

TASK 1: HOW TO REDUCE STRESS AND ANXIETY DURING EXAMS

TEXT	1	2	3	4	5	6	7	8
HEADING	H	E	I	F	A	K	G	D

Distractors: C, J, L

TASK 2: MODERN EXPLORATION

SENTENCE	9	10	11	12	13	14	15	16
OPTION	C	A	C	C	A	A	C	B

TASK 3: MEDITERRANEAN DIET FOR BEGINNERS

0.	CHOICE	
17.	IMPROVE	
18.	GOAL	
19.	PLENTY	
20.	LIKE	

21.	REASON	
22.	FEWER	
23.	HAVING	
24.	WHERE	
25.	AVOID	

Distractors: AS, BETTER, RESULT, WHAT, WRITE

TASK 1: ACTORS WHO ARE HORRIBLE TO THEIR FANS

QUESTION	1	2	3	4	5	6	7	8
LETTER	G	D	C	J	I	A	L	E

Distractors: B, H, K

TASK 2: KAMALA HARRIS

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

TASK 3: SIX TIPS FOR BETTER SLEEP

17	BAD NIGHT
18	HELPFUL
19	EASIER
20	EVENING
21	TABLETS
22	AWAKE
23	STAY AWAY
24	LANDING
25	FIND / FIND OUT

Nota:

- No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.
- Ítems 17, 23: Será necesario que las dos palabras estén presentes para poder otorgar 1 punto al alumno. Ningún ítem podrá puntuarse con 0,5 puntos.

TRANSCRIPTS

TASK 1: ACTORS WHO ARE HORRIBLE TO THEIR FANS [minute 0:30/8:56]

EXTRACT 0 - [F] Expect danger and little respect from this artist

Tom Hanks. *When we all know that the performer of Philadelphia or Forrest Gump or in that Carly Rae Jepsen music video is one of the most dangerous guys on the planet. But despite being dangerous, he's also a guy who treats his fans really, really badly. You only have to see him in this video berating some nerds who simply wanted to take some pictures with him and his wife, Rita Wilson. [minute 2:15]*

EXTRACT 1 - [G] Gets bad publicity because of violent publicist

Jennifer Aniston. It may seem incredible, but Jen has a reputation for being one of the actresses with the worst character in the industry, although this has as much to do with her publicist, since the guy in question behaves rather aggressively with journalists, and when it comes to taking care of her fans, he is capable of anything, even beating up David Schwimmer. And so, there are many occasions when he won't allow the fans to even take pictures of the actress. [minute 2:53]

EXTRACT 2 - [D] Considered to be an impolite, mean person by fans

Madonna. Now this diva has been said to be incapable of behaving like a mere mortal. She falls into excesses and is too demanding with everyone, but there are many occasions when her eccentricities prevent people from having access to her at all. This has caused some of her followers to label her as rude or even a bad, bad person. It is true that she had a stalker, who chased her to her Los Angeles Mansion. [minute 3:33]

EXTRACT 3 - [C] Can be kind to fans, despite making many demands

Ariana Grande. Now recently people close to her commented that it was becoming impossible for them to work with her. The list of requests she imposes on journalists who want to interview her is endless. Although sometimes she is kind and even affectionate towards her fans, there are people who say that getting a picture with her is one of the most difficult things to achieve, and so it's better not to even try to go near her. [minute 4:15]

EXTRACT 4 - [J] Problematic artist everywhere and with everyone

Christian Bale. There are so, so many stories about Christian Bale's bad temper. It's said that he's always in trouble, either on the sets, during the filming of a movie, during the promotional cycle or even in the street. He tends to be cutting with his followers, being able to come to blows with anyone who crosses his path. And even fellow castmates say how impossible it is to work with him. Now me, I honestly don't care. [minute 4:54]

EXTRACT 5 - [I] Not as nice as superhero played in movies

Toby Maguire. This actor never signs autographs. One day, he even refused an autograph to a kid who'd managed to identify him. And then, there was the time that he slapped the cell phone out of the hand of a fan who just wanted to take a picture of him. Toby, if you agree to play a hero to millions of young people like Spider-Man, then you have to swallow your spiderweb ego and pretend that you're the nicest guy in the world. [minute 5:34]

EXTRACT 6 - [A] Artist says will sign for everybody or nobody

Cameron Diaz. She had no problem dropping by Harvey Weinstein's office. She had no problem shooting a movie in which Marshall Eriksen, from 'How I Met Your Mother', slept next to her. But she does have a problem with friendly fans asking for pictures. She's not very nice to fans. When one came up to her to ask for an autograph during a movie presentation, she told him that if she signed it for him, she would have to sign it for everyone else, and so she decided not to sign it for anyone. [minute 6:13]

EXTRACT 7 - [L] Will only do it for the money

Leonardo DiCaprio. Now, although Leo is one of the best actors around - we all love him as Jack in *Titanic* - or as that guy who ripped people off in that Tom Hanks movie, or in the millions of memes where he's playing historical characters with a smile, we do believe that humility should still come first. DiCaprio reportedly won't sign autographs unless he's paid for them and he certainly won't allow pictures to be taken with fans for free. [minute 6:55]

EXTRACT 8-[E] Doesn't sign autographs and insults fans

Justin Bieber. Now, I have to confess that that jerk attitude that he has all the time, apparently to get attention, is not my favourite part of him. That thing about him not signing autographs and insulting his fans, I don't think it's the best way to treat those who supported him, to make him what he is at this point in his career. So, Justin, be careful... Remember, at any moment, you could go back to being a complete unknown and singing in the street. [minute 7:37]

Adapted from © www.youtube.com

TASK 2: HOW KAMALA HARRIS FOUND LOVE

[minute 1:34/6:24]

INTERVIEWER: We know a lot about her public image, but what about her personal life? Let's find out. Before she got married, Kamala Harris **had some pretty interesting relationships** [0b, 1:49]. She dated talk show host Montel Williams and former San Francisco mayor Willie Brown. Yep, you heard that right. So, Kamala and Willie Brown dated until 1996. Then, around 2001 **Kamala dated Montel Williams**. According to Inside Edition, Williams revealed on X, formerly Twitter that **they dated 20 years ago** [9b, 2:04] and *he still admires her* [9a]. *They even walked the red carpet together* [9c] at the 8th Annual Race to erase MS in Los Angeles along with William's daughter Ashley. Looks like Kamala had some serious star power before her political stardom.

But these relationships weren't the endgame for Kamala. *She found her one true love on a blind date* [10c].

KAMALA HARRIS: So, my **best friend** [10a, 2:34], who *was like a sister to me*, [10b] called me up and she's like, 'I need you to go out with this guy.'

So, Kamala Harris met her now husband Doug Emhoff thanks to **a mutual friend** [10a], Chrisette Hudlin in 2013. Harris shared the story in her 2019 book *The truths we hold*. *Her friend told her about a cute guy* [11a] in LA named Doug Emhoff and *urged her to meet him without googling him first* [11a]. *Spoiler* [11b]: she totally googled him. A few days later, *Emhoff sent her an awkward text while at a basketball game* [11b]. **They** exchanged messages and **planned to talk on the phone the next day** [11c, 3:07]. **Emhoff left a long rambling voicemail** [12b, 3:10] that he thought ruined his chances.

DOUGH EMHOFF: *I dial the number, of course she doesn't answer [12a], and then I'm like, "Hey, it's Doug!" and it's **four or five minutes [12b, 3:20, 12c] of that,** I'm like, oh, my goodness.*

INTERVIEWER: But **Harris found it endearing. Sometimes it's the imperfect moments that make us fall for someone [12b, 3:25],** right? They finally talked on the phone and the conversation flowed effortlessly. Kamala and Dough *made plans for dinner in LA that Saturday [13c].* **Harris was immediately impressed by how genuine and comfortable [13a,13b, 3:37] he was with himself. It was love at first sight [13b].**

By the way, before Kamala, Doug Emhoff was married to Kerstin Emhoff, née Mackin. They hit it off, *married in 1992 and had two kids [14c], Cole and Ella* before their divorce in 2008. *Kerstin once shared with Politico that she was surprised to marry a lawyer [14a] saying 'I like really smart people and he's incredibly smart.'* **[14b, 3:58]**

Harris, a child of divorce herself, wanted to take things slow before meeting his kids. They waited about two months, but when she finally met them, Cole and Ella were incredibly welcoming. Harris credits them for reeling her in even more than Doug did. In her book, Kamala recounts that Emhoff proposed while she was frantically searching for a pair of missing pants. *They were about to leave for a romantic vacation to Italy [15b]* and she was stressed about packing. Emhoff arrived at her apartment, and *after they decided to order takeout [15a],* **he got down on one knee and proposed [15c, 4:27]** Harris was so focused on her missing pants that she didn't realize what was happening at first. When it finally clicked, she burst into tears and said yes. **Oh, it's like a scene straight out of a romantic movie, how cute! [15c, 4:41]**

So, Harris and Emhoff tied the knot on August 22nd 2014 in a small ceremony officiated by Harris's sister Maya. **Emhoff's kids and Harris decided against using the term stepmom', opting for a more affectionate option [16b, 4:53].**

KAMALA HARRIS: Their word for me is 'mamala' and so they call me 'mamala' **[16b].**

INTERVIEWER: As for Doug Emhoff's ex-wife Kerstin, she is on very good terms with Kamala. Kamala Harris has always praised Kerstin, calling her an incredible mother and a dear friend. *In fact, they hit it off so well that they became a dynamic duo at the kids' sports events [16a].* Kerstin has been crucial in making Kamala's role as a stepmom smooth. Harris once said: 'the thing about blended families, if everyone approaches it in the way that there's plenty of love to share, then it works.' *And get this, Kerstin has been a huge supporter of Harris's political career [16c].*

Now, what's your take? Do you believe Kamala Harris's personal experiences and support system...[fadeout, 5:38]

Adapted from © www.youtube.com

INTRODUCTION - We can all have a bad night of sleep and that's perfectly normal, but how could we try to improve both the quantity and the **quality** [0, 1:43] of our sleep? Here are six scientifically grounded tips for better sleep.

THE FIRST TIP (1) is regularity. Go to bed at the same time and wake up at the same time. Regularity is king, and it will actually anchor your sleep and improve both the quantity and the quality, no matter whether it's the weekday or the weekend or even if you've had a **bad night** [17, 2:10] of sleep. And the reason is because deep within your brain, you actually have a master 24-hour clock. It expects regularity and works best under conditions of regularity. Many of us use an alarm to wake up but very few of us use a to-bed alarm, and that's something that can be **helpful** [18, 2:32].

THE NEXT TIP (2) is temperature. Keep it cool. It turns out that your brain and your body need to drop their core temperature by about one degree Celsius in order to initiate sleep and then to stay asleep. And this is the reason that you will always find it **easier** [19, 2:49] to fall asleep in a room that's too cold than too hot. So, the current recommendation is to aim for a bedroom temperature over 18 degrees Celsius. It sounds cold but cold it must be.

THE NEXT TIP (3) is darkness. We are a dark-deprived society and, in fact, we need darkness specifically in the **evening** [20, 3:12] to trigger the release of a hormone called melatonin. And melatonin helps regulate the healthy timing of our sleep. In the last hour before bed, try to stay away from all of those computer screens, and **tablets** [21, 3:25], and phones. If you'd like, you can wear an eye mask or you can have blackout shades and that will help best regulate that critical sleep hormone of melatonin.

THE NEXT TIP (4) is walk it out. Don't stay in bed **awake** [22, 3:45] for long periods of time. If you've been trying to fall asleep and it's been 25 minutes or so, the recommendation is to get out of bed and go and do something different. And the reason is because your brain is an incredibly associative device. The brain has learned the association that the bed is this trigger of wakefulness, and we need to break that association. And by getting out of bed, you can go and do something else. Only return to bed when you're sleepy.

THE FIFTH TIP (5) is something that we've actually already spoken about in detail in this series, which is the impact of alcohol and caffeine. Try to **stay away** [23, 4:25] from caffeine in the afternoon and in the evening, and certainly try not to go to bed too tipsy.

THE FINAL TIP (6): have a wind-down routine. I think many of us in the modern world, we expect to be able to dive into bed at night, switch off the light, and we think that sleep is also just like a light switch, that we should immediately be able to fall asleep. Well, unfortunately, sleep isn't quite like that for most of us. Sleep, as a physiological process, is much more similar to **landing** [24, 4:59] a plane. It takes time for your brain to gradually descend down onto the firm bedrock of good sleep.

In the last 20 minutes before bed or the last half an hour, even the last hour, disengage from your computer and your phone and try to do something relaxing. **Find out** [25, 5:23] whatever works for you and when you have found it, stick to that routine. The last thing I should note is that if you are suffering from a sleep disorder, for example, from insomnia...[fadeout, 5:37]