

INGLÉS B2

CUADERNO DE CLAVES

COMPRENSIÓN DE TEXTOS ORALES, COMPRENSIÓN DE TEXTOS ESCRITOS

Y

MEDIACIÓN ESCRITA

CONVOCATORIA ORDINARIA 2022





COMPRENSIÓN DE TEXTOS ORALES

COMPRENSIÓN DE TEXTOS ESCRITOS

<u>ITEM</u>	RESPUESTA
1	(Tarea 1) H
2	Α
3	D
4	F
5	E
6	В
7	J
8	C (Tarea 2) A C C C C C C B C C
9	(Tarea 2) A
10	С
11	С
12	С
13	В
14	С
15	С
16	
17	(Tarea 3) INJURIES
18	DECLINE
19	MAINTAIN
20	DIET
21	MOODS
22	DISEASE
23	EMPHASIZED
24	EVENTS
25	BRAIN
26	VITALITY

<u>ITEM</u>	RESPUESTA
1	(Tarea 1) C
2	D
3	В
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6	С
7	В
8	D
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MEDIACIÓN

RESPUESTA MODELO:

Hi! How is it going? I've found an article that might be interesting for you. It says that Spotify has launched a new feature that shows the lyrics while listening to a song, both for free and for premium users. This new function is already available on Android or iOS devices, desktops, gaming consoles and smart TVs. In order to activate it on your mobile phone, you have to click on the "Now Playing View" on a song while you are listening to it. Then, swipe up from the bottom of the screen, so you will be able to see the lyrics in real time. Mobile phone users also have the option of sharing them on social media. Hope this helps! See you soon!

CTO TASK 1. INTELLIGENCE.

TRANSCRIPT:

Do you consider yourself to be an intelligent person? It is a sad truth that our education system focuses too heavily on marks and grades everyone on the same scale. This type of system is never able to identify true intelligence. So, here are signs you're highly intelligent, even if you don't feel like it.

EXAMPLE: You keep away from talking about unnecessary things. You avoid unnecessary actions or conversations. Since ancient times, people have believed that the ones who do not talk to others are very intelligent. Introverts just want to fulfil their needs with the bare minimum and, while doing so, they form a sacred bond with the mind. Thus, the brain works a little differently for them.

- SIGN 1. You make people laugh easily. It might be surprising to know that people making silly jokes are much more likely to be intelligent than an average human. One reason behind this can be that only an intelligent person can improvise on the go.
- SIGN 2. You are aware of how much you still ignore. Psychologists discovered the Dunning-Kruger Effect, which says that people who are less competent or bright consistently overestimate their mental abilities, while intelligent people are far more aware of their limitations. The conclusion is the following: the smarter a person is, the more he doubts his cognitive abilities. In other words, smart people are not afraid of saying "I don't know".
- SIGN 3. You have a strong desire to learn new things. Albert Einstein reportedly said: "I have no special talents, I am only passionately curious". It's easy to assume that highly intelligent people like to read. But being smart is not about having the ability to go through a number of books a day. It's about having a curiosity about anything and everything. Intelligent people engage their passions and ask questions like: Who? What? When? Where? How? Why?
- SIGN 4. You are able to adapt to new circumstances. Creativity is a definitive sign of intelligence because it requires thinking flexibly outside the box and necessitates the ability to shift and change your patterns of thinking from one way to another, rather than being rigid about what must happen. Intelligent people remain mentally flexible, open-minded and can easily adjust to life no matter what gets through their ways.
- SIGN 5. You have conversations with yourself. A study from psychologist Paloma Mari-Beffa and Alexander Kirkham of Bangor University showed that talking out loud to yourself improves self-control, an important form of intelligence. Talking out loud nets control, which is why so many professional athletes talk to themselves out loud during games.
- SIGN 6. You are open to considering other opinions. A 2008 Yale University psychology study showed highly intelligent people tend to stay open-minded to others' points of view, not formulating their own until hearing multiple voices. This doesn't mean they're fickle, though. As the study also showed open-minded people are more likely to be confident about their opinion once formed and less likely to be manipulated.
- SIGN 7. You prefer to be silent and observe. In a world where people talk to prove who they are, highly intelligent people are the opposite. Instead of boasting about their accomplishments or telling people how right their opinions are, they're usually quiet and observant. When you have the ability to take everything in, you can see things that others missed like subtle patterns.
- SIGN 8. You generally understand people's feelings. Psychologists now believe that having a high emotional quotient is very important to be called an intelligent person. Intelligent people are generally in tune with the emotions of the people around them. You are super aware of things in your surroundings and, thus, you can catch any energy nearby.

CTO TASK 2. BELFAST.

TRANSCRIPT:

Journalist: um... Maybe you could just kick off with a brief intro to this film, people don't know anything about it, but also your role...

Caitríona: Yeah, well this film is a gorgeous coming-of-age story... ...um...... that (EXAMPLE) features this little guy, Buddy, who grows up in Belfast and who has the most amazing family and is in love with a girl on his street and just he's so in love with this community that he grows up in and then, (9) all of a sudden, the troubles start and everything that he knew has sort of been destroyed in a way, and questioned, and e I play his mother, ma, and she has the job of protecting her two sons, her husband is away and working in England and it's sort of this struggle about what do you do when trouble comes to your home? Do you stay and fight it or do you... Do you get out and sort of protect who you can? And it's (10) a really tough decision that this family had to go through.

Journalist: I mean, working with Kenneth Branagh, also Judy Dench and Jamie Dornan, you know, what was the experience like on set?

Caitríona: I mean, I had to google who they all were first.....um...... I mean, it's... it was incredible I... I feel very fortunate ...um...... I'm gonna be pinching myself about this film I think for a long time ...um... Ciarán Hinds ...um... no but it was just a gorgeous, it was a gorgeous cast, (11) it was a gorgeous script and it just felt really special from day one and and I... I think that... that, hopefully, I think it shows on the screen.

Journalist: What was it like in terms of preparing for the role? Did you have to do any research? Or, you know, what did you bring for your own background to it?

Caitríona: I mean, I, you know, (12) I grew up on the border, I didn't grow up in Belfast but very close to it and so, you know, I know a lot of when what went on but, yeah, I sort of just watched a ton of footage from that time and there's so much online of ... of that... those exact streets, of that exact moment when those barricades were going up and, you know, I found so many interviews with the women of that time and... and that's what really, you know, it sort of broke me and, you know, (13) I was watching it and I got so emotional because you just realize how many lives were destroyed by it and, you know, these women who were left to pick up the pieces when they lost either their sons or their husbands or... or their fathers and... and, you know, I think that really resonated with me and I ... I sort of just wanted to do justice to all (14) these amazing women from the north who have struggled and been and suffered for so many years.

Journalist: Why do you think now is the right time to tell this story and what do you hope its impact will be?

Caitríona: Um... well... I mean, I, I don't know if Ken even thought about it but, you know, Northern Ireland is 100 years old this year, um... you know, I think for Ken it was just the right time for him but I think, you know, I think these things can sometimes happen for the right time in a special way and I think as we're seeing, you know, (15) things are heating up again in Northern Ireland because you have politicians who are completely irresponsible and not... they're stoking fear and they're stoking, you know, discord for their own gain and I think it's... it's good to see a film like this and to be reminded of the cost of that and what actually happens and how long it took to sort of get some semblance of peace and, hopefully, when people see it they'll ... they'll be reminded of ... of the beauty of Northern Ireland, the beauty of the people and (16) that they have more things in common than they do that make them different.

Journalist: Fantastic. Thanks so much for your time. Enjoy this evening. Thank you.

CTO TASK 3. NUTRITION.

TRANSCRIPT:

From the minute we're born, we're aging. Constant exposure to our environment, the things we eat, and stresses from both inside and outside our bodies all cause us to **(EXAMPLE)** age over time.

Aging is highly complex, but scientists are starting to understand what happens at the cellular and molecular levels. For example, healthy cells are damaged over time when our immune systems shift from reacting to short-term problems like (17) injuries and infections, to gradually producing chronic inflammation throughout the body.

These and other changes make our bodies less and less able to deal with stresses from inside and outside of our body. So, when damage reaches a critical level, our cells, tissues, and organs may no longer perform normally and our health starts to (18) decline.

The changes associated with aging start to happen on some level at day one. We begin to experience their effects early in life. While scientists have not yet found a way to stop these processes of aging, they are learning more and more about how to (19) maintain health throughout our lives.

Some aspects of aging are out of our control -like our genetics and our family history- but we can educate ourselves about moderate risk factors and do our best to reduce them through healthy lifestyle and (20) diet choices.

Most of us can be healthy and active well into our later years if we take care of ourselves. It's no surprise that regular physical activity can help maintain a healthy weight, improve (21) moods and sleep habits, and boost overall health. And it's clear that a well-balanced diet full of nutritious foods is critical to good health.

But when it comes to understanding which foods are the best choices, much nutrition research has focused on how certain foods or nutrients may have a negative effect on health, or even play a role in (22) disease development.

More recently, scientists have begun to explore and understand how nutrition may play a role in promoting healthy aging throughout all life stages. We are rapidly learning about what foods and nutrients should be **(23)** emphasized in our diets, and how they can enhance our health.

Diets full of fruits and veggies, whole grains, legumes, nuts, and lean meats, have proven health benefits like lowering blood pressure, improving glucose control in diabetes, weight loss, improving arthritis, and reducing the risk of cancer and cardiovascular (24) events, to name a few.

And we are learning more about the specific nutrients that can impact health. For example, plant pigments found in bright orange and red fruits and vegetables may prevent and slow the progression of eye diseases. Calcium helps to keep bones strong. B vitamins play a role in maintaining (25) brain health. And flavonoids from many plants may improve the health of our cardiovascular systems.

The bottom line is that YOU have the power to maintain and improve your health, add **(26)** vitality to your years, and reduce your risk of disease. And it's never too late to make a change.

CTE TASK 1. BAKING HER WAY.

It takes a lot of hard work and determination to achieve big goals. Many times, people must persevere in spite of obstacles to realize their **(EXAMPLE)** dreams. Collette Divitto is a talented baker who managed to do just that. She used her bright personality, determination, and talent to become an entrepreneur.

Collette Divitto was born in Boston. Like many others, after graduating from college, she wanted to get a job. She went to many job interviews, but she kept getting rejected. Many -1- employers said she was "not the right fit." Divitto believed she was being rejected so often because she was born with Down syndrome.

Down syndrome is a genetic disorder -2- related to a person's chromosomes. Chromosomes are rod-like structures in our cells that carry our genes. Genes hold the codes that determine our physical features, like our height or how we smile. Most people have 23 pairs of chromosomes in each cell. People with Down syndrome have a full or partial extra copy of one of those chromosomes in all or some of their cells. As a result, they often have intellectual or physical disabilities.

Facing many job rejections, Divitto felt -3- discouraged and hurt. She felt she wanted to open her own business and be her own boss. She thought about her hobbies and passions. Divitto knew she loved baking. She would always create delicious recipes to share with her family and friends. One of these recipes was for a chocolate chip cookie rolled in cinnamon sugar. Her mom tasted the cookies and urged her to write down the recipe to make them again. Divitto began baking and selling her cinnamon chocolate cookies locally, calling her business "Collettey's Cookies." She took her cookies to a local -4- grocery store named Golden Goose Market, and she asked the market to sell her cookies. Immediately after tasting the cookies, the market decided to sell Divitto's cookies. Golden Goose Market became Divitto's first client.

Eventually, a television station shared the story of Divitto's cookie business. Her story went viral! People loved hearing about her journey and how she pushed through rejection to find meaningful work and make a **-5-** living. Soon, more news stations shared her story. Suddenly, Divitto had thousands of cookie orders coming in from all over the country, so Golden Goose Market offered her a bigger kitchen to complete the orders. Divitto had to hire more people to **-6-** keep up with the demand. Even today, Collettey's Cookies continues to thrive!

Divitto -7- didn't just create Collettey's Cookies to sell delicious baked goods. She has a larger mission to expand her business so that she can hire as many people with disabilities as possible. Currently, many of her employees have disabilities. Divitto also wants non-disabled business owners to see the strengths and talents of people with disabilities. -8- The majority of people with disabilities who can work cannot find paying jobs. In 2020, the U.S. government reported that about 82% of people with disabilities who could work were not able to find paying jobs. Even when people with disabilities do get jobs, they are often paid less than the minimum wage. Divitto wants to change these statistics and laws. She wants to make sure people with disabilities get jobs that pay -9- fairly.

Divitto turned her passion for baking into a thriving business that helps empower people in her community. What a success story!

CTE TASK 2. YOUNG ENVIRONMENTALIST HELPS CREATE POLICY CHANGE IN NEPAL.

Passionate about environmentalism, women's rights, and youth empowerment, Dipika Badal, 22, is transforming communities around her and has already begun making long-lasting meaningful change throughout her local community in Kathmandu, Nepal. In 2018, Dipika organized silent, peaceful protests powered by 150 students and over 1000 local commuters, which has helped spur her government towards environmental policy changes.

"Nepal is a beautiful country, and I'm not just saying that because it's the place that I was born, it really is very beautiful," she says. "There's fresh air and greenery and beautiful forestry, but in the big cities, it's just not the same." For the nearly one million people of Kathmandu, the capital city where Dipika was raised, pollution is an ever-growing problem. Ranked 177 out of 178 countries on Yale's 2014 Environmental Performance Index, Kathmandu's air quality has become somewhat of a national emergency. Sensing the urgency, Dipika swung into action, mobilizing her friends, family, and community.

Utilizing the power of social media, in 2018, Dipika launched *Pahal: Justice for Peace*, a movement that encouraged the local government to take initiative towards improving the air quality of Kathmandu. As one of the city's most prevalent problems, air pollution accounts for the majority of chronic diseases, respiratory illnesses, allergies, eye infections, and lung cancers—making it one of Kathmandu's most notorious and most silent serial killers. With a government that didn't appear to be taking the issue seriously, Dipika saw a need for change. Coordinating over 150 youth, Dipika organized three silent protests that helped raise awareness about the pollution and ignited hope for a greener Nepal.

Reporting on the progress of the third silent protest on www.peacefirst.org, Dipika wrote, "The silent protest was conducted for 2 hours. This was the most successful protest among all three as we were able to gain attention of almost 1000 local commuters." She adds, "During the event, many people after seeing our effort came to us and thanked us for our initiative. An interesting moment that happened during the event was when one young boy came to us and asked us if he could join it too. We welcomed him with a happy heart and continued our protest."

Garnering national acclaim, Dipika and her *Pahal* initiative drew the attention of the Minister of Environment, who utilized the information and passion provided to ensure that real tangible change was made. Starting with the installation of monitoring stations and progressing with priority towards electric vehicles, the government now maintains a commitment towards a greener Nepal.

With a core focus on helping those around her create meaningful change in their community, Dipika encourages youth to get involved at every level. "I myself started as a volunteer", Dipika humbly shares. "I got to know about my interests, explore a little, and network with a lot of young people."

In 2016, as a young volunteer at 'We' for Change, a youth-led organization focused on encouraging young people to give back and make tangible change, she was offered the chance to progress within the organization and she jumped at the offer. "I got the opportunity to work as a core member of the organization," she shared, which led to the position of Program Manager. It was during her time at 'We' that Dipika launched Pahal. Now, as their President, Dipika continues to lead by example, not only inspiring those around her, but actively leading the way through her own powerful initiatives.

CTE TASK 3. DISCOVERING HOUSTON: THIS COSMOPOLITAN TEXAN CITY HAS IT ALL.

The great state of Texas loomed large as a potential travel destination for years but **(EXAMPLE)** our team here had not yet made the trip. That changed when we visited Houston, America's fourth largest city.

Despite having so much to offer as a tourist destination, Houston somehow seems (18) to fly under the radar in the popular consciousness of travellers, both domestic and international. It shouldn't. Even travelling chef/TV host Anthony Bourdain had overlooked Houston for 15 years and while we were there the foodie crowd was buzzing in anticipation of a soon-to-air episode on Houston culture and cuisine.

Houston has something for everyone: the shopper, the bar hopper, the foodie, the artist, the sports enthusiast, the culture hound, even the nature lover. Here are just a few of the diverse experiences, (19) not to mention cuisines and cultures, that Houston holds in store for you.

To Start, Take It All In

When travelling, I usually try not to stand out as an obvious tourist. That had included **(20)** avoiding the city tour bus in favour of taxiing and, more often, walking around. This time, however, having arrived early in town with virtually no sense of what to expect or where to go, when the option of a midday tour atop a London-style red double-decker presented itself we (literally) jumped aboard. Particularly because it was a warm, sunny day in late October that needed to be enjoyed.

The wide-ranging guided tour around Houston was an exceptional experience I recommend to newcomers and plan to do more of them myself in the future when visiting a new city. The trick is to take this tour on the first day of your visit, (21) learn about the city, get your bearings, and see interesting sites. You can then make plans to go back and properly visit those that really caught your attention.

Enjoy A Little Space

Houston, as in "Houston, we have a problem", is home to the manned space mission operations for NASA, as well as the mission control for such flights. The *Space Centre Houston*, NASA's visitor centre, is an amazing attraction **(22)** that should be on your must-see list. For the history buff, science nut or dreamer, this is powerful stuff and really gets you thinking on an interstellar level.

Biking On The Bayou

We spent a wonderful couple of hours out on rented bikes with *Bayou City Bike Tours* one afternoon (great to work off some of the food we'd been over-enjoying) discovering the bayou system and parks of Houston, particularly the massive *Buffalo Bayou Park*. The bike (23) paths are well designed, safe, and extensive. Our guide was a colourful well-worn fellow with a wealth of knowledge on Houstonian history, both distant and more recent.

Graffiti As Beautiful Art

We were very fortunate to be in town as things were getting into gear for the second edition of the *Houston Urban Experience (HUE) Mural Festival*. Artists from all around the world were in town to transform walls and sides of buildings into one of the biggest art displays in the world. We toured (24) countless completed masterpieces and saw numerous artists working on graffitis that were still in various stages of completion.

Lots of Museums, And Good Ones Too

One of our afternoons was dedicated to discovering the many museums Houston can be proud of. The various oil booms of the last century have brought (25) significant wealth and equally significant support of the arts from private and public sources. We gave several museums a quick but good run through, and wonderfully some were free to the public.

And Lots of Great Food And Drink

A review of Houston wouldn't be complete without a look at the truly diverse culinary offerings (26) that we were able to sample and savour. Houston benefits from well-established ethnic communities such as Chinese, Indian, Vietnamese, African and particularly the Mexican community.

A return trip is definitely in order, as the vibrant Houston food scene, and its nightlife are definitely worthy of entire articles.