

# INGLÉS

## CERTIFICADO DE NIVEL INTERMEDIO B2

CONVOCATORIA JUNIO 2024

### COMPRENSIÓN DE TEXTOS ESCRITOS

ALUMNO: OFICIAL  LIBRE  THAT'S ENGLISH

APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

DNI/NIE: \_\_\_\_\_ EOI: \_\_\_\_\_

#### INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

DURACIÓN: 60 minutos

- Esta parte consta de tres tareas.
- Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Las respuestas escritas a lápiz o en rojo no se calificarán.
- No escriba en los recuadros sombreados.
- No está permitido el uso de diccionarios.

	TAREA 1	TAREA 2	TAREA 3	TOTAL	CALIFICACIÓN
PUNTOS				/ 25	/ 10

**TASK ONE (8 X 1 mark = 8 marks)**

Read the following texts and match them to the most suitable heading from the list supplied. Each heading can only be used ONCE. There are THREE headings you will not need. Text 0 is an example.

**MARK**

**'THE MONARCHY'S A LAUGHING STOCK': READERS REACT TO PRINCE HARRY'S MEMOIR SPARE**

*Views range from sympathy for the Sussexes to regarding them as being entitled*

**TEXT 0**

Prince Harry's tell-all autobiography has become the UK's fastest-selling nonfiction book ever. The memoir has been controversial, with Harry making claims that Prince William physically attacked him and accusing his father of putting his own interests first. Here, eight The Guardian readers discuss how *Spare* has changed their opinions on the family rift – as well as the future of the royals as an institution.

**TEXT 1**

I was raised a royalist and just accepted their role without much question. I viewed the late queen respectfully and admired what I saw as her sense of duty and public service. I thought that Harry and Meghan's relationship might herald in a changing of times. I am now really leaning to a view that a hereditary monarchy is self-absorbed and stands for inequality of opportunity in our country (*Jane, 60, Yorkshire*).

**TEXT 2**

The monarchy is becoming a laughing stock and I don't see how it contributes to a positive image of the UK. Before the recent publicity, I was sympathetic to Harry and Meghan but now I am less so, as I think he shows the same level of entitlement as the other Windsors (*Rachel, 34, Oxford*).

**TEXT 3**

I've read most of the book - I think this is the first time William has had a stain on his reputation, but we haven't heard his perspective. I fear that Prince Harry and Meghan's mental health will only deteriorate further. They claim they don't want media attention, but this memoir will only serve them to be subject to public scrutiny for years to come (*Habib, 22, London*).

**TEXT 4**

I am a monarchist – I'd rather maintain the hereditary system with a royal figurehead than go down the route of republicanism. Despite the press hysteria, his father, King Charles, and wider family come across in far better terms via this narrative than you might get in the media generally. I think what has also been missing from much of the media is that the book sales are in support of charity (*David, 51, Hereford*).

**TEXT 5**

I had no view of the royal family before. The news I've heard about *Spare* confirms what in retrospect should be obvious: telling a specific family that they were chosen by God to rule over the rest of us is completely insane. It is madness to me that the royal family is as popular as it is among the English public. It has become clear to me that it's time for republicanism (*Pratik, 29, Oxford*).

**TEXT 6**

I'm sad for Harry, he seems to be quite lost in the past and still carrying such anger. I'm partway through his book and sadly it does feel like he's revealed far too many personal issues and I find it hard to defend him anymore. There's no way back for him now. I only hope he can enjoy his life in America (*Francesca, 56, Hampshire*).

**TEXT 7**

What sometimes appears to be a privileged existence for members of the royal family comes only at the cost of their mental health. The minute details of the lives of the royal family are under constant scrutiny. They're trapped – they're under pressure from those who want a monarchy but don't care about the people. I consider it to be like an abusive relationship (*Peter, 62, Chesterfield*).

**TEXT 8**

I don't think I ever looked at the royal family as a family, more a collection of characters. But what you're looking at is a family and this stuff goes on all the time. Having two boys myself, I know that the dynamic of a hierarchy is very common. The second son often feels aggrieved that they didn't get the attention that the first one got (*Pauline, 55, Belfast*).

Adapted from © www.theguardian.com

A.	Harry believes he deserves whatever he wants just because of who he is.
B.	Harry shouldn't have disclosed so many intimate details.
<b>C.</b>	<b><i>In Harry's memoir he makes negative comments about some of his relatives.</i></b>
D.	I think Harry gets unfairly blamed for his revelations in the book.
E.	I used to be neutral, but now I think the royals must go.
F.	I was brought up to look up to the royal family but now see them as living in a bubble.
G.	The book might backfire on Harry and Meghan's intentions.
H.	The book presents King Charles in a more negative light than the media say.
I.	The press has overlooked some important aspects about Harry's memoir.
J.	There's no escape for the royals.
K.	The royals are a family like any other.
L.	The royals should be grateful for their privileged lifestyle and stop complaining.

TEXT	0	1	2	3	4	5	6	7	8
<b>HEADING</b>	<b>C</b>								
	✓								

**TASK TWO (8 x 1 mark = 8 marks)**

**MARK**

**Read the following text and choose the option (a, b or c) which best completes the sentences according to the text. Then write your answer in the corresponding box on the next page. Item 0 is an example.**

## ***IS IT UNHEALTHY TO SPEND A LOT OF TIME ALONE?***

*Exploring the science of solitude with psychologist Thuy-vy Nguyen*

Humans are social animals. Our well-being depends on the company of others.

The research linking loneliness to depression, cardiovascular disease, and other health problems is so conclusive that doctors now mention social isolation in the same breath as smoking and a sedentary lifestyle when discussing major public health risks. As the song says, everybody needs somebody sometimes. But just as not all who wander are lost, not all who spend time alone are lonely. Time spent alone can enhance creativity and support metacognition, which is a greater awareness of one's own thought processes.

While the work on social isolation has tended to attract most of the research dollars and media attention — and that's been doubly true since pandemic lockdowns forced many of us apart — there's a smaller but nonetheless significant body of work showing that, far from being a problem, spending time on your own is both fruitful and healthy.

"Researchers have tended to pay more attention to the maladaptive side of solitude — that wanting to be alone is symptomatic of depression or social withdrawal or something unfavorable," says Thuy-vy Nguyen, PhD, a psychologist at the University of Durham in the U.K. "But when you ask people, many report that time spent alone is something they really enjoy." Nguyen's specialty is solitude; she's published more than a dozen papers on the topic. "Broadly speaking, solitude means time spent alone and not interacting with other people, either in person or remotely," she says. For example, you could be in a crowded café, but if you're sitting alone reading a book, that meets psychology's definition of solitude. On the other hand, if you're alone at home but texting friends or interacting on social media, that's not solitude.

A lot of Nguyen's work has focused on what is termed "unstructured solitude." This is alone time that does not involve doing chores, running errands, listening to podcasts, or other distractions. While not everyone is comfortable doing nothing, she says those who are tend to value these moments and glean a lot from them. "One of the benefits we've found is that unstructured solitude can help calm stress and emotional arousal," she says. Whether what you're feeling is pleasant or unpleasant, she says that undistracted alone time tends to turn down the volume of what you're feeling. Some of her research has shown that just 15 minutes of solitary time induces this "emotion regulation" effect. This may be especially useful when you're getting ready for bed, making an important decision, or doing something else where high emotion can be counterproductive.

There's a lot more work on the benefits of solitude. Research has found time spent alone can enhance creativity and support "metacognition," which is a greater awareness of one's own thought processes. Put another way, spending time alone can be a great way to get to know yourself better. Many of history's greatest minds — artists, mathematicians, inventors, leaders — have relied on periods of undistracted solitude to cultivate their big ideas.

All that said, the cliché of the troubled loner isn't groundless. Especially during youth and adolescence, there's good evidence that kids who prefer to spend most or all of their time alone are likelier to develop anxiety, depression, and other mental health challenges. And, at any age, if your time alone is characterized by self-criticisms or other negative ruminations — repeating thoughts that cause you anxiety or distress — that's not a good thing, Nguyen says. But even during adolescence, researchers have found that a generous dose of solitude — which some work has pegged at 30% of a young person's wake time — is associated with healthy "psychological adjustment." In fact, researchers have found that kids who can't stand to be on their own are, like their reclusive counterparts, also at risk for psychological problems.

Any close examination of solitude and social interaction reveals a messy picture. But one thing seems clear: most people need both. We all used to get them without having to try. But thanks to the rise of social media, remote work, home delivery, and other tech-aided changes to the way we live and interact, balancing time alone and time in other people's company now requires more effort.

Far from being a problem, the ability to spend time alone may be an essential life skill that more of us would do well to cultivate.

Adapted from © www.medium.com

- |  |                          |
|--|--------------------------|
| <b>0. What are some health risks normally associated with social isolation?</b>                            | <b>A</b>                 |
| a. <b>Depression and cardiovascular disease.</b>   | ✓                        |
| b. <i>Enhanced brain function.</i>   |                          |
| c. <i>Less creativity and metacognition.</i>   |                          |
| <b>9. What is the definition of solitude according to psychologist Thuy-vy Nguyen?</b>                     | <input type="checkbox"/> |
| a. Time spent alone and physically isolated from others.   | <input type="checkbox"/> |
| b. Time spent alone regardless of what you are doing.  |                          |
| c. Time spent alone with no personal communication.  |                          |
| <b>10. What are some benefits of unstructured solitude?</b>  | <input type="checkbox"/> |
| a. Greater awareness of one's emotions and feelings.   | <input type="checkbox"/> |
| b. More free time to do chores and run errands.  |                          |
| c. Reducing the intensity of one's emotions and feelings.  |                          |
| <b>11. Time spent alone can help with:</b>   | <input type="checkbox"/> |
| a. becoming more comfortable doing nothing.  | <input type="checkbox"/> |
| b. becoming more productive.   |                          |
| c. making important decisions.   |                          |
| <b>12. Metacognition" is the process of:</b>   | <input type="checkbox"/> |
| a. analyzing one own's thoughts and feelings.  | <input type="checkbox"/> |
| b. coming up with important thoughts and ideas.  |                          |
| c. managing our thoughts in a better way.  |                          |
| <b>13. According to Nyugen, youngsters who prefer solitude tend to:</b>                                    | <input type="checkbox"/> |
| a. criticize themselves more than people who prefer the company of others.                                 | <input type="checkbox"/> |
| b. develop anxiety and depression.   |                          |
| c. get into trouble easily.  |                          |
| <b>14. Who runs the risk for mental health issues?</b>   | <input type="checkbox"/> |
| a. Children who hate solitude.   | <input type="checkbox"/> |
| b. Children who prefer solitude.   |                          |
| c. Both of the above.  |                          |
| <b>15. What is one reason why balancing time alone and time with others requires more effort nowadays?</b> | <input type="checkbox"/> |
| a. Many people now work from home instead of in an office.   | <input type="checkbox"/> |
| b. People are less interested in socializing with others.  |                          |
| c. Technology has made it harder to deeply communicate with others   |                          |
| <b>16. What is the main message of the article?</b>  | <input type="checkbox"/> |
| a. Loneliness is unhealthy and should be avoided.  | <input type="checkbox"/> |
| b. Social interaction is the best way to maintain good mental health.                                      |                          |
| c. Spending time alone can be beneficial for mental health and personal growth.                            |                          |

**TASK THREE (9 x 1 mark = 9 marks)**

Read the text and complete each gap with ONE suitable phrase from the list supplied. Then write your answers in the boxes provided. Each sentence can only be used ONCE. There are TWO phrases you will not need. Gap 0 is an example.

MARK

## **INDIA TRIED TO REBRAND VALENTINE'S DAY AS 'COW HUG DAY': HERE'S HOW IT BACKFIRED**

*For centuries, cows have been considered sacred by India's majority Hindu population, a symbol of both the Earth and the divine*

Indeed, so revered are the animals that authorities had planned to rebrand this Valentine's Day as "Cow Hug Day", \_\_\_\_\_[0]\_\_\_\_\_ and strike a blow for local heritage over what is seen as a western cultural import.

But the move appears to have backfired and has been abandoned after it prompted a flood of internet memes, cartoons and jokes by TV hosts about the importance of consent. The declaration of February 14 as "Cow Hug Day" had come in a statement on Monday from the Animal Welfare Board of India, \_\_\_\_\_[17]\_\_\_\_\_.

The cow is "the giver of all, providing riches to humanity" due to its "nourishing nature," said the agency, a statutory body that advises India's Ministry of Fisheries, Animal Husbandry and Dairying.

It said the push to hug cows was part of an effort to promote "Vedic" or sacred Hindu traditions, \_\_\_\_\_[18]\_\_\_\_\_.

"Vedic traditions are almost on the verge of extinction due to the progress of (western) culture over time," the statement said. "The dazzle of western civilization has made our physical culture and heritage almost forgotten."

But within a week of the announcement, the idea appears to have been dropped. For days, media outlets have been mocking the government's plan, \_\_\_\_\_[19]\_\_\_\_\_, while internet users have delighted in posting videos of violent encounters between beast and man.

### **"Cow science"**

This is not the first time the government has caused a stir with its policies towards cows – the killing or eating of which is considered a sin by many Hindus, who account for about 80% of India's 1.3 billion people.

The sale and slaughter of the animal is banned in much of the country and the animals are often left to roam free in the streets and roads looking emaciated, \_\_\_\_\_[20]\_\_\_\_\_.

An agency for the protection of cows, known as the Rashtriya Kamdhenu Aayog (RKA), was set up in 2019 by the Ministry of Fisheries, Animal Husbandry and Dairying. Two years later, the RKA was forced to indefinitely postpone a national "cow science" exam after the curriculum prompted widespread criticism over its unscientific claims about the animal. For instance, it stated \_\_\_\_\_[21]\_\_\_\_\_, that native (Indian) cows produce the best quality of milk, compared to "exotic cows."

### **A political animal**

Following Prime Minister Narendra Modi's rise to power in 2014 on a wave of Hindu-nationalism, the animal has also become increasingly politicized.

Modi's Bharatiya Janata Party (BJP) is strongly aligned with conservative Hindu traditions and critics say cow-worship has been used as a tool to intimidate, harass and even kill Muslims, who they accuse in some cases of disrespecting the animals.

During Modi's 2014 election campaign, he promised "to end a pink revolution", \_\_\_\_\_ [22]\_\_\_\_\_.

Other BJP lawmakers have taken it one step further. "I had promised that I will [sic] break the hands and legs of those who do not consider cows their mother and kill them," said Vikram Saini, a legislator for the state of Uttar Pradesh, at an event in March 2017.

The statements led to outcry in the country where violence against women and minorities make frequent headlines. \_\_\_\_\_ [23]\_\_\_\_\_, and argue the BJP isn't doing enough to protect vulnerable groups.

In 2017, a photo series from photographer and activist Sujatro Ghosh \_\_\_\_\_ [24]\_\_\_\_\_ went viral on social media. The series of images was intended to depict a society in which cows are more valued than women.

Speaking to reporters about "Hug a Cow Day" on Thursday, BJP lawmaker Giriraj Singh said "a very good decision has been taken" by the government. \_\_\_\_\_ [25]\_\_\_\_\_. Going at extreme lengths to protect cows has in fact become a tinder box for the historically fraught relationship between Hindus and Muslims in the country, even leading to violent episodes between both communities.

Adapted from © <https://www.cnn.com/>

- A. A PHRASE HE USED TO DESCRIBE THE SLAUGHTER OF CATTLE
- B. AFTER DAYS OF WORSHIPPING
- C. CRITICS SAY THERE IS A DOUBLE STANDARD WITHIN THE GOVERNMENT
- D. HOPING THE MOVE WOULD BOTH BOOST CITIZENS' "EMOTIONAL RICHNESS"**
- E. LATER, THIS CELEBRATION WAS HOWEVER CANCELLED, PLEASING OPPONENTS TO THIS PLAN.
- F. LYNCHINGS HAVE INCREASED AND BECOME FAIRLY COMMON IN THE PAST FEW YEARS IN INDIA
- G. PORTRAYING INDIAN WOMEN WEARING COW MASKS
- H. PUBLISHING SATIRICAL CARTOONS SHOWING COWS RUNNING AWAY FROM AMOROUS MEN
- I. WHERE MOTORISTS MUST TAKE CARE TO AVOID HITTING THEM
- J. WHICH CALLED COWS THE "BACKBONE OF INDIAN CULTURE AND RURAL ECONOMY"
- K. WHICH IT CLAIMED HAVE BEEN ERODED BY WESTERN INFLUENCE
- L. WITHOUT PROVIDING EVIDENCE

<b>GAP</b>	0	17	18	19	20	21	22	23	24	25
<b>LETTER</b>	<b>D</b>									
	✓									

