

TASK 1: WAYS TO IMPROVE SOCIAL SKILLS

TEXT	1	2	3	4	5	6	7	8
HEADING	K	L	F	J	B	A	I	C

TASK 2: ELEANOR OLIPHANT IS COMPLETELY FINE

SENTENCE	9	10	11	12	13	14	15	16
OPTION	A	C	A	C	B	B	B	B

TASK 3: SPECTACULAR SITES PROTECTED

		21.	LIKE
17.	BEST	22.	LONGER
18.	WHEN	23.	BUILT
19.	LANDSCAPES	24.	HOWEVER
20.	AFTER	25.	HEAD

TASK 1: AUTHORS TALK ABOUT THEIR BOOKS' TOPICS

QUESTION	1	2	3	4	5	6	7
LETTER	F	I	A	J	G	D	E

TASK 2: BRINGING NATURE INTO OFFICES

QUESTION	8	9	10	11	12	13	14	15
LETTER	C	B	C	B	C	C	A	C

TASK 3: THE POWER OF AFFIRMATIONS

16	THINKING (AND SPEAKING)
17	RESPONSIBILITY
18	WHETHER
19	PATTERNS
20	DESERVE
21	COMPLAINT
22	CERTAIN
23	POSSIBLY
24	SUPPORTS
25	CORRECTLY

Nota:

- No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.
- Ítem 16: Las palabras entre paréntesis son opcionales.

TRANSCRIPT

TASK 1: AUTHORS TALK ABOUT THEIR BOOKS' TOPICS

EXTRACT 0-[C] Children should receive individual attention.

It's a lot easier when both partners in a relationship take responsibility for it when both parents work. I think that it's lovely if each parent has also special connection time with the kid. If you've got four kids, I think they each need some one-on-one time with a parent at some point, even if it's just ten minutes at bedtime or something... (fades).

EXTRACT 1-[F] Planning all the visual details before starting to write.

If I'm writing a story, then I do want the images that go with it. My father was an architect, so the images I grew up with were, on the one hand, plans, architectural plans, and on the other hand, copies of the RIBA magazine, the Royal Institute of British Architects magazine. That's one of my basic languages that I picked up as a child. So, I have never written a scene without being able to give you a very accurate description of where it's set.

EXTRACT 2-[I] Some of our present negative feelings come from the past.

So, we tend to pass on what was done to us. So, if we were shouted at, we tend to become shouters and we don't have to. We decide we're not going to. And then in the stress of the moment, we find ourselves doing it. So, what I say in the book is that when you notice a feeling you have in response to your child feels very... like a very charged emotion... Whatever it is, stop, think. See where that feeling belongs. You'll find it belongs in the past. Deal with it in the past, leave it in the past and be in the present with your kid.

EXTRACT 3-[A] A sudden announcement from a family member.

Well, it's a novel narrated by a 13-year-old boy, Sam, who has spent his life so far being inspired by looking up to his older brother, who has been a wonderful older brother, and he's the most popular footballer in school. The girls love him. And at the end of the first chapter, this sibling comes downstairs and tells his parents and tells Sam that he doesn't think he's a boy, he feels he's actually a girl.

EXTRACT 4-[J] The author is interested in scientific facts about human nature.

So, I became very interested in these recent studies that show, after the moment of death, after the heart stops beating, the mind, the brain continues to work for another few minutes. In some cases, that has gone up to ten minutes, 38 seconds. And so, as a writer, as a novelist, to me, that was incredibly interesting. And this book, the novel, is about an extraordinary woman, in my opinion...(fades).

EXTRACT 5-[G] The main character is based on the author's teenage years.

INTERVIEWER: Tell us about Benjamin. You've mentioned his name a few times, now tell us about him.

AUTHOR: Well, I wrote a novel called the *Rotters' Club* twenty years ago now. It was a highly autobiographical novel about my own school days at King Edward's school in Birmingham. And the main character is called Benjamin Trotter. And in that book, he's really a comically exaggerated version of what I was like as a teenager. Introverted, bookish, into music.

EXTRACT 6-[D] Experiencing difficult feelings in a close family relationship.

AUTHOR: When my mother died... and I had a very complicated relationship with my mother...

INTERVIEWER: How long ago did she...?

AUTHOR: She died five years ago. I loved her fiercely, but I struggled to like her. She spent the vast majority of her life, certainly after I came along, suffering from an undiagnosed mental illness. When I was born, she had postpartum psychosis...(fades).

EXTRACT 7-[E] Many writers like to work while waiting for a flight.

AUTHOR: I like to write not only in my coffee shop, but also at airports. You get the feeling that you're doing two things at the same time. You're waiting for your plane and you're writing. I talk to other writers. They feel the same thing about airports. It's the perfect place to write, for some reason.

INTERVIEWER: Did you write anything coming over here at the airport?

AUTHOR: Yeah, I did. Yes. Sitting at the gate, actually.

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TASK 2: BRINGING NATURE INTO THE OFFICE

We spend over a third of our lives in the office (...) **and the demands of modern working life can often leave us feeling stressed [0]** and depleted. So, what can we do to create a happy workspace? The natural world is full of curves, colour and complexity and bringing all this into the workplace can have a big impact on our behaviour and our mood. There are plenty of psychological studies that reveal changes in the body and brain when people view certain colours. **These changes can influence our productivity, our creativity, stress levels [8]** and much more.

A recent report by Human Spaces **showed that two-thirds of people say they feel happier when they walk into bright office environments with yellow and blue and green colours [9]**. But think about what energy you want to inject into your workspace and use colour to change the atmosphere.

Biophilia is a fancy word with a simple meaning. It's **all about the connection we feel with the natural world and helps explain why being around plants and trees and natural light can help us feel a bit better in our daily lives [10]**.

Plants can fill and frame a space making them feel wide and generous. Studies show that **bringing in a plant to work can boost your productivity by 15% [11]**.

Researchers looked at two large commercial offices in the UK and the Netherlands. They found that plants significantly increased workplace satisfaction and self-reported levels of focus [12]. So why not nip down to the garden centre and add some greenery to your desk?

Encouraging innovation isn't easy and when it comes to buildings it means doing things very differently. **Here at the Francis Crick Institute in London they've mixed up teams from different disciplines right throughout the building [13]**. The idea is that by bringing together people with different specialities amazing things can happen.

And this is not the only building that's recognised the value of mixing up employees and organisations with different disciplines. **Building 20** in MIT was known as the magical incubator. Built near Boston in 1942 it **housed a whole load of different laboratories, research groups and academic fields and out of that collision came some of the most ground-breaking developments in science and technology like the atomic clock, video games and Noam Chomsky's universal grammar [14]**.

So, **if you're struggling to get through the working day, it might be worth redesigning your office with well-being in mind because [15]** a happy and harmonious workspace isn't something that just happens by accident.

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3: THE POWER OF AFFIRMATIONS

For those of you who are not familiar with the benefits of positive affirmations, I would like to explain a little about them. An affirmation is **really [0]** anything you say or think.

A lot of what we normally say and think is quite negative and does not create good experiences for us. We have to retrain our **thinking and speaking [16]** into positive patterns if we want to change our lives.

An affirmation opens the way. It is a beginning point of change. In essence, you are saying to your subconscious mind "I am taking **responsibility [17]**. I am aware that there is something I can do to change."

When I talk about doing affirmations, I mean to consciously choose words that will either help to eliminate something from your life or help to create something new in your life. Every thought you think and every word you speak is an affirmation. All our self-talk is a stream of affirmations. You are using affirmations every moment, **whether [18]** you know it or not. You are affirming and creating your life experiences with every word and every thought.

Your beliefs are merely habitual thinking **patterns [19]** that you learned as a child. Many of them work very well for you. Other beliefs may be limiting your ability to create the very things you may say you want.

What you want and what you believe you **deserve [20]** may be very different. You need to pay attention to your thoughts so you can begin to eliminate the ones that are creating experiences that you do not want in your life.

Please realize that every **complaint [21]** is an affirmation of something you think you don't want in your life. Every time you get angry you are affirming that you want more anger in your life.

Every time you feel like a victim you are affirming that you want to continue to feel like a victim. If you feel that life does not give you what you want in your world then it is **Certain [22]** you will never have the goodies that life gives to others until you change the way you think and talk.

You are not a bad person for thinking the way you do. You have just never learned how to think and talk. The world is just now beginning to learn that our thoughts create our experiences. Your parents probably didn't know this, so they could not **possibly [23]** teach it to you. They taught you how to look at life in the way that their parents taught them, so nobody is wrong.

However, it is time for all of us to wake up and to begin to consciously create our lives in a way that pleases and **supports [24]** us. You can do it, I can do it, we can all do it. You just need to learn how. So, let's get to it. I will talk about affirmations in general and then I will get to specific areas of life and show you how to make positive changes in your health or your finances or your love life, etc.

Once you learn how to use affirmations, then you can apply the principles in all situations. Some people say that affirmations don't work, which is an affirmation in itself, when what they mean is they don't know how to use them **correctly [25]**.

They may say my prosperity is growing and think "Oh, this is stupid. I know it won't work." Which affirmation will win out? The negative one because it is part of a long-standing habitual way of looking at life.

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