



PRUEBA DE CERTIFICACIÓN

COMPRENSIÓN DE TEXTOS ESCRITOS

DATOS

Apellidos:

Nombre:

DNI / NIE:

Señale lo que corresponda:

Enseñanza LIBRE / OFICIAL

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE LA ACTIVIDAD

- Duración: **70 minutos**.
- Apague su **dispositivo móvil**.
- Escriba sólo con **bolígrafo azul o negro**.
- No olvide realizar **todas** las tareas.
- Escriba sus respuestas en **las hojas de respuestas**.
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN TOTAL : / 20



HOJA DE RESPUESTAS CTE

| | | |
|----------------|--|-------------------------|
| TAREA 1 | <u>INFLUENTIAL PEOPLE</u> (6 ITEMS x 1 POINT) | / 6 PUNTOS |
|----------------|--|-------------------------|

STATEMENTS:

- A. A DISPLAY OF COURAGE BY NOT LOOKING AWAY
- B. APPEALING QUIRKINESS
- C. A TEMPORARY CHANGE OF ROLES
- D. COLLECTIVE TRUST BY THINKING OUTSIDE THE BOX
- E. DISTURBING IMAGINERY TO SHOCK THE MASSES
- F. GETTING TO GRIPS WITH OUR IDIOSYNCRASY
- G. GROWING BEFORE ADVERSITY
- H. LONG-AWAITED RECOGNITION
- ~~I. NOT GETTING CARRIED AWAY~~

| TEXT 0 | TEXT 1 | TEXT 2 | TEXT 3 | TEXT 4 | TEXT 5 |
|----------|--------|--------|--------|--------|--------|
| I | | | | | |

| | | | | | |
|----------|--|--|--|--|--|
| ✓ | | | | | |
|----------|--|--|--|--|--|



| | | |
|----------------|---|-------------------------|
| TAREA 2 | <u>'HOW TO LIVE LONGER, BETTER': MARIE ASHDOWN</u> | / 7 PUNTOS |
| | (7 ITEMS x 1 POINT) | |

- A- At the same time that crankiness, judiciously deployed, can be adaptive, its polar opposite— cheerfulness and optimism—may be less so.
- B- Every year, the Milken Institute Center for the Future of Aging (CFA) ranks the best metropolitan places for successful aging, and most years, major cities sweep the top 10 spots
- C- If the primacy of family has been oversold as a key to long life, so has the importance of avoiding conflict or emotional upset.
- D- It's that aspect—the other-people aspect—that may be the particularly challenging for some, especially as we age and families disperse
- E- Like many New Yorkers several decades her junior, she often orders takeout rather than bother with cooking.
- ~~F- New York has beaten down younger people than her, but Ashdown, executive director of the Musicians Emergency Fund, loves city life.~~
- G- She's hardly the only senior who loves city living.
- H- The investigators were looking at how the subjects scored on various personality traits, including conscientiousness, extraversion, hostility and neuroticism.
- I- The research found that the more cheerful, outgoing subjects did not, for the most part, live any longer than those more introverted or serious.

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------|---|---|---|---|---|---|---|
| <i>F</i> | | | | | | | |
| ✓ | | | | | | | |



| | | |
|----------------|--|-------------------------|
| TAREA 3 | <u>JAMIE OLIVER'S SECRETS FOR REINVENTING EVERYDAY INGREDIENTS</u> (14 ITEMS x 0.5 POINTS) | / 7 PUNTOS |
|----------------|--|-------------------------|

| | | | | |
|------------|------------|----------|-------------|--------|
| BATCHES | CURVEBALLS | FRAUGHT | PUT | TWISTS |
| CARNAGE | DARE | JUGGLING | SKETCH | WHILE |
| CRAVING | DESPITE | LOATHING | STAPLES | |
| COMPROMISE | DIMENSION | OVERLOOK | <i>SUCH</i> | |

| | | | | | | | | | | | |
|----|-------------|--|----|--|--|-----|--|--|-----|--|--|
| 0. | <i>SUCH</i> | | 4. | | | 8. | | | 12. | | |
| 1. | | | 5. | | | 9. | | | 13. | | |
| 2. | | | 6. | | | 10. | | | 14. | | |
| 3. | | | 7. | | | 11. | | | | | |



TEXTOS CTE

| | |
|---|--------------------------------|
| <p>TAREA 1</p> <p style="text-align: center;"><u>INFLUENTIAL PEOPLE</u></p> <p>You are going to read six extracts about six different people who have influenced the world in some way. Match the statements (A-I) with the correct number of the text they refer to (1-5). <u>For one of the texts, you have to choose two statements.</u> There are TWO EXTRA statements you won't need. The first one (0) has been done for you as an example.</p> <p style="text-align: right;">6 ITEMS x 1 PUNTO</p> | <p>..... / 6 PUNTOS</p> |
|---|--------------------------------|

INFLUENTIAL PEOPLE

TEXT 0: Shawn Mendes, by John Mayer.

Shawn Mendes is a pop star born both of and for Generation Z. He doesn't see genre as a barrier, and he regards all of music as an open playing field, which it very much is for someone with his talent. [...]

Shawn has a good head on his shoulders, but he also has excellent shoulders; his physique falls somewhere between fitness model and party trick, yet the more undeniable a heartthrob he becomes, the more he insists on staying grounded. He knows that music is good shelter from its own associated nonsense, and his devotion to his craft is exactly why people twice his age are welcoming him into their lives and playlists.

TEXT 1: Guillermo del Toro, by Jordan Peele.

Guillermo del Toro's potion intoxicates. His brand of alchemy includes a pinch of macabre, a dash of melancholy and a few handfuls of stunning horror, but then he adds that perfect dollop of whimsy that keeps his audience gripped to the screen [...]

To watch one of Guillermo's masterpieces is an experience in escapism and wonder. To gnaw on the totality of his work reveals an obsession with the eternally forbidden romance between beauty and beast. Guillermo is in love with monsters and lives to show us that we are too. With each fable he weaves, he pushes us closer to acceptance of a primal truth: that we each have a deep connection to the spectrum of otherness.

You can develop the ability to orchestrate mythology the way Guillermo does only by being an obsessively empathetic person. He is an auteur whom artists adore.

TEXT 2: Sheikh Hasina, by Meenakshi Ganguly.

Bearing the legacy of her father, who led Bangladesh's liberation war, Hasina has never been afraid of a fight. So when several hundred thousand ethnic Rohingya refugees started streaming into Bangladesh last August to escape atrocities by the Myanmar army, she accepted the humanitarian



challenge. An impoverished country, Bangladesh had not welcomed massive influxes of refugees in the past, but she could hardly turn back the traumatized victims of ethnic cleansing.

While for this she deserves praise, Hasina is stumbling badly on human rights. Her government has presided over extrajudicial killings and enforced disappearances, including those of political opponents, and does not tolerate criticism or dissent.

TEXT 3: Greta Gerwig, by Steven Spielberg.

Not every year does a filmmaker's solo feature debut sweep you up in its sweetness and pain, in its humility and frankness, and in its confidence in the art and craft of filmmaking.

Greta has a kind of momentum that feels like it must help contain a million good ideas from flying out of the atmosphere. It's not a nervous energy; it's an engaged one. I remember debating with her at the Oscar nominees' luncheon. When Greta has heard your point, her hands flutter up—a pitcher's wild windup, subverting any indication of the precision and effectiveness of what she's about to fire back. And for a few stunning seconds, her elder becomes her student.

TEXT 4: Judy Chicago, by Jill Soloway

I must have been 15 and living in Chicago when my mom and her best friends Hedy and Judy started talking about Judy Chicago coming to Chicago. It was going to be a big exhibit in the South Loop, and all of the Jewish women were thrilled. [...]

When I finally saw the color pictures in the Chicago Tribune of the huge triangle table, I couldn't believe that all of these tongues and pink and flowers and fronds had come out of a woman who looked like my mom. Her real name was Judith Sylvia Cohen, and she had taken our mothers' unspoken appetites and invented a female gaze in art. [...] She pointed out how people had made art synonymous with genius and genius synonymous with men.

Her moment is finally here again, and everyone can see she is our legacy, our great, our modern Frida, the should-have-been Jackson Pollock and Andy Warhol or whatever men got credited with inventing everything.

TEXT 5: Adam Neumann, by Marc Benioff.

Growing up on a kibbutz in Israel, Adam Neumann was the only boy whose family had a VCR, which made his house a magnet for the local kids. Everyone eventually forgot about the VCR, he remembers, but "we still ended up hanging out together."

Today that same communal spirit has attracted 240,000 workers from businesses of all sizes to WeWork, the company he co-founded, in 21 countries. With collaborative workspaces, startup incubators, gyms and housing, Adam is revolutionizing the way we work and reimagining how we live.

***By John Mayer, Jordan Peele, Meenakshi Ganguly, Jill Soloway, Marc Benioff
Excerpted from © Time Magazine, April 30/May 7, 2018. Pages 82, 84, 91, 94, 114.***



TAREA 2

'HOW TO LIVE LONGER, BETTER': MARIE ASHDOWN

Read the following sentences (A – I) taken from an article on 'How to live longer, better'. Fit them into the gaps (1 – 7) correctly. There is ONE EXTRA sentence that you don't need to use. The first one (0) has been done for you as an example.

7 ITEMS x 1 PUNTO

..... / 7 PUNTOS

'HOW TO LIVE LONGER, BETTER': MARIE ASHDOWN

Marie Ashdown, 90, has lived in New York City for nearly 60 years, in an apartment on the east side of Manhattan.**F**.....**(0)**. "I have a fire in my belly," she says. "There's not one minute of the day that I don't learn."

As a classical-music connoisseur, Ashdown organizes two concerts a year at Lincoln Center for the Performing Arts. When she's not working, she takes weekend trips outside of the city, and spends her free time binding old books.**(1)**. "We have the best and worst here," says Ashdown. "We learn to cope, live on the defensive and conquer fear."

.....**(2)**. In the U.S., 80% of people ages 65 and older are now living in metropolitan areas, and according to the World Health Organization, by 2030, an estimated 60% of all people will live in cities—many of them over age 60. You may lose a little sidewalk speed and have to work harder to get up and down subway stairs, but cities increasingly rank high on both doctors' and seniors' lists of the best places to age gracefully.

.....**(3)**. No wonder: cities tend to have strong health systems, opportunities for continued learning, widespread public transportation and an abundance of arts and culture. That's not to say that people can't feel isolated or lonely in cities, but you can get lonely in a country cottage too. In cities, the cure can be just outside your door. "We all long to bump into each other," says Paul Irving, the chairman of the Milken Institute CFA. "The ranges of places where this can happen in cities tend to create more options and opportunities."

.....**(4)**. But there are answers: a 2017 study in the journal *Personal Relationships* found that it can be friends, not family, who matter most. The study looked at 270,000 people in nearly 100 countries and found that while both family and friends are associated with happiness and better health, as people aged, the health link remained only for people with strong friendships.

.....**(5)**. Shouting back at cable news is no way to spend your golden years, but passion, it's turning out, may be more life-sustaining than apathy, engagement more than indifference.

In a study published by the American Aging Association, researchers analyzed data from the Georgia Centenarian Study, a survey of 285 people who were at least (or nearly) 100 years old, as well as 273 family members and other proxies who provided information about them.**(6)**.

[...] It's impossible to draw a straight line between those strong personality traits and long life, but the authors saw a potential one, citing other studies showing that centenarians rank high on "moral righteousness," which leads to robust temperaments that "may help centenarians adapt well to later life."

.....**(7)**. Worried people are likelier to be vigilant people, alert to a troubling physical symptom or a loss of some faculty that overly optimistic people might dismiss.

By Jeffrey Kluger and Alexandra Sifferlin.

Excerpted from © Time Magazine, February 26, 2018. Pages 47-50.



TAREA 3

JAMIE OLIVER'S SECRETS FOR REINVENTING EVERYDAY
INGREDIENTS

Read this article. Complete each gap (1-14) with ONE suitable word from the box included in your answer sheet. Each word can only be used ONCE. There are THREE EXTRA WORDS which you do not need to use. Choose the word that BEST fits according to the context and register. Gap 0 is an example.

..... / 7 PUNTOS

14 ITEMS x 0.5 PUNTOS

JAMIE OLIVER'S SECRETS FOR REINVENTING EVERYDAY
INGREDIENTS

For Jamie Oliver, there's no (0).....**SUCH**..... thing as perfection in the kitchen. Developing confidence and ability, the British chef says, will always be a haphazard journey (1).....with ups and downs.

Instead, progress comes from following your inner curiosity and "being nosy": reading recipes, watching cooking videos and talking to friends.

"No matter what part of the cooking landscape you're sitting at – whether you're beginner, medium or advanced – you can progress unbelievably fast if you allow yourself," he says on the phone from Essex.

And (2)..... it may be easy to believe Oliver's breezy style on screen is the result of innate skill and a lifetime of cooking in front of a camera, the reality is more complicated.

Actually, he says, being relaxed and confident in the kitchen is something anyone can achieve with a little organisation and experience. For starters he suggests sitting down for five minutes once a week to (3)..... out a meal plan, even if you deviate from it later on.

"You will undoubtedly eat healthier, you will undoubtedly save money and be able to massage some of the (4)..... that friends, families, birthdays throw at you," he says.

Keeping it real

Besides, the father of five keeps too busy to worry about getting everything right, having spent most of the pandemic (5)..... the release of his latest cookbook *7 Ways* with three new cooking shows, the first partially shot on a mobile phone.

"My house is (6)..... seven times out of 10," he says. "Don't believe the Instagram, behind every beautiful picture is someone crying, someone throwing [dinner] on the floor or something smashed."

Oliver's most recent TV show, *Jamie's Easy Meals for Every Day*, aims to elevate ordinary food using creative (7)..... and a short list of ingredients. Pale ale and cheddar give spaghetti



bolognese a British flavour, for example, while sausage-stuffed skin adds a new **(8)**.....
to roast chicken.

In other words, it's the type of cooking many of us are **(9)**..... right now after a marathon
year of home-cooking.

"Cooking is not just one thing. It's just like gears in a car," he says. "Whether it's fun, whether it's fast,
whether it's slow, whether it's more, **(10)**..... I say, ritualistic or kind of like meditation,
food can take care of all of that.

"I wanted to show people that one of those gears of cooking can be quite calm and relaxing and really
enjoyable."

How to reinvent everyday ingredients

Quick affordable cooking doesn't have to rely on speedy recipes or shortcuts that
(11)..... on flavour or nutrition, however.

Instead, Oliver argues "quick can also be slow" – for example, by making big **(12)**.....
of curry paste ahead of time, reheating pre-cooked portions of ragu and serving them with a freshly
made side dish or slow-cooking cheaper cuts of meat throughout the day.

To reinvent familiar dishes and pantry **(13)**....., he suggests experimenting by
combining different elements: "It's always nice to have a kind of butting of heads of sweet, sour, salty,
savoury, crunchy, soft, hot, cold – you know, just to mix with the matrix."

And if you're lucky enough to live near a farmers' market, his advice is to visit at the end of the day
when the ripest, most delicious tomatoes are often marked down in price.

Oliver is less interested in fancy gadgets, too, than an appliance many of us **(14)**.....
"Your freezer is probably your best friend", he says, when it comes to convenience, portion control,
nutrients and minimising waste.

If you organise it properly, you can make weeknights run more smoothly and easily – for example, by
freezing dinner portions flat in reusable storage bags, or in freezer cubes. Once they're frozen flat,
you can stack them vertically to save more space.

By MEGAN JOHNSTON, November 30 2020. Jamie's Easy Meals for Every Day, 10play.com.au
From © [https://www.goodfood.com.au/recipes/news/jamie-olivers-secrets-for-reinventing-everyday-
ingredients-20201126-h1sgqs](https://www.goodfood.com.au/recipes/news/jamie-olivers-secrets-for-reinventing-everyday-ingredients-20201126-h1sgqs)



COMPRENSIÓN DE TEXTOS ORALES

PRUEBA DE CERTIFICACIÓN

DATOS

Apellidos:

Nombre:

DNI / NIE:

Señale lo que corresponda:

Enseñanza LIBRE / OFICIAL

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE LA ACTIVIDAD

- Duración: **45 minutos**.
- Apague su **dispositivo móvil**.
- Escriba con **bolígrafo azul o negro**.
- Cada tarea se escuchará **dos veces**.
- Para cada una, el procedimiento será el siguiente:
 - **dos minutos** para leer el enunciado y la tarea
 - **primera escucha** del documento
 - **un minuto** para responder
 - **segunda escucha** del documento
 - **un minuto** para revisar las respuestas y anotarlas en la **hoja de respuestas** (reverso de esta página)
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN TOTAL : / 20



HOJA DE RESPUESTAS CTO

| | | |
|----------------|---|---------------------------|
| TAREA 1 | <u>INTERVIEW WITH GAD SAAD</u> | |
| | <p>Listen to evolutionary psychologist Gad Saad being interviewed about what makes couples choose each other. For questions 1-9, answer (in no more than 3 words) with the words you hear. The first one (0) has been done for you as an example.</p> <p style="text-align: right;">(9 ITEMS x 0.8 POINTS)</p> | / 7.2 PUNTOS |

| | | | |
|----|--|----------------------|---|
| 0. | Gad Saad's point is that unlike what happens with race, your level of _____ can change. | obnoxiousness | ✓ |
| 1. | He mentions that when women are remarkably tall, the number of _____ dramatically drops. | | |
| 2. | He adds that the fact of being a highly educated woman might also be detrimental for _____. | | |
| 3. | Saad's theory about young couples whose relationships end up in divorce might be because they no longer have the _____ | | |
| 4. | For a man dating a rich woman, showing signals of _____ would be a recipe for disaster. | | |
| 5. | To explain the term Zahavian signal, he mentions that warriors in some cultures need to go through _____ to prove themselves. | | |
| 6. | Warriors in a tribe in the Amazon go through an ordeal of not only being stung by ants, but also having to _____ silently. | | |
| 7. | He points out that when gazelles make themselves visible to a predator, it is to show that catching them is a/an _____ for those predators. | | |
| 8. | According to him, the reason why some men would buy extremely expensive cars is because they know that others don't have the means to _____. | | |
| 9. | Professor Saad believes that when a woman feels charmed by a/an _____ she is looking toward his future prospects. | | |

Excerpted from youtube ©Joe Rogan Experience n°1218:

https://www.youtube.com/watch?v=54v1dMZcD8M&t=204s&ab_channel=JREClips



| | | |
|----------------|---|---------------------------|
| TAREA 2 | <u>INTERVIEW WITH ELAINE FOX</u> | |
| | <p>Listen to cognitive psychologist Elaine Fox talking about what takes to be an optimistic person. For questions 1-8 choose the most suitable option (A, B or C) according to what you hear. The first one (0) has been done for you as an example.</p> <p style="text-align: right;">(8 ITEMS x 0.8 POINTS)</p> | / 6.4 PUNTOS |

| | | | |
|----|--|----------|---|
| 0. | <p><i>When it comes to pinpointing what's linked to being an optimist, she argues that</i></p> <p>a) self-control and positive thinking are the key aspects. b) the elements involved might vary. c) there isn't a single determining factor.</p> | C | ✓ |
| 1. | <p>According to her, people's optimism</p> <p>a) has more to do with a feeling than with a tangible proof. b) is magnified by the random nature of things in life. c) might indicate their inability to control themselves.</p> | | |
| 2. | <p>Elaine Fox argues that optimists' sense of control</p> <p>a) can sometimes be based on a false impression b) helped them to get better results with the 'lights experiment'. c) might be disadvantageous for them sometimes.</p> | | |
| 3. | <p>Usually high achievers</p> <p>a) are mainly optimists. b) avoid losing control. c) cope better with the blows of life.</p> | | |
| 4. | <p>A study carried out in an American nursing home showed that the patients who</p> <p>a) felt in control actually lived longer. b) got presents felt more in control. c) were optimists had a stronger immune system.</p> | | |
| 5. | <p>Another study carried out in an American Law School showed that, in their first year,</p> <p>a) optimists had more health issues than pessimists. b) optimists would rather have fun than study. c) pessimists and optimists differed in the way they worked.</p> | | |
| 6. | <p>When explaining how to be an optimist, she states that</p> <p>a) our fear is a purposeful tool that should not be repressed. b) our pleasure system must be well-balanced. c) there's an ongoing battle between the pleasure system and the fear system.</p> | | |
| 7. | <p>Elaine remarks that patients having amygdala damage</p> <p>a) are unable to see the potential danger of things. b) are usually more prone to having mishaps. c) find it difficult to lead an ordinary life.</p> | | |
| 8. | <p>She holds that the pleasure system and the fear system in our brain</p> <p>a) are not really hardwired. b) can be changed easily. c) cannot be altered.</p> | | |

Excerpted from <https://www.theguardian.com/science/audio/2012/jul/30/science-weekly-podcast-optimism-pessimism>



| | | |
|----------------|--|---------------------------|
| TAREA 3 | <p align="center"><u>WHAT'S WRONG WITH POLITICAL CORRECTNESS?</u></p> <p>You are going to listen to 4 people criticising political correctness these days. For questions (1- 8), match the statements (A-J) with the correct speaker (1-4). There is ONE EXTRA statement you won't need. The first one (0) has been done for you as an example.</p> <p align="right">(8 ITEMS x 0.8 POINTS)</p> | <p>..... / 6.4 PUNTOS</p> |
|----------------|--|---------------------------|

| | | | | | | | |
|------------------|---|---|---|---|--|---|--|
| SPEAKER 1 | 0 | C | ✓ | 1 | | 2 | |
| SPEAKER 2 | 3 | | | 4 | | | |
| SPEAKER 3 | 5 | | | 6 | | | |
| SPEAKER 4 | 7 | | | 8 | | | |

Statements:

- A- A call to defy convention
- B- A single authoritarian power shutting people down
- ~~C- A stance seen as conservative~~
- D- Censoring others due to our own nature
- E- Noble intention turning into stupidity
- F- Political correctness not being the best way to achieve the goal
- G- Self-censorship at work as a result of political correctness
- H- Spontaneity being repressed
- I- The mistake of overprotecting people from criticism
- J- The need to be allowed to debate freely

Excerpted from Youtube videos:

Speaker 1: Ricky Gervais: © https://www.youtube.com/watch?v=EIViYW5khf8&ab_channel=MLBarker

Speaker 2: Jonathan Key: © https://www.youtube.com/watch?v=tPdMG3oFGac&ab_channel=TEDxTalks

Speaker 3: John Cleese: © https://www.youtube.com/watch?v=qCj6YNIpqmA&ab_channel=RealTimewithBillMaher

Speaker 4: Stephen Fry: © https://www.youtube.com/watch?v=LJKXJNM3W-c&ab_channel=MLBarker



MEDIACIÓN ESCRITA

DATOS

Apellidos:

Nombre:

DNI / NIE:

Señale lo que corresponda:

Enseñanza LIBRE / OFICIAL

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE LA ACTIVIDAD

- Duración: **30 minutos**.
- Apague su **dispositivo móvil**.
- Escriba con **bolígrafo azul o negro**.
- Recuerde: **si no cumple la tarea**, la calificación será 0.
- Escriba su texto en **la hoja que se le facilita**.
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN MEDIACIÓN ESCRITA : / 10

PUNTUACIÓN MEDIACIÓN ORAL : / 10

PUNTUACIÓN TOTAL MEDIACIÓN : / 20

PRUEBA DE CERTIFICACIÓN



A friend of yours from Poland, Dorota, is a cinema enthusiast and has read a review of a film she is interested in. Although she has an advanced level of English, she doesn't seem to have understood it very well and has asked you to help her by **summarising the film's plot and its greatest strengths. Write an email to her.**

(Minimum 90 words and maximum 150 words.)

..... / 10 PUNTOS

THE NOVICE REVIEW – STUNNING DEBUT PASSES THE UNIVERSITY CHALLENGE

There's a voice inside the head of college freshman Alex (a remarkable, physically and mentally committed Isabelle Fuhrman) that drives her. Hectoring, inescapable: this inner voice is the reason she chose to major in physics, her weakest subject, just so that she can conquer it. It's the reason that not only does she sign up for the college's novice rowing programme, she pushes herself to bleeding and breaking point to be the best, to make it into the elite varsity team. This voice, a muttered inner mantra that is as compulsive and damaging in its way as the impulse to self-harm, is integral to this stunning feature debut, contributing to the film's intriguingly textured and three-dimensional sound design. The aural component of the movie – voices flayed and torn up, bleeding into a score that at first nods to the austere traditions of the campus, before taking on a more clattering and agitated character – is foregrounded to an unusual degree. It's not surprising to learn that its writer and director, Lauren Hadaway, who based this film on her own experiences on a college rowing team, has a background in sound editing.

Hadaway's sound department work includes Zack Snyder's Justice League and Quentin Tarantino's The Hateful Eight. But it's another of her credits, Damien Chazelle's Whiplash, which is the most useful reference point for The Novice. Both films are punishingly intense portraits of ambition tipping over into obsession. Both are stylistically bold and confrontational pieces of film-making. Both feature central performances which are feats of physical endurance. And both announced a significant new voice in US cinema. [...]

By Wendy Ide, Sat 2 Apr 2022 15.00 BST

From © <https://www.theguardian.com/film/2022/apr/02/the-novice-review-lauren-hadaway-stunning-debut-passes-the-university-challenge>



MEDIACIÓN ESCRITA

NOMBRE Y APELLIDOS:

Hi Dorota,

It's great to hear from you again. I have just read the review you attached about the film. Don't worry if you didn't understand everything. In all fairness, it was a bit tricky. The Novice...

And that's pretty much about it. Hope it helped. If you finally watch the movie, drop me a line and tell me if it's worth it.

Best,

John



PRUEBA DE CERTIFICACIÓN

PRODUCCIÓN Y COPRODUCCIÓN DE TEXTOS ESCRITOS

DATOS

Apellidos:

Nombre:

DNI / NIE:

Señale lo que corresponda:

Enseñanza LIBRE / OFICIAL

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE LA ACTIVIDAD

- Duración: **80 minutos**.
- Apague su **dispositivo móvil**.
- Escriba sólo con **bolígrafo azul o negro**.
- No olvide realizar **las dos tareas**.
- Recuerde: **si no cumple la tarea**, la calificación será 0.
- Escriba sus textos en **las hojas que se le facilitan**.
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN TOTAL : / 20



TAREA 1

PRODUCCIÓN DE TEXTOS ESCRITOS

As a local collaborator in the Childhood Obesity Surveillance Initiative, you have had access to the following data collected from 2015 to 2017. You have been asked to write a formal report analyzing the situation of Spain and how it compares with other European nations. (Approx. 200 words)

..... / 10 PUNTOS

Fig.1

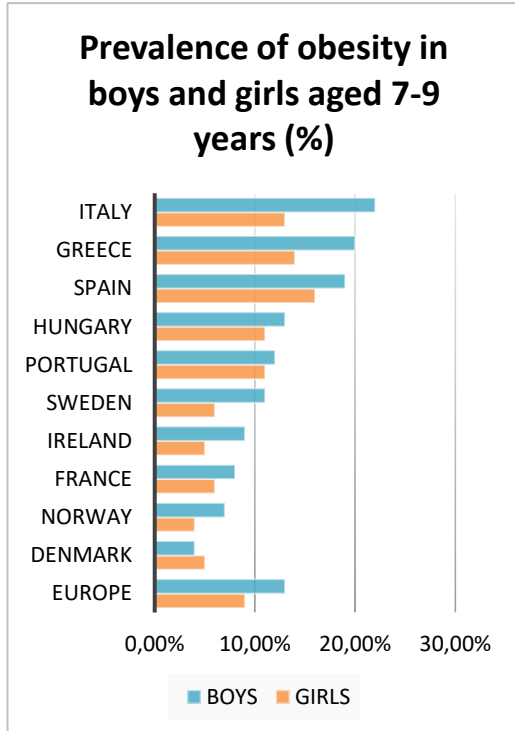


Fig. 2

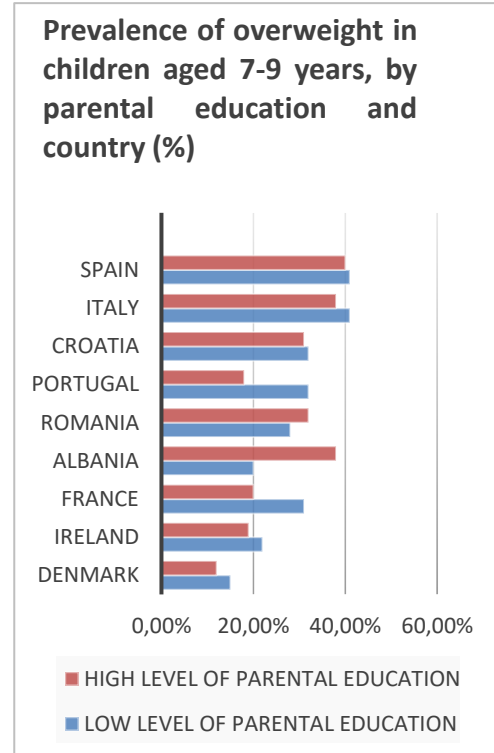


Fig. 3

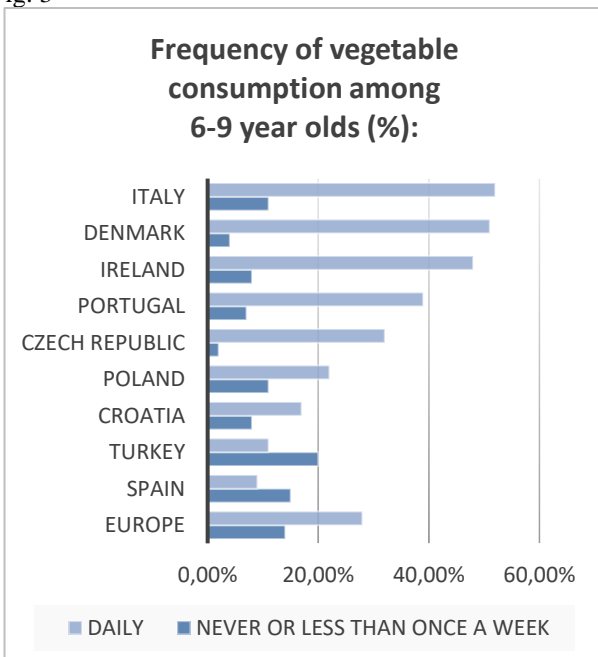
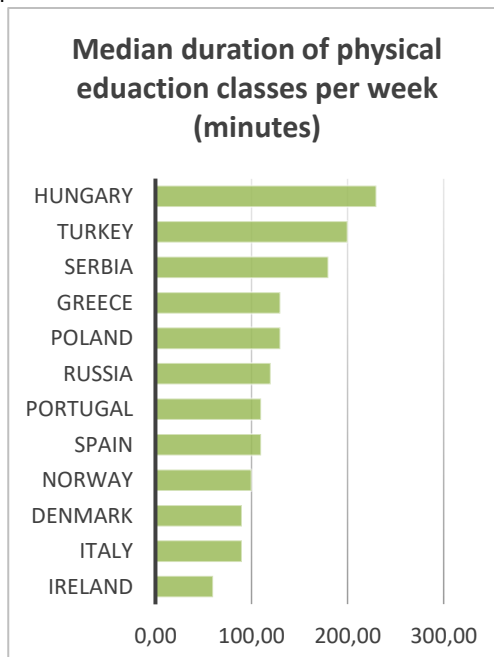


Fig. 4



Taken from the WHO European Childhood Obesity Surveillance Initiative (COSI)



| | | |
|----------------|--|--------------------------|
| TAREA 2 | CO PRODUCCIÓN DE TEXTOS ESCRITOS While reading the Washington Post, you have stumbled upon an article dealing with multimillionaire Elon Musk's attempt to buy Twitter. Public opinion seems to be divided in this matter. Some back Musk arguing that that would protect free speech while others dread his arrival, as it would be another example of plutocracy. In the comment section, you have read the following text by a reader. Write a reply comment stating your view on the reader's opinion and why you agree or disagree with him/her. (Approx. 200 words) | / 10 PUNTOS |
|----------------|--|--------------------------|

No, freedom of speech means just that- free to say what you want, except for certain instances like yelling "fire!" in a crowded theater. Regulating free speech is a slippery slope. Biden has been caught in innumerable lies secondary to cognitive decline. Should his speech be blocked? I think not. Citizens should be free to choose what they listen to. This is not a nanny state.

Taken from the Washington Post: © https://www.washingtonpost.com/opinions/2022/04/14/elon-musk-twitter-bid-peakbillionaire/?utm_source=twitter&utm_campaign=wp_opinions&utm_medium=social



**Junta de
Castilla y León**

Consejería de Educación

**ESCUELAS OFICIALES DE IDIOMAS DE CASTILLA
Y LEÓN**

INGLÉS - NIVEL AVANZADO C2 - ORDINARIA 2022

PRODUCCIÓN Y COPRODUCCIÓN DE TEXTOS ESCRITOS

NOMBRE Y APELLIDOS:



CLAVES DE RESPUESTA

COMPRENSIÓN DE TEXTOS ESCRITOS

TASK 1: INFLUENTIAL PEOPLE

| TEXT 0 | TEXT 1 | | TEXT 2 | TEXT 3 | TEXT 4 | TEXT 5 |
|--------|--------|-----|--------|--------|--------|--------|
| I | B/F | F/B | A | C | H | D |

DISTRACTORS: E, G

TASK 2: HOW TO LIVE LONGER, BETTER: MARIE ASHDOWN

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|
| F | E | G | B | D | C | H | A |

DISTRACTOR: I

TASK 3: JAMIE OLIVER'S SECRETS FOR REINVENTING EVERYDAY INGREDIENTS

| | | | | | | | | | | | |
|----|-------------|--|----|------------|--|-----|------------|--|-----|----------|--|
| 0. | SUCH | | 4. | CURVEBALLS | | 8. | DIMENSION | | 12. | BATCHES | |
| 1. | FRAUGHT | | 5. | JUGGLING | | 9. | CRAVING | | 13. | STAPLES | |
| 2. | WHILE | | 6. | CARNAGE | | 10. | DARE | | 14. | OVERLOOK | |
| 3. | SKETCH | | 7. | TWISTS | | 11. | COMPROMISE | | | | |

DISTRACTORS: PUT, DESPITE, LOATHING



TASK 1: INFLUENTIAL PEOPLE

TEXT 0 Shawn Mendes BY JOHN MAYER.

Shawn Mendes is a pop star born both of and for Generation Z. He doesn't see genre as a barrier, and he regards all of music as an open playing field, which it very much is for someone with his talent. [...]

Shawn has a good head on his shoulders, but he also has excellent shoulders; his physique falls somewhere between fitness model and party trick, yet the more undeniable a heartthrob he becomes, **the more he insists on staying grounded**. He knows that music is good shelter from its own associated nonsense, and his devotion to his craft is exactly why people twice his age are welcoming him into their lives and playlists.

TEXT 1 Guillermo del Toro by Jordan Peele.

Guillermo del Toro's potion intoxicates. His brand of alchemy includes a pinch of macabre, a dash of melancholy and a few handfuls of stunning horror, **but then he adds that perfect dollop of whimsy that keeps his audience gripped to the screen** [...]

To watch one of Guillermo's masterpieces is an experience in escapism and wonder. To gnaw on the totality of his work reveals an obsession with the eternally forbidden romance between beauty and beast. Guillermo is in love with monsters and lives to show us that we are too. **With each fable he weaves, he pushes us closer to acceptance of a primal truth: that we each have a deep connection to the spectrum of otherness.**

You can develop the ability to orchestrate mythology the way Guillermo does only by being an obsessively empathetic person. He is an auteur whom artists adore.

TEXT 2 Sheikh Hasina BY MEENAKSHI GANGULY

Bearing the legacy of her father, who led Bangladesh's liberation war, Hasina has never been afraid of a fight. So when several hundred thousand ethnic Rohingya refugees started streaming into Bangladesh last August to escape atrocities by the Myanmar army, **she accepted the humanitarian challenge. An impoverished country, Bangladesh had not welcomed massive influxes of refugees in the past, but she could hardly turn back the traumatized victims of ethnic cleansing.**

While for this she deserves praise, Hasina is stumbling badly on human rights. Her government has presided over extrajudicial killings and enforced disappearances, including those of political opponents, and does not tolerate criticism or dissent.

TEXT 3 Greta Gerwig BY STEVEN SPIELBERG.



Not every year does a filmmaker's solo feature debut sweep you up in its sweetness and pain, in its humility and frankness, and in its confidence in the art and craft of filmmaking.

Greta has a kind of momentum that feels like it must help contain a million good ideas from flying out of the atmosphere. It's not a nervous energy; it's an engaged one. I remember debating with her at the Oscar nominees' luncheon. When Greta has heard your point, her hands flutter up—a pitcher's wild windup, subverting any indication of the precision and effectiveness of what she's about to fire back. ^CAnd for a few stunning seconds, her elder becomes her student.

TEXT 4 Judy Chicago BY JILL SOLOWAY

I must have been 15 and living in Chicago when my mom and her best friends Hedy and Judy started talking about Judy Chicago coming to Chicago. It was going to be a big exhibit in the South Loop, and all of the Jewish women were thrilled.

When I finally saw the color pictures in the Chicago Tribune of the huge triangle table, I couldn't believe that all of these tongues and pink and flowers and fronds had come out of a woman who looked like my mom. Her real name was Judith Sylvia Cohen, and she had taken our mothers' unspoken appetites and invented a female gaze in art. [...] ^HShe pointed out how people had made art synonymous with genius and genius synonymous with men.

^HHer moment is finally here again, and everyone can see she is our legacy, our great, our modern Frida, the should-have-been Jackson Pollock and Andy Warhol or whatever men got credited with inventing everything.

TEXT 5 Adam Neumann BY MARC BENIOFF

Growing up on a kibbutz in Israel, Adam Neumann was the only boy whose family had a VCR, which made his house a magnet for the local kids. Everyone eventually forgot about the VCR, he remembers, but "we still ended up hanging out together."

Today that same communal spirit has attracted 240,000 workers from businesses of all sizes to WeWork, the company he co-founded, in 21 countries. With collaborative workspaces, startup incubators, gyms and housing, ^DAdam is revolutionizing the way we work and reimagining how we live.

*By John Mayer, Jordan Peele, Meenakshi Ganguly, Jill Soloway, Marc Benioff
Excerpted from © Time Magazine, April 30/May 7, 2018. Pages 82, 84, 91, 94, 114.*

TASK 2: HOW TO LIVE LONGER, BETTER: MARIE ASHDOWN

Marie Ashdown, 90, has lived in New York City for nearly 60 years, in an apartment on the east side of Manhattan. ^FNew York has beaten down younger people than her, but Ashdown, executive director of the Musicians Emergency Fund, loves city life. "I have a fire in my belly," she says. "There's not one minute of the day that I don't learn."



As a classical-music connoisseur, Ashdown organizes two concerts a year at Lincoln Center for the Performing Arts. When she's not working, she takes weekend trips outside of the city, and spends her free time binding old books. ^ELike many New Yorkers several decades her junior, she often orders takeout rather than bother with cooking. "We have the best and worst here," says Ashdown. "We learn to cope, live on the defensive and conquer fear."

^GShe's hardly the only senior who loves city living. In the U.S., 80% of people ages 65 and older are now living in metropolitan areas, and according to the World Health Organization, by 2030, an estimated 60% of all people will live in cities—many of them over age 60. You may lose a little sidewalk speed and have to work harder to get up and down subway stairs, but cities increasingly rank high on both doctors' and seniors' lists of the best places to age gracefully.

^BEvery year, the Milken Institute Center for the Future of Aging (CFA) ranks the best metropolitan places for successful aging, and most years, major cities sweep the top 10 spots. No wonder: cities tend to have strong health systems, opportunities for continued learning, widespread public transportation and an abundance of arts and culture. That's not to say that people can't feel isolated or lonely in cities, but you can get lonely in a country cottage too. In cities, the cure can be just outside your door.

"We all long to bump into each other," says Paul Irving, the chairman of the Milken Institute CFA. "The ranges of places where this can happen in cities tend to create more options and opportunities."

^DIt's that aspect—the other-people aspect—that may be the particularly challenging for some, especially as we age and families disperse. But there are answers: a 2017 study in the journal *Personal Relationships* found that it can be friends, not family, who matter most. The study looked at 270,000 people in nearly 100 countries and found that while both family and friends are associated with happiness and better health, as people aged, the health link remained only for people with strong friendships.

"[While] in a lot of ways, relationships with friends had a similar effect as those with family," says William Chopik, assistant professor of psychology at Michigan State University and the author of the study, "in others, they surpassed them."

^CIf the primacy of family has been oversold as a key to long life, so has the importance of avoiding conflict or emotional upset. Shouting back at cable news is no way to spend your golden years, but passion, it's turning out, may be more life-sustaining than apathy, engagement more than indifference.

In a study published by the American Aging Association, researchers analyzed data from the Georgia Centenarian Study, a survey of 285 people who were at least (or nearly) 100 years old, as well as 273 family members and other proxies who provided information about them. The investigators were looking at how the subjects scored on various personality traits, including conscientiousness, extraversion, hostility and neuroticism.



[...] It's impossible to draw a straight line between those strong personality traits and long life, but the authors saw a potential one, citing other studies showing that centenarians rank high on "moral righteousness," which leads to robust temperaments that "may help centenarians adapt well to later life."

At the same time that crankiness, judiciously deployed, can be adaptive, its polar opposite—cheerfulness and optimism—may be less so. Worried people are likelier to be vigilant people, alert to a troubling physical symptom or a loss of some faculty that overly optimistic people might dismiss.

By Jeffrey Kluger and Alexandra Sifferlin.

Excerpted from © Time Magazine, February 26, 2018. Pages 47-50.

TASK 3: JAMIE OLIVER'S SECRETS FOR REINVENTING EVERYDAY INGREDIENTS

For Jamie Oliver, there's no (0).such thing as perfection in the kitchen. Developing confidence and ability, the British chef says, will always be a haphazard journey (1).fraught with ups and downs.

Instead, progress comes from following your inner curiosity and "being nosy": reading recipes, watching cooking videos and talking to friends.

"No matter what part of the cooking landscape you're sitting at – whether you're beginner, medium or advanced – you can progress unbelievably fast if you allow yourself," he says on the phone from Essex.

And (2).while it may be easy to believe Oliver's breezy style on screen is the result of innate skill and a lifetime of cooking in front of a camera, the reality is more complicated.

Actually, he says, being relaxed and confident in the kitchen is something anyone can achieve with a little organisation and experience. For starters, he suggests sitting down for five minutes once a week to (3).sketch out a meal plan, even if you deviate from it later on.

"You will undoubtedly eat healthier, you will undoubtedly save money and ... be able to massage some of the (4).curveballs that friends, families, birthdays throw at you," he says.

Keeping it real

Besides, the father of five keeps too busy to worry about getting everything right, having spent most of the pandemic (5).juggling the release of his latest cookbook 7 Ways with three new cooking shows, the first partially shot on a mobile phone.

"My house is (6).carnage seven times out of 10," he says. "Don't believe the Instagram feeds ... behind every beautiful picture is someone crying, someone throwing [dinner] on the floor or something smashed."



Oliver's most recent TV show, Jamie's Easy Meals for Every Day, aims to elevate ordinary food using creative **(7).twists** and a short list of ingredients. Pale ale and cheddar give spaghetti bolognese a British flavour, for example, while sausage-stuffed skin adds a new **(8).dimension** to roast chicken.

In other words, it's the type of cooking many of us are **(9).craving** right now after a marathon year of home-cooking.

"Cooking is not just one thing. It's just like gears in a car," he says. "Whether it's fun, whether it's fast, whether it's slow, whether it's more, **(10).dare** I say, ritualistic or kind of like meditation, food can take care of all of that.

"I wanted to show people that one of those gears of cooking can be quite calm and relaxing and really enjoyable."

How to reinvent everyday ingredients

Quick affordable cooking doesn't have to rely on speedy recipes or shortcuts that **(11).compromise** on flavour or nutrition, however.

Instead, Oliver argues "quick can also be slow" – for example, by making big **(12).batches** of curry paste ahead of time, reheating pre-cooked portions of ragu and serving them with a freshly made side dish or slow-cooking cheaper cuts of meat throughout the day.

To reinvent familiar dishes and pantry **(13).staples**, he suggests experimenting by combining different elements: "It's always nice to have a kind of butting of heads of sweet, sour, salty, savoury, crunchy, soft, hot, cold – you know, just to mix with the matrix."

And if you're lucky enough to live near a farmers' market, his advice is to visit at the end of the day when the ripest, most delicious tomatoes are often marked down in price.

Oliver is less interested in fancy gadgets, too, than an appliance many of us **(14).overlook**. "Your freezer is probably your best friend", he says, when it comes to convenience, portion control, nutrients and minimising waste.

If you organise it properly, you can make weeknights run more smoothly and easily – for example, by freezing dinner portions flat in reusable storage bags, or in freezer cubes. Once they're frozen flat, you can stack them vertically to save more space.

By MEGAN JOHNSTON, November 30 2020. Jamie's Easy Meals for Every Day, 10play.com.au
From © <https://www.goodfood.com.au/recipes/news/jamie-olivers-secrets-for-reinventing-everyday-ingredients-20201126-h1sghs>



CLAVES DE RESPUESTA

COMPRENSIÓN DE TEXTOS ORALES

TASK 1. INTERVIEW WITH GAD SAAD

| | | |
|----|--|---|
| 0. | <i>obnoxiousness</i> | ✓ |
| 1. | potential suitors/ prospective suitors | |
| 2. | her marriage prospects | |
| 3. | equitable mating values | |
| 4. | frugality | |
| 5. | rites of passage | |
| 6. | withstand the/that pain | |
| 7. | lost cause | |
| 8. | match their signal | |
| 9. | starving artist | |

TASK 2. INTERVIEW WITH ELAINE FOX

| | | |
|----|----------|---|
| 0. | C | ✓ |
| 1. | A | |
| 2. | A | |
| 3. | C | |
| 4. | A | |
| 5. | A | |
| 6. | A | |
| 7. | B | |
| 8. | A | |

TASK 3. POLITICAL CORRECTNESS

| | | | | | | |
|----------------------|-----|-----|-----|-----|---|--|
| SPEAKER 1 | 0 | ✓ | 1 | | 2 | |
| | C | | J/I | I/J | | |
| SPEAKER 2 | 3 | | 4 | | | |
| | D/G | G/D | | | | |
| SPEAKER 3 | 5 | | 6 | | | |
| | E/H | H/E | | | | |
| SPEAKER 4 | 7 | | 8 | | | |
| | F/A | A/F | | | | |

DISTRACTOR: B



TRANSCRIPCIONES

TASK 1 – INTERVIEW WITH GAD SAAD

Excerpted from youtube Joe Rogan Experience # 1218:

https://www.youtube.com/watch?v=54v1dMzCd8M&t=204s&ab_channel=JREClips

Joe Rogan (**JR**) & Gad Saad (**GS**)

JR: Right, because like **obnoxious** people, here's a perfect example. I don't like friends that are loud and get drunk in public. Oh, what are you drunk phobic? No, I just don't enjoy that.

GS: Right.

JR: So like in terms of sexual selection

GS: I tell you

JR: Sort of the dates.

GS: I tell you, I tell you why that analogy might fail with some of the progressives.

JR: OK.

GS: You could alter your level of obnoxiousness you could grow out of your boxes as well.

JR: I know some people.

GS: But the race is an immutable part of you,

JR: OK, that's the perspective. I see that, yeah.

GS: And yes, I mean I'm, I'm playing devil's advocate, I'm not, I'm not agreeing with it.

JR: OK, well what about tall versus short?

GS: Right?

JR: You know what if you're a woman volleyball player and you're 6 foot three and you don't want to date guys 5 feet tall, are you?

GS: One of ... So, there's something called assortative mating in evolutionary theory, assortative mating is basically birds of a feather flock together, right? And that's very much the mechanism that drives mate choice, much more than opposites attract. Now, once a woman gets to be over a certain height, she's 6'42, 6'43, her potential pool of **prospective suitors** really shrinks. The other place where you get this sort of assortative mating is where you get women who are super educated.

JR: That makes sense, yeah, sure.

GS: The exact same thing happens, the more educated a woman gets, the worse her **marriage prospects**, because the more sophisticated women are, the more they insist on a high status male.

JR: Yeah.

GS: But by the way, I think so. I have another theory which I'd like to at some point test when you have a couple that gets married very young, I think they are judging one another based on their mate value at 18 or



19, right? So, in many cases where people end up divorcing when they married young, it's precisely because that which started as **equitable mating values** at time T zero turn out to have huge divergent in our trajectory on the mating market, and incidentally, so speaking of, say, consumer psychology stuff that I study. When you take a very rich woman and you go out on a date with her, even though she obviously can afford the dinner and she can afford anything that you're going to buy her, if you exhibit cues of **frugality**, that's the perfect way to ensure that you won't have a second date.

Nuptial gift giving. Nuptial gift giving is sort of the fancy term for courtship rituals across animal species. It's what's called a Zahavian signal.

JR: Yes.

GS: I don't know if I've ever discussed this in this in this podcast. For a signal to be honest, it has to be costly. Otherwise everybody could imitate it, right? So, so, think about for example **rites of passage** in different cultures, right? If you want to demonstrate that you're top warrior, the rite of passage has to be brutal. Otherwise, if it's only we all have to do 5 sit-ups, then every male could do it. And then the females can't determine the pretenders from the real guys, right? So, you have for example bullet Ant. You know this one to you, right? You put your hands through. I mean that takes a lot of courage and capacity.

JR: Explain it to people who don't know what we're talking about?

GS: So this is a tribe in the Amazon whereby you take the bullet Ant is supposedly the biggest purveyor of pain that is humanly possible that you could experience. So, what they do in this tribe, as they take a bunch of these ants in the order of a couple of 100 and they they interweave them in these gloves, these leaf gloves, so that when they're coming to, they come out of their stupor and you have your hands in there, they start viciously biting you, stinging you, and you're supposed **to withstand that pain** without screaming. You have to take it in so you sort of almost go into this religious fervour, this kind of incantation.

JR: Yeah.

GS: And you have to do that ritual 20 separate occasions, so here's another example of a Zahavian signal. You probably have seen this when you have a predator that's looking at who to attack, you often will have gazelles starting to actually make themselves conspicuously visible to the predator. What is, what that animal is saying is the fact that I could stand here in front of you and jump up and down and make myself this visible suggests that it's probably a **lost cause** for you to try to go after me. I'm super fit and so I use this principle of Zahavian signalling to explain things like conspicuous consumption, right? The reason why you buy the fancy car that the other males can't hope to purchase, it's precisely because they can't afford to **match your signal**. Therefore, it's an honest signal.

JR: It's not healthy looking.

GS: But incidentally, a lot of women, it's not so much that their interest. Resources are good only to the extent that they allow you to ascend the social hierarchy, right?

JR: Yeah.

GS: This doesn't explain why some women are attracted to the **starving artist**, right? Because they are choosing him based on his future trajectory, right?

JR: Aaaaa.

GS: I am banking, right? I am banking on the fact that you exhibit enough talent that I suspect that by investing in you by choosing you, it's going to take me to that trajectory.



TASK 2– INTERVIEW WITH ELAINE FOX

Excerpted from <https://www.theguardian.com/science/audio/2012/jul/30/science-weekly-podcast-optimism-pessimism>

AJ (Alok Jha) and **EF** (Elaine Fox)

AJ: In cognitive psychology terms, what optimists and pessimists actually are.

EF: From a scientific point of view and what I realised when I was writing the book was that there's actually a number of quite different components to optimism and to pessimism, in addition to positive thinking and in particular, one of the key elements is to do with control, a sense of having control and optimists are people who tend to have a real sense that they have some control over their lives that they can make an impact in terms of the things that happen to them. Whereas sometimes an overly pessimistic mindset is associated with the idea that things just happen out there randomly in the world, and there's not very much I can do about it. So that element of control is actually really quite an important component of optimism. And interestingly, sometimes this view of control is actually an illusion, but nevertheless it does seem to be of benefit to people. Whereas pessimists tend to be a lot more realistic. In a sense, they're more accurate when they're looking at their own control.

The reality is, you know, for most people and lots of good things happen, but also bad things happen as well. And often you know the most successful people tend to be very good at dealing with setbacks, so I think that this idea of having a sense that actually there is something you can do, things are in your control kind of leads into this idea that you should just keep trying harder optimism.

AJ: And what are these health benefits then? Well, what can what can being an optimist help you with?

EF: Well, there's a whole range of health benefits, and there's a couple of interesting studies that have been done. One was a very famous study now which was done in a nursing home in in the United States and they were quite interested to see whether elderly residents in this nursing home would benefit by having a small amount of control over their lives. They randomly picked people on the 4th floor of this nursing home and people on the third floor and everybody on both floors got a plant which was there as a present, and they're also given a movie they could watch during the week, but the difference was that the people on the 4th floor were given control over when they looked after the plants, so if it need to be watered, they would do that themselves and they could choose which night of the week they could watch their movie. Now the researchers followed people for several years after this and they were amazed to find that not only were there huge health benefits in terms of physical health of people who had some control, but even the life span was actually quite different.

Other evidence suggests that and the immune system definitely and functions better in people who are more optimistic. And it's a slightly complex story, and again a psychologist called Susan Segal still has done some very interesting work on this. She has worked primarily with law students in the United States. What she finds is in the first year in law school, people who are more optimistic actually do worse in terms of their health, so all of their markers of your biological risk could go down a little bit. But af..., in the second year and the third year, the benefits to their health actually increased quite dramatically. And what she realised was going on was that in the first year, optimists tend to do a lot more. So they tended to work very very hard, just as most law students and do in, especially in the States. But the optimists also tend to have quite a hectic social life, so they were partying just as hard as they were working.

But again, I think one of the things that I tried to bring through in the book is that at the root of all of these mindsets, and my argument really is that it's to do with the ancient fear system and the ancient pleasure system in our brain. So we have to ask, you know why do we have these two different mindsets? And ultimately it's about getting good balance between the two and I think a lot of people think, well, our fear system is a negative thing. We should try and suppress fear as much we can, but I think actually...



AJ: Except when we need it.

EF: Well, exactly, well, exactly, and that's one of the main points I make is that we actually fear as they have a very good reason. If we didn't have a fear system, we would have constant accidents and I have tested people, for example, who've had strokes and brain damage and have damaged the amygdala, which is the part of the brain that deals with fear, and it's very interesting. The people with amygdala damage often live very normal lives. You wouldn't know there was anything particularly. But what they've lost is this sense of fear. So if a hot coal fell out of the fire, they would pick it up, for example. So even though intellectually they know very well, it's going to burn them, but because they don't have that natural fear response, they it doesn't stop them from.

AJ: You you talk about these two sort of things being hardwired.

EF: Well, I think again I tried to look at and and all of those things in a sense, and I think things are hardwired to some extent. But, actually, another point I'm really making face strongly so things are actually very malleable. We can change these brain circuits.

AJ: They're hard wired and malleable on same time.

EF: Well, the end outside. I don't really argue they are hardwired at all. Actually, I think it's it's one of those easy phrases, but I think actually what I'm saying is that they're very difficult to change. So even though they're malleable doesn't mean it's easy to change. But I think there is the possibility that they have changed.

TASK 3– POLITICAL CORRECTNESS

Excerpted from Youtube videos:

Speaker 1: Ricky Gervais

https://www.youtube.com/watch?v=EIViYW5khf8&ab_channel=MLBarker

Speaker 2: Jonathan Key

https://www.youtube.com/watch?v=tPdMG3oFGac&ab_channel=TEDxTalks

Speaker 3: John Cleese

https://www.youtube.com/watch?v=gCj6YNIpqmA&ab_channel=RealTimewithBillMaher

Speaker 4: Stephen Fry

https://www.youtube.com/watch?v=LJKXJNM3W-c&ab_channel=MLBarker

Speaker 1: Ricky Gervais

So I'll give you a big example, so I'm I'm your typical liberal lefty snowflake, champagne socialist, but if I tweet about freedom of speech, I'm suddenly alt-right and that's true because the alt-right have taken that on board for their own aims and the left, uh, of they're worried about it because of the adoption of it. You know, it's great, and even in universities there's people that that. I mean, 'where better to hear different ideas and argue, you ,you don't close down free speech 'cause it's offensive. You argue with it, you have more free speech and you expose the people and you, you, 'you shouldn't pave the jungle, make people, uhm, bulletproof. It's it's about, it's about education and



confidence and it's just crazy and there are, there are loads of caveats to free speech that we all agree with.

Speaker 2: Jonathan Key

I'd also like to acknowledge that even though political correctness has a negative connotation, it starts out with good intentions. We all want to live in a society that has less racism and less sexism and less homophobia and transphobia. Yeah, the problem isn't with bad intentions behind political correctness. ^DThe problem is human nature. Human beings love power. They love the power to shut up other people. We don't depend on Big Brother. We have become Big Brother. I have experience in journalism on the left and on the right, I worked for a progressive liberal magazine and I also worked for a conservative newspaper. Some of the smartest people I worked with in my career were at that left wing progressive magazine, but ^Gthey were people who were scared to say what they wanted to say because they thought that there were always one hashtag or one syllable, one pronoun, one mistake away from a career ending utterance.

Speaker 3: John Cleese

But we didn't have any pressure and the PC lobby. The politically correct lobby is something I don't understand because a lot of what I see on television now both here in America seems to be much riskier than we would have got away with, even in the Python days. And then at the same time you hear about these politically correct movements, which I think are by and large, run and staffed largely by obsessionals. ^EThere's a good idea at the back of political correctness, but it gets taken ad absurdum. And I think that the danger is this. If you're in a group of people and you find that one person is particularly touchy, they have difficulty controlling their emotions, greater difficulty than the other people in the group, ^Hthen you can't have so much fun about them because they're touchy, and they're likely to explode. So, when they're around you're not as relaxed, you're not as spontaneous, you can't be more real. You have to kind of be more formal now.

Speaker 4: Stephen Fry

Naturally, I want racism, misogyny, homophobia, transphobia, xenophobia, bullying, bigotry, intolerance of all human kinds to end. And that's surely a given amongst all of us. ^FThe question is how such a golden aim is to be achieved? My ultimate objection to political correctness is not that it combines so much of what I have spent a lifetime loathing and opposing, preachiness, with great respect. Piety, self righteousness, heresy hunting denunciation, shaming assertion without evidence, accusation inquisition, censoring... That's not why I'm incurring the wrath of my fellow liberals by standing on this side of the house. ^AMy real objection is that I don't think political correctness works. And I deeply and instinctively distrust conformity and orthodoxy. Progress is not achieved by preachers and guardians of morality, but to paraphrase Yevgeny Zamyatin by madmen, hermits, heretics, dreamers, rebels and sceptics



PAUTAS DE CORRECCIÓN
MEDIACIÓN ESCRITA

| | |
|---------------------------------|--|
| TIPO DE TEXTO: | Texto escrito en forma de correo electrónico basado en una reseña de una película. |
| REGISTRO: | neutral/informal |
| IDEAS PRINCIPALES: | <ul style="list-style-type: none">- Excellent review- The first film by director Lauren Hadaway- Plot: Alex, a female rookie at University, who is determined/obsessed to succeed not only academically but also at the rowing team, which makes her push herself to the limit.- It has some autobiographical elements.- The music of the film is outstanding. The director had some experience in the field, having participated in other celebrated films.- Another strength of the film is Isabel Fuhrman's incredibly solid performance in the female leading role of Alex. |
| FUNCIONES COMUNICATIVAS: | resumir información clave y parafrasear. |



PAUTAS DE CORRECCIÓN

PRODUCCIÓN Y COPRODUCCIÓN DE TEXTOS ESCRITOS

| | | |
|-----------------------|---|--------------------------|
| <p>TAREA 1</p> | <p>PRODUCCIÓN DE TEXTOS ESCRITOS As a local collaborator in the Childhood Obesity Surveillance Initiative, you have had access to the following data collected from 2015 to 2017. You have been asked to write a formal report analyzing the situation of Spain and how it compares with other European nations. (Approx. 200 words)</p> | <p>..... / 10 PUNTOS</p> |
|-----------------------|---|--------------------------|

Fig.1

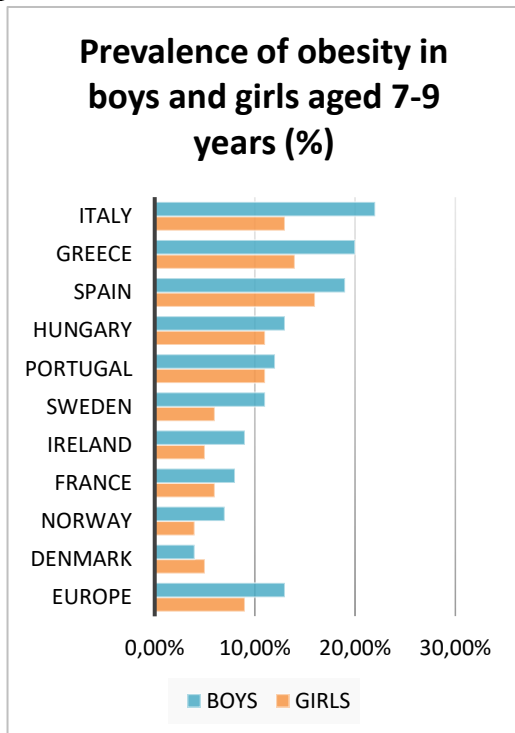


Fig. 2

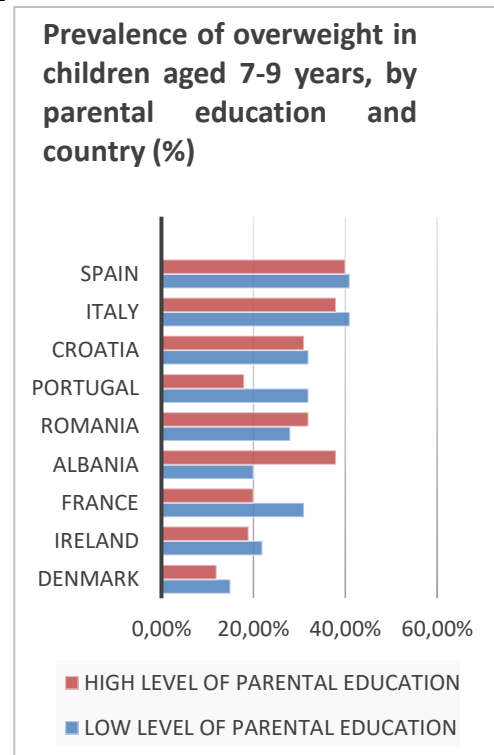


Fig. 3

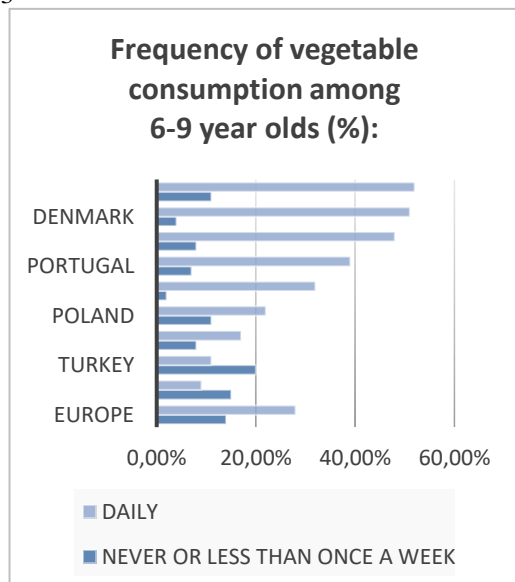
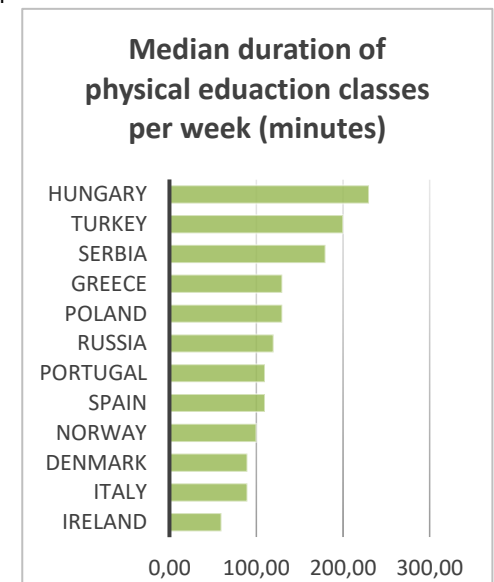


Fig. 4



Taken from the **WHO European Childhood Obesity Surveillance Initiative (COSI)**



| | |
|-------------------------------------|---|
| TIPO DE TEXTO: | Report |
| REGISTRO: | Formal |
| KEY IDEAS TO INCLUDE: | <p>1st paragraph: Mention the aim of the report. 2nd to 3rd or 4th paragraph: Analyze the different graphs provided, suggesting a possible explanation for each. Last paragraph: Briefly explain the conclusion of the data previously analyzed. No es obligatorio que los alumnos utilicen título en sus párrafos.</p> |
| FUNCTIONS: | <p>- Dar información detallada sobre los gráficos: <i>In relation to fig. 3, what strikes most is the...</i> <i>The second graph indicates that...</i> <i>As can be seen in fig. 1, the percentage of obesity among Spanish boys is just under 20% (...)</i> -Comparar y contrastar información. <i>(...)whereas that of girls is approximately 15%.</i> <i>The average amount of time given to physical education in Spain is significantly shorter compared to/with other European countries.</i> -Interpretar el gráfico, sugiriendo posibles causas que lo expliquen. <i>This might well be due to the proliferation of fast food chains in these countries.</i> -Opcional: Rebatir (marcar como riqueza) <i>(...),which signifies that the data provided do not match the perception that Mediterranean countries would excel in this comparative.</i> <i>Although many people would argue that parental education plays a key role in children's eating habits, the graph provided shows otherwise.</i></p> |
| LOS ALUMNOS DEBERÍAN EVITAR: | <p>-El uso predominante de un lenguaje subjetivo (<i>I think, in my opinion, from my view</i>). Se debería guardar distancia a través del uso de la voz pasiva, la modalidad y/o comment adverbials. -Usar el artículo con los porcentajes (<i>The 20 per cent</i>) a no ser de que estén premodificados con adjetivos: (<i>A staggering 41 per cent</i>). -Acabar oraciones con tres puntos (<i>like Italy, France, Portugal...</i>). -Incluir en la conclusión nuevos aspectos que no se analizaron previamente.</p> |



| | | |
|----------------|--|------------------------------|
| TAREA 2 | CO PRODUCCIÓN DE TEXTOS ESCRITOS While reading the Washington Post, you have stumbled upon an article dealing with multimillionaire Elon Musk's attempt to buy Twitter. Public opinion seems to be divided in this matter. Some back Musk arguing that that would protect free speech while others dread his arrival, as it would be another example of plutocracy. In the comment section, you have read the following text by a reader. Write a reply comment stating your view on the reader's opinion and why you agree or disagree with him/her. (Approx. 200 words) | / 10 PUNTOS |
|----------------|--|------------------------------|

No, freedom of speech means just that- free to say what you want, except for certain instances like yelling "fire!" in a crowded theater. Regulating free speech is a slippery slope. Biden has been caught in innumerable lies secondary to cognitive decline. Should his speech be blocked? I think not. Citizens should be free to choose what they listen to. This is not a nanny state.

Taken from the Washington Post: © https://www.washingtonpost.com/opinions/2022/04/14/elon-musk-twitter-bid-peakbillionaire/?utm_source=twitter&utm_campaign=wp_opinions&utm_medium=social



| | |
|-------------------------------------|--|
| TIPO DE TEXTO: | Reply comment. |
| REGISTRO: | Semi-conversacional. Podría incluir alguna expresión informal. |
| KEY IDEAS TO INCLUDE: | Expresar opiniones sobre el texto anterior, así como sobre la noticia principal. Clarificar aspectos que el candidato considere que no se ajustan a la realidad. El candidato podría dividir su texto en párrafos según las ideas que esté expresando, pero no deberíamos penalizar si solo escribiera un párrafo, ya que esto es común en este tipo de textos. |
| FUNCTIONS: | <p>-Mostrar el grado de acuerdo con lo anteriormente expuesto: <i>I think the previous comment was spot on when pointing out that (...)</i> <i>I partially agree with the idea that (...)</i> <i>According to (...) I beg to differ on that.</i></p> <p>-Argumentar, dar razones. <i>For starters, most social media CEOs are multimillionaires, but people only got worried when Elon Musk openly stated that he wished to buy Twitter.</i></p> <p>-Rebatir opiniones incluidas en el texto u opiniones generalizadas sobre el tema. <i>Contrary to what many people think, (...)</i> <i>It is simply not true that (...)</i></p> <p>-Expresar concesión respecto a puntos en los que el candidato <i>Admittedly we would have another multimillionaire (...)</i></p> <p>-Expresar sentimientos y emociones <i>I'm sorry, but free speech should always prevail no matter what. It would be crazy to think otherwise.</i> <i>I have the impression that free speech is thwarted nowadays and debate is stifled. This is shameful.</i></p> |
| LOS ALUMNOS DEBERÍAN EVITAR: | -El uso de un lenguaje agresivo o derogatorio. |