math students out there should have an advantage as math is based on logic.

A good way to work with this format is to pretend that you wrote each of these short essays and that you are taking one last look at them before you submit them to your teacher. For each underlined part, ask yourself "Is that how I would have written it?" "Are there any changes I should make?" "What are those changes?" If you feel that you would not make any changes then simply pick the first choice, which will be NO CHANGE.

If you keep your right hand over the choices and do not allow yourself to see the choices before you make the correction yourself, you will see a very rapid improvement. Keep track of how many you get wrong on each passage and challenge yourself to get at least one better on each succeeding one.

You have ample time to complete the grammar part. Do not rush through it. Be careful and you will be amazed at how good you get in a very short time.

## Writing and Language Test 1

**35 MINUTES, 44 QUESTIONS** 

## DIRECTIONS

Each passage below is accompanied by a number of questions. For some questions, you will consider how the passage might be revised to improve the expression of ideas. For other questions, you will consider how the passage might be edited to correct errors in sentence structure, usage, or punctuation. A passage or a question may be accompanied by one or more graphics (such as a table or graph) that you will consider as you make revising and editing decisions.

Some questions will direct you to an underlined portion of a passage. Other questions will direct you to a location in a passage or ask you to think about the passage as a whole.

After reading each passage, choose the answer to each question that most effectively improves the quality of writing in the passage or that makes the passage conform to the conventions of standard written English. Many questions include a "NO CHANGE" option. Choose that option if you think the best choice is to leave the relevant portion of the passage as it is.

Questions 1 - 11 are based on the following passage.

This is an excerpt from the book Tai Chi Ch'uan through the Western Gate by Rick Barrett.

The art of Push Hands has been practiced since the sixth century B.C. At its higher level, Push Hands (1) <u>inspire</u> images of the Jedi contests between Yoda and Obi-Wan Kenobi.

- A) NO CHANGE
- B) inspires
- C) "inspires"
- D) inspired

(2) <u>At it's worst,</u> it looks more like bad Sumo wrestling between two drunks. Too often, it resembles the latter.

Push hands is a two-person exercise designed to (3) inculcate the skills of the Chinese internal martial art of T'ai Chi Ch'uan. Why is T'ai Chi considered an "internal" martial art? Like the fictional Star Wars characters, whose skill depends on mastering "the Force," the internal martial artist cultivates and directs internal energy called ch'i. (4) Thus the use of muscular force actually interrupts the circulation of this energy. Push Hands, therefore, uses the least amount of physical force to produce the biggest effect. It sounds paradoxical that you can become stronger by relaxing your muscles, (5) and it is easily demonstrated by someone who has trained in t'ai chi ch'uan. The hard part is letting go of the security blanket of muscular tension that you have carried with you since infancy. Even when we see a petite woman easily pushing two large, strong men, our minds are unconvinced. It is such an improbable event that we need to rationalize it in some way.

- 2.
- A) NO CHANGE
- B) At its worst
- C) At its worse
- D) At its' worse

3.

- A) NO CHANGE
- B) introduce
- C) establish
- D) unleash

4.

- A) NO CHANGE
- B) Thus, the use
- C) Then, the use
- D) By this, the use

- A) NO CHANGE
- B) but it is
- C) but they are
- D) but, it is

(6) <u>Push Hands is a great sport.</u> At its simplest, the game is to keep one's (7) <u>balance and</u> <u>equilibrium</u> and make one's opponent lose his. Losing your balance—even the threat of losing your balance—provokes a primitive stress response that causes you to tense your muscle as a form of protection. Tension comes from muscles in conflict. We get in our own way. Push Hands helps us overcome that primitive, fearful (8) <u>tightening and</u> <u>we</u> can replace it with something much more effective.

- 6.
- A) NO CHANGE
- B) That's where Push Hands comes in.
- C) Let's look more seriously at Push Hands.
- D) Push Hands gives us a very clear and precise picture of exactly how this works.

7.

- A) NO CHANGE
- B) balance, and equilibrium
- C) balance
- D) balance or equilibrium

- A) NO CHANGE
- B) tightening thus we
- C) tightening, and we
- D) tightening, and so we

At its best, Push Hands is done with (9) <u>seeming</u> <u>effortless</u> grace, like walking a tightrope or diving from a high board or (10) <u>to juggle</u> five balls. It allows us to overcome our fears to perform more calmly and effectively in anything we choose. (11) <u>Push Hands comes very close to being the national</u> <u>pastime of China in that a very high percentage of</u> <u>its people has engaged in it over the years.</u>

- 9.
- A) NO CHANGE
- B) seeming effortlessly
- C) seemingly effortless
- D) effortless

- A) NO CHANGE
- B) juggling
- C) , to juggle
- D) having to juggle
- 11. Where should this sentence be placed?
  - A) at the beginning of the paragraph
  - B) first sentence in the passage
  - C) where it is
  - D) delete it

Questions 12 - 22 are based on the following passage.

The following passage was written by Barbara Gatti, a long-time dancer and former Rockette.

On the island of Manhattan in the City of New York, there are many entertainment (12) <u>productions.</u> One of the largest and definitely one of the most visited is Radio City Music Hall. The biggest attraction at Radio City Music Hall (13) <u>are</u> <u>a line of thirty-six precision dancers</u> known as The Rockettes. This precision was achieved the hard way—rehearsals. (14) <u>Also</u>, every show was observed by either the choreographer, assistant choreographer, or line captain.

- 12.
- A) NO CHANGE
- B) cites.
- C) venues.
- D) shows.

13.

- A) NO CHANGE
- B) was a line of thirty-six precision dancers
- C) is a line of thirty-six precision dancers
- D) were a line of thirty-six precision dancers

- A) NO CHANGE
- B) However
- C) Remarkably
- D) In contrast

Entertaining for more than fifty years, (15) four shows a day, seven days a week, fifty-two weeks a year, the Rockettes worked. The obvious question is how? Of course, attrition and audition played a role, and the key element was that there were not thirtysix Rockettes. There were forty-six: thirty-six on stage, and ten on vacation each week. Once that is realized, another question arises. Remember that the Rockettes are a line of precision dancers (16) precisely placed and positioned in the line according to height; what happened if, when a vacationing dancer returned to work, her spot was occupied? The answer is "That's what a rehearsal hall is for!" (17) Everyone in the line rehearsed in their new spot. This situation is complicated by another mind-boggling statistic. Radio City Music Hall used to change shows every month or so. Rehearsals for the next show (18) had took place while the old show was still running. And sometimes there were special events that required extra rehearsal time as well.

- 15.
- A) NO CHANGE
- B) worked the Rockettes, four shows a day, seven days a week, fifty-two weeks a year.
- C) fifty-two weeks a year, seven days a week, four shows a day, the Rockettes worked.
- D) the Rockettes worked four shows a day, seven days a week, fifty-two weeks a year.
- 16.
- A) NO CHANGE
- B) precisely placed and situated in the line
- C) precisely placed in the line
- D) precisely and placed in the line

- A) NO CHANGE
- B) Everybody in the line rehearsed in their new spot.
- C) Everyone in the line rehearsed in there new spot.
- D) Everyone in the line rehearsed in her new spot.
- 18.
- A) NO CHANGE
- B) had taken place
- C) took place
- D) takes place

Who would ever want to do this job? Hundreds of women from all over the country lined up to audition for each place in line whenever there was an open call! Besides being able to perform tap, modern jazz, and ballet (at one time in Radio City Music Hall's history, there was a twenty-fourmember ballet corps that, at times, needed extra dancers and Rockettes would be required to fill in), potential dancers had to have the necessary stamina required (19) <u>for</u> a lengthy high kick segment that was the staple of every Rockette routine.

These "Dancing (20) <u>Daughters", as their</u> founder, Russell Markert, dubbed them, have served as ambassadors of goodwill for not only Radio City Music Hall, but for the entire country as well. (21) They participated in USO Tours during World War II, entertained thousands of American troops, performed in Super Bowl Halftime shows with more than 150 viewers watching, and even (22) <u>appearing with</u> the 2001 Presidential Inauguration Ceremony, dancing on the White House lawn.

Although the Rockettes are no longer in residence year-round at Radio City Music Hall, they still entertain over five thousand people per show for four shows a day for six weeks during their "Christmas Spectacular" there. And, because of the enormous popularity of this holiday event, the Rockettes have taken their show "on the road," delighting audiences in Arizona, California, Colorado, Florida, Illinois, Massachusetts, Missouri, Nebraska, and Texas.

- 19.
- A) NO CHANGE
- B) by
- C) in
- D) as

20.

- A) NO CHANGE
- B) Daughters," as their
- C) Daughters", as there
- D) Daughters," as they're
- 21. At this point, the writer is considering adding the following sentence.

They made a lot of extra money by performing these shows.

Should the writer make this addition here?

- A) Yes, because we need to understand what motivated them and this certainly does that.
- B) Yes, because we need to know this important fact about the Rockettes.
- C) No, because it breaks up the discussion of their being goodwill ambassadors with the fine example in the following sentence with information that is not considered in the rest of the passage.
- D) No, because the passage has already discussed their financial incentives.

- A) NO CHANGE
- B) appearing in
- C) appeared in
- D) appeared at

### About the Authors



**Larry Ronaldson** has been teaching SAT for thirty-nine years in high schools, small groups and one-on-one. Fifty- seven of his students have received perfect scores on the reading part and seventy-four on the grammar/writing part in the past fifteen years. He has taught in private and public schools for forty-six years. Mr. Ronaldson has a Master's degree in English Literature from City University of New York and now lives in Seattle.



**Tom Speedling** a New York native, received his Bachelor of Arts from St. Bonaventure University. After returning from Vietnam, he received a Master's of Science Education from Richmond College. Mr. Speedling taught in the New York city and state school systems for more than forty years. He has also tutored students for the SAT for twenty years and written numerous newspaper articles. This is his first book.

#### BOOKS FROM THE GET 800 COLLECTION































