

	<b>Evaluación de Bachillerato para el Acceso a la Universidad de Castilla y León</b>	<b>INGLÉS</b>	<b>EXAMEN</b> Nº páginas: 4
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**NOTE: Choose option A or B, and answer the questions from 1 to 4. For question 5, you can choose to write the composition that you like best, from either option A or option B.**

**OPTION A**

**DO ANXIETY DREAMS HAVE ANY FUNCTIONS?**

Antonio Zadra, a psychologist, is sharing a memory of a horrific experience at sea. He had almost made it to shore, but knew he was about to die. Just then, his son appeared at the water's edge. He looked at Zadra, and Zadra heard the words: 'Dad, no!' He was thinking: 'I am about to die and I am going to die in front of my son'. And then, he woke up and everything was OK, but not OK.

5 Zadra says this is his worst anxiety dream. And, having read more than 10,000 dream reports for his work at the Center for Advanced Research in Sleep Medicine at the University of Montreal, he knows that his dream contains one of the most common motifs of anxiety dreams: that of our own imminent death (others include chase and loss of control). He remembers the horror of this dream but he claims it had a function: 'I can certainly tell you the clear message that it left me: do not take your most cherished things  
10 in life for granted and take the time to enjoy and love all that is important to you'.

Isabelle Arnulf, a neuroscientist and president of the French Society for Sleep Research and Sleep Medicine, led a study of students taking the Sorbonne medicine exam. She and her team asked examinees to complete a survey about how they slept the night before the exam. The students had experienced almost every imaginable examination-related dream. Some couldn't find the examination hall; others were late.  
15 Many dreamed that they ticked the wrong boxes. One dreamed that their walls and curtains were covered in chemical formulae and another raised their hand for paper and was given sliced bread. All kinds of transport disasters surfaced: trains didn't turn up, operators went on strike.

Arnulf found out that the students who had the most anxiety dreams the night preceding the exam scored the highest marks. Her findings support something called the "threat simulation theory" of dreaming, which holds that people rehearse frightening situations in their dreams and that the rehearsal equips them  
20 to face those situations in waking life. (Fragment adapted from *The Guardian*).

**1) BRIEFLY ANSWER 4 OUT OF THE FOLLOWING 6 QUESTIONS ONLY WITH THE DATA REQUIRED (NOT A WHOLE SENTENCE) (2 POINTS; 0.5 POINTS EACH).**

1. In the phrase *others include chase and loss of control* (line 8), the word 'others' refers to ...
2. In the phrase *She and her team asked examinees* (line 12), the word 'she' refers to...
3. In the phrase *how they slept the night before the exam* (line 13), the word 'they' refers to...
4. What are the three most frequent components of anxiety dreams?
5. What was Arnulf's survey about?
6. Did the students who had the most anxiety dreams get better or worse results?

**2) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? INDICATE THE LINES THAT SUPPORT YOUR ANSWER (1 POINT).**

1. Zadra had a dream in which his son died in the sea.
2. One dream mentioned is about choosing incorrect answers in a test.

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**3) CHOOSE a OR b, ONLY ONE CHOICE IS CORRECT ACCORDING TO THE TEXT (1 POINT).**

- a) Many of the dreams studied did actually come true according to a recent survey.
- b) Some researchers have studied disturbing dreams in an attempt to understand if they can affect people's lives.

**4) VOCABULARY (2 POINTS).**

**4.1 Choose one of the options below and find one word in the text for its definition (0.6 POINTS):**

- a) students who are taking an exam
- b) an examination of opinions, behaviour, etc., made by asking people questions

**4.2 Find a synonym in the text for one of the two words below (0.6 POINTS):**

- a) coast
- b) before

**4.3 Choose one of the options below taken from the text and give a synonym for it that fits the meaning of the text (0.8 POINTS):**

- a) work (line 6)
- b) turn up (line 17)

**5) WRITE ABOUT THE FOLLOWING TOPIC USING BETWEEN 120-150 WORDS (4 POINTS).**

What are the situations that might cause you to have anxiety dreams?

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**NOTE: Choose option A or B, and answer the questions from 1 to 4. For question 5, you can choose to write the composition that you like best, either from option A or B.**

**OPTION B**

**CUPID IN QUARANTINE**

Long ago, my man and I agreed to do what’s called “Living Apart Together,” or LAT. Even if we ever marry, I intend to keep my pad in Manhattan and spend a couple nights there alone every week. But, during this global tragedy, we are now living together full time. It has its challenges, but I am confident that we will survive.

5 Why? Because I’ve spent more than 40 years studying the evolution of human marriage, adultery and divorce, as well as romantic love around the world today. In fact, romantic love and feelings of deep attachment run along powerful pathways in the brain. Nevertheless, this dreadful virus has pushed all of us to assess our needs, make difficult decisions and build stronger partnerships and family bonds. It’s a tremendous opportunity to learn more about your partner and family.

10 That said, we are a nomadic species. So being confined 24/7 during this pandemic requires creativity. Psychologists have offered tips for how to maintain a healthy and happy long-term partnership. Among them: Don’t show contempt. Don’t threaten divorce. Listen actively. Compromise.

15 I also have a room where I can’t be interrupted. If my partner needs me, he knocks on my door and asks if I’m available. If you have children in the home, let them select their own safe space as well. My man and I make a daily schedule, too. I do like plans, because they help me organize my time. So over morning coffee, we make a program for the day. In this time of crisis, establishing specific work hours can calm the mind, as well as establish when we’ll play and meet for dinner.

20 Then there are all the obvious things a couple can do to keep love alive. Put on dance music and waltz or swing. Cook dinner together. Take virtual tours through the world’s great museums, cities or nature preserves. Go over old photographs together. Do something new. Novelty also stimulates dopamine activity in the brain to give you energy and optimism.

So be creative. And when you emerge from this challenging time, you might be surprised at how much you’ve grown together — rather than apart. (Fragment adapted from *The New York Times*).

**1) BRIEFLY ANSWER 4 OUT OF THE FOLLOWING 6 QUESTIONS ONLY WITH THE DATA REQUIRED (NOT A WHOLE SENTENCE) (2 POINTS; 0.5 POINTS EACH).**

1. What does *LAT* stand for? (line 1)
2. In the phrase *It has its challenges* (line 3), the word ‘it’ refers to...
3. Name three pieces of advice to keep happy as a couple during a pandemic.
4. In the phrase *let them select their own safe space as well* (line 14), the word ‘them’ refers to...
5. Why does the author like plans?
6. Name three things people can do to keep their love alive.

**2) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? INDICATE THE LINES THAT SUPPORT YOUR ANSWER (1 POINT).**

1. The author is confident that she and her man will break up because of the pandemic.
2. This crisis is a good opportunity to learn more about people close to us.

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**3) CHOOSE a OR b. ONLY ONE CHOICE IS CORRECT ACCORDING TO THE TEXT (1 POINT).**

- a) The author has hardly studied about human marriage, adultery and divorce, and romantic love.
- b) The author and her man make a daily schedule.

**4) VOCABULARY (2 POINTS).**

**4.1 Choose one of the options below and find one word in the text for its definition (0.6 POINTS):**

- a) a person's home
- b) (of a disease) prevalent over a whole country or the world

**4.2 Find a synonym in the text for one of the two words below (0.6 POINTS):**

- a) value
- b) advice

**4.3 Choose one of the options below taken from the text and give a synonym for it that fits the meaning of the text (0.8 POINTS):**

- a) plan (line 15)
- b) challenging (line 22)

**5) WRITE ABOUT THE FOLLOWING TOPIC USING BETWEEN 120-150 WORDS (4 POINTS).**

What did you do to keep yourself busy during confinement?