



COMPRENSIÓN DE TEXTOS ESCRITOS
SESIÓN EXTRAORDINARIA 2024

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 50 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.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- 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

LIBRE

CALIFICACIÓN:

TASK 1

Read the following text and choose the best answer (A, B or C) for each question (1-8). Question (0) is an example. Write your answers in the ANSWER BOX (1 item = 0.8).

SELF-CARE: WAYS TO TAKE BETTER CARE OF YOURSELF

It's so important to make sure you take good care of your body, mind, and soul every day, not just when you get sick. Learning how to eat right, reduce stress, exercise regularly, and take a time-out when you need it can help you stay healthy, happy, and resilient.

Practicing self-care isn't always easy. Most of us are crazy busy, have stressful jobs, or are too consumed with technology to make time for ourselves. Me-time is usually last on the agenda. Worse, we can sometimes feel guilty about taking the time required to take care of ourselves.

Fortunately, there are many things you can do to engage in self-care. You can read about self-care strategies, join self-care programs, or work with a coach or therapist who can help support your progress. No matter what you choose, the goal is to figure out which self-care strategies work best for you, learn how to use these strategies, and implement them in your regular routine so you can boost your well-being not only today but forever. Here are ways to get started with your self-care:

Make sleep part of your self-care routine. What do you do to make sleep part of a self-care routine? Start by thinking about your nightly routine. Are you eating or drinking immediately before bed? If so, it's especially important to stay away from caffeine and sugar, which tend to keep you awake. Reducing stress is also key. If you have work-related stress, think about the best ways to calm yourself after a hard day or relax more while on the job. You might talk to your employer about lessening your workload.

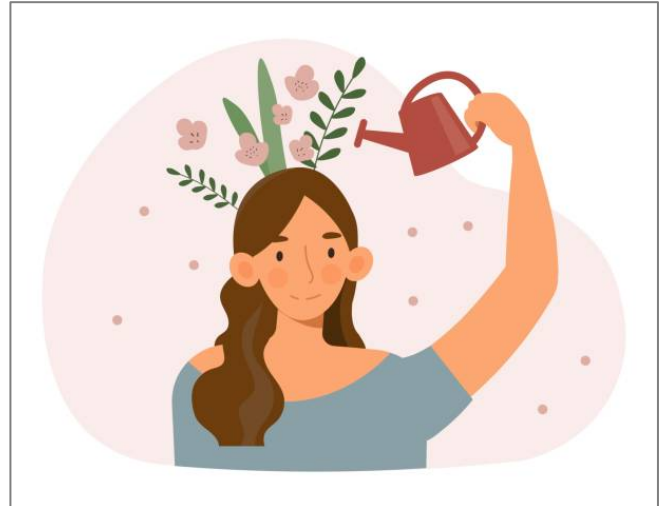
Eat right. The food we eat has the potential to either keep us healthy or contribute to weight gain, but it can also keep our minds working and alert. Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body.

Say no to others. Learning to say no is really hard; many of us feel obligated to say yes when someone asks for our time. However, if you're already stressed or overworked, saying yes to loved ones or co-workers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident.

Take care of yourself by getting organized. Getting organized is often the first step to becoming a healthier you because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, briefcases, and coats, and make sure they're ready to go for the next day.

Cook at home to care for yourself. Many people don't take the time to make themselves meals, preferring instead to stop for fast food or popping a pre-made meal in the microwave. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients. Even if it's only once a week, consider making a healthy meal for yourself or your whole family.

It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time. Moments with friends can help you feel more connected and relaxed. Whether you decide you want to go for a long walk, or enjoy a good movie with friends, taking self-care time is imperative. Look for small ways you can incorporate it into everyday life.



0. **Self-care should be...**
 - A. focused on maintaining a healthy diet.
 - B. incorporated into a daily routine.**
 - C. practiced particularly when you're ill.
1. **The main problem with practicing self-care is...**
 - A. finding enough time to do it.
 - B. keeping it a priority in our lives.
 - C. not feeling guilty about doing it.
2. **The author suggests that it's important to first...**
 - A. choose one particular strategy.
 - B. explore a variety of methods.
 - C. seek help from a therapist.
3. **The writer suggests that to get better sleep you should...**
 - A. finish work tasks before going to bed.
 - B. not eat or drink anything before bedtime.
 - C. start by assessing the things you do at night.
4. **With regards to diet, the author's main point is to highlight...**
 - A. how food impacts our overall well-being.
 - B. that memory will improve if we eat right.
 - C. the importance of maintaining a healthy weight.
5. **In paragraph 6, the thing that might take a little practice is...**
 - A. agreeing to only spend time with family.
 - B. learning to be more self-confident.
 - C. limiting the things you agree to do.
6. **In terms of organization, the author's main intention is to...**
 - A. highlight the significance of daily routines.
 - B. promote well-being by staying orderly.
 - C. stress the health benefits of planning events.
7. **The article suggests that fast meals...**
 - A. are often chosen by busy people.
 - B. may have some nutritional value.
 - C. should only be eaten once a week.
8. **The thing to include into your everyday life is to...**
 - A. get out of your house.
 - B. schedule time for yourself.
 - C. spend time with friends.

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	B								

Marks 1: _____/6.4

TASK 2

Read the text and complete each numbered space (9-17) with the SENTENCE (A-M) that fits best from the sentence bank. There are THREE extra sentences. Answer (0) is an example. Write your answers in the ANSWER BOX (1 item = 0.8).



DISCOVERING SLIEVE BLOOM

The gentle rolling hills of the Slieve Bloom Mountains rise from the central plains of Ireland, forming a natural link between the counties of Laois and of Offaly. (0) _____ and one of the least explored in Ireland. Dotted around the mountains are little villages, and to visit one is like stepping back in time to an era when life moved at a slower pace. (9) _____, will listen to your stories and enjoy telling you theirs. According to the locals the Slieve Bloom has everything, except the sea!

Just over an hour from Dublin and Limerick and two hours from Cork and Galway the (10) _____ from all corners of Ireland. However, as well as being a wonderful destination in their own right, their central location makes the area an ideal base for visitors wishing to make trips to other parts of Ireland.

The Slieve Bloom Mountains, along with the Massif Central in France, are the oldest mountains in Europe. (11) _____. Weathering has reduced them to 527m. On a clear day, one can see the gentle rolling hills of the Slieve Bloom Mountains rise from the central plains of Ireland, the high points of the four ancient provinces of Ireland.

(12) _____ in the Slieve Bloom Mountains where you will find a great choice of walking trails ranging in distance from 4km to 70km. Eco Walks focusing on different aspects of the flora fauna and geology mountains can be found. (13) _____ and it is held over the May Bank Holiday Weekend. (14) _____ and offers a great range of walks of varying challenge over 3 days. (15) _____ which includes annual membership. We also organise an Eco Walking Weekend.

There are plenty of restaurants & cafes around to appeal to all appetites. Slieve Bloom is the perfect place for an Irish Staycation or a week-end getaway to the great outdoors. (16) _____ from a romantic couples week-end to an activity-based family holiday in Ireland.

An area of unparalleled beauty with a perfect mix of wide forest paths, rolling hills, exciting single tracks, and quiet, twisty country roads, the (17) _____. Whether you are a beginner cyclist looking for a fun, adventurous day out in the beautiful countryside, or are an experienced mountain biker seeking a thrill, the Slieve Bloom Mountains has the route for you.

(Adapted from: slievebloom.ie)

SENTENCE BANK	
A.	As it's a very busy time, we recommend booking your stay well in advance
B.	Festival walks are €8.00 per walk or €20 for the weekend
C.	Get off the beaten track and connect with nature
D.	However, some of the walks are not recommended for older people
E.	It is one of the oldest in Ireland
F.	Slieve Bloom is easily accessible
G.	Slieve Bloom is one of the sunniest areas in all of Ireland
H.	Slieve Bloom Mountains provide some of the best places for cycling in Ireland
I.	The area is picturesque, peaceful, gloriously multi-coloured
J.	The Club organises an annual walking festival each year
K.	These are the places where people will take the time to talk to you
L.	They were once also the highest at 3,700m
M.	We have many options for accommodation and activities that would suit everyone

ANSWER BOX

GAP	0	9	10	11	12	13	14	15	16	17
SENTENCE	I									

TASK 3

Read the texts. Match each question (18-25) to the paragraph (A-E) that it refers to. Each paragraph may be used more than once. Answer (0) is an example. Write your answers in the ANSWER BOX (1 item = 0.8).

I AM A SCIENTIST: CHANGING HOW WE SEE WOMEN IN SCIENCE

A. A few years ago, I sat across from twelve dynamic, accomplished, and inspiring women. They were artists, dancers, singers, musicians, gamers, athletes, activists, and moms. I watched their eyes light up as they spoke about the curiosities and purpose behind their work. They reflected on the challenges that they faced. Many of them spoke about the important roles of failure, creativity, and collaboration in the sciences; concepts that are too often missing from the job description. And others shared their favorite parts of their work: discovery, travel, teamwork, writing, or mentoring students. As I listened to their stories, I thought about my own. I wondered what might have happened if someone had told my ten-year-old self that *this* is what it could mean to be a scientist.



B. I grew up in Memphis, Tennessee in a family that indulged my incessant questioning and would have supported any path I chose. My early fascination with rocks, dinosaurs, and galaxies began to wane as my science classes became less about exploration and more about lifeless memorization. I was a strong student yet I can't remember a time when a teacher talked to me about a career in the sciences. Instead, I was encouraged to pursue the arts or humanities. And since I'd never seen scientists that looked or talked or acted like me on TV or in my textbooks, I didn't put up a fight as a future in science fell from my view.

C. Thanks to a few chance encounters with the right role models in my early twenties, that changed. I ended up spending the better part of a decade studying neuroscience and psychology at Harvard University. It wasn't lost on me that luck and privilege brought me back, and those aren't forces that most kids can count on. Science and technology are increasingly influential forces in our society, which means that those with the skills and positions to steer those forces hold substantial power. As such, we have a collective responsibility to ensure that these positions are both psychologically and financially accessible to everyone.

D. Researchers have found that women are perceived as less qualified than men even when matched on credentials, and reports show that women are promoted, cited, and funded less often than men in many fields. While the issue is complex and will require collaborative, comprehensive efforts to combat, we know one thing for sure: the stories of all of the incredible, multifaceted people who make meaningful contributions to the sciences are not told nearly or loudly enough.

E. That's why we created the "I Am A Scientist" program. Our priority is to break barriers and stereotypes by sharing the stories and science of real-world researchers with classrooms and communities. Our team has collaborated with educators and advocates to create 22 "scientist-of-the-month" toolkits that humanize the people behind the science, demystify career pathways, introduce diverse fields of study, and provide a gateway to a broad library of complementary resources.

(Adapted from: philanthropywomen.org)

IN WHICH PARAGRAPH DOES THE WRITER MENTION...?	
0.	being advised to pursue other options
18.	deciding on a future in science
19.	learning from mistakes
20.	losing interest in the subject
21.	making sure people's experiences are heard
22.	not knowing any role models
23.	the impact of science in today's world
24.	the unfair treatment of workers
25.	wishing they had heard about a possible profession sooner

ANSWER BOX

QUESTION	0	18	19	20	21	22	23	24	25
PARAGRAPH	B								

Marks 3: _____/6.4

TASK 1	TASK 2	TASK 3	TOTAL
			_____/20

TASK 1
SELF-CARE: WAYS TO TAKE BETTER CARE OF YOURSELF

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	B	A	B	C	A	C	B	A	B

TEXT

It's so important to make sure you **take good care of your body, mind, and soul every day (0)**, not just when you get sick. Learning how to eat right, reduce stress, exercise regularly, and take a time-out when you need it can help you stay healthy, happy, and resilient.

Practicing self-care isn't always easy. **Most of us are crazy busy, have stressful jobs, or are too consumed with technology to make time for ourselves (1)**. Me-time is usually last on the agenda. Worse, we can sometimes feel guilty about taking the time required to take care of ourselves.

Fortunately, there are many things you can do to engage in self-care. **You can read about self-care strategies, join self-care programs, or work with a coach or therapist who can help support your progress (2)**. No matter what you choose, the goal is to figure out which self-care strategies work best for you, learn how to use these strategies, and implement them in your regular routine so you can boost your well-being not only today but forever. Here are ways to get started with your self-care:

Make sleep part of your self-care routine. What do you do to make sleep part of a self-care routine? **Start by thinking about your nightly routine (3)**. Are you eating or drinking immediately before bed? If so, it's especially important to stay away from caffeine and sugar, which tend to keep you awake. Reducing stress is also key. If you have work-related stress, think about the best ways to calm yourself after a hard day or relax more while on the job. You might talk to your employer about lessening your workload.

Eat right. The food we eat has the potential to either keep us healthy or contribute to weight gain, but it can also keep our minds working and alert. **Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body (4)**.

Say no to others. Learning to say no is really hard; many of us feel obligated to say yes when someone asks for our time. However, if you're already stressed or overworked, saying yes to loved ones or co-workers can lead to burnout, anxiety, and irritability. **It may take a little practice, but once you learn how to politely say no (5)**, you'll start to feel more self-confident.

Take care of yourself by getting organized. **Getting organized is often the first step to becoming a healthier you (6)** because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, briefcases, and coats, and make sure they're ready to go for the next day.

Cook at home to care for yourself. **Many people don't take the time to make themselves meals, preferring instead to stop for fast food or popping a pre-made meal in the microwave (7)**. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients. Even if it's only once a week, consider making a healthy meal for yourself or your whole family.

It can be hard for us all to find extra time. But **it's extremely important to plan regular self-care time (8)**. Moments with friends can help you feel more connected and relaxed. Whether you decide you want to go for a long walk, or enjoy a good movie with friends, taking self-care time is imperative. Look for small ways you can incorporate it into everyday life.

(Adapted from: psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself, 632 words)

TASK 2
DISCOVERING SLIEVE BLOOM

ANSWER BOX

GAP	0	9	10	11	12	13	14	15	16	17
SENTENCE	I	K	F	L	C	J	E	B	M	H

DISTRACTORS: A, D, G

TEXT

The gentle rolling hills of the Slieve Bloom Mountains rise from the central plains of Ireland, forming a natural link between the counties of Laois and of Offaly. **The area is picturesque, peaceful, gloriously multi-coloured (0)** and one of the least explored in Ireland. Dotted around the mountains are little villages, and to visit one is like stepping back in time to an era when life moved at a slower pace. **These are the places where people will take the time to talk to you (9)**, will listen to your stories and enjoy telling you theirs. According to the locals the Slieve Bloom has everything, except the sea!

Just over an hour from Dublin and Limerick and two hours from Cork and Galway the **Slieve Bloom is easily accessible (10)** from all corners of Ireland. However, as well as being a wonderful destination in their own right, their central location makes the area an ideal base for visitors wishing to make trips to other parts of Ireland.

The Slieve Bloom Mountains, along with the Massif Central in France, are the oldest mountains in Europe. **They were once also the highest at 3,700m (11)**. Weathering has reduced them to 527m. On a clear day, one can see the gentle rolling hills of the Slieve Bloom Mountains rise from the central plains of Ireland, the high points of the four ancient provinces of Ireland.

Get off the beaten track and connect with nature (12) in the Slieve Bloom Mountains where you will find a great choice of walking trails ranging in distance from 4km to 70km. Eco Walks focusing on different aspects of the flora fauna and geology mountains can be found. **The Club organises an annual walking festival each year (13)** and it is held over the May Bank Holiday Weekend. **It is one of the oldest in Ireland (14)** and offers a great range of walks of varying challenge over 3 days. **Festival walks are €8.00 per walk or €20 for the weekend (15)** which includes annual membership. We also organise an Eco Walking Weekend.

There are plenty of restaurants & cafes around to appeal to all appetites. Slieve Bloom is the perfect place for an Irish Staycation or a week-end getaway to the great outdoors. **We have many options for accommodation and activities that would suit everyone (16)** from a romantic couples week-end to an activity based family holiday in Ireland.

An area of unparalleled beauty with a perfect mix of wide forest paths, rolling hills, exciting single tracks, and quiet, twisty country roads, the **Slieve Bloom Mountains provide some of the best places for cycling in Ireland (17)**. Whether you are a beginner cyclist looking for a fun, adventurous day out in the beautiful countryside, or are an experienced mountain biker seeking a thrill, the Slieve Bloom Mountains has the route for you.

(Adapted from: *slievebloom.ie*, 465 words)

TASK 3

I AM A SCIENTIST: CHANGING HOW WE SEE WOMEN IN SCIENCE

ANSWER BOX

QUESTION	0	18	19	20	21	22	23	24	25
PARAGRAPH	B	C	A	B	E	B	C	D	A

TEXT

A.
A few years ago, I sat across from twelve dynamic, accomplished, and inspiring women. They were artists, dancers, singers, musicians, gamers, athletes, activists, and moms. I watched their eyes light up as they spoke about the curiosities and purpose behind their work. They reflected on the challenges that they faced. **Many of them spoke about the important roles of failure (19)**, creativity, and collaboration in the sciences; concepts that are too often missing from the job description. And others shared their favorite parts of their work: discovery, travel, teamwork, writing, or mentoring students. As I listened to their stories, I thought about my own. **I wondered what might have happened if someone had told my ten-year-old self that *this* is what it could mean to be a scientist (25).**

B.
I grew up in Memphis, Tennessee in a family that indulged my incessant questioning and would have supported any path I chose. **My early fascination with rocks, dinosaurs, and galaxies began to wane as my science classes became less about exploration and more about lifeless memorization (20).** I was a strong student yet I can't remember a time when a teacher talked to me about a career in the sciences. **Instead, I was encouraged to pursue the arts or humanities (0).** And since **I'd never seen scientists that looked or talked or acted like me on TV or in my textbooks (22)**, I didn't put up a fight as **a future in science fell from my view (20).**

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Thanks to a few chance encounters with the right role models in my early twenties, that changed. **I ended up spending the better part of a decade studying neuroscience and psychology at Harvard University (18).** It wasn't lost on me that luck and privilege brought me back, and those aren't forces that most kids can count on. **Science and technology are increasingly influential forces in our society (23)**, which means that those with the skills and positions to steer those forces hold substantial power. As such, we have a collective responsibility to ensure that these positions are both psychologically and financially accessible to everyone.

D.
Researchers have found that **women are perceived as less qualified than men even when matched on credentials, and reports show that women are promoted, cited, and funded less often than men in many fields (24).** While the issue is complex and will require collaborative, comprehensive efforts to combat, we know one thing for sure: the stories of all of the incredible, multifaceted people who make meaningful contributions to the sciences are not told nearly or loudly enough.

E.
That's why we created the "I Am A Scientist" program. **Our priority is to break barriers and stereotypes by sharing the stories and science of real-world researchers with classrooms and communities (21).** Our team has collaborated with educators and advocates to create 22 "scientist-of-the-month" toolkits that humanize the people behind the science, demystify career pathways, introduce diverse fields of study, and provide a gateway to a broad library of complementary resources.

(Adapted from: philanthropywomen.org/activism/i-am-a-scientist-changing-how-we-see-women-in-science, 489 words)