



Castilla-La Mancha

Consejería de Educación,
Cultura y Deportes

PRUEBAS ESPECÍFICAS DE
CERTIFICACIÓN DE NIVEL

INGLÉS / C2

COMPRENSIÓN DE TEXTOS ORALES

SESIÓN ORDINARIA 2021

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 55 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 recording and match each extract (1-9) with its correct heading (A-M). There are THREE extra headings. Write your answers in the Answer Box. Answer 0 is an example. (1 item = 0.8).

MAKING A GREAT FIRST IMPRESSION ON YOUR NEW JOB

HEADINGS	
<input type="checkbox"/> A.	Accept criticism gracefully
<input type="checkbox"/> B.	Always ask for help
<input type="checkbox"/> C.	Ask about your progress
<input type="checkbox"/> D.	Be a team leader
<input type="checkbox"/> E.	Be curious
<input type="checkbox"/> F.	Be outgoing
<input type="checkbox"/> G.	Be resourceful
<input type="checkbox"/> H.	Check the dresscode
<input type="checkbox"/> I.	Don't be overbearing
<input type="checkbox"/> J.	Don't be overfriendly
<input type="checkbox"/> K.	Mind how you say things
<input type="checkbox"/> L.	Pick up as much as you can
<input type="checkbox"/> M.	Strive to do your best

(Adapted from: youtube.com)

ANSWER BOX

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

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)

THE EFFECTS OF MUSIC AND THE ARTS IN OUR LIVES

0. The tempo in music:

- A. Can make us aware of musical harmonies.
- B. Can make us remember events more clearly.
- C. Can produce physical changes in our bodies.

10. The author feels that belonging to a choir:

- A. Can be a game changer.
- B. Can be physically exhausting.
- C. Is mainly a social activity.

11. How has the online choir project been received in general?

- A. It has become a yearly event.
- B. It was very successful initially.
- C. People are eager to participate.

12. A virtual choir is a very personal experience because:

- A. Members are recorded simultaneously from their homes.
- B. You have to record yourself in your own space.
- C. Your production is transmitted individually to all members.

13. What does the study conclude about the response to being in a virtual choir?

- A. That it produced the same emotions as being in a live choir.
- B. That members felt happier because they tended to sing better.
- C. That members felt much more self-assured about their singing.

14. Innovations in technology are mentioned because:

- A. Activities like choirs are now available to everyone.
- B. Everyone can now enjoy having access to music.
- C. You can use technology to improve your performance.

15. Scientific evidence has shown that exposure to the arts:

- A. Can help to cure us of certain illnesses.
- B. Seems to lessen our chances of getting ill.
- C. Was an essential part of ancient fertility rituals.

16. The speaker feels that studies linking music and health:

- A. Have influenced the number of people now attending concerts.
- B. Have made people more aware of improving their health.
- C. Have not made much difference to people engaging more in the arts.

17. She concludes that our contact with the arts:

- A. Is essential for our present well-being.
- B. Is most important in our childhood.
- C. Should be ever-present in our lives.

(Adapted from: *bbc.co.uk*)

ANSWER BOX

QUESTION	0	10	11	12	13	14	15	16	17
ANSWER	C								

TASK 3

Listen to the recording and complete the missing information. Write your answers in the Answer Box. Do not write more than FOUR words in each space. Space 0 is an example. (1 item = 0.8).

WHICH OILS TO USE IN COOKING

The presenter classifies the audience according to the (0) _____ of oils they use.
The smoke or (18) _____ point of an oil is the first thing that should be considered.
Vegetable oils, like sunflower oil and peanut oil, can be heated to over (19) _____.
Oils which smoke at low temperatures, like nut oils, are best reserved for (20) _____ and marinades.
One expert expresses frustration at friends insisting on cooking roast potatoes in (21) _____.
It is strongly advised not to use sesame oil in (22) _____ recipes.
The (23) _____ points of oils also differ when they are cold.
We are reminded that used oil should not be thrown away down the (24) _____.
In order to avoid (25) _____ the drains, used oil should be poured into a container and thrown into the bin.

(Adapted from: *bbc.co.uk*)

ANSWER BOX

GAP	WORD/-S
<input type="checkbox"/> 0.	range
<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: ____/6.4

TASK 1	TASK 2	TASK 3	TOTAL MARK
			____/20

TASK 1
MAKING A GREAT FIRST IMPRESSION ON YOUR NEW JOB

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8	9
ANSWER	H	F	G	E	L	K	C	M	J	I

TRANSCRIPT

So, you have a new job. Congratulations. Now you want to make a great first impression. So, let's get you into the right mindset, so you look awesome.

H. CHECK THE DRESSCODE

0. Find out what people are wearing. I mean, it used to be traditional to wear a suit on your first day but that is old school thinking. You don't want to stand out like an oddball in a suit if everyone else is wearing jeans or business casual now, do you? Now, you should already have got an idea of what people are wearing from when you went on job interviews at this company, ok?

F. BE OUTGOING

1. Obviously you want to be polite to everyone, but to really grow your new job and to make a good first impression strategy helps. So get out from behind your desk and meet people in your department. I mean, even if you won't be working with them directly, just connect and build rapport and be social, and let them know who you are, and that if there's ever anything that you can do for them, let them know.

G. BE RESOURCEFUL

2. Don't be afraid to ask for help during your first 30 days. I mean your manager wants to see you succeed, but before you ask a question, try to think through the whole problem and try to solve it yourself, and then ask for help if you need it. I mean asking for help is ok, but you don't want to overdo it.

E. BE CURIOUS

3. Learn what everyone else does. I mean, as you're meeting your co-workers and introducing yourself, find out what everyone else does. Ask their titles, the projects that they work on, and anything else that you feel is important to know about the company. Knowing these things is going to be very helpful to you when you need something or you need to refer a colleague to someone who can help them.

L. PICK UP AS MUCH AS YOU CAN

4. Don't stress out yourself. I mean, starting a new job is stressful enough, but you're not going to learn everything you need to know in the first week. I mean it usually takes three to six months for new hires to become fully productive. Now, during your first 30 days, when you have the biggest grace period to come up to speed, so use this time to learn everything you can, because in the coming months, you will be expected to start doing your job at a much higher level.

K. MIND HOW YOU SAY THINGS

5. And since you're new and you don't know what's going on, you want to ask questions that show curiosity and a desire for understanding. So, when a co-worker explains, let's say a process, I mean you might say: "you know, why don't we do it this way?", and a question like that shows a desire to learn. Now most people are going to say, "why don't we do it this way?" which sends a completely different message and forces your co-worker and your boss to defend their method. Do you see the difference on that? I mean, one is a smart question with an opportunity to learn, and the other is a negative question where the action must be defended.

C. ASK ABOUT YOUR PROGRESS

6. Don't be afraid to ask your co-workers or your boss how you're doing, I mean get that feedback early on so that you can make adjustments and improvements to your performance. I mean, after all, I mean, you want to do your best work, right?

M. STRIVE TO DO YOUR BEST

7. To make a great first impression, you need to perform your job to the best of your ability. I mean, you might claim that is obvious but any kind of slacking or subpar performance is quickly noticed by your boss and your co-workers. So whatever job you're assigned to do, do it to the very best of your ability and ahead of schedule. I mean, negative impressions are formed very early, and usually within the first 90 days. And since you're new, you don't want people to get a bad impression of you.

J. DON'T BE OVERFRIENDLY

8. Don't be a suck up, or so nice that you come across as fake. I've worked many jobs where the new hire tried to fit in by being super nice, I mean, don't get me wrong, being nice is good, but as with anything, there is a balance. I mean, I can assure you that your new team does not want to deal with someone who was overly nice to the point of overdone.

I. DON'T BE OVERBEARING

9. Don't be a diva, no matter what your status, don't start demanding things from your co-workers. I mean it's ok to be firm but for people who start a job and act like demanding divas, all they're really doing is lacking confidence inside and trying to cover up their insecurities by ordering everyone around. I mean, a lot of new hires don't realize that they just need to be honest and upfront from day one, so their co-workers don't get the wrong impression.

So there you have it, my friend, my best tips on making a great first impression on your new job. Bye now.

(Adapted from: [youtube.com/watch?v=8iHIVmMXWzo](https://www.youtube.com/watch?v=8iHIVmMXWzo), 6/12/2019, 5:18 min.)

TASK 2

THE EFFECTS OF MUSIC AND THE ARTS IN OUR LIVES

ANSWER BOX

QUESTION	0	10	11	12	13	14	15	16	17
ANSWER	C	A	C	B	C	A	B	C	C

TRANSCRIPT

Tonight we're talking about music and wellbeing and how academics and medical professionals are thinking about creativity and participation as tools for a healthier body and mind. I'm Amy Paxton and here with me is Dr Daisy Fancourt. So Daisy, you've been researching the effects of music on different groups. Why does music make us feel, and how do those feelings affect our minds and bodies?

Well, music is an incredibly complex activity. So, if we consider just the sound of music itself, there are aspects of musical composition that can affect us. So, for example, **the speed, the tempo of the music, that can affect our arousal levels, like our blood pressure, our heart rate, our stress hormones (0)**. We also find that the structure in harmonies and music can induce emotions in us so, for example, if it's a very happy piece of music, we might find ourselves just feeling happy from listening to it, or it can evoke emotions, for example, by reminding us of events in our lives and therefore, leading to a memory of those particular emotions, and all of this is linked in with reward circuits in the brain so the release of pleasure hormones such as dopamine, but that's just listening to music and of course, many musical activities involve more than that. So if we consider, for example, **singing in a choir, this also involves us having social interactions, building our social support networks, reducing loneliness. It also involves us perhaps leaving our houses, therefore reducing sedentary behaviours, involving gentle physical**

activity and behaviourally, it can also build our self-esteem, our confidence, our skills, and this might lead us to go and try new activities as well (10). So essentially, music is in a sense, a thing, but it's also a vehicle to lots of other things that we know are good for our mental and physical health.

So Daisy, some people find it hard to access opportunities in person for a variety of reasons. But there are also online projects that can reach those who might not be able to physically travel, and one that I know that you've been working on is an international and virtual choir, which sounds fabulous. So, what were your questions about virtual participation? And what were the benefits of virtual participation rather than physical or, I suppose, face to face group participation?

When I first heard about virtual choirs, a couple of years ago and just thought it was the most incredible concept that you could sing in a choir in your own bedroom, and the choir that I worked with for this was the composer Eric Whitaker's virtual choirs and these run every few years and they're very much a cult activity. **They get thousands of people joining each time a new one is announced (11),** so we decided to do a study trying to look at the differences in experience from people who take part in virtual or live choirs. And we particularly looked at emotional responses to being involved in a choir. And what we found was that people who engage in these virtual choirs and **this typically involves you, recording your own parts, in a piece and uploading it onto the internet (12),** at which point then, some very clever people pull this, all these different recordings, into an overall video where everyone's face is visible at some point and all the voices are beautifully blended together. And what we found was that people who sang in the virtual choir actually still had emotional benefits, just like people who sang in the live choir. We found they had slightly lower emotional benefits in some respects, but there was one area that in fact they had stronger emotional responses and **this was particularly to do with how much they felt their confidence had improved, their self-esteem had improved (13).** And actually when we think about it, it's not that surprising. So I guess if you sing in a live choir, there might well be that nervousness about people around you going to notice if you sing out of tune, are you going to be happy with your performance? Whereas I guess doing it at home, you get the chance to rerecord until you're happy with your piece and then upload it and you've got it as a product to listen back to as well. But this is really nice because we know that **some people don't have access to a choir or they're unable to leave their home to go and join one. So it's great to know that as technology is developing, there are innovative ways of getting involved in choirs like these virtual choirs that can still have emotional benefits (14).**

That sounds very cool. So, we're obviously, we're particularly talking about music tonight but what other kinds of, other areas of arts and culture positively affect health and well-being?

Well, the concept that the arts affects our health has been linked in with us for about 40,000 years. Some of the earliest evidence of the arts that we have is arts that we think was used within fertility or healing rituals, but we've really started to get proper scientific evidence over the last couple of decades on this. **And I think what's interesting here is that we're finding that engagement with arts activities is linked in both with a lower risk of developing mental or physical illness (15),** and also a higher rate of recovery. So it's got that prevention and that treatment angle. And I think some people have asked in the past about is this sort of getting in the way of the idea of art for art's sake? But interestingly, we're finding these benefits, **not just from specific programs that are targeted trying to achieve health impacts, but from general engagement as well. So things like going to the proms tonight, probably most people aren't doing that because they specifically want to improve their health, they're probably doing it because they like the program (16),** they enjoy the idea of going to the concert and they want the experience. But what we're finding is that these everyday arts activities are having benefits as well. We just haven't been as aware of these in the past. So the studies that we're now conducting, we're using very large data sets that have tracked people across decades of involvements and we're finding that things like arts engagement in childhood is linked in with behavioural, social, psychological and physical aspects of our health, even decades later, **So it's a really interesting avenue for research because it's suggesting the importance of encouraging engagements, particularly in childhood, but also of carving out the space in our lives, to continue engaging across the lifespan (17).**

(Adapted from: bbc.co.uk/sounds/play/p07hp84t, 24/07/2019, 5:36 min)

TASK 3
WHICH OILS TO USE IN COOKING

ANSWER BOX

GAP	WORD/-S
0.	range
18.	burn
19.	200 degrees/two hundred degrees/200°
20.	dressings
21.	extra virgin olive oil/olive oil
22.	cooking/stir frying
23.	setting
24.	sink
25.	clogging (up)/blocking (up)

TRANSCRIPT

Let's take our first question from Katherine Nickel in our virtual audience. Hello Katherine!

Hi, my question's what's the best oil to cook with?

First, we've had quite a few questions related to oils this week: which oils to use for certain dishes, which oil is the best for flavour. But before we get an answer for Katherine, let's get the audience on this. **If your cupboard is home to a vast range of assorted oils, shout oil Ay. If you use three types of oil or fewer in the kitchen, shout oil Nay (0).** Quite impressively actually, I think you're pretty much split, which would suggest that half of you are sort of die-hard, kitchen-cabinet types who just have a single cupboard dedicated to oil.

Sophie, give us the basics on this. What's the point of different oils and what can they be used for?

The most important thing, I think, to remember when you're choosing your oil, is that they all have different smoke or burn points (18). So if you're cooking something that requires a really high temperature, something like wok frying, deep frying or you know, shallow frying like a veal escalope, or something like that, then you want to use an oil with a high burn point. **Anything over 200 degrees would be considered a high burn point, so that's things like vegetable oil, sunflower oil, rapeseed oil, peanut oil (19).** And then you've got like the medium smoke point, which tends to be your animal fats, so like pork fat, chicken fat, duck fat, goose fat, that burns around 190 degrees. And then you've got the lower smoke points, which tend to be **things like walnut oil, hazelnut oil, olive oil, so extra virgin olive oil. Now these burn quite easily. So these should be used in dressings, and marinades (20),** rather than to fry things in.

Right, that's a good wide summary. I want to go back to Katherine briefly. How many oils have you got?

I've got a coconut oil, an extra virgin olive oil and a vegetable oil.

Okay, so there's three. Rachel, what's your view on different oils?

I think, again, it really just depends on what you're cooking, but there is also this cultural thing where, you know, the Spanish, the Italians and half of North Africa have been deep frying in virgin, extra virgin, olive oil for millennia and they're still here. I have friends of mine who, I could never convince them to use anything but extra virgin olive oil. **I showed them one day how to make roast potatoes, and I said, do not use extra virgin oil. They totally ignored me. And then refused to admit that I was right (21).**

Jeremy, we have mentions of Asian cookery. How many oils do you tend to cook with?

Cooking-wise, to have one main oil. Actually, the highest heating oil was actually avocado oil, and **sesame oils, actually, is something that people don't get right at all. And it's got a really low smoking point so it should never be used for cooking, so I think, I kind of, you know, it's for marinades and finishing off dishes (22),** so that it keeps the flavour of the sesame oil, whereas if you ever see a sort of **stir frying** recipe using sesame oil, don't touch it.

Right, well, that's good advice. Zoe, we talked a lot about burn points and smoke points. What about the other end of the scale with the oil?

Yeah. It is actually important to consider that. Mostly we deal with them as liquids and we're talking about them getting hot, but **if they get cold, they will set as well and in fact, different types of oils, so different types of fats have different setting points (23).** Some are solid at room temperature like butters or coconut oil. But actually, it's important to remember that they're going to go solid so **don't put them down the sink (24)** and how you dispose of your oil at the end of the cooking is really important. **To pour it into a paper cup or into something that's going to go into the bin anyway, let it set in a dish and scrape it solid into the bin, it really does clog up our drains (25),** let alone the sink, we're talking fat bergs, stuff that's gonna affect everybody.

I end up with little bowls of used fat in the fridge, setting before I throw it away and there's a beautiful image of my domestic life for you. Erm, Katherine, I hope that helps.

(Adapted from: [bbc.co.uk/sounds/play/m000tt8s](https://www.bbc.co.uk/sounds/play/m000tt8s), 3/04/2021, 4:00 min.)