



Castilla-La Mancha
Consejería de Educación,
Cultura y Deportes

PRUEBAS ESPECÍFICAS DE
CERTIFICACIÓN DE NIVEL

INGLÉS / B2

COMPRENSIÓN DE TEXTOS ESCRITOS
SESIÓN EXTRAORDINARIA 2021

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 50 minutos.**
- **PUNTUACIÓN:** Será necesario superar todas y cada una de las cinco actividades de lengua de las que constan las pruebas de certificación con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 50%.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

APELLIDOS:		
NOMBRE:	DNI:	
COMISIÓN:	OFICIAL <input type="checkbox"/>	LIBRE <input type="checkbox"/>
CALIFICACIÓN:		

TASK 1

Read the text and choose the correct heading for each paragraph. There are THREE extra headings. Write your answers in the Answer Box. Paragraph 0 is an example. (1 item = 0.8)

MARIE KONDO'S HOUSE TIDYING TIPS

A. Finding happiness with Mari Kondo

0. Mari Kondo's method has been inspiring people worldwide to reorganize their rooms and 'live a life that sparks joy'. Here are her basic rules and systems so you know how to declutter like her.

1. Set aside enough time to do the decluttering and Marie Kondo-style tidying up you have in mind. Or, devote enough time to get through a certain amount of it today/this weekend, and the rest of it tomorrow/next weekend/next holiday. Unless you love tidying up, you won't get the job done if you go at it carelessly. In other words, if you set aside the time, like you would for anything, it happens; if you don't, it doesn't.

2. Start by emptying your cupboards/wardrobes/drawers by category. Emptying all the items by category at once allows you to see just how much stuff you've got in that category. And sorting by category will allow you to identify gaps, too. Don't try and do everything at the same time. You'll get distracted by unexpected items and it might get too overwhelming for you to cope with.

3. Take a deep breath. It'll stop you feeling somewhat panicky about the piles of clutter. Just stick to working by category. Getting distracted from the category you're working on is where disaster lies. Stick to your plan, set aside enough time to complete that category before doing much else and understand that you will get there.

4. You've probably heard this term and, if you're a Brit, you might well have rolled your eyes. But, translated for cynical British humour it means: do you like it, will you wear/eat/display it, and if not bin it. Try it - it really does work and you will be surprised at how easy it can be to get rid of stuff that means little or nothing to you.

5. Marie Kondo says that items with similar uses and of similar sizes should go together and that by doing so nothing, even the tiniest of your possessions, ever gets lost and always has a place. Ideally, she says to keep the smallest of items in drawers. Failing that, in sub-divided boxes, failing that, good looking lidded boxes will do the trick and can be neatly stacked.

6. Marie Kondo says that it's wise to have items that you use regularly within easy reach; anything you rarely use can be stored in difficult-to-reach areas, such as the top shelves of your cupboards or stored away in your garage for that odd moment when you need them.

7. The KonMari method advocates finding a designated space for everything in its category, which will mean that nothing gets left out and you know where to find everything. It might also be a good idea to label where you put things to remember where they go.

8. Think about your garage/basement/toy cupboards/and so on... are they packed with cardboard boxes of stuff that may be labelled, that can't be neatly piled one on the other, and that are opaque so that you're never quite sure where anything is? Marie Kondo advises using transparent boxes. They'll also pile neatly, and safely. Lidded plastic boxes will help keep your items dry, too.

9. If you're decluttering your wardrobe, it's worth learning how to fold your clothes like Marie Kondo. It lets you see everything in your drawer or in storage boxes at a glance, it's a space-saving drawer-tidying method, and it makes clothes easy to grab without upsetting the entire drawer.

(Adapted from: realhomes.com)

HEADINGS	
A.	Finding happiness with Mari Kondo
B.	Focus on the task in hand
C.	Give everything its own home
D.	Keep a list of what you have to do
E.	Learn how to put away clothes
F.	Leave the bigger items for last
G.	Only keep items that 'spark joy'
H.	Organise categories by size
I.	Plan when to tidy up
J.	Put your favourite items together
K.	Store items depending on frequency of use
L.	Use clear boxes to store your stuff
M.	Work with one category at a time

ANSWER BOX										
PARAGRAPH	0	1	2	3	4	5	6	7	8	9
ANSWER	A									

Marks 1: _____ /7.2

TASK 2

Read the text and complete each space with a phrase from the Phrase Box. There are THREE extra phrases. Answer 0 is an example. (1 item = 0.8)

CAFFEINE SHOWN TO IMPROVE ATHLETIC PERFORMANCE

Caffeine is one of the world's most popular mind-altering substances, used by millions of us to jump-start our slow morning brain function and increase alertness throughout the day. Taken an hour or so before exercise, it also enables most athletes to run, bike, swim or otherwise perform a little faster or more vigorously than **(0)** _____. Caffeine provides this boost by making it easier for muscles to burn body fat, of which most people have ample supplies. It also increases alertness, which seems to make exercise feel less strenuous. But caffeine users tend to become habituated to its effects.

So athletes typically have been advised **(10)** _____ else that contains caffeine for most of the week before a major competition, on the theory that doing so should reduce their habituation and amplify the impacts of caffeine on the day of the event. But Bruno Gualano, a professor of physiology and nutrition at the University of São Paulo, was unconvinced. A recreational cyclist and committed coffee drinker — “as a good Brazilian, coffee is part of my diet,” he says — he thought it possible that athletes **(11)** _____ before an event, even if they had not abstained in the days beforehand.

To test that idea, he and his colleagues first recruited 40 competitive male cyclists from São Paulo and invited them to the university's human performance lab for a series of health and performance tests. They also questioned the riders extensively about **(12)** _____. How many cups of coffee, tea, cola, and so on did they drink every day or week? Based on that information, the researchers stratified the riders into a low-caffeine group, which averaged about a cup or less of **(13)** _____ on most days; a moderate-caffeine group, which drank the equivalent of about two cups of coffee on most days; and a high-caffeine group, which drank about three cups of coffee or more on most days. These riders then reported to the lab three more times. At each visit, they completed a test, during **(14)** _____ until they had burned through about 450 calories, a task designed to take about 30 minutes. An hour before one ride, they swallowed a tablet that contained about 400 milligrams of caffeine, **(15)** _____ of regular coffee. An hour before another, they received an identical-looking tablet that contained only gelatin as a placebo. The riders were not told what was in the tablets.

Afterward, the researchers compared their times. Almost all of the riders had pedaled hardest and fastest **(16)** _____, completing their ride 3.3 percent faster on average compared to when they had had no pill and 2.2 percent faster than after they took the placebo. Most interesting, the results were the same whether the riders were light, moderate or heavy caffeine users. The cyclists who usually swallowed large amounts of coffee or other caffeine drinks every day received the same boost from caffeine as **(17)** _____ they had not abstained from caffeine for days beforehand. “No matter the habitual caffeine intake in the diet, acute caffeine supplementation can improve performance”. This finding could be helpful to athletes who might welcome a performance stimulus from caffeine but not at **(18)** _____ for days beforehand, Dr. Gualano says..

(Adapted from: todayonline.com)

PHRASE BOX	
A.	after swallowing the caffeine pill
B.	an amount equivalent to about four cups
C.	coffee or other caffeinated drinks
D.	could benefit from taking caffeine
E.	if they do not have caffeine
F.	light coffee drinkers even though
G.	reduce the amount of caffeine
H.	the cost of abstaining from coffee
I.	their normal intake of caffeine
J.	they tended to perform better
K.	to stop drinking coffee or anything
L.	when they had to stop drinking
M.	which they rode as hard as possible

ANSWER BOX										
SPACE	0	10	11	12	13	14	15	16	17	18
ANSWER	E									

Marks 2: _____ /7.2

TASK 3

Read the text and choose the correct answer (A, B or C), as in the example (question 0). There is only ONE correct answer for each question. (1 item = 0.8)

THE PSYCHOLOGY OF PHISHING

As technology evolves, everything adapts and changes with it. Criminal activity is no exception. There's spyware, adware, worms, Trojan horses, viruses, etc. One of the most common types of cybercrime is phishing, which involves stealing people's information via email. And it is an effective way to scam a lot of people at once.

Cybercriminals use concepts from sociology and social psychology to design their scams. They usually play on four different human emotions: greed, curiosity, pity, and fear. The combination of these emotions leads people to react almost instinctively. Therefore, phishing attackers have developed different tactics to get people to disclose sensitive information.

Humans tend to obey orders or instructions from people that occupy power positions. In other words, we have a cognitive bias that makes us forget our own opinions or potential consequences of an action. With Phishing attackers might represent authority by pretending to be the director of a company, an important state-level organization, or a prestigious company. They tend to send emails posing as corporations or large, well-known companies, requesting you do to something that seems relevant to their business. Seeing a company name that you recognize gives you a sense of safety. Thus, you're more likely to believe that what you're reading is real.

A manipulation strategy that is extremely common which is also used by marketing firms involves creating a situation of false urgency that requires the user to make quick decisions and act quickly. When they use this strategy, they often prey on people's fear of something bad happening if they don't act. "Your computer has a virus" or "Someone has tried to access your account" are some examples. The goal here is to trigger fear so that you'll make a hasty and irrational decision. They're counting on the fact that your rational mind won't have time to question the suspicious aspects of the email that point to it being a scam.

Throughout the day, you do a lot of things automatically, without being fully aware of them. They tend to be the result of experience and repetition. You activate your autopilot and don't pay much attention to what you're doing. Phishing attackers use this type of behaviour to their advantage. They prey on these tendencies and hope to catch us by leading us to do things we do all the time and, therefore, pay less attention to. Some people are better than others at identifying these scams. But everyone is a potential victim. If you want to avoid being a victim of these kinds of deceptions, it's important to be aware of the potential dangers. Always read the entire email thoroughly. Give it your full attention. If you don't know the person sending it, check to see if the email account is real.

The most important thing is to avoid reacting too quickly. Make sure you stop and consider the consequences. Decide if the message makes sense. If you do identify a phishing attack, it's also important to inform the authorities.

(exploringyourmind.com)

- 0. Phishing is:**
- A. An email service for sending multiple emails.
 - B. An online fraud scheme to steal data.
 - C. A popular anti-virus program.
- 19. Cyber criminals try and trick us:**
- A. By being friendly and approachable.
 - B. By making us feel less lonely.
 - C. By stimulating our interest.
- 20. Our acceptance of authority can make us:**
- A. More foolish.
 - B. More insensitive.
 - C. More stubborn.
- 21. Attackers make email recipients feel safe by:**
- A. By involving company directors.
 - B. By sending them internal company emails.
 - C. By using the names of respectable companies.
- 22. Certain messages are designed:**
- A. To make us afraid.
 - B. To make us cautious.
 - C. To make us suspicious.
- 23. Attackers focus on our automatic actions because:**
- A. We can be caught unknowingly.
 - B. We will fall in their trap again and again.
 - C. We will react more selfishly.
- 24. According to the text:**
- A. Anyone can be tricked.
 - B. Most people are tricked.
 - C. Some people are never tricked.
- 25. You can avoid being tricked:**
- A. By examining the email carefully.
 - B. By letting the police know about the email.
 - C. By never opening unknown email accounts.

ANSWER BOX

QUESTION	0	19	20	21	22	23	24	25
ANSWER	B							

Marks 3: _____/5.6

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____/20

TASK 1
MARIE KONDO'S HOUSE TIDYING TIPS

ANSWER BOX

PARAGRAPH	0	1	2	3	4	5	6	7	8	9
ANSWER	A	I	M	B	G	H	K	C	L	E

TEXT

A. FINDING HAPPINESS WITH MARI KONDO

0. Mari Kondo's method has been inspiring people worldwide to reorganize their rooms and 'live a life that sparks joy'. Here are her basic rules and systems so you know how to declutter like her.

I. PLAN WHEN TO TIDY UP

1. Set aside enough time to do the decluttering and Marie Kondo-style tidying up you have in mind. Or, devote enough time to get through a certain amount of it today/this weekend, and the rest of it tomorrow/next weekend/next holiday. Unless you love tidying up, you won't get the job done if you go at it carelessly. In other words, if you set aside the time, like you would for anything, it happens; if you don't, it doesn't.

M. WORK WITH ONE CATEGORY AT A TIME

2. Start by emptying your cupboards/wardrobes/drawers by category. Emptying all the items by category at once allows you to see just how much stuff you've got in that category. And sorting by category will allow you to identify gaps, too. Don't try and do everything at the same time. You'll get distracted by unexpected items and it might get too overwhelming for you to cope with.

B. FOCUS ON THE TASK IN HAND

3. Take a deep breath. It'll stop you feeling somewhat panicky about the piles of clutter. Just stick to working by category. Getting distracted from the category you're working on is where disaster lies. Stick to your plan, set aside enough time to complete that category before doing much else and understand that you will get there.

G. ONLY KEEP ITEMS THAT 'SPARK JOY'

4. You've probably heard this term and, if you're a Brit, you might well have rolled your eyes. But, translated for cynical British humour it means: do you like it, will you wear/eat/display it, and if not bin it. Try it - it really does work and you will be surprised at how easy it can be to get rid of stuff that means little or nothing to you.

H. ORGANIZE CATEGORIES BY SIZE

5. Marie Kondo says that items with similar uses and of similar sizes should go together and that by doing so nothing, even the tiniest of your possessions, ever gets lost and always has a place. Ideally, she says to keep the smallest of items in drawers. Failing that, in sub-divided boxes, failing that, good looking lidded boxes will do the trick and can be neatly stacked.

K. STORE ITEMS DEPENDING ON FREQUENCY OF USE

6. Marie Kondo says that it's wise to have items that you use regularly within easy reach; anything you rarely use can be stored in difficult-to-reach areas, such as the top shelves of your cupboards or stored away in your garage for that odd moment when you need them.

C. GIVE EVERYTHING ITS OWN HOME

7. The KonMari method advocates finding a designated space for everything in its category, which will mean that nothing gets left out and you know where to find everything. It might also be a good idea to label where you put things to remember where they go.

L. USE CLEAR BOXES TO STORE YOUR STUFF

8. Think about your garage/basement/toy cupboards/and so on... are they packed with cardboard boxes of stuff that may be labelled, that can't be neatly piled one on the other, and that are opaque so that you're never quite sure where anything is? Marie Kondo advises using transparent boxes. They'll also pile neatly, and safely. Lidded plastic boxes will help keep your items dry, too.

E. LEARN HOW TO PUT AWAY CLOTHES

9. If you're decluttering your wardrobe, it's worth learning how to fold your clothes like Marie Kondo. It lets you see everything in your drawer or in storage boxes at a glance, it's a space-saving drawer-tidying method, and it makes clothes easy to grab without upsetting the entire drawer.

(Adapted from: realhomes.com/advice/marie-kondo-tidying-up, 5/11/2020, 571 words)

TASK 2

CAFFEINE SHOWN TO IMPROVE ATHLETIC PERFORMANCE

ANSWER BOX

SPACE	0	10	11	12	13	14	15	16	17	18
ANSWER	E	K	D	I	C	M	B	A	F	H

TEXT

Caffeine is one of the world's most popular mind-altering substances, used by millions of us to jump-start our slow morning brain function and increase alertness throughout the day. Taken an hour or so before exercise, it also enables most athletes to run, bike, swim or otherwise perform a little faster or more vigorously than **if they do not have caffeine (0)** first. Caffeine provides this boost by making it easier for muscles to burn body fat, of which most people have ample supplies. It also increases alertness, which seems to make exercise feel less strenuous. But caffeine users tend to become habituated to its effects.

So athletes typically have been advised **to stop drinking coffee or anything (10)** else that contains caffeine for most of the week before a major competition, on the theory that doing so should reduce their habituation and amplify the impacts of caffeine on the day of the event. But Bruno Gualano, a professor of physiology and nutrition at the University of São Paulo, was unconvinced. A recreational cyclist and committed coffee drinker — “as a good Brazilian, coffee is part of my diet,” he says — he thought it possible that athletes **could benefit from taking caffeine (11)** before an event, even if they had not abstained in the days beforehand.

To test that idea, he and his colleagues first recruited 40 competitive male cyclists from São Paulo and invited them to the university's human performance lab for a series of health and performance tests. They also questioned the riders extensively about **their normal intake of caffeine. (12)** How many cups of coffee, tea, cola, and so on did they drink every day or week? Based on that information, the researchers stratified the riders into a low-caffeine group, which averaged about a cup or less of **coffee or other caffeinated drinks (13)** on most days; a moderate-caffeine group, which drank the equivalent of about two cups of coffee on most days; and a high-caffeine group, which drank about three cups of coffee or more on most days. These riders then reported to the lab three more times. At each visit, they completed a test, during **which they rode as hard as possible (14)** until they had burned through about 450 calories, a task designed to take about 30 minutes. An hour before one ride, they swallowed a tablet that contained about 400 milligrams of caffeine, **an amount equivalent to about four cups (15)** of regular coffee. An hour before another, they received an identical-looking tablet that contained only gelatin as a placebo. The riders were not told what was in the tablets.

Afterward, the researchers compared their times. Almost all of the riders had pedaled hardest and fastest **after swallowing the caffeine pill (16)**, completing their ride 3.3 percent faster on average compared to when they had had no pill and 2.2 percent faster than after they took the placebo. Most interesting, the results were the same whether the riders were light, moderate or heavy caffeine users. The cyclists who

usually swallowed large amounts of coffee or other caffeine drinks every day received the same boost from caffeine as **light coffee drinkers even though (17)** they had not abstained from caffeine for days beforehand. “No matter the habitual caffeine intake in the diet, acute caffeine supplementation can improve performance”. This finding could be helpful to athletes who might welcome a performance stimulus from caffeine but not at **the cost of abstaining from coffee (18)** for days beforehand, Dr. Gualano says.

(todayonline.com/sports/have-cup-coffee-improve-your-workout-or-game, 574 words)

TASK 3 THE PSYCHOLOGY OF PHISHING

ANSWER BOX

QUESTION	0	19	20	21	22	23	24	25
ANSWER	B	C	A	C	A	A	A	A

TEXT

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Cybercriminals use concepts from sociology and social psychology to design their scams. **They usually play on four different human emotions: greed, curiosity (19), pity, and fear.** The combination of these emotions leads people to react almost instinctively. Therefore, phishing attackers have developed different tactics to get people to disclose sensitive information.

Humans tend to obey orders or instructions from people that occupy power positions. In other words, we have a cognitive bias that makes us forget our own opinions or potential consequences of an action (20). With Phishing attackers might represent authority by pretending to be the director of a company, an important state-level organization, or a prestigious company. They tend to send emails posing as corporations or large, well-known companies, requesting you do to something that seems relevant to their business. **Seeing a company name that you recognize gives you a sense of safety. Thus, you're more likely to believe that what you're reading is real (21).**

A manipulation strategy that is extremely common which is also used by marketing firms involves creating a situation of false urgency that requires the user to make quick decisions and act quickly. When they use this strategy, **they often prey on people's fear of something bad happening if they don't act. "Your computer has a virus" or "Someone has tried to access your account" are some examples. The goal here is to trigger fear so that you'll make a hasty and irrational decision (22).** They're counting on the fact that your rational mind won't have time to question the suspicious aspects of the email that point to it being a scam.

Throughout the day, you do a lot of things automatically, without being fully aware of them. They tend to be the result of experience and repetition. You activate your autopilot and don't pay much attention to what you're doing. Phishing attackers use this type of behaviour to their advantage (23). They prey on these tendencies and hope to catch us by leading us to do things we do all the time and, therefore, pay less attention to. Some people are better than others at identifying these scams. **But everyone is a potential victim (24).** If you want to avoid being a victim of these kinds of deceptions, it's important to be aware of the potential dangers. **Always read the entire email thoroughly. Give it your full attention (25).** If you don't know the person sending it, check to see if the email account is real.

The most important thing is to avoid reacting too quickly. Make sure you stop and consider the consequences. Decide if the message makes sense. If you do identify a phishing attack, it's also important to inform the authorities.

(exploringyourmind.com/the-psychology-of-phishing-when-emails-are-dangerous/, 28/08/2020, 498 words)