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COMPLETE INVALSI

UPDATED EDITION

Scuola Secondaria di Secondo Grado

- **NEW** exercise types in 8 practice tests
 - **NEW** exam strategies and guided exercises
 - **NEW** *Answer done & Answer clue* features
 - **NEW** listening tracks recorded at two speeds
- ✓ **Online computer-based tests**



CONTENTS

LETTER TO THE STUDENT	2
CONTENTS	3
INTRODUCTION	4
TEST 1 • GUIDED TEST • READING COMPREHENSION	6
• Multiple-choice questions	7
• Short answer questions	11
• Multiple-matching – Type 1	14
• Multiple-matching – Type 2	17
• Multiple-matching – Type 3	20
• True/False/Justification	23
TEST 1 • GUIDED TEST • LISTENING COMPREHENSION	26
• Multiple-choice questions	27
• Multiple-matching – Type 1	30
• Multiple-matching – Type 2	33
• Short answer questions	36
• Multiple-matching – Type 3	39
TEST 2 • EASY TEST	42
TEST 3 • EASY TEST	66
TEST 4 • MEDIUM TEST	90
TEST 5 • MEDIUM TEST	114
TEST 6 • MASTER TEST	138
TEST 7 • MASTER TEST	162
TEST 8 • MASTER TEST	186
LANGUAGE IN USE AND GRAMMAR KNOWLEDGE	210

KEY TO ICONS



02 0,8 listening tracks recorded at two speeds.



INVALSIforAGENDA2030 topic which refers
to the **17 Sustainable Goals** of the AGENDA 2030

What's in this exercise?

This exercise test method is presented at **B2 CEFR level**. It consists of **one long text** followed by **six statements**. An example (0) is always given.

You should **read the text and the statements** and **decide whether they are true (T) or false (F), providing the first four words** of the sentence which supports your decision.

Questions may focus on the **main ideas** or **details** in the text, and on the **attitudes** or **opinions** expressed, or **supporting details** for them. The statements are presented in the **same order** as the information in the text so that you can follow the development of the writer's ideas as you work through the questions. Each correct answer in this exercise is worth **one mark**.

Guided Exercise pp. 24–25

LEVEL OF DIFFICULTY	B2 Master >>
FORMAT	In this exercise, there is one long text , followed by six statements . You have to read the text and the statements and decide whether they are true (T) or false (F), providing the first four words of the sentence which supports your decision in the space provided.
SUGGESTED TIMING	You should spend approximately 15 minutes on this exercise.
FOCUS ON	Reading for specific information, important details, attitudes or opinions, supporting details.

Exam Strategies**DOS**

- Read the title of the text carefully, to understand what it is going to be about. Look at the picture(s), if present. Then look at the example (0) – it is there to help you!
- Read the statements first. It can help to underline or highlight key words in them, so that you know what to search for in the text.
- Read the text carefully: if you have chosen more than one justification for the same statement, go back and compare the options you have selected to see and which includes all the information required.
- The statements usually use different words to communicate the same ideas in the text, so if you find identical words in the statement and the text, it is not necessarily the correct paragraph.
- Read through the completed answers, checking that everything makes sense.

DON'Ts

- Don't try to answer any of the questions before checking exactly what is stated in the text.
- Don't write full sentences to justify your answer to each question – only give the first four words of the sentence that supports your decision.
- Don't forget to write the first four words of the justification to each of your answers, or your T/F answer will not be accepted.
- Don't be tricked! The options usually use different words to communicate the ideas in the text(s), so if you find identical or similar words this does not mean you have found the right answer!

Guided Exercise

LEVEL OF DIFFICULTY >>> CEFR :B2

Read the text about a sport called Pickleball. Decide whether the statements (1-6) are true (T) or false (F), then write the first four words of the sentence which supports your decision in the space provided.

The first one (0) has been done for you.



Pickleball

Pickleball is the fastest growing sport in the USA and is becoming popular around the world. A combination of tennis, volleyball and badminton, it is played with a small racket called a paddle, and a hollow plastic ball that you hit over a net. The playing field resembles that of a tennis court but is about a third of the size. The serve is underhand, the ball must bounce for the first two shots before the team can hit the ball, and the winner is the first to score 11 points. The game was first created in Washington, in 1965, by the families of Joel Pritchard and Bill Bell while on summer holiday. Unable to play badminton because they could not find a shuttlecock, the two dads challenged the children to invent their

own game. They continued to experiment with different balls and paddles over the summer, and by the end of the holiday the basic rules and system of play had been devised. The game became popular with their neighbours and relatives, and in 1968 Joel Pritchard set up the company Pickle Ball Inc. and trademarked the name in 1972. It is unclear how the game got its name. The family dog's name was Pickles, but no one is sure if the game was called after the dog, or the dog was called after the game. The company started manufacturing equipment for the game and the first Pickleball Championship was held in 1976, in Washington. It was still not that well known, but recognition grew slowly over the years as a sport popular with the Baby Boomer generation going into retirement. Its popularity began to spread, and by 1990 it was being played in every state in the USA.

During the Covid-19 pandemic, Pickleball unexpectedly took off. People were unable to play their usual team sports, and suddenly everyone was playing this game where you could remain socially distant and play a sport outdoors. Today 36 million Americans play it, and regularly. Famous actors and sportspeople have declared it to be their favourite game and it is one of the most liked topics on social media. Figures from 2023 show that 14% of Americans played Pickleball in the previous year, and nine million people played it 8 times or more. These are participant rates similar to more traditional sports like golf and tennis. Across the country, tennis courts are being replaced with smaller Pickleball courts and big companies are throwing their weight behind the sport in sponsorship. Some tournaments have more than 30,000 spectators. It is thought the game is so popular because it is easy to play, the equipment is inexpensive and it is a very sociable game. You can learn to play in just a few lessons and it can be played at any level, from backyard games, to all different levels of competitive tournaments. It's much more affordable than tennis or golf. Courts are cheap to hire, and a paddle costs about \$100. It is unclear whether Pickleball's popularity will last, or whether it is just a craze. But at the moment, people love it.

0

Pickleball does not resemble any other sport.



ANSWER DONE

The answer is **false** because the text says that it is a combination of tennis, volleyball and badminton, so it resembles three sports.

Q1	The game was invented because a family was tired of playing badminton.
Q2	Joel Pritchard started Pickle Ball Inc. company in 1968.
Q3	Its popularity grew mainly with older people at first.
Q4	The sport boomed during the Covid-19 pandemic because it could be played inside.
Q5	Only 14% of Americans haven't played pickleball yet.
Q6	Pickleball costs much less than playing tennis or golf.



ANSWER CLUES

- Q1** Find the part in the text where a shuttlecock is mentioned.
- Q2** Be careful when deciding as a few different years are mentioned in the text.
- Q3** Look in the text for a reference to a particular generation.
- Q4** Does the text mention the word 'indoors' like in the question, or its opposite?
- Q5** Read the sentence in the text that contains the percentage very carefully.
- Q6** What does the word 'affordable' in the text mean?

	True (T) or False (F)	First four words
0	F	A combination of tennis
Q1		
Q2		
Q3		
Q4		
Q5		
Q6		



HINTS!

Skim through the text first to get an idea of what it is about.

Read the questions after you read the text and underline any key words.

Answer the questions one by one by referring to the correct point in the text. The questions are in the order of the text.

Look in the text for synonyms to the words in the questions.



FINAL CHECKLIST

DID YOU REMEMBER TO:

- write the exact first four words of the sentence which contains the answer?
- give your answers a final check to make sure you wrote 'T' or 'F' correctly?

ANSWER KEYS: **0** F A combination of tennis **1** F Unable to play badminton **2** T The game became popular **3** T But it was still **4** F During the Covid-19 pandemic **5** F Figures from 2023 show **6** T It's much more

Exercise 1

LEVEL OF DIFFICULTY >> CEFR :B1



Read a magazine article about technology, then choose the correct answer (A, B, C or D) for questions 1–7. Only one answer is correct.

The first one (0) has been done for you.

MODERN TECHNOLOGY



Society has seen a dramatic change with the evolution of technology. Before the arrival of modern-day technology, life was demanding and everyday chores took much of our time. Today, many of these chores and jobs have become easier, simpler and faster. A lot of opportunities have been provided by technology, which play an important role in human life. Education, medicine, and transportation have become more readily available to more people. Due to technology's convenience and efficiency, our lives have improved significantly. In the past, a simple task like doing laundry would take almost all day. Thanks to modern technology, however, a lot of the burden has been removed from our shoulders and we have more time and energy to do what we want.

However, with advantages and comforts, come disadvantages, too. Relationships with family members can be weakened due to excessive use of electronic devices. Parents can be too busy on their laptops to communicate, and children can lose themselves in video games.

Although some parents resort to technology to communicate with their children and know their whereabouts, this is not always ideal.

Technology has made access to education easier, however, it has also worsened people's memories. Usage of text language often has bad consequences for students. They fail to spell words correctly or to write grammatically correct sentences. Modern technology also poses serious health problems. People are often sleep-deprived, as they stay up late at night, not able to take their eyes off their phones or laptop screens. This has lead to problems with vision, and to a rise in the number of obese people, and in extreme cases, causing more severe diseases.

A large number of people have become less active. We prefer to sit, play games or listen to music instead of walking or going outdoors or performing any work which requires physical activity.

Modes of transportation have increased ease of access, but as a consequence, have increased pollution. Technology has also benefitted people with special needs by creating devices such as hearing aids, text readers and special chairs.

In conclusion, there are numerous positive impacts of technology on our lives, however, there are also many downsides too. We can't stop technology progressing now but we can try to ensure we use it in a healthy and mindful way.

Example

Q1 In modern life, technology represents

- A** a positive improvement in our lives.
- B** a heavy burden to be managed.
- C** a loss of opportunities.
- D** a possible solution to memory loss.

Q1 What fields does the text mention great improvements in?

- A** Economics, finance, and safety.
- B** Learning, medicine, and transportation.
- C** Agriculture, engineering, and administration.
- D** Art, music, and sport.

Q2 Thanks to technology, everyday housework has become

- A** more demanding.
- B** less boring.
- C** far more exhausting.
- D** less time-consuming.

Q3 What does the writer talk about in the second paragraph?

- A** employment
- B** the cost of devices
- C** the best video games
- D** family relationships

Q4 How does technology influence education?

- A** Students get used to writing grammatically correct sentences.
- B** Computers and tablets help students to perform better at school.
- C** The habit of texting leads students to make more spelling mistakes.
- D** Technology plays an important role in managing the classroom.

Q5 What health problems are caused by the excessive use of technological devices?

- A** Eye problems, weight gain, and serious health problems.
- B** Colds and flu.
- C** Heart disease and hearing loss.
- D** Hand cramping and weakness.

Q6 How is technology helping people with disabilities?

- A** It helps them make new friends through social media.
- B** It produces devices that help make their lives easier.
- C** It allows people with disabilities to build their own devices.
- D** It makes children lazier.

Q7 What is the author's final comment?

- A** We should not worry about the negative impact of technology on human life.
- B** Parental controls are not enough to protect children from harmful content.
- C** Technology is here to stay so we should interact with it wisely.
- D** Technology has taken over our lives.

Exercise 3

LEVEL OF DIFFICULTY >> CEFR : B1

Read an extract from an article on the stars in our night sky. Parts of the text have been removed. Choose the correct part (A–J) for each gap (1–7). There are two extra parts that you should not use.

The first one (0) has been done for you.

THE LIFESPAN OF A STAR

What actually are the stars we see in the sky each night? They are cosmic energy engines that produce heat, light, ultraviolet rays and other forms of radiation. Stars are mainly made of gas but also plasma, a superheated state of very tiny particles of matter. How many stars are there? Our universe contains more than a 100 billion galaxies, and each of those galaxies 0 1 100 billion stars. Yet on a clear, dark night, the Earth's sky reveals only about 3,000 stars to the naked eye. Some stars have always been more visible than the rest. Their brightness depends on how much energy they put out and how far away from Earth they are. Stars may also appear to be different colours because their temperatures are not all the same. Hot stars are white or blue, Q1 appear to be orange or red.

Stars come in many sizes, from Q2 . Supergiants can be a thousand times larger than that of our own sun. Hydrogen is the primary building block of stars. The gas circles through space in cosmic dust clouds called 'nebulae'. In time, gravity causes these clouds to condense and collapse in on themselves. As they get smaller, these Q3 a spinning skater speeds up when they pull in their arms.

Temperatures rise inside a developing young star and the radiation of light and heat begins when its core temperature gets to about 15 million degrees Celsius. Young stars at this

stage are called 'protostars'. As they develop, they accumulate mass from the clouds around them and grow into the next step, which is called, 'main sequence stars'. Our own sun is a main sequence star. These stars exist in a state of nuclear fusion and give out energy for billions of years by converting Q4 . This is the longest part of a star's life.

Stars evolve over billions of years. When their main sequence phase ends, they start to decline. The larger a star's mass, Q5 lifespan will be. As a star moves towards the end of its life, most of its hydrogen has been converted into helium. Helium sinks to the star's core and raises the star's temperature – causing its outer shell to expand. These large, swelling stars are known as 'red giants'. Our Sun has about 5 billion years to go before it moves to this stage.

The next phase is to become a small, dense body called a 'white dwarf'. White dwarfs cool for billions of years, until they Q6 and produce no energy. At this point, which scientists have yet to observe, the stars turn into black dwarfs. A few stars miss the black dwarf stage and instead go out with a bang – detonating as supernovae. Unfortunately, supernovae visible Q7 are rare. One occurs in our galaxy every few hundred years, so there is no guarantee you will ever see one in your lifetime. The last one was seen in 1604, before scientists even knew what it was.

A	clouds spin faster like
B	create a black hole
C	to the naked eye,
D	dwarfs to supergiants
E	eventually go dark
F	calculate the distance
G	while cooler stars
H	hydrogen into helium
I	may have more than
J	the shorter its

Exercise 7

LEVEL OF DIFFICULTY >> CEFR : B2



Read the texts about some plants and herbs, then choose the correct texts (A-H) to answer the questions (1-6). Use each text once only.

There is one extra text that you should not use.

The first one (0) has been done for you.



A Dill is a herb from the celery family. Native to Russia, West Africa and the Mediterranean, it is popular in Germanic and Scandinavian countries as a finely chopped fresh herb to put on boiled potatoes or to spice eggs, fish or pickled cucumbers. It is full of heart-healthy flavonoids and has even been found to help prevent diabetes. It tastes grassy with a hint of a liquorice flavour, and just one teaspoon is enough for most dishes.

B Coriander, or cilantro as it is known in the USA, looks very much like the more common parsley. Most people perceive coriander as having a tart lemony taste, but to about 25% of people (due to a gene that they carry) it tastes like soap. So people either love it or hate it. It is particularly used in Mexican, Indian and Thai food. Coriander has been cultivated in Europe, North Africa and South Asia for millennia. Coriander seeds were even found in the tomb of the Egyptian Pharaoh Tutankhamun fros Echinacea or coneflower, is not really a flavouring for food but is consumed for its purported benefits to the immune system. The leaf, flower and root are ground to make a supplement to help people avoid winter colds and flu. Though this has not been proven, it does seem to activate chemicals in the body that decrease inflammation. It is native to the Rocky Mountains in the USA, and has a beautiful pink or mauve daisy-like flower.

D The stevia plant is a green, leafy herb native to Brazil that looks a lot like a mint plant. You may have seen powdered stevia being sold as a natural sweetener. This is because the leaves taste very sweet but because the sugars in stevia are not metabolised by the body, it has zero calories. If you grow a stevia plant and hang the leaves upside down for a few days until they are dry, you can make your own sugar substitute. Just grind the leaves into a powder and sprinkle it into your cup of tea or coffee.

E Gingko biloba is a tree that is native to China. It is an ancient species which first existed in the Middle Jurassic period 170 million years ago. It can grow up to 50 metres high and live for hundreds of years. Extracts from its leaves have long been used in Chinese medicine to improve general health and lengthen life, though there is no scientific proof of this. It is a beautiful tree to plant in your garden, but make sure you plant a male tree, as the seeds from the female tree give off a terrible smell.

F Turmeric is the bright orange spice typically used in Indian food and as a dye for fabrics. The turmeric plant, a part of the ginger family, is native to India. It has also long been used in Indian medicine for its anti-inflammatory qualities, and recent studies have found that the active ingredient in turmeric, curcumin, has so many health benefits that it is referred to as a superfood.

G Saffron is one of the few spices today that is still considered exotic and rare. The orange flowers of the saffron crocus plant are used to add colour and fragrance to rice dishes in the Mediterranean, the Middle East and South Asia. First grown in Greece thousands of years ago, the reason it is still expensive today is because it requires very intensive cultivation. The delicate flowers are individually hand-picked and dried. Today, 90% of the world's crop is grown in Iran and it sells for around €5,000 a kilo.

H One herb that you will never taste is 'laser' from the silphium plant. It was one of the most common cooking ingredients in ancient Egypt, Greece and Rome, but it does not exist today and we don't even know exactly what it was. It is thought to have tasted like garlic and been part of the fennel family of herbs. Grown in what is now Libya, it became extinct due to the desertification of the environment. The Roman author Pliny reported that the last known stalk of laser was given to Emperor Nero.

Which text mentions ...

Q	a plant that is impossible to find?	H
Q1	a substitution for sugar?	
Q2	a herb that some people think tastes awful?	
Q3	a plant that prevents seasonal illnesses?	
Q4	a plant that can smell bad?	
Q5	that this plant needs a lot of work to harvest?	
Q6	three different uses for this plant?	

Exercise 1

LEVEL OF DIFFICULTY >> CEFR : B1

27 Listen to a journalist talking about how a bus company is returning lost toys to passengers. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for questions 1–7. Only one answer is correct. **The first one (0) has been done for you.** After the second listening, you will have 1 minute to check your answers.

IS THIS YOUR TEDDY BEAR?

Example**Q1** The bus company

- A decided to sell teddy bears on the bus.
- B wants to return toys to their owners.
- C wants to pay parents for their children's lost toys.
- D says it's not responsible for lost toys.

Q1 Photos of the dolls and toys were originally

- A put on the company's website.
- B displayed on the sides of the buses.
- C shown on social media.
- D shown on TV.

Q2 The managing director of the bus company

- A lost his teddy bear when he was a child.
- B wanted to cause distress.
- C found some of the toys.
- D has four children.

Q3 The photographer

- A took photos of the toys with their owners.
- B imagined the toys in different situations.
- C didn't like photographing the toys.
- D only took photos of the cutest bears.

Q4 An unusual number of people logged onto the company's website

- A to book tickets.
- B to report missing toys.
- C to see the photographs.
- D to claim their toys.

**Q5** The narrator thinks seeing a teddy in the grass

- A makes people sad.
- B is not a good idea.
- C is not of interest to most people.
- D has an impact on people's imagination.

Q6 A young girl wrote to the company

- A to ask for her bear back.
- B to complain about the service.
- C to ask them to look for her bear.
- D to say thank you.

Q7 Very few people

- A phone the lost property office.
- B have seen the gallery of toys.
- C leave their umbrella on the bus.
- D carry shopping bags.



Exercise 3

LEVEL OF DIFFICULTY >> CEFR : B1

29 0.8 Listen to an interview with an American answering questions about Thanksgiving. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, match the interviewer's questions (A–I) with the answers (1–7). There is one extra question that you do not need to use.

The first one (0) has been done for you.

After the second listening, you will have 1 minute to check your answers.

**Questions**

A	Why do Americans eat pumpkin pie?
B	What is Thanksgiving really about these days?
C	When is it celebrated?
D	What do the Native Americans think of Thanksgiving?
E	Why do you eat turkey at Thanksgiving?
F	What happens on Thanksgiving day?
G	What do you eat?
H	What is the history of Thanksgiving?
I	Who do you celebrate Thanksgiving with?

Answer

O	H
Q1	
Q2	
Q3	
Q4	
Q5	
Q6	
Q7	

Exercise 7

LEVEL OF DIFFICULTY >> CEFR : B2



33 0.8 Listen to six speakers talking about their experiences with discrimination. First you will have one minute to study the task below. Then you will hear the recording twice. While listening, match the speakers (1-6) with their statements (A-H). There is one extra statement that you should not use. **The first one, (0), has been done for you.** After the second listening, you will have one minute to check your answers.

BEING MADE TO FEEL DIFFERENT



A	I have not been discriminated against for my religion.
B	I have not come across discrimination when looking for work.
C	I was not alone in being discriminated against.
D	One person expects more of me because of my race.
E	I am very careful not to discriminate against others.
F	People underestimate my abilities.
G	I am discriminated against because of my gender.
H	The way some places are designed discriminates against me.

Exercise 1

LEVEL OF DIFFICULTY > CEFR : B2

For questions 1–5, read the text below. Modify the word given in capitals at the end of some of the lines to form a word that fits in the gap on the same line.

There is an example at the beginning (0).

[Home](#) | [Photos](#) | **Blog** | [FAQs](#) | [About me](#) | [Contact](#)

MY BLOG: MyLife

Hi ⁰ **everyone** and welcome back to the MyLife blog. Tomorrow is going to be great as I'm going on holiday with my family. Destination: Toronto, Canada. I'm really excited. I'm packing my suitcase and getting my stuff ready to go.

Every year, my family and I go on at least one five-day road trip. My father, Jack, is from Toronto, so he likes going back to his hometown at least once every two or three years to visit his relatives.

He ¹ _____ does all the driving as he loves to drive. Mum is quite happy with this ² _____ because that way she can take lots of photos or sleep, because we usually travel ³ _____ and take toilet or coffee-breaks every three or four hours or when we see something interesting.

This year, we're going in the summer. I prefer travelling in the summer months as it is less ⁴ _____. In fact, driving on icy roads in the winter months is not at all easy, especially when you get caught in a snowstorm! ⁵ _____, I need to go now. I have to finish packing.

ONE**USUAL
ARRANGE
NIGHT****DANGER
WAY**

Multiple-choice gap-fill

B2

Exercise 2

LEVEL OF DIFFICULTY > CEFR : B2

Read the text below and decide which answer (A, B or C) best fits each gap for questions 1–5. **There is an example at the beginning (0).**

Eating vegetables

In Australia, less ⁰ **than** one in 10 people eat enough vegetables. This is tragic, given high vegetable intake is associated ¹ _____ better health, including a lower risk of heart disease, some cancers, and Type 2 diabetes. Across the globe, about 7.8 million deaths are attributed ² _____ low intakes of fruit and vegetables.

For every extra 200 grams of vegetables and fruit eaten each day, there's an 8% reduction in the risk of heart disease, a 16% risk reduction for stroke and a 10% reduction in the risk of dying ³ _____ any cause, according to research using data from 95 individual studies.

When researchers looked in more detail at the effects of diet on health, they ⁴ _____ that eating more apples and pears, citrus fruits, vegetables from the cruciferous family, (such as broccoli, Brussels sprouts, cauliflower, radishes, turnips, and watercress), as well as green leafy vegetables had a direct impact on lowering the risks of heart disease and death.

They also found a lower risk ⁵ _____ getting any type of cancer among those with the highest intake of green-yellow vegetables such as carrots, corn, pumpkin, zucchini, green beans and cruciferous vegetables.

Example

- 0 A than
B then
C to

- Q1 A at
B with
C for

- Q2 A for
B at
C to

- Q3 A from
B in
C through

- Q4 A find
B found
C seek

- Q5 A of
B to
C for

Open gap-fill

B2

Exercise 3

LEVEL OF DIFFICULTY > CEFR : B2

Read the text below and choose the option which best fits each gap for questions 1–5.
There is an example at the beginning (0).

EMOJI

Language often changes ⁰ _____ due to the influence of online communications. This was shown in 2015, when for the first time in history, Oxford English Dictionary's word of the year was not even a word but... a widely used emoji known as 'Tears of Joy'! Obviously, a ¹ _____ of linguists found this announcement shocking. While some agreed with the decision, saying that an emoji is a natural change in the language, others thought that an emoji is just not a word. Regardless of where you stand in that debate, you must agree that emojis have greatly changed the ways we communicate, and that they play an ² _____ role in communication between younger people.

The power of the Internet has changed virtually all aspects of our lives. Naturally, this changing landscape has required new forms of communication, which have ³ _____ in the form of emojis. Today, emojis are used by 92% of the online population, mainly with an aim ⁴ _____ transferring different kinds of emotions to compensate for the lack of face-to-face contact. Some people say that they're negatively affecting the younger generation's ability to read and write properly. However, this change does not necessarily have to be a negative one. It could be said that emojis improve the quality of communication, giving it new strength. ⁵ _____ it comes to classrooms, emojis can be used as a new tool to encourage interaction and make lessons more real for 'digital' students.