



COMPRENSIÓN DE TEXTOS ORALES
SESIÓN ORDINARIA 2023

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 45 minutos.**
- **PUNTUACIÓN:** A efectos de **certificación**, será necesario superar todas y cada una de las cinco actividades de lengua con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 65%. A efectos de **promoción**, será necesario obtener una puntuación mínima del 50% en todas y cada una de las cinco actividades de lengua.
- Esta parte consta de TRES tareas.
- Se escuchará cada grabación 2 veces.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

APELLIDOS:		
NOMBRE:		DNI:
COMISIÓN:	OFICIAL <input type="checkbox"/>	LIBRE <input type="checkbox"/>
CALIFICACIÓN:		

TASK 1

Listen to the recording and match the problem (A-K) to the possible solutions that you hear (1-8). There are TWO extra problems. Extract (0) is an example. Write your answers in the Answer Box. (1 item = 0.8)

HOW TO SIMPLIFY YOUR LIFE

A.	I buy things I don't really need.
B.	I don't make my things a priority.
C.	I spend a lot of time just looking for my car keys.
D.	I spend hours talking to my friends on the phone.
E.	I tend to oversleep, so I'm always in a rush.
F.	I'm addicted to my mobile.
G.	It takes me so long just to make a list.
H.	My house is a mess because I have too much stuff.
I.	MY LIFE FEELS OUT OF CONTROL, THERE MUST BE AN EASIER WAY.
J.	I'm always agreeing to do things; it's exhausting.
K.	So many things I want to do; so little time.

(youtube.com)

ANSWER BOX

EXTRACT	0	1	2	3	4	5	6	7	8
ANSWER	I								

Marks 1: _____/6.4

TASK 2

Listen to the recording and choose the correct answer (A, B or C). There is only ONE correct answer for each question. Question (0) is an example. Write your answers in the Answer Box. (1 item = 0.8)

CONFIDENCE

- 0. Confidence is...**
 A. being able to recognize your limits.
 B. believing that you are good at many things.
 C. trusting in the things you're able to do.
- 9. Having good self-esteem...**
 A. contributes to building confidence.
 B. is basically the same as being confident.
 C. is something that confidence brings about.
- 10. Our confidence can be affected when we...**
 A. do things just to get positive feedback.
 B. feel like we can't always be ourselves.
 C. think that others might be better than us.
- 11. A good strategy to help yourself is to...**
 A. assess your abilities and make the most of them.
 B. focus on improving the things you could do better.
 C. learn by observing other confident people.
- 12. In order to build confidence, you should...**
 A. limit activities that cause frustration.
 B. try taking up less challenging hobbies.
 C. understand that success isn't immediate.
- 13. Regarding negative thoughts, the speaker suggests we should...**
 A. recognize that they're part of a normal process.
 B. try to ignore them as much as possible.
 C. use them to improve the things your good at.
- 14. According to the speaker, ...**
 A. doing physical exercise boosts your confidence.
 B. levels of confidence can be changed.
 C. some people are naturally more confident.
- 15. When thinking about goals, the speaker recommends...**
 A. making them more manageable.
 B. reducing the number of goals.
 C. sticking to just one main goal.
- 16. To build confidence, the speaker states that we ought to...**
 A. discover new things to try.
 B. learn from negative criticism.
 C. think about our special qualities.

(Adapted from: youtube)

ANSWER BOX

ANSWER	0	9	10	11	12	13	14	15	16
QUESTION	C								

TASK 3

Listen to the recording and complete the sentences using **NO MORE THAN THREE WORDS**. Write your answers in the ANSWER BOX. Answer (0) is an example. (1 item = 0.8)

PHYSICAL EDUCATION PROBLEMS IN AMERICAN SCHOOLS

SENTENCES

- 0. Bad eating habits may be one possibility for the WEIGHT PROBLEM in America.
- 17. Physical Education is considered to be a vital public health _____.
- 18. Researchers looked at students who were taken to hospital _____.
- 19. Schools had _____ in nursing positions throughout the time that was studied.
- 20. The _____ of PE is now different, which may explain the increase in injuries.
- 21. Skateboarding and _____ are activities that have been added in some schools.
- 22. Without proper instruction, PE teachers may have difficulty identifying _____.
- 23. A lack of _____ for children, may also be a factor for the increase in injuries.
- 24. *Pediatrics* is a journal that can be found _____.
- 25. As they are more difficult to handle, _____ may also contribute to the rise in incidents.

(*manythings.org*)

ANSWER BOX

GAP	WORD(S)
<input type="checkbox"/> 0.	weight problem
<input type="checkbox"/> 17.	
<input type="checkbox"/> 18.	
<input type="checkbox"/> 19.	
<input type="checkbox"/> 20.	
<input type="checkbox"/> 21.	
<input type="checkbox"/> 22.	
<input type="checkbox"/> 23.	
<input type="checkbox"/> 24.	
<input type="checkbox"/> 25.	

Marks 3: _____ /7.2

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____/20

TASK 1
HOW TO SIMPLIFY YOUR LIFE

ANSWER BOX

EXTRACT	0	1	2	3	4	5	6	7	8
ANSWER	I	E	H	C	J	F	B	A	K

TRANSCRIPT

I. My life feels out of control, there must be an easier way.

0. Our lives can get hectic. Lots of commitments, lots of things we want to do and lots to keep up with. It's no wonder many of us become overwhelmed. Simplifying our lives can help us combat these feelings. With this in mind, here are some ideas to help you simplify your life!

E. I tend to oversleep, so I'm always in a rush.

1. It's tempting to hit that snooze button a few times when our alarms go off in the morning, but we all know what that's going to mean — another stressful morning spent running around getting dressed and gathering what we need for the day. An alternative is to create a ritual that gets your morning off to a more positive start. You can do something that makes you feel good, such as yoga or go for a short walk around the block.

H. My house is a mess because I have too much stuff.

2. Most of us have much more than we actually need. In so many ways, our society reinforces the belief that possessions will make us happy and will impress the people around us. Chances are, there are things in your closet that you haven't thought about in years. Consider donating items, and think about the fact that someone out there might be very grateful for something you no longer need.

C. I spend a lot of time just looking for my car keys.

3. It can be time-consuming to go through and organize different areas of our lives but it's much better than wasting time trying to find the shoes we need to wear or the bill we need to pay. Instead of wasting time tracking down lost items, come up with a better system. As soon as you're finished using something, put it back where it belongs. That way, everything will be where it's supposed to be when you need it.

J. I'm always agreeing to do things; it's exhausting.

4. In addition to shedding possessions, it may also be helpful to reduce your number of commitments. If you're struggling with running the carpool or have too many lunch dates on your calendar, learn to say NO. While it's great to give back and also spend time with friends, it's also important to have boundaries.

F. I'm addicted to my mobile.

5. It's also a good idea to go through your apps on your phone and consider deleting some. When you have way too many possible distractions on your phone, you tend to pick it up and look for things to distract yourself with. You'll notice you'll have a calmer and less dispersed mind.

B. I don't make my things a priority.

6. Time is your most valuable resource. You can never earn more. Yet, it's easy to waste time complaining, mindlessly scrolling through social media, or waiting for things to happen. Make time to do the things that matter most. But, don't focus on just doing - set aside some time for just being. Go for a walk, watch a sunset, and be in the moment.

A. I buy things I don't really need.

7. It doesn't matter how much money you have. If you're not taking charge of your financial situation, money will occupy too much space in your life. Commit to taking charge of your money. Create a budget and establish clear goals, and your financial decisions will become much simpler.

K. So many things I want to do; so little time.

8. Reduce the number of goals you are intentionally striving for to one or two. By reducing the number of goals that you are trying to accomplish, you will improve your focus and your success rate. Make a list of the things that you want to accomplish, and choose the two most important. When you accomplish one, add another from your list.

(Adapted from: [youtube.com/watch?v=JKDiudo23L0](https://www.youtube.com/watch?v=JKDiudo23L0), 15/08/2018, 4.51 minutes)

**TASK 2
CONFIDENCE**

ANSWER BOX

QUESTION	0	9	10	11	12	13	14	15	16
ANSWER	C	A	C	A	C	B	B	A	C

TRANSCRIPTION

Confidence. It's a word. You probably here a lot, but what does it mean? **Confidence is believing in yourself and your abilities (0)**. When you are confident, it means that you recognise the things you are good at and are happy to give new things a go.

Having good self-esteem is a big part of being confident (9). Good self-esteem means you accept yourself and you feel positive about yourself just the way you are. But sometimes it's hard to feel confident and good about yourself because **we get caught up in comparing ourselves to others around us (10)**. But the thing is, everyone is completely unique. Even identical twins are unique.

Everyone has different bodies, cultures, religions, styles, skills and abilities. Comparing yourself to people who are different in all those ways is exhausting, because you'll never be exactly the same as someone else. So instead of focusing on other people, **why not figure out what you can do and focus on being the best version of yourself possible? (11)**

One important thing to remember is that everyone is good at something. But sometimes we spend so much time focusing on why we aren't a wizard at absolutely everything that we forget this. There may have been a time when you tried something new, like a sport or a math problem and didn't do as well as you hoped. But every time you give something new a go, **you have to remember that your first try probably won't be perfect (12)**. Things take practise, so don't be hard on yourself.

When we don't do as well as we expect, we can sometimes start thinking negative things about ourselves. **But instead of listening to these negative thoughts, remind yourself of all the things you are great at and your other achievements (13)**. Perhaps you're an ace at art or really enjoy English and wrote a brilliant story. Maybe you have a knack for chess and can checkmate your opponent before they can even blink.

Everyone experiences different levels of confidence, but did you know that **you can train your brain to become more confident? (14)** A good way to look at confidence is to think of it as a muscle. A muscle grows when you work on it, right? Well, so does confidence. Working on your confidence every day helps to strengthen and develop it.

So even though you may not feel incredibly confident, you can become confident.

Here are some really simple tips to help develop your confidence. Re-evaluate your goals if you're overwhelmed by expectations to achieve, take a moment and set some realistic goals. **Making small goals to reach your big final goal is the best plan because it's easier to achieve those small goals in little steps than the big goal in one huge leap (15)**.

Did you know there are some real benefits to being confident? When you're confident, you have more energy, you're happier, and you're more comfortable with yourself, which means you can enjoy yourself more. If you're confident, you'll be more willing to give things a go, which means you might discover new things you really enjoy. So next time you're experiencing negative thoughts about yourself or hearing destructive

criticism, let them pass like clouds in the sky and **remember the things you're good at and the wonderful characteristics that make you unique and irreplaceable (16)**.

(Adapted from: [youtube.com/watch?v=JKDiudo23L0](https://www.youtube.com/watch?v=JKDiudo23L0), 15/08/2018, 4.51 minutes)

TASK 3
PHYSICAL EDUCATION PROBLEMS IN AMERICAN SCHOOLS

ANSWER BOX

SPACE	WORD/S
0.	WEIGHT PROBLEM
17.	TOOL
18.	EMERGENCY DEPARTMENTS
19.	A DECREASE
20.	(TRADITIONAL) IDEA
21.	ROCK CLIMBING (WALLS)
22.	UNSAFE CONDITIONS
23.	SPACE
24.	ONLINE
25.	LARGER CLASS SIZES / LARGER CLASSES

TRANSCRIPT

This is the VOA Special English Education report.

Too much eating. Too many unhealthy foods. Too many advertisements for food. Too little activity.

Different explanations are offered for America's **weight problem (0)** -- a problem increasingly shared by other countries. Almost one-fifth of American children and teenagers are overweight. Schools have been urged to increase physical education, an important **tool (17)** for public health. And many have.

Yet now comes a study showing an increase in the number of **injuries (18)** in "phys ed" class. Injuries increased 150 percent between 1997 and 2007. The study involved injuries treated in hospital **emergency departments (19)**. Only two percent were serious. The researchers did not try to identify the causes of the increase, but they have some theories. Lara McKenzie from Ohio State University was the lead researcher. She says one possibility is **a decrease (20)** in the number of school nurses during the period they studied. For example, a 2004 study showed that the number of school nurses nationally failed to meet federal guidelines. Schools without a nurse on duty may be more likely to send an injured child to a hospital.

Another possible reason for more injuries is a change in the **traditional idea (21)** of physical education. This "New P.E." expands the kinds of sports that are taught. But activities that some schools offer now, like **rock climbing walls (21)** and skateboarding, can also expand the risks, says Cheryl Richardson. She is with the

National Association for Sport and Physical Education. Also, she says not all states require P.E. teachers to be specially trained. Untrained teachers could be less likely to recognize **unsafe conditions (22)**.

Cheryl Richardson also points to one of the study's findings -- that injuries are often the result of contact with a person or a structure. This tells her that the teachers were not giving each student enough **space (23)** to move around safely. Six activities produced 70 percent of all injuries: running, basketball, football, volleyball, soccer and gymnastics. The study appeared **online (24)** this week in Pediatrics, the journal of the American Academy of Pediatrics. The researchers say **larger class sizes (25)** are another possible reason for the increase in injuries. **Larger classes (25)** can mean less supervision. The National Association for Sport and Physical Education says 20-30 students in a P.E. class should be the limit.

And that's the VOA Special English Education Report, written by Nancy Steinbach. I'm Steve Ember.

([manythings.org/voa/sports/3025.html](https://www.manythings.org/voa/sports/3025.html), 3.34 minutes)