



Castilla-La Mancha

Consejería de Educación,
Cultura y Deportes

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CALIFICACIÓN:

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INGLÉS AVANZADO C1

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COMPRENSIÓN DE TEXTOS ESCRITOS

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

- **DURACIÓN:** 60 minutos.
- **PUNTUACIÓN:** La calificación de APTO se obtendrá con el 50% de respuestas correctas.
- A cada respuesta acertada le corresponderá un punto. Las respuestas erróneas no descontarán puntos.
- Esta parte consta de 2 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.**

TAREA 1

You are going to read an article about a new parenting style in Japan. Twelve extracts (and an example) have been removed from the article. Choose from sentences A-M the one which best fits each gap. When you have finished, transfer your answers to the ANSWER BOX. Extract 0 has been done as an example.

IKUMEN : HOW JAPAN'S "SUPER ATTRACTIVE DADS" ARE CHANGING PARENTING

Cast your eyes over a Japanese newspaper, fashion magazine or manga story and you may find **(0)** A '.

They are smiling and handsome as they play swordfight over breakfast or take a bike ride together in the park. The father and child may even be dressed in stylish matching outfits. They are sympathetic and understanding, and they will happily do the cooking and housework.

(1) _____, a stark contrast to the older stereotypes of the remote, workaholic father. The term was first devised by an ad salesman in the 2000s, and in 2010 the Minister of Health, Labour and Welfare launched the national Ikumen Project to promulgate the idea as a way of encouraging greater paternal involvement in family life.

The idea soon caught on, and today ikumen can be seen throughout Japanese popular culture. But does this trend really represent significant progress in gender equality? Or do the glossy photoshoots simply add a sparkle and sheen to a superficial change in attitudes, **(2)** _____ ?

In years gone by, **(3)** _____. These 'salarymen' were devoted to their company, working long hours to climb the corporate ladder and provide financial security to the family. "Utter commitment to one's work represented the apotheosis of manliness", writes Hannah Vassallo, who recently published an anthropological study of Japanese fathers for a book, Cool Japanese Men.

Japan, of course, was not alone in these views. But even in the 1980s the average man spent fewer than 40 minutes interacting with their children on the average workday – and that was often during a family meal. According to one observational study, some men could not even make tea or locate their own clothes without their wife's assistance.

Even so, change was slow. **(4)** _____. One survey, from 2008, reported that a third of men would have preferred to spend more time with their children – but they worried that their bosses would disapprove of the time taken off work.

(5) _____, generating "a societal movement whereby men are able to become proactively involved in childcare". It provided symposia and workshops, and fathers were also given the 'Work-life Balance Handbook' to help them juggle the competing demands of the office and the home.

Unlike previous campaigns to increase paternal engagement, the Ikumen Project painted the father as a heroic figure, emphasising his masculinity and sexual allure; one of its posters depicted one man tearing off his suit and shirt, Superman-like, to reveal the project's logo on a t-shirt underneath, with the slogan "Ikumen strength for society". **(6)** _____; by nurturing the next generation of workers, they were helping to save the country.

Thanks to its connotations with the ikemen attractive dads, **(7)** _____. "Everyone in Japan would be familiar with the word ikemen," says Vassallo. "And I think that's how ikumen was born and gained any traction – it sounds a lot better than the previous words for a caring father that existed in Japanese before that point."

As a marketing campaign, the Ikumen Project has therefore been a great success, sparking some important discussions about the ways that fathers are portrayed. "The awareness is there," says Vassallo. Yet it has also received its fair share of criticism. Many women, for example, **(8)** _____. So although they may repeat the phrase "ikumen over ikemen" – and express admiration for the caring fathers they encounter – they also wonder why their own efforts aren't being recognised to the same degree. "I think everyone jumped on the bandwagon at first," Vassallo says. "and then [some people], especially Japanese women, thought 'let's slow down a bit and see how much we should be holding these fathers up on a pedestal here.'" After all, some men may claim to be ikumen despite doing a tiny portion of the household chores. Even the official Ikumen Project Handbook – for all its good intentions – still presented the mother as taking the primary responsibility for the children; for the men, childcare is still a bonus.

Some men, meanwhile, have complained about “ikumen illness” - the exhaustion of meeting high expectations at work and at home – and even if they personally hold a more progressive view, (9) _____ by antiquated bosses who don’t understand the new policies.

Nor should the Ikumen Project mask the many broader structural issues that can hold back gender equality. Brigitte Steger from Cambridge University, for instance, points out that Japanese law still doesn’t recognise the equal standing of each parent in cases of divorce. (10) _____, and, conversely, they are not guaranteed to get access to their children “even when they had a good relationship with them”. Overall, Japan still remains very low on the Organisation of Economic Co-operation and Development’s rankings of gender equality in the workplace.

(11) _____. The take-up of paternal leave, while still low, has significantly increased since the Ikumen Project was first introduced, for instance – rising from 1.9% in 2012 to 7% in 2017. And fewer than 45% of people now support the idea that “men should work, women should stay at home” – a drop of 15% since 1992, when 60% supported the traditional gender norms.

And anecdotally, (12) _____. “You see many fathers with their children, especially during weekends and in urban areas, and many fathers have quite warm relationships with their children,” says Steger, who edited the book Cool Japanese Men.

Vassallo agrees that real behavioural change is slow, but she has found that the fathers she interviewed were beginning to carve out their own, individual path. They may not meet the heroic image of the prototypical ikumen – and some even felt embarrassed to use the term – but they were taking pleasure in the upbringing of their children, sharing tips with other parents on Facebook and regularly attending PTA meetings. “It filled me with more of a sense that they are navigating a healthy relationship with their attitudes towards work and family,” she says. “That fills me with more optimism”.

Adapted from www.bbc.com

EXTRACTS

- A. ~~A NEW KIND OF ‘SUPERHERO’~~
- B. DEVOTED FATHERS ARE NOW MORE VISIBLE IN EVERYDAY LIFE
- C. EVEN SO, THERE ARE SOME SIGNS THAT TANGIBLE POSITIVE CHANGES ARE AFOOT
- D. FEEL RESENTFUL THAT MEN ARE BEING TREATED AS HEROES FOR TAKING A FAIR SHARE OF VERY ROUTINE JOBS
- E. IN 2002, FOR INSTANCE, JUST 0.33% OF ELIGIBLE MEN TOOK THE PATERNITY LEAVE AFTER THE BIRTH OF A CHILD
- F. SHE SAYS THAT MANY FATHERS ARE NOT OBLIGED TO PAY ALIMONY
- G. THE GOVERNMENT’S IKUMEN PROJECT WAS MEANT TO REMEDY THIS SITUATION
- H. THE IMPLICATION WAS THAT THESE ‘HEROES’ WERE NOT JUST PROTECTING THEIR FAMILY
- I. THE JAPANESE FATHER’S PRIMARY ROLE WAS CONSIDERED TO BE THAT OF THE BREAD WINNER
- J. THE TERM WAS GENERALLY WELL RECEIVED
- K. THERE IS STILL THE FEAR THAT A DEVOTED FATHER WHO TAKES TIME OUT OF THE OFFICE MAY BE PENALISED
- L. THESE ARE THE *IKUMEN*: A COMBINATION OF THE WORD *IKUJI* (CHILDCARE) AND *IKEMEN* (ATTRACTIVE MAN)
- M. WHILE WOMEN STILL SHOULDERS MOST OF THE FAMILY RESPONSIBILITIES

ANSWER BOX

GAP	0	1	2	3	4	5	6	7	8	9	10	11	12
EXTRACT	A												

Puntuación : _____/12

TAREA 2

Read this text about multitasking and choose the best option (A, B or C) to complete each sentence. When you have finished, transfer your answers to the ANSWER BOX. Only **ONE** answer is correct. Question 0 has been done as an example.

ON THE MIND: WHAT WE KNOW ABOUT MULTITASKING

This column, On the Mind, is a series about the latest in cognitive science and neuroscience research that applies to our everyday lives. This biweekly series is for those interested in cutting-edge findings about the practical side of habits, memories and multitasking. What are the recent studies, and what is the context? See what science says and how you can apply it to your life.

With our personal, professional and social lives inundated with texts, emails and social media, we're no strangers to multitasking, which can be defined as a person's ability to do more than one thing at the same time. It seems inevitable in our continuous struggle for work-life balance. But at some point, it gets annoying when a friend gets frustrated for not receiving a response to a text or a client calls you after not receiving a reply to an email sent 20 minutes ago.

Studies say

Scientists focused on multitasking research in the past decade in particular, questioning how the Internet has reshaped our thoughts and behaviors. This trend toward rapid attention shifting and increased multitasking is often linked with distractibility and poor self-control, researchers from France and the United Kingdom said last October. Although some of this concern may be exaggerated and not supported by evidence, they say, other studies point to a definite change in our brain related to multitasking. Beyond what can benefit our to-do lists, researchers are also using multitasking research in medicine. How our brains handle tasks can potentially tell us how to understand and treat serious diseases. In fact, several medical studies from the past few months have investigated multitasking related to Parkinson's disease, Alzheimer's disease and stroke patients, especially active duty military members.

Key Takeaways

Let's face it: Multitasking is here to stay in today's connected world. As we learn more about what it does to our brains, however, we can understand how it rules our thoughts and actions.

1. Multitasking is hard.

Certain parts of the brain process tasks, and if we're doing too much at once, that can divide our attention. Of course, different tasks are more complex than others, so we can sometimes effectively pull off simple tasks at the same time. At the same time, several New York researchers reported that task-irrelevant sounds can distract us and affect our performance. Additionally, as we age, our brains are less flexible with multitasking, even during walking. Have you ever watched your elderly parents stop on the sidewalk to answer a text? I've always wondered why, and now it makes sense.

2. Our genes affect our multitasking abilities.

It's not fair, but not all of us are created equally as multitaskers. In the past few years, researchers have discovered a group of extraordinary multitaskers they call "supertaskers" who can more successfully handle two attention-demanding tasks at once. Brain scans show that their brains use two parts of the brain more efficiently to keep track of what they're doing.

3. Multitasking with media can hinder us.

Extensive media multitasking for teens and young adults, such as reading emails on their laptops, looking at texts on their phones and watching Netflix on their TVs at the same time, could be detrimental for attention, language and social skills that are still developing. In fact, it may be linked to lower test scores in both math and English, poorer working memory and more impulsive behaviour. If there's one ray of hopeful light, it's this: Action videogames don't seem to fall into this category. In fact, focus on a particular game may increase attentional control.

4. Cognitive training may help.

If our modern world makes multitasking inevitable and necessary, why don't we find a way to adapt? Brain training could change our brain activity and prevent cognitive decline in areas related to memory loss, dementia and Alzheimer's disease. In fact, the brain training market is a rapidly-growing multibillion dollar industry being promoted by app and videogame companies. Studies are still investigating whether the apps really provide long-term benefits.

In summary, even though we know a great deal from brain scans, scientists still aren't exactly sure how multitasking works in the brain all the time. In fact, it seems to vary by the type of task and who is doing it. Future studies will likely focus on the different parts of the brain that process tasks, and how to provoke more activity in those areas through app training, brain stimulation or old-fashioned single-task focusing.

0. This text is part of a series aimed at ...
 - A. a certain age group.
 - B. the general reader.
 - C. the specialist.

1. Multitasking studies ...
 - A. are, at least, a century old.
 - B. have found definite proof that using the Internet causes poor self-control.
 - C. suggest multitaskers are altering their brains.

2. According to section 1 (*Multitasking is hard*), ...
 - A. environmental distractions can affect our capability to multitask.
 - B. multitasking is easier as you get old, as you have had more practice.
 - C. task difficulty does not affect our capability to multitask.

3. According to section 2 (*Our genes affect our multitasking abilities*), ...
 - A. some people are born with better multitasking skills than others.
 - B. we are all equally good at multitasking at birth.
 - C. we can train to use two parts of the brain when multitasking.

4. According to section 3 (*Multitasking with media can limit us*), dealing with different media at the same time ...
 - A. can be beneficial for elderly people.
 - B. can have an effect on developing skills.
 - C. is encouraged at schools.

5. The author also claims that action videogames ...
 - A. are similar in their effects to extensive media multitasking.
 - B. have a negative effect on school marks.
 - C. may improve focus.

6. According to section 4 (*Cognitive training may help*), ...
 - A. brain training companies will continue expanding in the next few years.
 - B. using brain training apps when young will definitely prevent age-related problems.
 - C. human multitasking is not needed in a computer world.

7. In summary, old-fashioned single-task focusing...
 - A. ought to be the object of upcoming research
 - B. will certainly be the object of upcoming research
 - C. will probably be the object of upcoming research

8. After reading this article...
 - A. we are now able to explain in great details the functioning of multitasking.
 - B. we know that different apps will replace the work of scientists.
 - C. we know that more research is needed to fully understand the mechanism involved in multitasking.

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	B								

Puntuación : ____/8

TAREA 1	TAREA 2	PUNTUACIÓN TOTAL
		/ 20

TAREA 1

IKUMEN: HOW JAPAN'S "SUPER ATTRACTIVE" DADS ARE CHANGING PARENTING

Adapted from www.bbc.com 1,127 words

ANSWER BOX

GAP	0	1	2	3	4	5	6	7	8	9	10	11	12
EXTRACT	A	L	M	I	E	G	H	J	D	K	F	C	B

TEXT

Cast your eyes over a Japanese newspaper, fashion magazine or manga story and you may find **(0) a new kind of 'superhero'**.

They are smiling and handsome as they play swordfight over breakfast or take a bike ride together in the park. The father and child may even be dressed in stylish matching outfits. They are sympathetic and understanding, and they will happily do the cooking and housework.

(1) These are the ikumen: a combination of the word ikuji (childcare) and ikemen (attractive man)- a stark contrast to the older stereotypes of the remote, workaholic father. The term was first devised by an ad salesman in the 2000s, and in 2010 the Minister of Health, Labour and Welfare launched the national Ikumen Project to promulgate the idea as a way of encouraging greater paternal involvement in family life.

The idea soon caught on, and today ikumen can be seen throughout Japanese popular culture. But does this trend really represent significant progress in gender equality? Or do the glossy photoshoots simply add a sparkle and sheen to a superficial change in attitudes, **(2) while women still shoulder most of the family responsibilities?**

In years gone by, **(3) the Japanese father's primary role was considered to be that of the bread winner.** These 'salarymen' were devoted to their company, working long hours to climb the corporate ladder and provide financial security to the family. "Utter commitment to one's work represented the apotheosis of manliness", writes Hannah Vassallo, who recently published an anthropological study of Japanese fathers for a book, Cool Japanese Men.

Japan, of course, was not alone in these views. But even in the 1980s the average man spent fewer than 40 minutes interacting with their children on the average workday – and that was often during a family meal. According to one observational study, some men could not even make tea or locate their own clothes without their wife's assistance.

Even so, change was slow. **(4) In 2002, for instance, just 0.33% of eligible men took the paternity leave after the birth of a child.** One survey, from 2008, reported that a third of men would have preferred to spend more time with their children – but they worried that their bosses would disapprove of the time taken off work.

(5) The government's Ikumen Project was meant to remedy this situation, generating "a societal movement whereby men are able to become proactively involved in childcare". It provided symposia and workshops, and fathers were also given the 'Work-life Balance Handbook' to help them juggle the competing demands of the office and the home.

Unlike previous campaigns to increase paternal engagement, the Ikumen Project painted the father as a heroic figure, emphasising his masculinity and sexual allure; one of its posters depicted one man tearing off his suit and shirt, Superman-like, to reveal the project's logo on a t-shirt underneath, with the slogan "Ikumen strength for society". **(6) The implication was that these "heroes" were not just protecting their family;** by nurturing the next generation of workers, they were helping to save the country.

Thanks to its connotations with the ikemen attractive dads, **(7) the term was generally well received.** “Everyone in Japan would be familiar with the word ikemen,” says Vassallo. “And I think that’s how ikumen was born and gained any traction – it sounds a lot better than the previous words for a caring father that existed in Japanese before that point.”

As a marketing campaign, the Ikumen Project has therefore been a great success, sparking some important discussions about the ways that fathers are portrayed. “The awareness is there,” says Vassallo. Yet it has also received its fair share of criticism. Many women, for example, **(8) feel resentful that men are being treated as heroes for taking a fair share of very routine jobs.** So although they may repeat the phrase “ikumen over ikemen” – and express admiration for the caring fathers they encounter – they also wonder why their own efforts aren’t being recognised to the same degree. “I think everyone jumped on the bandwagon at first,” Vassallo says. “and then [some people], especially Japanese women, thought ‘let’s slow down a bit and see how much we should be holding these fathers up on a pedestal here.’” After all, some men may claim to be ikumen despite doing a tiny portion of the household chores. Even the official Ikumen Project Handbook – for all its good intentions – still presented the mother as taking the primary responsibility for the children; for the men, childcare is still a bonus.

Some men, meanwhile, have complained about “ikumen illness” - the exhaustion of meeting high expectations at work and at home – and even if they personally hold a more progressive view, **(9) there is still the fear that a devoted father who takes time out of the office may be penalised** by antiquated bosses who don’t understand the new policies.

Nor should the Ikumen Project mask the many broader structural issues that can hold back gender equality. Brigitte Steger from Cambridge University, for instance, points out that Japanese law still doesn’t recognise the equal standing of each parent in cases of divorce. **(10) She says that many fathers are not obliged to pay alimony,** and, conversely, they are not guaranteed to get access to their children “even when they had a good relationship with them”. Overall, Japan still remains very low on the Organisation of Economic Co-operation and Development’s rankings of gender equality in the workplace.

(11) Even so, there are some signs that tangible positive changes are afoot. The take-up of paternal leave, while still low, has significantly increased since the Ikumen Project was first introduced, for instance – rising from 1.9% in 2012 to 7% in 2017. And fewer than 45% of people now support the idea that “men should work, women should stay at home” – a drop of 15% since 1992, when 60% supported the traditional gender norms.

And anecdotally, **(12) devoted fathers are now more visible in everyday life.** “You see many fathers with their children, especially during weekends and in urban areas, and many fathers have quite warm relationships with their children,” says Steger, who edited the book *Cool Japanese Men*.

Vassallo agrees that real behavioural change is slow, but she has found that the fathers she interviewed were beginning to carve out their own, individual path. They may not meet the heroic image of the prototypical ikumen – and some even felt embarrassed to use the term – but they were taking pleasure in the upbringing of their children, sharing tips with other parents on Facebook and regularly attending PTA meetings. “It filled me with more of a sense that they are navigating a healthy relationship with their attitudes towards work and family,” she says. “That fills me with more optimism”

TAREA 2

ON THE MIND: WHAT WE KNOW ABOUT MULTITASKING

Adapted from *pastemagazine.com*, 749 words

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	B	C	A	A	B	C	A	C	C

TEXT

This column, On the Mind, is a series about the latest in cognitive science and neuroscience research that applies to our everyday lives. (0) This biweekly series is for those interested in cutting-edge findings about the practical side of habits, memories and multitasking. What are the recent studies, and what is the context? See what science says and how you can apply it to your life.

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Key Takeaways

Let's face it: Multitasking is here to stay in today's connected world. As we learn more about what it does to our brains, however, we can understand how it rules our thoughts and actions.

1. Multitasking is hard.

Certain parts of the brain process tasks, and if we're doing too much at once, that can divide our attention. Of course, different tasks are more complex than others, so we can sometimes effectively pull off simple tasks at the same time. At the same time, **(2) several New York researchers reported that task-irrelevant sounds can distract us and affect our performance.** Additionally, as we age, our brains are less flexible with multitasking, even during walking. Have you ever watched your elderly parents stop on the sidewalk to answer a text? I've always wondered why, and now it makes sense.

2. Our genes affect our multitasking abilities.

(3) It's not fair, but not all of us are created equally as multitaskers. In the past few years, researchers have discovered a group of extraordinary multitaskers they call "supertaskers" who can more successfully handle two attention-demanding tasks at once. Brain scans show that their brains use two parts of the brain more efficiently to keep track of what they're doing.

3. Multitasking with media can hinder us.

(4) Extensive media multitasking for teens and young adults, such as reading emails on their laptops, looking at texts on their phones and watching Netflix on their TVs at the same time, **could be detrimental for** attention, language and **social skills that are still developing.** In fact, it may be linked

to lower test scores in both math and English, poorer working memory and more impulsive behaviour. If there's one ray of hopeful light, it's this: Action videogames don't seem to fall into this category. In fact, **(5) focus on a particular game may increase attentional control.**

4. Cognitive training may help.

If our modern world makes multitasking inevitable and necessary, why don't we find a way to adapt? Brain training could change our brain activity and prevent cognitive decline in areas related to memory loss, dementia and Alzheimer's disease. In fact, **(6) the brain training market is a rapidly-growing multibillion dollar industry being promoted by app and videogame companies.** Studies are still investigating whether the apps really provide long-term benefits.

(8) In summary, even though we know a great deal from brain scans, scientists still aren't exactly sure how multitasking works in the brain all the time. In fact, it seems to vary by the type of task and who is doing it. (7) Future studies will likely focus on the different parts of the brain that process tasks, and how to provoke more activity in those areas through app training, brain stimulation or old-fashioned single-task focusing.