



Junta de Andalucía
Consejería de Educación y Deporte

Pruebas Específicas de Certificación 2020/2021

Comprensión de Textos Escritos

NIVEL B2 | INGLÉS

Apellidos:

Nombre:

Alumno/a OFICIAL del grupo:
Indica el nombre de tu profesor/a-tutor/a:

Alumno/a LIBRE.

INSTRUCCIONES

- Duración máxima: 75 minutos.
- Este prueba consta de tres tareas:
 - En la Tarea 1 tendrás que identificar las ideas generales del texto.
 - En la Tarea 2 tendrás que entender las ideas principales del texto.
 - En la Tarea 3 tendrás que comprender los detalles importantes de un texto.
- En cada tarea obtendrás: 1 punto por cada respuesta correcta; 0 puntos por cada respuesta incorrecta o no dada.
- Solo se admitirán respuestas escritas con bolígrafo azul o negro.
- Por favor, no escribas en los espacios sombreados destinados a la calificación de las tareas.

PUNTUACIÓN	NOTA FINAL	CALIFICACIÓN
/ 26	/ 10	<input type="checkbox"/> Superado <input type="checkbox"/> No Superado

TASK 1

Read the following text about the effects of optimism on our health and answer the questions on page 6.

OPTIMISTS LIVE LONGER

Never underestimate the power of positive thinking. Although research has identified many risk factors that increase the likelihood of diseases and premature death, much less is known about positive psychosocial factors that can promote healthy aging. But a new study based on decades of research indicates that optimism could boost our chances of living 85 years or more by over 50 percent.

Researchers from Boston University's School of Medicine, the National Center for PTSD at VA Boston Healthcare System, and Harvard University's T. H. Chan School of Public Health have found that hope really might spring eternal—individuals with greater optimism are more likely to live longer and to achieve “exceptional longevity”—that is, living to age 85 or older. Optimism refers to a general expectation that good things will happen, or believing that the future will be favorable because we can control important outcomes.

The study, published August 26, 2019, in Proceedings of the National Academy of Sciences, was based on survey data collected from 69,744 women and 1,429 men. Both groups completed survey questions to assess their level of optimism, as well as their overall health and habits, such as diet, smoking, and alcohol use. The women were followed for 10 years, the men for 30 years.

When individuals were compared based on their initial levels of optimism, the researchers found that the most optimistic men and women demonstrated, on average, an 11 percent to 15 percent longer life span, and had 50 percent to 70 percent greater odds of reaching 85 years of age compared to the least optimistic groups. The results were maintained after accounting for age, demographic factors such as educational attainment, chronic diseases, and depression, and health behaviors, such as alcohol use, exercise, diet, and primary care visits.

“This study has strong public health relevance because it suggests that optimism is one such psychosocial asset that has the potential to extend the human life span. Interestingly, optimism may be modifiable using relatively simple techniques or therapies,” says the study's first and corresponding author, Lewina

Lee, a MED assistant professor of psychiatry and a clinical research psychologist at the National Center for PTSD at VA Boston.

Despite the good news, it's still unclear how exactly optimism helps people attain longer life. "Other research suggests that more optimistic people may be able to regulate emotions and behavior as well as bounce back from stressors and difficulties more effectively," says study senior coauthor Laura Kubzansky of Harvard. The researchers also consider that more optimistic people tend to have healthier habits, such as being more likely to engage in more exercise and less likely to smoke, which could extend life span.

"Research on the reason why optimism matters so much remains to be done, but the link between optimism and health is becoming more evident," says Francine Grodstein of Harvard and Brigham and Women's Hospital, another study senior coauthor.

Source: <https://scienceblog.com>

TASK 2

Read the following newspaper article about the importance of reading aloud and answer the questions on page 7.

WHY READING ALOUD IS A VITAL BRIDGE TO LITERACY

Advice that children should still be read to as teenagers makes sense, [0] .

I was very lucky to have been brought up in a household where my older brother and my father read out loud to me as a teenager. It was a form of conversation [1] . They were "hey-listen-to-this" moments, taking in Dickens, Hardy, Catch-22, Catcher in the Rye, the Molesworth books, newspapers, magazines, Konrad Lorenz's science books, Alan Moorehead's accounts of exploration and any random passage from their studies.

Now that I think of it, my father didn't stop! In his 70s, when I was in my 40s, [2] . His intonation, his Yiddish pronunciation, our laughing at his jokes live on.

On book week, it was suggested that [3] , parents and teachers should continue reading aloud to children well into their teen years. To get a handle on why doing so is important, we have to take a step back and look at something that is right in front of our noses but not always obvious.

The way we speak is very different from the way we write – [4]. When we speak, we hesitate, we contract phrases (as with “wouldn’t’ve”), we repeat ourselves, we often leave gaps for others to fill in. Or we might just die down. We use more pronouns than we do when we write, because we can specify who we are referring to with gesture and tone. We use a lot of ums and errs and “you knows” [5]. And we avoid front-loading sentences with phrases and clauses that delay getting to the main point.

[6]. Sentences close. We can front-load, refer backwards and forwards, organize “points” in an argument. We can avoid repetition, and use syntax and vocabulary for emphasis colour. “Who”, “which”, “that” and “where” clauses get more use in writing than in speech.

What follows from this is that in order to [7], we need to spend a good deal of time immersed in it. One way to do this is to hear it read out loud. This gets round that moment of resistance when we see a slab of writing on the page. I read continuous prose every single day of my life [8], or study it closely in order to extract some information (a common task in schools), I have at the very least the feeling: can I put it off till tomorrow? I’ve seen my own children thinking up every possible excuse to avoid it, too. Some books are better (and more fun) for reading out loud than others. One of the reasons we invented continuous prose was to lay out an argument, piling points on top of each other, weighing one view against another, even to invite the reader to look back at something earlier or later in a book. It can be tough going listening to this kind of writing, [9]. Ideal for reading out loud are things such as short stories, poems, plays, modern novels, journalism, texts of speeches, biography, and narratives connected with scientific discovery, history, geography and the arts.

Ideally, any teenager being read to would have the text in front of them, so that we can stop and talk about things as we go along, referring back to what’s just been read. This means we make bridges, [10].

TASK 3

Read the following text and answer the questions on pages 8 and 9.

'ESCAPING THE MADNESS': STEEP RISE OF LONDONERS MOVING TO NORTHERN ENGLAND

Sheffield, Leeds and Newcastle see fastest increases in people seeking better quality of life

Patrick Cox's patience with London snapped when he was charged £3.50 for a cup of tea. For Amy Everett, it was the overcrowded commutes on trains that broke down so often she regularly worried she might never get home.

The pair are part of a rising tide of Londoners moving out of the capital, revealed in new figures suggesting the popularity of settling in or returning to northern England has more than doubled since 2014.

Sheffield, Leeds and Newcastle upon Tyne are experiencing the fastest rises among northern cities in the number of escapees arriving from the capital, according to separate data from the Office for National Statistics, which indicates a possible shift east of the London escape route from the well-worn path to Manchester. Sheffield had a 12% rise in Londoners moving to buy or rent in 2018, followed by Newcastle and Leeds, which both recorded 5% increases.

Dramatically cheaper housing – the ratio between house prices and income is 5.8 in Sheffield and Newcastle but 12.9 in London – is a key factor. But the lure of a slower, less work-focused and healthier lifestyle is also driving decisions to "escape the London madness", as one leaver put it.

The figures are another sign of Britain's shifting human geography, which could be accelerated by this week's green light for the £100bn HS2 high-speed rail line cutting travel times to northern cities and bringing Leeds, for example, just 81 minutes from the capital.

Everett, 30, moved to Sheffield from London in 2018. In the capital, her typical day involved two hours commuting on overcrowded trains, arriving home at about 8pm, eating a takeaway and starting work again on her laptop before crashing into bed.

"There was a sense of always having to be everywhere as quick as possible," she said. "People were almost running. It was expected that if you are in London you are there for work and don't have any interests outside of work; an always-on kind of attitude. I felt like I was burning out or on the verge of burning out very often."

She went to the same coffee shop almost every day for the three years she lived in London, but they never acknowledged her as a regular. In Sheffield, where she now lives with her girlfriend in the Kelham Island area, with its independent cafes, restaurants and craft traders, "people get to know your order".

“There is a healthier balance in Sheffield,” she said. “People prioritise things outside of work. Once it hits 5.30pm or 6pm, it’s time to get on with the rest of your life.” Simple things like the time to do a large weekly supermarket shop, the time to cook and to watch early evening TV quiz shows have increased her happiness, she said.

Municipal leaders are trying to capitalise on the trend. Sheffield city council has been using the term “north shoring” to try to attract more employers to move out of London, promising considerably cheaper office rents, and the prospect of 20,000 graduates each year from its two universities. Leeds has attracted Channel 4’s new base, where 250 people have started work, and a new hub for HM Revenue and Customs is due to open later this year with 6,000 employees.

In the drive for attention, Newcastle is pushing ahead with plans for a new landmark on the quayside – a giant ferris wheel taller than the London Eye, the “Whey Aye”, and is hoping to attract businesses to the new 24-acre Helix science district focusing on green technology and solutions for the ageing population.

Cox, the founder of a male cancer charity who runs marathons in a giant testicle costume, quit London for Leeds with his partner three years ago. “My walking pace has changed,” he said. “Not swift brisk London pace any more. It’s a lot slower. The feeling that you are not getting ripped off is nice. Eating out is cheap. Curries are good. Ordering two beers and getting change from a £10 note is still an eye opener.”

He added: “I miss London, it’s the greatest city in the world if you can afford it. I get my fix when I visit for meetings, but I’m always glad to get out of Dodge when I am on that train back to Leeds.”

Source: the guardian

TASK 1

Read the text about optimism on pages 1 and 2. Choose the best option (a, b, c) to complete each sentence. Only one of the answers is correct. Write your answer in the appropriate box. The first one (0) is an example. You will get 1 point per correct answer.

	ANSWER	
<p>0. Most research studies on ageing ... A. indicate that optimists can expect to live to an age of 85.5 years. B. have focused on risk factors and life expectancy. C. have been aimed at learning more about positive psychosocial factors..</p>	B	✓
<p>1. Being optimistic... A. increases a person's chance of living to an elderly age. B. means believing that the future will be good because it is beyond our control. C. usually prevents achieving "exceptional longevity".</p>		
<p>2. A study published in August 2019 ... A. relied on data from over 70,000 people, collected over three decades. B. only considered the participants' mental health. C. studied females for a shorter period of time than males.</p>		
<p>3. The results of the study prove that ... A. typically, optimists live longer than pessimists. B. women are usually more optimistic than men. C. the life expectancy of the least optimistic people has increased from 50 to 70.</p>		
<p>4. Dr Lee argues that ... A. we can train to become more optimistic. B. people with an excess of pessimism may potentially require therapy. C. psychiatrists and psychologists see optimism as a public health concern.</p>		
<p>5. Dr Kubzansky suggests that ... A. optimistic people are more open to suffering stress and difficulties. B. the connection between optimism and a longer life expectancy is easy to explain. C. optimists may take better care of themselves.</p>		
<p>6. Dr Grodstein claims that ... A. current research on optimism is conclusive. B. optimism and health are linked. C. optimism has a limited impact on our everyday lives.</p>		
MARK	/ 6	



TASK 2

Read the newspaper article about the importance of reading aloud on pages 2 and 3, and find one missing extract (A-M) for each gap (1-10). 0 is an example. There are TWO extracts which you do NOT need to use. You will get 1 point per correct answer.

	ANSWER	
A. as they learn the complex gear changes between speech and prose.	0	✓
B. but if you tell me that I've got to read 10 pages of something		
C. Children who enjoy reading are less likely to have mental health problems		
D. Continuous prose flows without hesitation		
E. especially from the way we write continuous prose		
F. from the written to the oral and back again		
G. in order to foster a love of reading		
H. understand and be able to write continuous prose		
I. if you don't have the book in front of you		
J. Most parents stop reading to their child by the age of eight		
K. my father still read me the stories he wrote about his childhood		
L. or entertainment		
M. to give ourselves time to think or to hold a listener's attention		

MARK / 10



TASK 3

Read the text on pages 4 and 5. Choose the correct option (a, b, c) to complete each sentence. Only one of the answers is correct. Write your answers in the appropriate box. The first one (0) is an example. You will get 1 point per correct answer.

	ANSWER	
0. Amy decided to move out of London because ... A. of the high price of commuting transport. B. people are usually overcharged there. C. trains constantly stopped working.	C	✓
1. According to the text, the city which has welcomed most Londoners recently is ... A. Manchester. B. Newcastle and Leeds together. C. Sheffield.		
2. Among the motivations to move north, the text mentions better ... A. mental health. B. quality housing. C. work-life balance.		
3. The volume of people moving north is likely to increase due to ... A. faster commuting to the capital. B. more sustainable transportation. C. new transportation routes.		
4. Everett's routine in London was characterized by ... A. early risings. B. exhausting meetings. C. prolonged workdays.		
5. According to Everett, Londoners' predominant tendency is ... A. acceleration. B. aggressiveness. C. exhaustion.		
6. As to bars and restaurants, Everett mentions that in Sheffield staff ... A. befriend her. B. remember her order. C. welcome her.		
7. Everett now enjoys ... A. morning shifts. B. socializing more. C. unrushed habits.		
8. Sheffield's campaign is targeted at ... A. media corporations. B. office workers. C. prospective students.		
9. Newcastle's campaign is intended to ... A. advertise a theme park. B. promote mass tourism. C. appeal to tech companies.		



10. For Cox, moving to Leeds implied ...

- A. eating out more frequently.
- B. more outdoor walking.
- C. reasonable prices.

--	--

MARK

/ 10