

TASK 1: WAYS TO BE MORE POSITIVE

TEXT	1	2	3	4	5	6	7	8
HEADING	H	C	G	A	K	B	D	J

TASK 2: WHAT NO ONE TELLS YOU ABOUT SUPERFOODS

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

TASK 3: THE DISCONNECT

GAP	17	18	19	20	21	22	23	24	25
LETTER	M	B	D	A	G	H	C	E	J

TASK 1: QUEEN ELIZABETH II

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

TASK 2: FIELD GUIDE TO FAKE NEWS

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

TASK 3: SIX TIPS FOR BETTER SLEEP

16.	schedule
17.	drop
18.	release
19.	regulate
20.	gradually
21.	stay away
22.	light switch
23.	landing
24.	sleep disorder
25.	performance (quality)

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 25, la palabra que aparece en paréntesis es opcional y no altera la puntuación.*

TRANSCRIPT

TASK 1: QUEEN ELIZABETH II

EXTRACT 0: A NATION IN GRIEF [B] *There was an odd sound from the churches of England on September 9th that most of the English population hadn't heard ever in their life before. As muffled bells tolled for the first time in nearly seventy-one years, the country drowned in mourning. A beloved monarch, a caring grandmother, and a witty human being was no more. Queen Elizabeth lived a long and fulfilling life trying her best to be a champion of people despite her demure stature. People mostly knew her only as a queen of an empire, head of a troubled royal family, and a somewhat controversial figure but there is more to the departed and beloved monarch of England, Scotland, and Wales.*

EXTRACT 1: MAKING BEST USE OF BENEFITS [I] Because of her time in the military, she was fully trained to drive not just regular cars, but also heavy-duty vehicles. Once she was crowned as Queen in 1952, she needed no licence to drive anymore. Well, you know, being a queen comes with its perks and as driving licences in England were issued in her name, she needed none for herself. She was her own driving licence and the same logic applied to her passport too, and she didn't need one of those either. Elizabeth took full advantage of her liberty of travelling without a passport as she travelled to almost 300 states during her long reign. She also chose to not have a last name.

EXTRACT 2: GOOD SENSE OF HUMOUR [F] During her long reign, Queen Elizabeth II visited the USA many times, but a mishap in 1991 left the press dissatisfied as nobody lowered the podium or provided a pedestal for the Queen, who was nearly a foot shorter than President George Bush Sr. after his opening remarks. The newspapers the next day joked about "the talking hat" at the cost of embarrassment of administrators. So, when the Queen had to address Congress soon after, ever so witty, she opened with 'I do hope you can see me today from where you are'. The entire Congress burst into laughter, and just like that Queen Elizabeth had once again won the hearts of her audience.

EXTRACT 3: NO SPECIAL CONSIDERATION [J] When Elizabeth came of age, she insisted on joining the Auxiliary Territorial Service and took a training course in driving and vehicle maintenance at the major garrison of Aldershot, qualifying just as the war ended. Although her first job during the Second World War was to inspect a military regiment during a parade at Windsor Castle on her 16th birthday. Her father also made sure she was given no special treatment or titles during her tenure in the military. She enlisted as a second subaltern in the British Army and served as a mechanic. She was later promoted to a Junior Commander which is the UK equivalent to a Captain in the US military.

EXTRACT 4: IN LOVE WITH THIS BREED [H] But her truest friends were her pet Corgis, who were also featured in her 2012 Olympics appearance with James Bond himself when she appeared to jump from a helicopter to announce the commencement of The Games. Though her first two Corgis were Dookie and Jane, the Queen fell in love with Corgi Susan at the age of eighteen. Over the next six decades, the Queen would own 30 of Susan's descendants. She stopped breeding them in 2015 as she began to face her mortality and dreaded leaving behind puppies without proper care.

EXTRACT 5: FOND OF GROUPING ITEMS [E] Apart from Corgis, she held the record for the world's largest private art collection, which included thousands of paintings and some half a million photographs. But she was perhaps prouder of her over five thousand plus hat collection. Also, due to a ridiculous but conservative law created in the 12th century, Queen Elizabeth II was the proud owner of all unmarked swans as well as all the porpoises and dolphins in British waters. By this law, even if you would catch a fish within three miles of a UK coastline, the Royal Family could claim it.

EXTRACT 6: EASILY RECOGNIZABLE [D] The Queen was known to wear very distinct bright colours and hats over the years, so people could single her out even from a distance. She wasn't big on cosmetics and used rather inexpensive nail polish. But she had her shoes specially made by shoemaker Anello & Davide, which were then given to a special staff member whose job was to just break in the shoes for the Queen by wearing them and walking on carpet. The simple qualification for that job was to have the exact same size as the Queen. How cool was that?

EXTRACT 7: BREAKING RULES TO SHOW HUMANITY [C] On the unfortunate day of the demise of Princess Diana, the Queen let go of protocol and chose to be with her two grandkids, William and Harry, instead of doing her duty as a queen. She chose to be a grandmother first; she also broke protocol by bowing in front of Diana's casket to pay respects to her departed daughter-in-law. It wouldn't be wrong to say that she was more human than people often credit her to be. Leaving behind eight grandchildren, twelve great-grandchildren, and thirty godchildren, Queen Elizabeth has left behind a legacy that could not be forgotten for centuries.

Adapted from ©Nutty History, 2023; <https://www.youtube.com/watch?v=L7JRQwwZiUQ>

TASK 2: FIELD GUIDE TO FAKE NEWS

Do you ever find yourself getting caught in a YouTube rabbit hole? Yeah, same here. The internet is such an amazing and powerful tool for quickly finding information. The darker side is: It is also a place where bad information can really spread. In 2018, researchers at MIT looked at ten years worth of news stories on Twitter and **they found something disturbing. False news travels farther and faster than the truth [0]**. Bad information and conspiracy theories spread especially easily during uncertain times like in a pandemic. The good news is you can get better at spotting bad information. Digital literacy is a skill that everyone can improve with practice. Here are some tips that you can use next time you're out in the wilderness of the internet.

Humans are emotional creatures, and this can affect our ability to make good decisions. When researchers studied vaccination, what made a person decide to do it or not, **they found that actually emotional stories had more impact than facts [8]**. Here's another thing: surprising posts are shared more widely. The MIT researchers noticed that false news stories often use negative emotions to draw us in. They found that surprise and disgust are a winning combination, unfortunately.

We often share when we're angry, particularly when that anger is directed at people that we see as different from ourselves [9]. That could be a rival sports team or groups with different political beliefs. Tragically, the pandemic saw a rise in overt racism and anti-Asian hate crimes. The internet was an amplifier for all of this. So that's how you can spot the markings of bad information when you're out in the field. But not all bad information is the same. There are different kinds of bad information, let's call them species, and they have different consequences.

Misinformation is bad information shared by mistake. Like when you see strange cures for the common cold in your timeline. Putting onions in your socks is not going to cure your cold, but it's also not going to hurt you as long as you're not choosing your onion socks over a doctor when you need one. **Misinformation can also just be outdated information [10]**. You'll remember that throughout the pandemic, expert recommendations changed sometimes as we learned more about the virus.

Disinformation is bad information that's shared on purpose. Money is one reason [11] that people create disinformation, you know, they ask you for donations or

they try to sell you something. During the pandemic you may have seen ads for products that claimed to boost the immune system, but do you notice how they never quite tell you how? Or maybe they're just trying to get you to click - every click is advertising money in their virtual pocket.

Another reason disinformation is created and shared is to influence your opinion. The pandemic saw a lot of disinformation intended only to polarize and divide. **Pandemic disinformation has been harmful. It's made people afraid of vaccines, it's caused people to ignore public health guidelines, and it's even recommended treatments that are dangerous [12].** Perhaps the worst type of pandemic disinformation has been the conspiracy theories.

Conspiracy theories come in all shapes and sizes, but they all share three main features. Let's call them field markings. **They involve sinister forces, a struggle between good and evil, and a distrust of authority, and you know that could be the government or the media [13].**

The consequences of disinformation are real. Researchers at the University of East Anglia found that bad information can actually make people less cautious, and this makes disease outbreaks worse. COVID-19 vaccines will provide community protection, but this is going to be undermined if disinformation causes too many people to turn them down.

So, how can you stop the spread of bad information online? Pay attention when a post strongly triggers your emotions, especially negative ones. You know, does something seem off? If so, these are especially the kind of posts that you want to fact check before sharing [14].

Ok, let's recap. Whenever you read something online, you want to ask yourself these questions: does the post make you feel emotional? Does it make you feel angry or unhappy? Is it trying to change your mind about facts that you already know? Or is it trying to get you to buy something? When you come across these kinds of posts, it's important that you fact check them before sharing because they could be misinformation, disinformation or a conspiracy theory. **Disinformation and science don't mix, so you want to make sure that you're using critical thinking when you're exploring online [15].** Would you like to sharpen your fact checking skills?

Adapted from ©Ontario Science Centre, 2021; <https://www.youtube.com/watch?v=dYKeAn6WM7M>

TASK 3: SIX TIPS FOR BETTER SLEEP

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 of our sleep?

Here are six scientifically grounded tips for better sleep. The first tip 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 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, including the control of your sleep-wake **schedule**. 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.

The next tip 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 or around two to three degrees Fahrenheit in order to initiate sleep and then to stay asleep.

And this is the reason that you will always find it easier to fall asleep in a room that's too cold than too hot. So, the current recommendation is to aim for a bedroom temperature of around about 65 degrees Fahrenheit, or a little over 18 degrees Celsius. It sounds cold but cold it must be.

The next tip is darkness. We are a dark-deprived society and, in fact, we need darkness specifically in the evening 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 and phones. Dim down half the lights in your house. You'd actually be quite surprised at how sleepy that can make you feel. 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 is walk it out. Don't stay in bed awake for long periods of time. And the general rule of thumb is if you've been trying to fall asleep and it's been 25 minutes or so, or you've woken up and you can't get back to sleep after 25 minutes, 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. And in that way, **gradually**, your brain will relearn the association that your bed is this place of sound and consistent sleep.

The fifth tip is something that we've actually already spoken about in detail in this series, which is the impact of alcohol and caffeine. So, a good rule of thumb here is to try to **stay away** from caffeine in the afternoon and in the evening and certainly try not to go to bed too tipsy.

The final tip: 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** 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 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 or sleep apnea, then these tips aren't necessarily going to help you. If I was your sports coach, I could give you all of these tips to improve your performance, but if you have a broken ankle, it's not going to make a difference. We have to treat the broken ankle first before we can get back to improving the quality of your **performance**. And it's the same way with sleep.

So, if you think you have a sleep disorder, just go and speak with your doctor. That's the best piece of advice. Where do we stand, then, in all of this conversation about sleep? Well, I think the evidence is clear. We can think of sleep almost like a life-support system. In fact, some may even call sleep a super power.

Adapted from ©Ted, 2020; https://www.youtube.com/watch?v=t0kACis_dJE&t=38s