



INGLÉS

CERTIFICADO DE NIVEL AVANZADO C1

CONVOCATORIA JUNIO 2023

COMPRENSIÓN DE TEXTOS ESCRITOS

ALUMNO: OFICIAL LIBRE THAT'S ENGLISH

APELLIDOS: _____ NOMBRE: _____

DNI/NIE: _____ EOI: _____

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

DURACIÓN: 75 minutos

- Esta parte consta de tres tareas.
- Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Las respuestas escritas a lápiz o en rojo no se calificarán.
- No escriba en los recuadros sombreados.
- No está permitido el uso de diccionarios.

28. IN C1 23 OR CTE

	TAREA 1	TAREA 2	TAREA 3	TOTAL
PUNTOS				/ 25

CALIFICACIÓN
/ 10

TASK ONE (7 X 1 mark = 7 marks)

Read the following text and insert the missing excerpts you will find at the end (A to I) into the most appropriate gap in the text. Each excerpt can only be used ONCE. There is ONE extra paragraph you will not need to use. Excerpt 0 is an example.

MARK

LONELINESS IS A PUBLIC HEALTH EMERGENCY

When the pandemic first began, many experts feared that even people who managed to avoid the virus would suffer from unprecedented levels of loneliness. What would happen when millions of people were told to stay at home and distance themselves from friends and loved ones?

0

Across the U.S. and European populations, the differences in loneliness before and after the pandemic are small. One meta-analysis published in 2022 by the American Psychological Association analyzed 34 studies conducted before and during the pandemic that were focused on loneliness, defined as an emotional state distinct from anxiety or depression that signals when social needs aren't being met.

1

One Harvard survey conducted during the pandemic found that 36% of Americans feel lonely frequently or almost all the time. Other research during the pandemic found significant increases in loneliness among groups already at higher risk for it, including low-income people and those with mental health conditions. Youngsters, who tend to be lonelier than those in middle age, also became more lonely.

2

Youths may also feel pressure to have expanding social circles—a hard bar to clear during a pandemic—and some may struggle if they feel like their relationships fall short. That could be part of the reason social media may make people more lonely: if you see everybody else looking much more social than you are, you may be less satisfied with your own social circumstances.

3

Although the topic of loneliness has come to the fore of both conversation and analysis, researchers who study loneliness say that it hasn't always received the kind of attention it deserves as a major threat to health. Primary care doctors and even therapists don't regularly screen their patients for signs of loneliness. However, that was starting to change even before the pandemic, especially in richer parts of the world such as in the UK, Japan, as well in the European Commission's Joint Research Center and among American public health leaders.

4

The goal is to persuade lawmakers in countries around the world to expand data gathering on loneliness and fund research to enable scientists to understand it better and find ways to address it and, at the same time, to hasten the uptake and development of solutions, such as cognitive behavioral therapy and peer support.

Despite a growing body of evidence of the importance of loneliness, it seems we haven't done very much, and we've now decided to really step up our activities in this area since this isn't the kind of soft issue that can be brushed aside. The health impact is serious. Nearly a third of Americans reported feeling lonely at least some of the time, according to an Ipsos survey released in Feb. 2021. However, just because loneliness is common doesn't mean it's not dangerous.

5

In part, that's because it's linked to a striking number of disorders, including cognitive disorders like Alzheimer's and dementia, and mental health disorders like depression, anxiety, and schizophrenia. Loneliness has also been linked to cardiovascular disease, stroke, Type 2 diabetes, cancer, and other chronic illnesses.

6	
----------	--

For instance, while some people might think it makes sense to join a social group, that might not appeal to someone who is introverted or dealing with social anxiety.

7	
----------	--

In conclusion, it is good to nurture existing relationships, including with people you might overlook, as one of the ways that we can help ourselves is to help others and, at the same time, it is also fine to distract yourself and enrich your life by getting out in nature, taking up a creative hobby, or meditating. Loneliness is part of being human, a biological drive that motivates us to reconnect socially, not something to be ashamed of.

Adapted from © <https://time.com/6183058/loneliness-health-effects-what-to-do/>

- A.** As a matter of fact, our need for quality relationships goes back to the earliest humans and our hunter-gatherer societies – groups depended on each other and no one could survive on their own.
- B.** Moreover, researchers concluded that young people also became more lonesome as they seem to suffer from a lack of social connection, while older people may have developed better coping skills over their lifetimes to deal with stressful periods.
- C.** Most consequentially, after the pandemic the World Health Organization (WHO) has also finally started paying attention to loneliness and is considering creating a high-level commission to address social connection, isolation, and loneliness.
- D.** Nevertheless, and despite its impact on both mental and physical health, there is no one-size-fits-all solution, instead it's important to find solutions that suit individuals.
- E.** Researchers found a 5% increase in loneliness during the pandemic, an increase that was so small that it did not seem to mean anything clinically. However, even if the pandemic-era increase is small, loneliness is still a major issue.
- F.** Therefore, the key to beating loneliness could be not just increasing the number of people a person sees, but making more fulfilling social connections, by seeking out relationships with others who are really "your people" and building a bond and a meaningful relationship.
- G.** There's no real silver lining to the pandemic, but many mental-health professionals point to one upside as more people are feeling comfortable talking about mental health and the role that loneliness can play in mental-health disorders.
- H.** *Two years of research later, experts have found that the pandemic did make Americans slightly more lonely, but loneliness levels were already dire enough to pose a threat to mental and physical health.*
- I.** When loneliness persists, affecting someone for weeks or even years, it poses a serious threat to people's mental and physical health. Research has found loneliness can significantly increase the risk of early death.

GAP	0	1	2	3	4	5	6	7
PARAGRAPH	H							
	✓							

TASK TWO (8 x 1 mark = 8 marks)

Read the following text and choose the option (a, b or c) that best completes the sentence according to the text. Then write it in the corresponding white box. Sentence 0 is an example.

MARK

OUTDOOR WORKERS HAVE LITTLE PROTECTION IN A WARMING WORLD

How climate change affects workers, lawmakers and companies

The official start of summer—the June 21 solstice—is still weeks away, yet for many parts of the northern hemisphere unusually high temperatures are already providing a taste of what’s to come. American heat records were set from Texas to Massachusetts over the weekend, with the National Oceanic and Atmospheric Administration predicting a hotter-than-usual June, July, and August. While many of us can seek refuge from the heat by turning on the AC or going to the local community pool, outdoor workers—like farm laborers, garbage collectors, construction workers, and air conditioner mechanics—are likely to bear the brunt. These essential workers have some of the least protections when it comes to workplace heat.

According to a study published in *JAMA Open Network* extreme heat events are associated with higher overall adult death rates across the U.S. Outdoor workers are particularly at risk. Between 1992 and 2017, heat stress injuries killed 815 U.S. laborers and seriously injured more than 70,000, according to the Occupational Safety and Health Administration (OSHA).

Another study published by the Union of Concerned Scientists estimates that if fossil fuel emissions are not significantly reduced, there will be “staggering increases in unsafe workdays” by 2050, particularly for outdoor workers, with a potential cumulative loss of \$55.4 billion in earnings annually. Yet heat protection standards at worksites in the U.S. are piecemeal, outdated, and inadequate, if they exist at all—and in most states, they don’t. But as climate change drives temperatures even higher, making intense heat waves more likely, that may be starting to change.

In September 2021, President Joe Biden announced a new initiative to address the impact of extreme heat on American labor. This initiative includes setting new national heat protection standards that would apply to the approximately 32 million people who work outdoors.

The human body can only withstand a limited range of temperatures before it begins to break down. High heat triggers a series of emergency protocols in the body designed to protect vital functions while sacrificing everything else. First, blood flow to the skin increases, putting a strain on the heart. The brain tells the muscles to slow down, causing fatigue. Nerve cells misfire, leading to headache and nausea—the first signs of heat exhaustion. If the core temperature continues to rise past 104-105°F (40-41°C), organs start shutting down and cells deteriorate, leading to kidney failure, blood poisoning, and ultimately death. When heat is combined with humidity, which is likely to increase along with climate change in many areas, the risk of overheating is even more pronounced as the body loses its ability to self-cool through perspiration.

Preventing heat exhaustion, heat stress, and ultimately heat stroke, is relatively simple: rest, find shade, and hydrate. Those remedies, however, are not always easy to find, or to ask for, on a work site, particularly for workers from marginalized groups who fear putting their jobs or their paychecks at risk. Employers are supposed to ensure that workers are safe from “recognized hazards,” but the rule is neither heat specific nor regularly enforced.

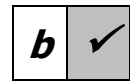
The current small patchwork of state-level rules not only leaves millions of U.S. workers unprotected, but it also creates unnecessary confusion for employers working across multiple states, says Juanita Constible, the senior advocate for climate and health at the New York-based environmental organization Natural Resources Defense Council. Constible says standards should include: whistleblower protections; a requirement for employers to provide workers with water, rest breaks, and shade; establishing heat acclimatization plans for new and returning workers; conducting heat stress prevention training for managers and employees; and setting up a detailed plan for dealing with heat-health emergencies.

Some industries are pushing back against the administration’s efforts to improve outdoor work conditions, arguing that establishing nationwide standards for locally defined heat hazards will be costly and impractical. But to Erick Bandala, an environmental scientist at the Desert Research Institute in Las Vegas, providing those kinds of worker protections is just common sense: “Heat protection regulations save money and lives.” Bandala is the lead author on a study published in the *International Journal of Environmental Science and Technology* that looks at the growing threat of extreme heat on outdoor workforce health in Las Vegas, Los Angeles, and Phoenix— three of the hottest cities in North America. He found not just a strong correlation between high temperatures and heat illnesses, but also an increase in workplace injuries. “For outdoor workers, extreme heat poses extreme danger,” says Bandala. But as long as temperatures keep rising, and outdoor labor is necessary, “we have no choice but to create some adaptation strategies. That means protecting the workers and protecting them as soon as possible.”

Adapted from ©TIME, 2022

0. The official weather forecast

- a) has brought about the need to hire more public pool employees.
- b) is bound to disproportionately affect some key staff.**
- c) will be harder to endure for rural laborers than city workers.



8. According to research, high temperatures are

- a) counteracted by the standards set by states.
- b) lethal and may affect revenue.
- c) unsafe, but income won't be altered.



9. To respond to the heat issue, President Joe Biden

- a) has tasked states with developing their own regulations.
- b) is going to take nationwide action to ensure safety at work.
- c) will urge Congress to act fast due to the impact on health.



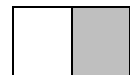
10. Heat exhaustion is caused by

- a) our muscles being overworked under extremely high temperatures.
- b) the body's internal discrimination mechanism when exposed to heat.
- c) the combination of extreme temperatures and high air moisture.



11. In extreme temperatures, underprivileged employees

- a) are afraid of jeopardizing their income by speaking out.
- b) are more likely to demand safer working conditions.
- c) trust their employers to protect them from safety threats.



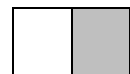
12. According to Juanita Constible, existing laws

- a) favor profitability over workers' welfare.
- b) leave workers disoriented about their rights.
- c) need to be more uniform from state to state.



13. Some companies claim that the government's initiative

- a) fails to address more pressing labor concerns.
- b) will force them to request government funding.
- c) will prove unsuitable for specific safety issues.



14. According to Eric Bandala's investigation,

- a) outdoor work will no longer be needed thanks to new strategies.
- b) safety laws are only needed in the three warmest places in the US.
- c) the higher the temperatures, the higher the incidence of disease.



15. Compared to the other two studies cited, Bandala's research

- a) challenges the results.
- b) confirms the findings.
- c) evaluates the conclusions.



TASK THREE (10 x 1 mark = 10 marks)

Read the text and complete each gap with the most suitable word from the options provided. Please, write your answers in the boxes. Gap 0 is an example.

MARK

THE CRIPPLING EXPECTATION OF 24/7 DIGITAL AVAILABILITY

It's been an hour, and your phone hasn't beeped as you expected. You sent off a text, expecting a quick reply, but you're still waiting. With each minute that passes, you get increasingly _____ **[0]** _____. *How hard is it to take two seconds and say you'll respond later?*, you think. What if your friend is cross with you, and your message wasn't welcome? What if they're hurt?

While some people mind much less about how quickly a friend responds, many people _____ **[16]** _____ an emotional roller coaster when a message isn't immediately answered. This is driven by the effect of 24/7 'digital availability', a socially ingrained expectation that a recipient is constantly around and should immediately _____ **[17]** _____ a reply.

Why do some people get so upset, especially in an age where many people are taking digital detoxes, and others are busy _____ **[18]** _____ life tasks?

People communicate in different ways; some are constantly attached to their phones, while others want to disengage from them for _____ **[19]** _____ of time. But tensions over reply times may come down to social norms—or the lack of them. We don't have a universally accepted _____ **[20]** _____ on how long people can take to reply to a message before it becomes 'rude'. This is because technology has "far outpaced our ability to develop norms and expectations", says Coy Cheshire, professor of social psychology at the University of California, Berkeley.

Also, the pressure to respond has become increasingly normalised, since the platforms of communication are tucked in our pockets, wherever we go. We _____ **[21]** _____ always *can* reply, so we 'should'. Plus, the apps and social media platforms on our phones have added 24/7 communication into our daily lives—especially with the rise of remote work, where "we've been conditioned into immediate returns", says Michael Stefanone, professor of communication at the University of Buffalo, US. Thus, it's a 24-hour _____ **[22]** _____.

There is another reason why message-senders can get easily annoyed when their phone doesn't sound with a rapid reply. Our phones give us an illusion of proximity, so when a text goes unanswered, "some people get upset, because they're projecting their own anxieties" onto the situation, says Jeff Hancock, professor of communication at Stanford University. This can increase the sender's feelings of bitterness, thinking recipients have their phones on them all day—why can't they just respond with a *busy now, talk later*, if they were happy to see your name _____ **[23]** _____ on their screen?

Is there anything you can do? If you're getting angry about a slow reply, it may help to realise *why* you're beginning to work yourself up, remembering you're projecting your own situation on the recipient, when you don't actually have _____ **[24]** _____ information. And remember: the standards you set for what's an 'acceptable' response time are *yours*, not a universal mandate. In the meantime, if you find your blood boiling the next time someone leaves your message unanswered, the best solution may be to just put down the phone for a while—being connected 24/7 is stressful _____ **[25]** _____ already.

Adapted from © <https://www.bbc.com/worklife/article/20220207>

0. A *cheeky* **B *resentful*** C *thoughtful* D *wondering*
16. A catch B drive C ride D run
17. A get back B hand back C shoot back D talk back
18. A accomplishing B steering C swinging D tossing
19. A chops B chunks C cutbacks D lapses
20. A compliance B consensus C consent D rapport
21. A likely B seemingly C willfully D willingly
22. A burden B cargo C charge D weightiness
23. A bob up B look up C pop up D turn up
24. A concrete B hypothetical C secure D steady
25. A enough B ever C in tons D sufficiently

GAP	<i>0</i>	16	17	18	19	20	21	22	23	24	25
LETTER	<i>B</i>										
	✓										

