



Castilla-La Mancha
Consejería de Educación,
Cultura y Deportes

PRUEBAS ESPECÍFICAS DE
CERTIFICACIÓN DE NIVEL

INGLÉS / C1

COMPRENSIÓN DE TEXTOS ORALES
SESIÓN ORDINARIA 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.
- Se escuchará cada grabación 2 veces.
- 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

Listen to the audio extracts and match the correct heading (A-M) with each extract. There are THREE extra headings you do not need. Answer 0 is an example. Write your answers in the answer box. (1 item = 0.8).

SELLING ON EBAY

HEADINGS	
A.	Abide by the rules for long term access
B.	Ask for more than you expect to get
C.	Be aware of when best to set final offers
D.	Be on the lookout for discounts for sellers
E.	Be ready to pay extra costs on certain items
F.	Be sure to make a rough estimate of shipping costs
G.	Contact potential buyers to make a quicker sale
H.	Check conditions and regulations before listing an item
I.	Give as full a picture as you possibly can
J.	Set your price tag in line with comparable items
K.	Take extra precautions to safeguard your interests
L.	Think about how you write your head words
M.	Think about packaging to reduce mailing costs

(youtube.com)

ANSWER BOX										
EXTRACT	0	1	2	3	4	5	6	7	8	9
ANSWER	B									

Marks 1: _____ /7.2

TASK 2

Listen to the recording and choose the correct answer (A, B or C) for each question. There is only ONE correct answer for each question. Question 0 is an example. Write your answers in the Answer Box. (1 item = 0.8).

ARE YOU A HEDGEHOG OR A FOX?

0. The speaker says:
A. As a statistician, he measures risk and prediction.
B. **He is interested in risk and prediction.**
C. The Greeks classified people into two types.
10. He uses the image of a hedgehog to identify people who:
A. Are open to change.
B. Have no morals.
C. Have one way of thinking.
11. On the other hand, foxes are presented as people who are:
A. Flexible.
B. Knowledgeable.
C. Unreliable.
12. In his prediction experiment with experts, Philip Tetlock discovered that:
A. Their success was determined by their way of thinking.
B. They could make reasonable predictions in their fields of expertise.
C. They tended to make predictions in line with their beliefs.
13. One thing he concluded was that:
A. Both foxes and hedgehogs could make accurate predictions.
B. Foxes made better predictions in their own subjects.
C. Hedgehogs believed in their ability to make predictions.
14. In his Study of History Toynbee:
A. Claimed that religion would lead to better governance.
B. Predicted that the world would collapse in the year 2000.
C. Stated that the West was still in a process of development.
15. Dan Gardner points out that successful forecasters:
A. Are more individualistic.
B. Tend to be self-critical.
C. Work within a framework.
16. He also says that they:
A. Are cautious when changing their predictions.
B. Are willing to take risks when predicting.
C. Feel they never have enough information.

(BBC ideas)

ANSWER BOX

QUESTION	0	10	11	12	13	14	15	16
ANSWER	B							

Marks 2: _____/5.6

TASK 3

Listen to the recording and fill in the gaps of the following summary. Do not write more than FOUR words in each space. Answer 0 is an example. Write your answers in the Answer Box. (1 item = 0.8)

SLEEP DEPRIVATION

A high school student (0) _____ for 11 days in 1965 in an experiment to test the effects of sleep deprivation. Surprisingly, he didn't suffer from any (17) _____ psychological or physical damage despite experiencing some worrying side effects during his experiment. When we feel tired and when it gets (18) _____ outside, our brain receives signals which activate a rise in certain chemicals that make our (19) _____ go slower and our muscles relax. Sleep deprivation affects us in many ways and has even been linked to diabetes and (20) _____. The risk of suffering from a stroke is four and half times higher if you sleep less than (21) _____ a night on a regular basis. The condition of Fatal Familial Insomnia is caused by a (22) _____ mutation and can eventually result in dementia and death. The urge to sleep, or (23) _____, is triggered by waste products like adenosine in the brain. When we sleep, a (24) _____ mechanism called the glymphatic system, removes all the toxic build-up. Lymphatic vessels may also (25) _____ in clearing out the brain's daily waste products.

(Adapted from: This Week I Learned podcast)

ANSWER BOX

ANSWER	WORD/-S
<input type="checkbox"/> 0.	stayed awake
<input type="checkbox"/> 17.	
<input type="checkbox"/> 18.	
<input type="checkbox"/> 19.	
<input type="checkbox"/> 20.	
<input type="checkbox"/> 21.	
<input type="checkbox"/> 22.	
<input type="checkbox"/> 23.	
<input type="checkbox"/> 24.	
<input type="checkbox"/> 25.	

Marks 3: _____/7.2

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____/20

TASK 1
SELLING ON EBAY

ANSWER BOX

EXTRACT	0	1	2	3	4	5	6	7	8	9
ANSWER	B	L	D	J	I	F	M	K	C	A

TRANSCRIPTION

Hello, we're going to take a look at the top 10 seller's tips for selling on eBay.

B. ASK FOR MORE THAN YOU EXPECT TO GET

0. I never quite understand why people don't use the best offer feature. Basically, it allows buyers to suggest to you, a slightly lower price and you can decide whether or not you're willing to accept it. So what I tend to do when I sell is I list an item for a little bit more than I'm really expecting to get for it. Somebody might buy it at that price or alternatively, they can send me a best offer, and then I can choose to accept it or not.

L. THINK ABOUT HOW YOU WRITE YOUR HEAD WORDS

1. We have keywords. So I did a top 10 by a tips video where I suggested that you could search for different keywords and pull up items that were misspelled. And the same is true actually if you're selling an item. Buyers don't always get their spelling right so think of commonly misspelled words and put those in your title as well, to give your buyers a chance of finding your item .

D. BE ON THE LOOKOUT FOR DISCOUNTS FOR SELLERS

2. We have EBay offers. So if you're selling something really expensive we're typically talking 100, 200 pounds or more on eBay, the eBay fees can get quite expensive. I think it's 10% off the final item price and that's excluding any PayPal fees. So I often wait until eBay send me an offer where they'll say like, oh 75% off your final value fee. So when an item that's \$200, that's a saving of \$15, which is quite significant.

J. SET YOUR PRICE TAG IN LINE WITH COMPARABLE ITEMS

3. Do your research, so don't just guess an item price when you're selling something on eBay. Look at the completed listings and see what the item has sold for, in the past. Take into account colour, size condition, age, all of these things will affect the price, so be sensible about the price you're listing the item for. Items really sell quickly when the price is a good price and the buyer feels like they're getting a bargain.

I. GIVE AS FULL A PICTURE AS YOU POSSIBLY CAN

4. Be really detailed with your item descriptions, and take some good clear photos of the item. In general, think: what would I want to see to be convinced to buy this item? And typically, that's describing the condition of the item in excellent detail ,what the actual listing includes. Also set the buyers mind at ease with things like your returns policy, the postage speed and postage costs, that sort of thing.

F. BE SURE TO MAKE A ROUGH ESTIMATE OF SHIPPING COSTS

5. Be careful with postage. So a few times I've gone to ship an item and had a nasty shock at the post office when I found that it's going to cost a lot more than I bargained for. So make sure you have your tape measure, and your scales at hand, so that you can use one of these price comparison websites and work out how much it's going to cost to post your item.

M. THINK ABOUT PACKAGING TO REDUCE MAILING COSTS

6. Be smart with postage. So following on from the previous point there are actually some ways that you can really kind of trick your postal services, so sometimes I found that it's cheaper to send an item as two

parcels instead of one. Also, sometimes you can use a slightly smaller box and save a significant amount of money, so study the pricing tariffs of the postal services and see whether or not you can save yourself some money.

K. TAKE EXTRA PRECAUTIONS TO SAFEGUARD YOUR INTERESTS

7. Protect yourself. Make sure you send items with the right amount of postal insurance. Also to protect yourself from unscrupulous buyers, make sure that you take pictures of your item before you send it. Ideally, video yourself packaging the item, so that if the buyer opens a case and says that you've sent them a broken item you've got a lovely clear video showing that the item you sent was in excellent condition when it left you.

C. BE AWARE OF WHEN BEST TO SET FINAL OFFERS

8. Timing is everything. So make sure that your listings end at a sensible time. There's no point in a listing ending at two in the morning, for instance. Good times to end are the weekend, I think people are sort of a bit sad about going back to work the following week so people seem to buy a lot of things on eBay on Friday, Saturday and particularly Sunday before they go to bed.

A. ABIDE BY THE RULES FOR LONG TERM ACCESS

9. Just don't be naughty, so don't bid on your own items or get your friends to bid on your own items. Eventually, eBay will catch up with you and they will ban you from eBay. It's against eBay selling policies. Just follow the advice from the rest of this list, and you will get good prices. You won't need to bother about cheating the system.

Anyway, that's the end of this top ten seller's list. Thanks and I'll see you next time.

([youtube.com/watch?v=ZRkKQhFFIwk](https://www.youtube.com/watch?v=ZRkKQhFFIwk), 26/05/2017, 5:12 minutes)

TASK 2

ARE YOU A HEDGEHOG OR A FOX?

ANSWER BOX

QUESTION	0	10	11	12	13	14	15	16
ANSWER	B	C	A	A	C	C	B	C

TRANSCRIPTION

Are you a hedgehog or a fox?

Are you able to deeply focus on one specific activity such as rolling up in a spiky ball and sleeping through the winter? Or are you alert to changing circumstances and keep your eyes and ears open to new threats and opportunities?

My name's David Spiegelhalter, and I'm a statistician and fascinated by the **problems of risk and prediction (0)**.

Philosopher Isaiah Berlin wrote a famous essay, *The Hedgehog and the Fox*, after a famous poem by the Greek poet Archilochus who said "the fox knows many things but the hedgehog knows one big thing".

Think of the people you know, either privately or public figures. Are they **hedgehogs, with one overarching way of looking at the world (10)**, through which they interpret all around them? Or are they foxes, with no big principles of philosophy, **who muddle along adapting to what turns up and changing their minds along the way? (11)** Politicians of course tend to be hedgehogs, but some are more pragmatic and foxier than others.

Now, who would you trust most to make predictions about the future? A confident hedgehog or an uncertain and vacillating fox? This was put to the test in a long series of experiments by political scientist Philip Tetlock, who studied 284 experts making 28,000 predictions about long term events. Tetlock was looking at who predicted best. And mainly it made no difference whether the forecaster was an optimist or a pessimist, conservative or liberal. **The only consistent pattern was how they thought, not what they thought (12).** He found that foxes were much better at predicting than were hedgehogs. **And hedgehogs were particularly poor at subjects at which they were experts. They were just too confident in their forecasts (13).**

A classic hedgehog was the historian Arnold Toynbee, who in 1947 was declared *TIME magazine's Man of the Year*. Others wrote that he was the most renowned scholar in the world or a universal sage, largely because his great work, *A Study of History*, spoke about the biggest fear of the time, that nuclear weapons were going to end civilisation. **Toynbee made the confident and comforting prediction that this wouldn't happen because it was an opposition to his self-proclaimed scientific theory of history. Toynbee thought that Western civilisation wasn't nearly done yet, because it hadn't reached the stage of universal government and a religious renaissance (14).** All 23 civilisations he had studied had done so before they collapsed, and so would the West. He thought the golden age of universal government and religious observance would start around the year 2000. His peers were sceptical and they were right. Today Toynbee is hardly remembered, except perhaps as a classic hedgehog.

In his book, *Future Babble*, **Dan Gardner identifies three characteristics of good forecasters:**

Number one: aggregation. They use multiple sources of information, are open to new knowledge and are happy to work in teams.

Number two: metacognition. **They have an insight into how they think and the biases they might have (15),** such as seeking evidence that simply confirms pre-set ideas.

Number three: **humility. They have a willingness to acknowledge uncertainty, admit errors and change their minds (16).** Rather than saying categorically what is going to happen, they are only prepared to give probabilities for future events. Acknowledging, in the words of that great sage, Donald Rumsfeld, both the known unknowns and unknown unknowns.

So when someone is telling you what is in store for you, the country, the world... just ask yourself, are they a hedgehog or a fox?

([bbc.co.uk/ideas/videos/are-you-a-hedgehog-or-a-fox/p07f9xl9](https://www.bbc.co.uk/ideas/videos/are-you-a-hedgehog-or-a-fox/p07f9xl9), 27/06/2019, 4:31 minutes)

TASK 3
SLEEP DEPRIVATION

ANSWER BOX

ANSWER	WORD/S
0.	stayed awake
17.	long-term
18.	dark
19.	breathing and heart rate
20.	diabetes and obesity
21.	6 hours a night
22.	rare inherited genetic
23.	sleep pressure
24.	clean-up
25.	play a role

TRANSCRIPTION

In 1965, 17-year-old high school student, Randy Gardner, **stayed awake (0)** for 264 hours. That's 11 days to see how he'd cope without sleep.

On the second day, his eyes stopped focusing. Next, he lost the ability to identify objects by touch. By day three, Gardner was moody and uncoordinated. At the end of the experiment, he was struggling to concentrate, had trouble with short-term memory, became paranoid, and started hallucinating.

Although Gardner recovered without **long-term (17)**, psychological or physical damage, for others, losing shuteye can result in hormonal imbalance, illness, and, in extreme cases, death.

We're only beginning to understand why we sleep to begin with, but we do know it's essential. Adults need seven to eight hours of sleep a night, and adolescents need about ten. We grow sleepy due to signals from our body telling our brain we are tired, and signals from the environment telling us it's **dark (18)** outside.

The rise in sleep-inducing chemicals, like adenosine and melatonin, send us into a light doze that grows deeper, making our **breathing and heart rate (19)** slow down and our muscles relax. This non-REM sleep is when DNA is repaired and our bodies replenish themselves for the day ahead.

In the United States, it's estimated that 30% of adults and 66% of adolescents are regularly sleep-deprived. This isn't just a minor inconvenience. Staying awake can cause serious bodily harm. When we lose sleep, learning, memory, mood, and reaction time are affected.

Sleeplessness may also cause inflammation, hallucinations, high blood pressure, and it's even been linked to diabetes and **obesity (20)**.

In 2014, a devoted soccer fan died after staying awake for 48 hours to watch the World Cup. While his untimely death was due to a stroke, studies show that chronically sleeping fewer than **six hours a night (21)** increases stroke risk by four and half times compared to those getting a consistent seven to eight hours of shuteye.

For a handful of people on the planet who carry a **rare inherited genetic (22)** mutation, sleeplessness is a daily reality. This condition, known as Fatal Familial Insomnia, places the body in a nightmarish state of wakefulness, forbidding it from entering the sanctuary of sleep. Within months or years, this progressively worsening condition leads to dementia and death.

How can sleep deprivation cause such immense suffering? Scientists think the answer lies with the accumulation of waste products in the brain. During our waking hours, our cells are busy using up our day's energy sources, which get broken down into various by products, including adenosine. As adenosine builds up, it increases the **urge (23)** to sleep, also known as sleep pressure. In fact, caffeine works by blocking adenosine's receptor pathways.

Other waste products also build up in the brain, and if they're not cleared away, they collectively overload the brain and are thought to lead to the many negative symptoms of sleep deprivation.

So, what's happening in our brain when we sleep to prevent this? Scientists found something called the glymphatic system, a **clean-up (24)** mechanism that removes this build-up and is much more active when we're asleep.

It works by using cerebrospinal fluid to flush away toxic by-products that accumulate between cells. Lymphatic vessels, which serve as pathways for immune cells, have recently been discovered in the brain, and they may also **play a role (25)** in clearing out the brain's daily waste products.

While scientists continue exploring the restorative mechanisms behind sleep, we can be sure that slipping into slumber is a necessity if we want to maintain our health and our sanity.

(Adapted from: ed.ted.com/lessons/what-would-happen-if-you-didn-t-sleep-claudia-aguirre, 12/11/2015, 4:34 minutes)