

Tennessee Comprehensive Assessment Program

TCAP

English I Test Practice





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Metadata—English

Passage

Grade	Passage Title	Lexile Level	Word Count
EN1	from The Rainbow Trail	1050L	665
EN1	from The Octopus: A Story of California	1510L	685
EN1	President Kennedy's "City on a Hill" Speech	1330L	905
EN1	from The Southwest Corner	930L	1115
EN1	"Trading Smartphone Time for Sleep? Your Loss"	1030L	849
EN1	from "The Secret of Fast Runners: Symmetry"	1070L	488
EN1	from "The Secret to Running a Faster Marathon? Slow Down"	1070L	705

Metadata Definitions

Grade	Grade level or Course.
Passage Title	Title of the passage(s) associated with this item.
Lexile Level	Readability level for passage.
Word Count	Count of words in the passage.

Items

Page Number	Grade	Item Type	Key	TN Standards
5	EN1	MC	A	9-10.L.VAU.4
6	EN1	MC	C	9-10.RL.KID.3
7	EN1	MC	D	9-10.RL.KID.2
8	EN1	MC	D	9-10.RL.KID.3
9	EN1	MC	A	9-10.RL.KID.1
10	EN1	MC	B	9-10.RL.KID.3
11	EN1	CR	Scored with Writing Rubric	9-10.W.TTP.2
15	EN1	MC	B	9-10.RI.CS.4
16	EN1	Composite	C,D,E	9-10.RI.CS.5
17	EN1	MC	D	9-10.RI.KID.2
21	EN1	MC	A	9-10.RL.KID.3
22	EN1	MS	C,E	9-10.RL.KID.2
23	EN1	Composite	B,A,E	9-10.RL.KID.1
24	EN1	MC	A	9-10.RL.KID.3
25	EN1	Composite	B,D	9-10.RL.KID.2
26	EN1	Composite	C,D	9-10.RL.KID.3

30	EN1	MC	D	9-10.RI.CS.4
31	EN1	MC	D	9-10.RI.KID.3
32	EN1	MC	C	9-10.L.VAU.4
33	EN1	MS	A,E	9-10.RI.KID.3
35	EN1	MC	A	9-10.L.CSE.1
36	EN1	MC	C	9-10.L.CSE.2
37	EN1	MC	C	9-10.L.CSE.1
38	EN1	MC	A	9-10.L.CSE.1
39	EN1	MC	D	9-10.L.CSE.2
44	EN1	Composite	B,C	9-10.L.VAU.4a
45	EN1	Composite	D,C	9-10.RI.KID.2
46	EN1	Composite	A,D	9-10.RI.KID.2
47	EN1	Composite	B,A,F	9-10.RI.KID.1

Metadata Definitions

Grade	Grade level or Course.
Item Type	Indicates the type of item. MC= Multiple Choice, MS = Multiple Select, Composite = MC for Part A, MC or MS for Part B
Key	Correct answer. This may be blank for constructed response items where students write or type their responses.
TN Standards	Primary educational standard assessed.

Read the passages and answer the questions that follow. Then respond to the writing prompt.

Passage 1

from *The Rainbow Trail*

by Zane Grey

- 1 Shefford halted his tired horse and gazed with slowly realizing eyes.
- 2 A league-long slope of sage rolled and billowed down to Red Lake, a dry red basin, denuded and glistening, a hollow in the desert, a lonely and desolate door to the vast, wild, and broken upland beyond.
- 3 All day Shefford had plodded onward with the clear horizon-line a thing unattainable; and for days before that he had ridden the wild bare flats and climbed the rocky desert benches. The great colored reaches and steps had led endlessly onward and upward through dim and deceiving distance.
- 4 A hundred miles of desert travel, with its mistakes and lessons and intimations, had not prepared him for what he now saw. He beheld what seemed a world that knew only magnitude. Wonder and awe fixed his gaze, and thought remained aloof. Then that dark and unknown northland flung a menace at him. An irresistible call had drawn him to this seamed and peaked border of Arizona, this broken battlemented wilderness of Utah upland; and at first sight they frowned upon him, as if to warn him not to search for what lay hidden beyond the ranges. But Shefford thrilled with both fear and exultation. That was the country which had been described to him. Far across the red valley, far beyond the ragged line of black mesa and yellow range, lay the wild canyon with its haunting secret.
- 5 Red Lake must be his Rubicon¹. Either he must enter the unknown to seek, to strive, to find, or turn back and fail and never know and be always haunted. A friend's strange story had prompted his singular journey; a beautiful rainbow with its mystery and promise had decided him. Once in his life he had answered a wild call to the kingdom of adventure within him, and once in his life he had been happy. But here in the horizon-wide face of that up-flung and cloven desert he grew cold; he faltered even while he felt drawn.
- 6 As if impelled Shefford started his horse down the sandy trail, but he checked his former far-reaching gaze. It was the month of April, and the waning sun lost heat and brightness. Long shadows crept down the slope ahead of him and the scant sage deepened its gray. He watched the lizards shoot like brown streaks

¹**Rubicon:** the name historically given to a river that was famously crossed by Julius Caesar

across the sand, leaving their slender tracks; he heard the rustle of pack-rats as they darted into their brushy homes; the whirl of a low-sailing hawk startled his horse.

- 7 Like ocean waves the slope rose and fell, its hollows choked with sand, its ridge-tops showing scantier growth of sage and grass and weed. The last ridge was a sand-dune, beautifully ribbed and scalloped and lined by the wind, and from its knife-sharp crest a thin wavering sheet of sand blew, almost like smoke. Shefford wondered why the sand looked red at a distance, for here it seemed almost white. It rippled everywhere, clean and glistening, always leading down.
- 8 Suddenly Shefford became aware of a house looming out of the bareness of the slope. It dominated that long white incline. Grim, lonely, forbidding, how strangely it harmonized with the surroundings! The structure was octagon-shaped, built of uncut stone, and resembled a fort. There was no door on the sides exposed to Shefford's gaze, but small apertures two-thirds the way up probably served as windows and portholes. The roof appeared to be made of poles covered with red earth.
- 9 Like a huge cold rock on a wide plain this house stood there on the windy slope. It was an outpost of the trader Presbrey, of whom Shefford had heard at Flagstaff and Tuba. No living thing appeared in the limit of Shefford's vision. He gazed shudderingly at the unwelcoming habitation, at the dark eye-like windows, at the sweep of barren slope merging into the vast red valley, at the bold, bleak bluffs. Could any one live here?

Excerpt from *The Rainbow Trail*, a Romance by Zane Grey, 1915. May 31, 2009 [EBook #5067]. Copyright © 2016, from Gutenberg.org. In the public domain.

Passage 2

from *The Octopus: A Story of California*

by Frank Norris

The poet Presley takes residence at Los Muertos to write about the dilemma between the ranchers and the railroad. The novel begins with him riding his bicycle across the countryside and encountering various landmarks and residents.

- 10 He took a firmer hold of the cork grips of his handlebars — the road being in a wretched condition after the recent hauling of the crop — and quickened his pace. He told himself that, no matter what the time was, he would not stop for luncheon at the ranch house, but would push on to Guadalajara and have a Spanish dinner at Solotari's, as he had originally planned.
- 11 There had not been much of a crop to haul that year. Half of the wheat on the Broderson ranch had failed entirely, and Derrick himself had hardly raised more than enough to supply seed for the winter's sowing. But such little hauling as there had been had reduced the roads thereabouts to a lamentable condition, and, during the dry season of the past few months, the layer of dust had deepened and thickened to such an extent that more than once Presley was obliged to dismount and trudge along on foot, pushing his bicycle in front of him.
- 12 It was the last half of September, the very end of the dry season, and all Tulare County, all the vast reaches of the San Joaquin Valley — in fact all South Central California, was bone dry, parched, and baked and crisped after four months of cloudless weather, when the day seemed always at noon, and the sun blazed white hot over the valley from the Coast Range in the west to the foothills of the Sierras in the east.
- 13 As Presley drew near to the point where what was known as the Lower Road struck off through the Rancho de Los Muertos, leading on to Guadalajara, he came upon one of the county watering-tanks, a great, iron-hooped tower of wood, straddling clumsily on its four uprights by the roadside. Since the day of its completion, the storekeepers and retailers of Bonneville had painted their advertisements upon it. It was a landmark. In that reach of level fields, the white letters upon it could be read for miles. A watering-trough stood near by, and, as he was very thirsty, Presley resolved to stop for a moment to get a drink.
- 14 He drew abreast of the tank and halted there, leaning his bicycle against the fence. A couple of men in white overalls were repainting the surface of the tank, seated on swinging platforms that hung by hooks from the roof. They were painting a sign — an advertisement. It was all but finished and read, "S. Behrman, Real Estate, Mortgages, Main Street, Bonneville, Opposite the

Post Office." On the horse-trough that stood in the shadow of the tank was another freshly painted inscription: "S. Behrman Has Something To Say To You."

15 As Presley straightened up after drinking from the faucet at one end of the horse-trough, the watering-cart itself laboured into view around the turn of the Lower Road. Two mules and two horses, white with dust, strained leisurely in the traces, moving at a snail's pace, their limp ears marking the time; while perched high upon the seat, under a yellow cotton wagon umbrella, Presley recognised Hooven, one of Derrick's tenants, a German, whom every one called "Bismarck," an excitable little man with a perpetual grievance. . . .

16 "Hello, Bismarck," said Presley, as Hooven brought his team to a standstill by the tank, preparatory to refilling.

17 "Yoost der men I look for, Mist'r Praicely," cried the other, twisting the reins around the brake. "Yoost one minute, you wait, hey? I wanta talk mit you."

18 Presley was impatient to be on his way again. A little more time wasted, and the day would be lost. He had nothing to do with the management of the ranch, and if Hooven wanted any advice from him, it was so much breath wasted. . . .

19 "Well, you must be quick about it, Bismarck," he answered sharply. "I'm late for dinner, as it is."

From THE OCTOPUS: A STORY OF CALIFORNIA by Frank Norris—Public Domain

00. What is the meaning of exultation in paragraph 4?

- A.** delight
- B.** amusement
- C.** agitation
- D.** uncertainty

- 00.** What is the significance of Red Lake in the passage?
- A.** It symbolizes a goal that Shefford is afraid to achieve.
 - B.** It symbolizes a forbidden place that Shefford yearns to explore.
 - C.** It represents a line that once Shefford crosses, he can't turn back.
 - D.** It represents a problem that Shefford must overcome.

00. Which statement is the **best** summary of Passage 1?

- A.** A man who yearns for adventure instead finds a cold, white house. He stares at it in the distance and wonders if anyone lives there.
- B.** A traveling man is convinced he will find a promised land that few have explored. As darkness approaches, he feels cold and uncertain but continues on.
- C.** A man on horseback arrives at a dried-up lake and remembers a story his friend relayed to him. Then he recalls another time he has gone on a great adventure and it made him happy, so he hopes to achieve the same result.
- D.** A weary man who has traveled a long distance seeking adventure has come to a point where he must decide whether to proceed or turn back. As he continues on, he spots a strange house that gives him pause.

- 00.** How does paragraph 12 contribute to the development of the passage?
- A.** It reveals Presley's destination.
 - B.** It exemplifies the simplicity of the town.
 - C.** It provides insight into Presley's background.
 - D.** It tells about the conditions that caused the crop to fail.

- 00.** Which sentence from Passage 2 provides insight into Presley’s personality?
- A.** “He told himself that, no matter what the time was, he would not stop for luncheon at the ranch house, but would push on to Guadalajara and have a Spanish dinner at Solotari’s, as he had originally planned.” (paragraph 10)
 - B.** “But such little hauling as there had been had reduced the roads thereabouts to a lamentable condition, and, during the dry season of the past few months, the layer of dust had deepened and thickened to such an extent that more than once Presley was obliged to dismount and trudge along on foot, pushing his bicycle in front of him.” (paragraph 11)
 - C.** “A watering-trough stood near by, and, as he was very thirsty, Presley resolved to stop for a moment to get a drink.” (paragraph 13)
 - D.** “As Presley straightened up after drinking from the faucet at one end of the horse-trough, the watering-cart itself laboured into view around the turn of the Lower Road.” (paragraph 15)

- 00.** In Passage 2, what does the interaction between Presley and Bismarck reveal about Presley's character?
- A.** He is generally unwilling to help other people.
 - B.** He is unwilling to veer from his goal or plan.
 - C.** He has high standards and lofty expectations of others.
 - D.** He feels superior towards people who are different from him.

00. Writing Prompt

You have just read two passages that present different experiences of each character in a challenging environment. Write an informational essay comparing and contrasting the environment each character experiences and explain each character's reaction to their environment.

Manage your time carefully so that you can

- plan your essay and do some prewriting using your scratch paper.
- write your response to the writing prompt in the space provided.

Read the passage and answer the questions that follow.

President Kennedy's "City on a Hill" Speech

John F. Kennedy became President of the United States in January 1961. About two weeks before he took office, he returned to his home state of Massachusetts and spoke to the state legislature.

- 1 I have welcomed this opportunity to address this historic body, and, through you, the people of Massachusetts to whom I am so deeply indebted for a lifetime of friendship and trust.
- 2 For fourteen years I have placed my confidence in the citizens of Massachusetts — and they have generously responded by placing their confidence in me.
- 3 Now, on the Friday after next, I am to assume new and broader responsibilities. But I am not here to bid farewell to Massachusetts.
- 4 For forty-three years — whether I was in London, Washington, the South Pacific, or elsewhere — this has been my home; and, God willing, wherever I serve this shall remain my home.
- 5 It was here my grandparents were born — it is here I hope my grandchildren will be born.
- 6 I speak neither from false provincial pride nor artful political flattery. For no man about to enter high office in this country can ever be unmindful of the contribution this state has made to our national greatness.
- 7 Its leaders have shaped our destiny long before the great republic was born. Its principles have guided our footsteps in times of crisis as well as in times of calm. Its democratic institutions — including this historic body — have served as beacon lights for other nations as well as our sister states.
- 8 For what Pericles said to the Athenians has long been true of this commonwealth: "We do not imitate — for we are a model to others."
- 9 And so it is that I carry with me from this state to that high and lonely office to which I now succeed more than fond memories of firm friendships. The enduring qualities of Massachusetts — the common threads woven by the Pilgrim and the Puritan, the fisherman and the farmer, the Yankee and the immigrant — will not be and could not be forgotten in this nation's executive mansion.
- 10 They are an indelible part of my life, my convictions, my view of the past, and my hopes for the future.

- 11 Allow me to illustrate: During the last sixty days, I have been at the task of constructing an administration. It has been a long and deliberate process. Some have counseled greater speed. Others have counseled more expedient tests.
- 12 But I have been guided by the standard John Winthrop set before his shipmates on the flagship *Arbella* three hundred and thirty-one years ago, as they, too, faced the task of building a new government on a perilous frontier.
- 13 “We must always consider,” he said, “that we shall be as a city upon a hill — the eyes of all people are upon us.”
- 14 Today the eyes of all people are truly upon us — and our governments, in every branch, at every level, national, state and local, must be as a city upon a hill — constructed and inhabited by men aware of their great trust and their great responsibilities.
- 15 For we are setting out upon a voyage in 1961 no less hazardous than that undertaken by the *Arbella* in 1630. We are committing ourselves to tasks of statecraft no less awesome than that of governing the Massachusetts Bay Colony, beset as it was then by terror without and disorder within.
- 16 History will not judge our endeavors — and a government cannot be selected — merely on the basis of color or creed or even party affiliation. Neither will competence and loyalty and stature, while essential to the utmost, suffice in times such as these.
- 17 For of those to whom much is given, much is required. And when at some future date the high court of history sits in judgment on each one of us — recording whether in our brief span of service we fulfilled our responsibilities to the state — our success or failure, in whatever office we may hold, will be measured by the answers to four questions:
- 18 First, were we truly men of courage — with the courage to stand up to one’s enemies — and the courage to stand up, when necessary, to one’s associates — the courage to resist public pressure, as well as private greed?
- 19 Secondly, were we truly men of judgment — with perceptive judgment of the future as well as the past — of our own mistakes as well as the mistakes of others — with enough wisdom to know that we did not know, and enough candor to admit it?
- 20 Third, were we truly men of integrity — men who never ran out on either the principles in which they believed or the people who believed in them — men who believed in us — men whom neither financial gain nor political ambition could ever divert from the fulfillment of our sacred trust?

- 21 Finally, were we truly men of dedication — with an honor mortgaged to no single individual or group, and compromised by no private obligation or aim, but devoted solely to serving the public good and the national interest.
- 22 Courage — judgment — integrity — dedication — these are the historic qualities of the Bay Colony and the Bay State — the qualities which this state has consistently sent to this chamber on Beacon Hill here in Boston and to Capitol Hill back in Washington.
- 23 And these are the qualities which, with God's help, this son of Massachusetts hopes will characterize our government's conduct in the four stormy years that lie ahead.

from "Address to Massachusetts State Legislature, 9 January 1961" by John F. Kennedy—Public Domain

- 00.** In paragraph 15, what does the word awesome suggest in relation to Kennedy's ideas on governance?
- A.** The new government will be magnificent and wondrous.
 - B.** Governing during these times will be intimidating and challenging.
 - C.** Trying to lead the country as president will be worrisome and impossible.
 - D.** Taking on the role of president will be exciting and gratifying.

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

What role do paragraphs 11–15 play in conveying the ideas of the speech?

- A.** They point out the first task a new president-elect must accomplish.
- B.** They present Kennedy’s opinion about the importance of constructing an administration.
- C.** They serve as a transition connecting the first half of the speech to the second.
- D.** They express two contrasting views about how long it should take to set up a new administration.

Part B

Which **two** excerpts from the speech **best** illustrate the correct answer to Part A?

- A.** “Allow me to illustrate: During the last sixty days, I have been at the task of constructing an administration.” (paragraph 11)
- B.** “It has been a long and deliberate process.” (paragraph 11)
- C.** “Some have counseled greater speed.” (paragraph 11)
- D.** “‘We must always consider,’ he said, ‘that we shall be a city upon a hill—the eyes of all people are upon us.’” (paragraph 13)
- E.** “For we are setting out upon a voyage in 1961 no less hazardous than that undertaken by the *Arbella* in 1630.” (paragraph 15)

- 00.** Which statement **best** expresses a central idea in paragraphs 1–15?
- A.** The nation was inspired by the integrity of Massachusetts.
 - B.** The people of Massachusetts provided Kennedy with a lifetime of friendship and trust.
 - C.** The state legislature of Massachusetts is a historic democratic institution.
 - D.** The principles that have guided Massachusetts make it a model for the nation.

Read the passage and answer the questions that follow.

Excerpt from *The Southwest Corner*

by Mildred Walker

This excerpt is from a 20th century American novel about Marcia Elder, an eighty-three-year-old who lives in her rural childhood home with the help of her neighbor, Orville. It begins in the month of June, as she contemplates life in her home.

- 1 June leaned a warm shoulder of sun against the kitchen window and Marcia set Orville to putting on the screens. From day to day, she watched the tiny leaves on the elm trees grow full-sized, and as rough as cat's tongue, and the maple leaves spread out as big and veined as the palm of her own hand. The hills turned deep green, and by the end of the month there was tender green lettuce in her garden to eat for supper, with milk and sugar on it.
- 2 One afternoon in mid-June, Marcia put on her big straw hat and went up to the pasture on the hill. Everything was there to see again, just as it had been in her childhood. Queen Anne's lace, and steeple bush, and yellow primroses. The yarrow was a coarse-looking flower she and Caroline¹ never picked but it had a good earthy smell, and the little hard round yellow buttons of the tansy blossoms were still fun to pull apart. She went beyond the cave today and crossed the tumbledown stone wall into the stand of timber . . .
- 3 Marcia was tired when she got back down the hill; she had gone farther than she had meant to, but a cup of tea and a good night's sleep would remedy that; a summer night with no fires to keep.
- 4 July was fine and hot. Noons the heat waves shimmered in the air and the grasshoppers fiddled away like good ones. "Loud as a factory!" Marcia exclaimed with satisfaction. She made a dozen trips a day from the house to the garden to water her flowers, and dug the plantain out of her front yard until she worked up a perspiration. It was so good to be hot.
- 5 Summer people came up the hill and picnicked in the orchard beyond the house and admired the great elms in the dooryard and looked at the date 1802 carved in the soapstone trim of the doorway. She didn't mind when they asked if she had any old furniture to sell or tried to buy the old settee out of her shed or wanted to know the names of flowers in her garden, but when they asked what she did all alone up here in winter, her voice grew a little tart. "Eat and sleep and

¹**Caroline:** Marcia's sister

breathe, same as you do,” she told them. But every question like that added to the growing uneasiness in her own mind.

6 In August Orville drove her down to church and she looked at all the houses along the main street. There weren’t so many as there used to be. She shook hands with folks who had white hair now whom she had taught in school . . .

7 August ran past the middle mark, but there were hot days yet to come. Marcia took her tea and bread and butter and applesauce outdoors to eat on the seat by the elm tree, whose green leaves were already mixed with a few gold ones. The swallows came swooping out of the barn loft just as they did every evening . . . but weren’t they a mite earlier than yesterday? She didn’t take the pleasure in them that she usually did. She sat idle with her empty teacup beside her and the applesauce hardly touched . . . She felt the gold pin at her neck and fingered the little buttons down the front of her dress, then she joined her hands together in her lap as though the one could comfort the other.

8 “Well, Marcia Elder, what are you going to do?” She spoke aloud. Her chin looked more pointed when she pursed her lips. Her eyes that had once been a deep blue were as pale as the bluish cast of old windowpanes and showed the worry looking out of them as clear as windows. She had half a notion to wait till morning to make up her mind, but in the morning the sun would be warm and no sign of fall. It was better to think about it now with the air getting cooler all the time.

9 Well, then, she was eighty-three this summer . . .

10 The long and short of it was plain. She needed someone with her.

11 Marcia’s eyes moved across the lawn to the second door in the front of the brick house. Her grandfather had planned for his old age and that of his wife by building the one-story part onto the main house. It seemed so simple a solution: when his son married he deeded the farm to him, all but that southwest corner of the house. In her mind she opened the narrow door and went into those familiar rooms, three of them, and all as pleasant as anyone could ask for. She could remember as a child running in with a pot of beans from her mother’s big oven, and listening to her grandfather tell about the days before Vermont was a state.

12 She sat a long time thinking how it might have been. But Life was persnickety and didn’t pay any attention to plans. She unclasped her hands and let them lie open in her lap. What couldn’t be mended, couldn’t, and there was no use crying about it. If she had no one of her own flesh and blood to stay with her, then she would have to get someone . . .

13 Her thoughts moved painfully along a path she had known was there although she had never wanted to follow it to the end before. The only thing to do was to make an arrangement with someone. Having come that far, she picked up her

dishes and carried them in the house without looking back to see the last of the sunset or the swallows swooping in the dusk, or the elms against the sky.

14 She spent all week writing the advertisement for the Rutland *Times*.

15 “WANTED: agreeable woman to share pleasant living with able-bodied, vigorous old lady of eighty-three with small capital . . . Please give age and references when applying. Interview necessary.”

16 She had hesitated over it and crossed out and re-written words and still she was dissatisfied with the final product. She didn’t like the description of herself, but what else could she say? She was vigorous. She was able-bodied and eighty-three. Finally, she had put in the pleasant. “Pleasant living.” That was what her life was up here; simple and pleasant.

From THE SOUTHWEST CORNER by Mildred Walker. Copyright © 1951 by Mildred Walker. Used by permission of University of Nebraska Press. All rights reserved.

- 00.** Why does the author include a listing of plant names in paragraph 2?
- A.** to emphasize Marcia's connection to nature
 - B.** to demonstrate that Marcia is an expert gardener
 - C.** to describe the beauty of Marcia's home
 - D.** to explain why Marcia lives in the country

- 00.** Read this first sentence of a summary of the passage.

Marcia notices the changes in weather and the environment that each month of summer brings.

Choose **two** sentences that best complete the summary of the passage.

- A.** Marcia directs Orville to place screens on her windows when the weather grows warm.
- B.** Marcia likes to sit under the elm tree to drink her tea and eat bread and butter and applesauce.
- C.** Marcia feels unsettled as she notices signs of fall and decides she needs someone to live with her.
- D.** Marcia greets people who were once her students.
- E.** Marcia makes a plan to find someone to be her live-in companion.

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

What do paragraphs 1 through 7 suggest about Marcia's character?

- A.** She is impatient with strangers who ask intrusive questions.
- B.** She is sensitive to and aware of the passage of time.
- C.** She is preoccupied with the care and appearance of her house and property.
- D.** She is pessimistic about the coming seasons.

Part B

Select **two** details from the passage that support the answer to Part A.

- A.** "From day to day, she watched the tiny leaves on the elm trees grow full-sized" (paragraph 1)
- B.** "Marcia was tired when she got back down the hill; she had gone farther than she had meant to" (paragraph 3)
- C.** "She made a dozen trips a day from the house to the garden to water her flowers, and dug the plantain out of her front yard until she worked up a perspiration." (paragraph 4)
- D.** "when they asked what she did all alone up here in winter, her voice grew a little tart" (paragraph 5)
- E.** "August ran past the middle mark, but there were hot days yet to come." (paragraph 7)

- 00.** What effect does the author create when Marcia joins her hands together in paragraph 7 and unclasps them in paragraph 12?
- A.** The author shows how the tension that Marcia is experiencing is relieved when she makes a decision about her future.
 - B.** The author reveals how a childhood memory helps provide Marcia with perspective about her summer.
 - C.** The author implies that Marcia believes she is better off alone.
 - D.** The author suggests that Marcia is appreciative of the plans her family made.

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

What is a theme in the passage?

- A.** We make our most difficult decisions without help from others.
- B.** We must adapt to changes that come with the passage of time.
- C.** We overlook the present by worrying too much about the future.
- D.** We should notice the wonders of nature and ignore its challenges.

Part B

Which sentence from the passage **best** supports the correct answer to Part A?

- A.** "There weren't so many as there used to be." (paragraph 6)
- B.** "Marcia took her tea and bread and butter and applesauce outdoors to eat on the seat by the elm tree, whose green leaves were already mixed with a few gold ones." (paragraph 7)
- C.** "She had half a notion to wait till morning to make up her mind, but in the morning the sun would be warm and no sign of fall." (paragraph 8)
- D.** "But Life was persnickety and didn't pay any attention to plans." (paragraph 12)

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

Which aspect of Marcia's character is **most** emphasized in the passage?

- A.** Marcia is haunted by the past.
- B.** Marcia feels proud of her family's home.
- C.** Marcia is accustomed to living by herself.
- D.** Marcia cannot admit that she is lonesome.

Part B

Select the sentence from the passage that **best** supports the correct answer to Part A.

- A.** "The yarrow was a coarse-looking flower she and Caroline never picked but it had a good earthy smell, and the little hard round yellow buttons of the tansy blossoms were still fun to pull apart." (paragraph 2)
- B.** "She could remember as a child running in with a pot of beans from her mother's big oven, and listening to her grandfather tell about the days before Vermont was a state." (paragraph 11)
- C.** "She sat a long time thinking how it might have been." (paragraph 12)
- D.** "Her thoughts moved painfully along a path she had known was there although she had never wanted to follow it to the end before." (paragraph 13)

Read the passage and answer the questions that follow.

“Trading Smartphone Time for Sleep? Your Loss”

by Sharon Oosthoek

- 1 Increasingly, U.S. teens are trading sleep time for screen time. That’s the finding of a new study. It analyzed survey data from hundreds of thousands of adolescents. And they showed that the share of teens who are losing more sleep and logging more screen time rose dramatically between 2009 and 2015.
 - 2 Most sleep experts agree that from ages 12 to 17, teenagers need about nine hours of sleep a night. When teens don’t get enough shut-eye, their bodies and minds suffer.
 - 3 “Lack of sleep is linked to depression, anxiety, poor school performance and obesity,” says Jean Twenge. A psychologist who works at San Diego State University in California, she is the lead author of the new study.
 - 4 Her team shared its findings in the November issue of *Sleep Medicine*.
- Changing trends**
- 5 The researchers scouted for changes over time in teens’ online activity and sleep patterns. To do this, they pored over U.S. data from two long-running national surveys. Each had asked students about their sleep habits. Together, those surveys included data on some 370,000 teens.
 - 6 In 2015, more than four in every 10 adolescents logged fewer than seven hours of sleep a night. That’s at least two hours less than experts recommend. Just six years earlier, 17 percent fewer teens slept less than 7 hours nightly.
 - 7 Twenge and her team think smartphones have something to do with teens’ diminishing sleep.
 - 8 Beginning around 2009, smartphone use among the general U.S. population went up sharply, Twenge notes. Her team now suspects teens are increasingly foregoing sleep for texting, using social media or watching videos on their phones. Teens who used electronic devices at least five hours a day were 50 percent more likely not to get enough sleep, they found. That’s compared to students who spent only an hour a day on such devices.
 - 9 Twenge’s group also looked into whether TV watching, homework or after-school jobs were linked to falling sleep time. In fact, none of those appeared to make a difference.

- 10 The light emitted by screens can interfere with the body’s natural sleep-wake rhythms, studies show. Cell phones, tablets and computers give off all colors of light. But the light in the blue portion of the color spectrum “tricks the brain” into thinking it is still daytime. And that, data have shown, can make it harder to fall asleep.
- 11 Use of electronic devices near bedtime “is a problem,” says Kyla Wahlstrom. She studies the science of sleep at the University of Minnesota, in Minneapolis. “When students turn their devices off to go to sleep,” she explains, “the brain needs about one hour to become sleepy.”
- 12 Some phones have a so-called “night shift” mode. It reduces the blue light that their screens emit. Still, Twenge points out, that change isn’t enough to erase the effects of late exposures to their screens. Those phones are “still too stimulating,” she says, “and could keep you from sleeping well.”
- 13 And looking at your screen in the middle of the night — to scan an incoming text, for example — also “wakes up your brain,” Wahlstrom adds. So even if you go right back to sleep, she says, you will have had fewer hours of quality sleep.

Additional support for the new findings

- 14 The new findings by Twenge’s team emerged just as a group of experts gathered in Washington, D.C., on November 1 to discuss potential sleep impacts of digital media. This meeting was sponsored by Children and Screens: Institute of Digital Media and Child Development. This nonprofit group is based in New York City. Teens average nine hours each day engaged with online entertainment, according to its research, presented at the meeting. And this did not count online time at school or doing homework. Kids ages 8- to 12-years-old spend almost six hours per day on such online entertainment.
- 15 At the meeting, the group pointed to dozens of its own studies and those by other researchers. Data from these studies have linked screen time with getting too little sleep. Extra screen time seems to lead to later bedtimes, those studies show. Since school wake-up times don’t change, that leads to reduced total sleep time. Twenge’s research is the most recent to support this link. It also underscores the likely link to the teen’s excessive use of smartphones.
- 16 Twenge’s advice? Turn your phone off and put it in another room when you’re sleeping. Don’t use your phone for at least 30 minutes before bed. “It’s fine to use your phone for up to two hours a day, but after that there is a link to sleeping too little,” Twenge notes.
- 17 Janet Croft studies teens and sleep at the Centers for Disease Control and Prevention (CDC) in Atlanta, Ga. She agrees that it’s important to keep all electronic devices out of the bedroom. It’s also important, she says, to practice good *sleep hygiene*. By that, she means teens should go to bed and wake up at the same time each day, even on weekends.

- 18 Notes Croft: "When adolescents get enough sleep, they are often more attentive in academic settings, alert while driving and physically prepared when engaging in activities."

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- 00.** What is the effect of the author's use of the word "pored" in paragraph 5 instead of a phrase like "looked at"?
- A.** The word "pored" implies an element of suspicion of the results.
 - B.** The word "pored" suggests the efforts were frustrating.
 - C.** The word "pored" suggests the researchers were exhausted.
 - D.** The word "pored" implies a degree of intensity of the work.

- 00.** What is the **most likely** reason the author ends the passage with the information in paragraph 18?
- A.** to warn of physical dangers associated with the use of smartphones
 - B.** to suggest that further research will study how much better students who limit their smartphone usage perform in school
 - C.** to encourage teens to put down their smartphones and perform physical activities
 - D.** to reinforce the idea that smart phone restriction will have multiple benefits for teens

00. Based on paragraph 10, what is the meaning of the word emitted?

- A.** maintained
- B.** picked up
- C.** sent outward
- D.** transferred

00. Read this sentence from paragraph 16.

“It’s fine to use your phone for up to two hours a day, but after that there is a link to sleeping too little,” Twenge notes.

Select **two** ways that show how the author uses this sentence to develop the ideas in the passage.

- A.** The sentence clarifies how limited smartphone usage is acceptable.
- B.** The sentence emphasizes how smartphone usage can be beneficial.
- C.** The sentence introduces expert testimony about how smartphone usage impacts the ability to make good decisions.
- D.** The sentence explains how smartphone usage is currently being abused by teenagers.
- E.** The sentence illustrates how smartphone usage can be compatible with a healthy lifestyle.

There are five underlined parts in the passage. Some underlined parts may contain errors to be corrected, or they may need to be changed for better wording. If a change is needed, select the correct replacement. If no change is needed, select “No change.” For other underlined parts, you may only need to answer a question about the underlined word or phrase.

People have probably made some kind of music for as long as there have been people, but have you ever wondered how music has evolved over time? Some scholars believe the first musicians used ancient instruments — primitive flutes, horns, and drums — to imitate what they heard in nature. As time passed, new instruments appeared, and the quality of existing ones improved. Nevertheless, the music of this era will rest forever unheard, and unknown forever the names of its great composers will remain. The reason for this is that it was before the invention of writing, when all of humanity was illiterate.

In ancient Greece and Rome, people began to record their music using an early system of notation allowing musicians to save and share your compositions. This system later progressed to a system of fixed scales. The modern system of musical notation, however, did not begin until the 11th century. Musicians today still rely on many of these centuries-old standards.

The 20th century ushered in major advances in popular music. The invention of the record and an upsurge in music publishing, almost anyone could own a piece of music. After radio and television were invented, music could be sent around the world.

Dramatic changes in sound occurred in the second half of the 20th century when instruments were electrified and amplified. By the 1960s, musicians were using portable synthesizers, and in the late 20th century, digital recording opened up a world of new possibilities.

Some people think these innovations have made today’s music more complex and compelling, while others prefer acoustic instruments. In any event, music is sure to delight people for a long time to come.

00. Which change, if any, shows the **best** way to revise the underlined text?

Nevertheless, the music of this era will rest forever unheard, and unknown forever the names of its great composers will remain.

- A. Nevertheless, the music of this era will rest forever unheard, and the names of its great composers will remain forever unknown.
- B. Nevertheless, the music of this era will rest forever unheard, and unknown the names of its great composers will remain forever.
- C. Nevertheless, the music of this era will rest forever unheard, and will remain forever unknown the names of its great composers.
- D. No change

00. Which change, if any, is needed to the underlined text?

illiterate

- A.** ilitterate
- B.** illitterate
- C.** illiterate
- D.** No change

00. Which change, if any, is needed to the underlined text?

notation allowing musicians to save and share your compositions

- A.** notation who allowed musicians to save and share their compositions
- B.** notation that allowed musicians to save and share its compositions
- C.** notation that allowed musicians to save and share their compositions
- D.** No change

00. Which change, if any, is needed to the underlined text?

The invention of the record

- A.** With the invention of the record
- B.** When the record was invented
- C.** Inventing the record
- D.** No change

00. Which change, if any, is needed to the underlined text?

After radio and television were invented, music could be sent around the world.

- A.** After radio and television were invented music could be sent around the world.
- B.** After, radio and television were invented music, could be sent around the world.
- C.** After, radio and television were invented music could be sent around the world.
- D.** No change

Read the passages and answer the questions that follow.

Passage 1

from “The Secret of Fast Runners: Symmetry”

By Ilima Loomis

- 1 To be a swift runner you need strong muscles, a powerful heart, determination and — symmetrical knees? That’s what scientists learned when they studied some of the world’s top sprinters.
- 2 Science has shown that animals and people with more symmetrical bodies tend to be stronger and healthier than those who are a bit lopsided. But this is the first time researchers have been able to predict who will be the fastest runners just by measuring their knees.
- 3 “Among the very best sprinters in the world, knee symmetry predicts who’s going to be the best of the best,” says Robert Trivers of Rutgers University in New Brunswick, N. J. . . . He studies how organisms have adapted over generations to their environments. . . .
- 4 Trivers knew symmetrical knees could aid runners. In an earlier study, he showed that children who at age 8 had more symmetrical knees developed into the fastest runners by the time they were 22. Now he wanted to know why symmetry made such a difference in top athletes.
- 5 To find out, he brought a team of researchers to the island nation of Jamaica in the Caribbean. They measured the knees, ankles, and feet of 73 elite sprinters at the MVP Track and Field Club in Kingston. Jamaican Shelly-Ann Fraser-Pryce was among the athletes studied. She won Olympic gold medals in the 100-meter (328-foot) sprint in both 2008 and 2012.
- 6 The researchers then took the same measurements from 116 local non-runners who were about the same ages and sizes as the elite athletes.
- 7 “Elite sprinters had more symmetrical knees than normal people,” Trivers says. “Their ankles were also slightly more symmetrical.” But their feet were not special. “It seems the feet are completely irrelevant,” he concludes.
- 8 Then the researchers took a closer look at the athletes. They asked the club to give them the best times for each of the runners in their chosen events: the 100-, 200-, 400-, or 800-meter races. In every case, Trivers’ group found, the very fastest runners had more symmetrical knees than their competitors. And runners who competed in the 100-meter event had the most symmetrical knees of all.

- 9 That's not so surprising. When people run down a track, their knees pump up and down, pushing them forward. Having symmetrical knees allows an athlete to run more efficiently. And unlike longer events, where the runner has to make two or more left-hand turns to corner around the track, sprinters have only a straightaway to speed down.
- 10 The study is important because it adds to long-term research about how symmetry affects our bodies over the course of our lifetime, says John Manning. He's an evolutionary biologist at Northumbria University in Newcastle-upon-Tyne, England. The new study also raises some interesting questions, he adds. For example: Do runners have symmetrical legs because of good genes, or because of all the time they spend exercising?

Excerpt from "The Secret of Fast Runners: Symmetry" by Ilima Loomis, from *Science News for Students*. Copyright © 2014, Society for Science and the Public.
<https://www.sciencenewsforstudents.org/article/secret-fast-runners-symmetry>.

Passage 2

from “The Secret to Running a Faster Marathon? Slow Down”

by Ed Caesar

Set in 2014, the current world record for running a marathon (26.2 miles) is two hours, two minutes, and 57 seconds. Breaking2 is a scientific project to achieve a goal long thought to be impossible — running a marathon in under two hours. In this passage, runner Ed Caesar describes his experience training with Olympic gold medalist Eliud Kipchoge, one of Breaking2’s elite athletes.

- 11 On Wednesday, January 26, I ran 10 kilometers through a forest in Kaptagat, Kenya, with Eliud Kipchoge, a few of his friends, and some of the scientists from Nike’s Breaking2 project. It was 4 pm and still blazing hot. We were at 8,000 feet of altitude. . . .
- 12 The pace gently increased from around 5 minutes per kilometer to a little north of 4:40 per kilometer. All you could hear was the hi-hat beat of sneakers on dust and the straining bellows of an outsized *mzungu*¹ attempting to hang with the Olympic marathon champion. . . .
- 13 Kipchoge has run whole marathons almost twice as fast as we were moving at that moment. Why had he chosen not to crank up the pace? . . . Kipchoge is polite to a fault. Was he simply humoring his guests? When we returned to his training camp, another possibility emerged. This was a recovery run, and Kipchoge really does take his recovery runs that slowly. The data the Nike science team analyzed from his GPS watch shows that the kind of run he had done with us was exactly the kind of run he would have done anyway. . . .
- 14 I knew Kipchoge was fast. I didn’t understand how *slow* he could be. This, I thought, might be a moment to learn something. . . .

Stress vs. Rest

- 15 Nike has recently contracted a garrulous Chicago physician named Phil Skiba, who has trained many elite endurance athletes, to work on Breaking2. Skiba has developed algorithms that accurately measure and predict training loads. He is particularly interested by fatigue, and the balance between what he calls the “positive and negative effects of training.” In particular, Skiba uses athletes’ training data to predict when, before a race, they should begin their taper — that

¹**mzungu**: a person of European descent

is, to progressively decrease their volume of training so that they arrive on race day fresh and fast.

- 16 Every athlete has a different taper point. Some people need only a few days. Some people need weeks. The variations are explained both by differences in workload and by our physiological differences. Some athletes simply recover quicker from hard training than others, in ways that geneticists and physiologists are still trying to fully understand. Skiba's data, however, is precise. He and the Breaking2 crew believe that Kipchoge's taper may have started a day or two late before his previous marathons and that he would have benefitted from around a week of rest rather than his normal five days. . . .

Slowly By Slowly

- 17 Watching Kipchoge's group at work, I saw that they never did two intense days back to back; they were always committed to developing their fitness, in the Kenyan parlance, "slowly by slowly." Patrick Sang, Kipchoge's coach and a formidable presence in the athlete's life, explained to me the basis of this philosophy as he stood at the side of the track with a stopwatch in his hand and his red-and-black hoodie fastened tightly around his head. Our conversation had begun when I asked Sang why Kipchoge's group were doing a 12 x 1,200-meter session on that day.

- 18 Sang said this session was to build "speed-endurance" — the ability to maintain a high speed for a long time. But if you thought about only one workout, you missed the point. The idea of a training program, Sang told me, was to improve every aspect of a runner. The approach was holistic. If you scheduled a speed-endurance session for a Tuesday, you needed to make sure that the following day would be light, so that the guys had time to recover before the Thursday long run. Friday would again be light, before a different kind of speed workout on Saturday. Sunday was a day of rest. A good day of training was worth little on its own, but a good month was worth plenty. Slowly by slowly, the athlete's shape came. "Every session is a building block," Sang said.

Excerpt from "The Secret to Running a Faster Marathon? Slow Down" by Ed Caesar from *Wired Magazine*. Condé Nast, Copyright © 2017.
<https://www.wired.com/2017/02/nike-two-hour-marathon-2/>.

00. The following item has two parts. Answer Part A and then answer Part B.

Part A

What is the meaning of the word irrelevant as it is used in paragraph 7?

- A.** unusual
- B.** unimportant
- C.** unbalanced
- D.** unsuitable

Part B

Which phrase from paragraph 7 **best** helps the reader determine the correct meaning of the word?

- A.** ““Elite sprinters””
- B.** ““more symmetrical””
- C.** “not special”
- D.** “he concludes”

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

Which sentence **best** states a central idea of passage 1?

- A.** Elite runners are typically very healthy.
- B.** Technique is very important for elite runners.
- C.** Sprint runners must train differently than other runners.
- D.** The runner's speed is related to the structure of the body.

Part B

Which sentence from passage 1 develops this idea?

- A.** "Science has shown that animals and people with more symmetrical bodies tend to be stronger and healthier . . ." (paragraph 2)
- B.** "She won Olympic gold medals in the 100-meter (328-foot) sprint in both 2008 and 2012." (paragraph 5)
- C.** "In every case, Trivers' group found, the very fastest runners had more symmetrical knees . . ." (paragraph 8)
- D.** "When people run down a track, their knees pump up and down, pushing them forward." (paragraph 9)

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

Which sentence **best** states a central idea of passage 2?

- A.** Breaking2 runners engage in a long-term strategy to improve their performance.
- B.** Breaking2 runners incorporate days with no activity to stay healthy.
- C.** Breaking2 runners improve every aspect of the mind and body.
- D.** Breaking2 runners rely on scientific data to plan each training session.

Part B

Which sentence from passage 2 supports the correct answer in Part A?

- A.** "The data the Nike science team analyzed from his GPS watch shows that the kind of run he had done with us was exactly the kind of run he would have done anyway." (paragraph 13)
- B.** "He is particularly interested by fatigue, and the balance between what he calls the 'positive and negative effects of training.'" (paragraph 15)
- C.** "Some athletes simply recover quicker from hard training than others, in ways that geneticists and physiologists are still trying to fully understand." (paragraph 16)
- D.** "A good day of training was worth little on its own, but a good month was worth plenty." (paragraph 18)

- 00.** The following item has two parts. Answer Part A and then answer Part B.

Part A

Which concept is important in **both** passages?

- A.** Athletic prowess is largely determined by the structure of the body.
- B.** Researchers can provide helpful insights on athletic performance.
- C.** The training methods of elite athletes are directed by scientists.
- D.** Moderation is important when pursuing any physical activity.

Part B

Which **two** sentences **best** support the correct answer to Part A?

- A.** "But this is the first time researchers have been able to predict who will be the fastest runners just by measuring their knees." (paragraph 2)
- B.** "To find out, he brought a team of researchers to the island nation of Jamaica in the Caribbean." (paragraph 5)
- C.** "And unlike longer events, where the runner has to make two or more left-hand turns to corner around the track, sprinters have only a straightaway to speed down." (paragraph 9)
- D.** "On Wednesday, January 26, I ran 10 kilometers through a forest in Kaptagat, Kenya, with Eliud Kipchoge, a few of his friends, and some of the scientists from Nike's Breaking2 project." (paragraph 11)
- E.** "The data the Nike science team analyzed from his GPS watch shows that the kind of run he had done with us was exactly the kind of run he would have done anyway." (paragraph 13)
- F.** "He and the Breaking2 crew believe that Kipchoge's taper may have started a day or two late before his previous marathons and that he would have benefitted from around a week of rest rather than his normal five days." (paragraph 16)

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