

TASK 1: EFFECTIVE TEACHING: TIPS ON WHAT WORKS AND WHAT DOESN'T

TEXT	1	2	3	4	5	6	7	8
HEADING	J	F	A	C	E	K	B	I

TASK 2: LONDON'S MOST AUTHENTIC INDIAN FOOD?

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

TASK 3: MUSIC: HOW IT AFFECTS YOUR BRAIN, CHANGES YOUR MOOD AND HELPS YOU FOCUS

GAP	17	18	19	20	21	22	23	24	25
LETTER	J	L	B	E	I	G	D	K	A

TASK 1: CURIOSITIES HIDDEN IN FAMOUS PAINTINGS

EXTRACT	1	2	3	4	5	6	7
HEADING	F	D	H	I	J	C	A

TASK 2: INSTAPOET RUPI KAUR

SENTENCE	8	9	10	11	12	13	14	15
OPTION	A	A	B	B	B	B	C	B

TASK 3: WHY STUDENTS SHOULD HAVE MENTAL HEALTH DAYS

16	wasn't (being)
17	physical
18	suicides
19	honesty
20	leading
21	professionals
22	law
23	keep track
24	save lives
25	long-distance

Nota:

- *No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.*
- *En los ítems con dos palabras, será necesario que ambas estén presentes para poder otorgar 1 punto al alumno. Ningún ítem podrá puntuarse con 0,5 puntos.*
- *En el ítem 16, la palabra que aparece en paréntesis es opcional y no altera la puntuación.*

TRANSCRIPT

TASK 1: CURIOSITIES HIDDEN IN FAMOUS PAINTINGS

EXTRACT 0: A CONFUSING REFLECTION OF A WOUND [B] Vincent Van Gogh, the greatest Dutch painter known for such masterpieces as *The Starry Night* and *Irises*, highly influenced 20th century art. His self-portrait with bandaged ear depicts the artist in a three quarter profile standing in a room in the yellow house with an injured right ear. In reality he cut off his left ear; the discrepancy is explained by the fact that van Gogh used a mirror to create the picture of himself.

EXTRACT 1: A PAINTING UNDER A PAINTING [F] If you look closely at *The old guitarist* by Pablo Picasso, you can see a ghostly female silhouette behind the man's head in the top center of the painting. After taking infrared and x-ray images of the canvas, researchers from the Art Institute of Chicago discovered a few other shapes hidden underneath. Most likely the artist didn't have enough money to buy new canvases and had to paint over old ones. However, it was common for painters to reuse or rework old canvases. Some of them were living below the poverty line.

EXTRACT 2: A MASTERPIECE WITH A SPECIAL CHANGE IN LIGHT [D] Rembrandt, another Dutch painter, was an innovative master of three media paintings. *The shooting company of Frans Banninck Cocq and Willem van Ruytenburch*, better known as *The Night Watch*, is considered to be one of Rembrandt's greatest portrait paintings which were executed at the top of his career. The painting depicts the militia fully equipped and ready to embark on a mission. During the restoration of it in 1947 the painting was cleaned of a thick layer of soot. After that, it became evident that the scene portrayed in the painting takes place not at night but in daylight.

EXTRACT 3: A REMARK ABOUT A HUMAN ORGAN [H] Some American experts in the field of neuroanatomy believe that *The Creation of Adam* by Michelangelo contains allusions to anatomy. They argue that the right part of the painting is an anatomically correct image of a huge brain. You can find even the most sophisticated components of the brain such as the cerebellum, the optic nerve and the pituitary gland. At the same time, the conspicuous green band perfectly coincides with the vertebral artery.

EXTRACT 4: A VERY CONVENIENT VISUAL DIFFICULTY [I] Margaret Livingstone and Bevil Conway studied Rembrandt's self-portraits and proved that the painter suffered from stereo blindness. This peculiarity made the artist perceive the world a little differently: He saw reality in 2D instead of 3D. However, it is possible that stereo blindness helped Rembrandt create his immortal masterpieces. Further proof that a person can do and achieve anything despite all the obstacles if they wanted.

EXTRACT 5: A WELL-MANAGED LOVE TRIANGLE [J]. One of the most famous paintings by Gustav Klimt portrays Adele Bloch-Bauer. It was commissioned by her husband, the Sugar Baron Ferdinand Bloch-Bauer. He found out that Adele and Klimt had an affair and believed that after hundreds of sketches the painter would come to hate his mistress. Routine work made the feelings between the model and the artist cool down. Hmm... that Ferdinand was a smart guy!

EXTRACT 6: A DOUBLE PUZZLE IN ONE PAINTING [C] The Italian researcher Sabrina Sforza Galizia proposed an unusual interpretation of Leonardo da Vinci's *Last Supper*. She says that the artist left a prediction of the end of the world in his painting, which will happen on March 21st 4006. To come to this conclusion the researcher deciphered the mathematical and astrological code of the painting. That's not the only mystery of *Last Supper*; the hands of Christ and the Apostles along with the loaves of bread on the table form something that could be read as a musical notation. Upon testing it does sound like a short tune.

EXTRACT 7: A COLLATERAL EFFECT OF SUBSTANCES [A] Almost all of the paintings of Vincent Van Gogh featured a dominant yellow. Professor Paul Wolfe explains that as a side effect of an epilepsy remedy that changes color perception, the artist's world could look the way we see it in his canvases. However, there is another version. It's known that Van Gogh liked to drink absinthe. This drink contains thujone, immoderate consumption of which may cause the drinker to see all objects with a yellow color.

Adapted from © <https://www.youtube.com/watch?v=F-5ZPqUMgfM>

TASK 2: INSTAPOET RUPI KAUR

LEWIS HOWES: Now we're in Toronto and I'm with Rupi Kaur. So thank you so much for...

RUPI KAUR: Thank you for having me.

LEWIS HOWES: Welcoming me into your city and I'm excited to do this. We met a couple of months ago in Los Angeles at the Youtube Space. There was an event that Lilly Singh was putting on. We were both there on different panels and that's when I really started to learn more about you and **became fascinated with your story**, your work, and how many people you've been impacting. It's been amazing what you've been up to and all of my followers, especially the female followers love you so, I'm excited to share with them this interview and you've got a new book out called *The Sun and her Flowers* which is out now, so make sure you guys go out and get this book. It's really cool. And you had another book that came out a couple of years ago, correct?

RUPI KAUR: Yes.

LEWIS HOWES: And what was that one called?

RUPI KAUR: So the first book that I released was called *Milk and Honey* and it... I actually self-published the first one in 2014 and then later on in 2015 it was picked up by a publisher and **brought (it) kind of worldwide to all bookstores**.

LEWIS HOWES: Amazing!

RUPI KAUR: Yeah!

LEWIS HOWES: And were you doing Instagram before that, kind of just sharing your poetry?

RUPI KAUR: Instagram was, actually, the last kind of social media platform I was practising with. The first one was, I just had a... **For years I had kind of like a private blog for like my paintings and my artwork** cause I was like "that's the direction I wanna go in" **and eventually that turned into more of a poetry blog where I would actually record the poetry** and like I kept trying these different mediums.

LEWIS HOWES: Spoken word.

RUPI KAUR: Yeah, yeah, yeah but like nothing was sticking until I think, I came up with the concept of kind of the design or visual elements of what you see on Instagram today.

LEWIS HOWES: Yeah. Now, there's not many mainstream poets in the world. Right? There's not many people who have massive followers who are doing poetry? Are there others that you know of?

RUPI KAUR: There are a few! There are! Or maybe cause, I know, it's the world where I'm from. But you're right! Like **in the mainstream world of things, like poetry doesn't really... It's not there. It's not the thing that, you know, you're going to get together with friends on a Friday night and talk about**, right? Yeah, yeah,....

LEWIS HOWES: So how do you think you made this kind of mainstream?

RUPI KAUR: I have no idea. Is it even mainstream? If it is, that's cool.

LEWIS HOWES: I think what you've done is picked up on a massive way by so many people, whether just obsessed with your information, your lessons and I think what we were talking about before is, you were mentioning how you still don't have anything figured out.

RUPI KAUR: No.

LEWIS HOWES: And it's so a way for you to like kind of express what you're going through, right?

RUPI KAUR: Yeah.

LEWIS HOWES: At the time. Is that how you do your work?

RUPI KAUR: Yeah, yeah... It's like, like I said before. It's all just a **side effect of what's happening in life** and the **poetry is a response**. Things happen around you, we all respond to them and I have very emotional responses to a lot of things that are going on and poetry is emotion for me and so I always say that the poems actually write themselves in my mind and in my body before they're out on paper so I kind of already know what I'm about to write. The poem's already done by the time I get to, you know, my pen, paper and to the table to write it out.

LEWIS HOWES: You follow it in your mind. You start speaking it out to yourself.

RUPI KAUR: Yeah, kind of. Or it's like you know when a song gets on the radio and that it's so irritating that it plays on and on and on in your head and you can't get it out? There's a lot of poems that kind of came to life that way, it was like a thirteen-line thought that just kept going and going and it was like "Write me! Write me! Write me! Write me!" And I was like "No, no, no, like nobody cares about you, like you're not an interesting thought" and it's funny cause like eventually I have to write it down just to get it out of my system and move on to something else but it's those pieces, the ones that are, you know, "Write me, write me, write me", **they're the ones that I think people really enjoy the most**.

LEWIS HOWES: But you've written, what, hundreds, thousands of these shorter little poems, right?

RUPI KAUR: Oh my god.

LEWIS HOWES: Thousands?

RUPI KAUR: I think that when I go into... Maybe even thousands now cause it's kind of like, my writing process is very fluid and very natural. **I free-write every single day, it's kind of like journaling** and so sometimes a thought is two lines, sometimes it's three pages and only when it kind of... something just jumps right at me will I then take it, transport it to like a phone or a laptop, actually, and then edit, revise, edit, revise. But I usually liked it when I started to write *The Sun and her Flowers* and was like "Yeah, I just signed a book deal, now I have to do this". I had to go, I had to print out all the work that I'd done and in my mind I was like "You suck. Like you have done nothing for the past two years. How are you going to write a book?"

LEWIS HOWES: Well, except selling a million copies.

RUPI KAUR: I know! And that's what I'm battling with right now. Like I'm unable to sit with all I've done and I keep pushing myself to do more which I don't know if... I don't think it's been like a very healthy experience. **But I arrived at writing this book with hundreds and hundreds of pages already written, stuff that I'd just been, you know, journaling for the last couple of years**. Yeah.

LEWIS HOWES: Do you feel pressure to kind of do better than what you did before?

RUPI KAUR: Oh my god. So much. It's just so...

LEWIS HOWES: Cause it kind of just took off, right? You sold over a million copies...

RUPI KAUR: Two million!

LEWIS HOWES: Two million copies sold?

RUPI KAUR: Now it's two million and it's still going strong.

LEWIS HOWES: Holy cow!

RUPI KAUR: Like, I think two weeks ago it was back in number one on the New York Times bestseller list and it's been going for over seventy weeks and **it's like a train that won't stop and you're like "Okay, like we need to refill the gas tank. You need to stop." But it's like "Nope!". And it just keeps going and going and going and it's been wild**.

Adapted from © <https://www.youtube.com/watch?v=9cHCAUA5ahA>

TASK 3: WHY STUDENTS SHOULD HAVE MENTAL HEALTH DAYS

When I was a kid, my mom and I made this deal. I was allowed to take three mental health rest days every semester as long as I continued to do well in school. This was because I started my mental health journey when I was only six years old. I was always what my grade-school teachers would call "a worrier," but later on, we found out that I have trauma-induced **anxiety** and clinical depression.

This made growing up pretty hard. I was worried about a lot of things that other kids weren't, and school got really overwhelming sometimes. This resulted in a lot of breakdowns, panic attacks—sometimes I was super productive, and other days I couldn't get anything done. This was all happening during a time when mental health **wasn't being** talked about as much as it is now, especially youth mental health. Some semesters I used all of those rest days to the fullest. Others, I didn't need any at all. But the fact that they were always an option is what kept me a happy, healthy and successful student. Now I'm using those skills that I learned as a kid to help other students with mental health challenges. I'm here today to offer you some insight into the world of teenage mental health: what's going on, how did we get here and what can we do?

But first you need to understand that while not everyone has a diagnosed mental illness like I do, absolutely everyone—all of you—have mental health. All of us have a brain that needs to be cared for in similar ways that we care for our **physical** well-being. Our head and our body are connected by much more than just our neck after all. Mental illness even manifests itself in some physical ways, such as nausea, headaches, fatigue and shortness of breath. So since mental health affects all of us, shouldn't we be coming up with solutions that are accessible to all of us?

That brings me to my second part of my story. When I was in high school I had gotten pretty good at managing my own mental health. I was a successful student, and I was president of the Oregon Association of Student Councils, but it was around this time that I began to realize mental health was a much bigger problem than just for me personally. Unfortunately, my hometown was touched by multiple **suicides** during my first year in high school. I saw those tragedies shake our entire community, and as the president of a statewide group, I began hearing more and more stories from students where this had also happened in their town.

So in 2018 at our annual summer camp, we held a forum with about 100 high school students to discuss teenage mental health. What could we do? We approached this conversation with an enormous amount of empathy and **honesty**, and the results were astounding. What struck me the most was that every single one of my peers had a story about a mental health crisis in their school, no matter if they were from a tiny town in eastern Oregon or the very heart of Portland.

This was happening everywhere. We even did some research, and we found out that suicide is the second **leading** cause of death for youth ages 10 to 24 in Oregon. The second leading cause. We knew we had to do something.

So over the next few months, we made a committee called The Students for a Healthy Oregon, and we set out to end the stigma against mental health. We also wanted to prioritize mental health in schools. With the help of some lobbyists and a few mental health **professionals**, we put forth House Bill 2191. This bill allows students to take mental health days off from school the same way you would a physical health day because oftentimes that day off is the difference between feeling a whole lot better and a whole lot worse—kind of like those days my mom gave me when I was younger.

So over the next few months, we lobbied and researched and campaigned for our bill, and in June of 2019 it was finally signed into **law**.

This was a groundbreaking moment for Oregon students. Here's an example of how this is playing out now. Let's say a student is having a really hard month. They're overwhelmed, overworked, they're falling behind in school, and they know they need help. Maybe they've never talked about mental health with their parents before, but now they have a law on their

side to help initiate that conversation. The parent still needs to be the one to call the school and excuse the absence, so it's not like it's a free pass for the kids, but most importantly, now that school has that absence recorded as a mental health day, so they can **keep track** of just how many students take how many mental health days. If a student takes too many, they'll be referred to the school counselor for a check-in. This is important because we can catch students who are struggling before it's too late. One of the main things we heard at that forum in 2018 is that oftentimes stepping forward and getting help is the hardest step. We're hoping that this law can help with that. This not only will start teaching kids young how to take care of themselves and practice self-care and stress management, but it could also literally **save lives**.

Now students from multiple other states are also trying to pass these laws. I'm currently working with students in both California and Colorado to do the same because we believe that students everywhere deserve a chance to feel better.

I'd love to see a world where each of us has a toolkit of skills to help a friend, coworker, family member or even a stranger going through a mental health crisis. And these resources should be especially available in schools because that's where students are struggling the most.

The other concept that I sincerely hope you take with you today is that it is always OK to not be OK, and it is always OK to take a break. It doesn't have to be a whole day; sometimes that's not realistic. But it can be a few moments here and there to check in with yourself. Think of life like a race ... like a **long-distance** race. If you sprint in the very beginning, you're going to get burnt out. You may even hurt yourself from pushing too hard. But if you pace yourself, if you take it slow, sometimes intentionally, and you push yourself other times, you are sure to be way more successful.

So please, look after each other, look after the kids and teens in your life especially the ones that look like they have it all together. Mental health challenges are not going away, but as a society, we can learn how to manage them by looking after one another. And look after yourself, too. As my mom would say, "Once in a while, take a break." Thank you!

Adapted from ©

https://www.ted.com/talks/hailey_hardcastle_why_students_should_have_mental_health_days