

INSTRUCCIONES:

- La prueba consta de cuatro partes: hay que hacer las partes I y II sobre la lectura, elegir 6 frases de rephrasing (parte III) y escribir una redacción eligiendo una opción de las dos propuestas (parte IV).
- Las preguntas deberán ser respondidas en inglés, en el cuadernillo que se entrega.
- No se permite el uso del diccionario ni de ningún otro material didáctico.
- Las faltas de ortografía, gramática y vocabulario penalizarán la nota del ejercicio de redacción (parte IV) hasta -1,5 puntos.

Duración de la prueba: 1 hora y 30 minutos.

READING

Breath Meditation: A Great Way to Relieve Stress

1. Stress can be defined as a state of worry or mental tension caused by a difficult situation in your personal life that prevents you from relaxing. Everyone experiences stress from time to time. However, according to an article published by the Harvard Medical School, psychological stress has a devastating effect on health. Research shows that people with heart disease do worse over time if they don't control stress, and stress seems to be associated with a higher risk for cancer, poorer memory, and more aches. However, reducing stress helps you sleep restfully and control high blood pressure.

7. One of the easiest ways to reduce stress is connected to breathing. Paying attention to your breath is a form of "entry level" meditation that anyone can do. You'll notice an immediate sense of relaxation that could help protect your health over time. Simple breathing meditation requires only that you find a comfortable position in a place with minimal distractions. You may sit, stand, or walk—whichever you prefer. Many people find the sitting position to be best.

12. If you enjoy it, breath meditation can be a gateway to a broader practice of "mindfulness," in which you learn to accept and appreciate what comes in life and stop fighting your own thoughts and feelings. Mindfulness is a concept that originated in Buddhism, although its fundamental principles are shared by many spiritual traditions, philosophies, and religions. Mindfulness simply means the practice of purposely focusing your attention on the present moment—and accepting it without judgment.

17. "Many people take up mindfulness practices thinking they'd like to relax more, but where it leads is a very different approach to life and its inevitable challenges," says Dr. Ronald D. Siegel. The mind can be a noisy, busy place. As you try to focus your attention, thoughts will often arise. The key is not to get annoyed or impatient with your restless mind. Acknowledge the thoughts and let your attention slip from them. "Learning to focus attention and relax is a skill," Dr. Siegel says. "As with any skill, your ability to focus and relax will improve with practice."

Adapted from "Breath Meditation: A great way to relieve stress," Harvard.edu, April 15, 2014.

PART I. QUESTIONS

READING COMPREHENSION. (2 POINTS) (0.5 points for each correct answer). Add TRUE or FALSE and copy the evidence from the text to support your answer. No marks are given for only TRUE or FALSE. No marks are given for T or F.

1. Reducing stress has no effect on sleep quality.
2. Breathing meditation must be done while sitting in order to be effective.
3. Mindfulness is a practice that only exists in Buddhism.
4. According to Dr. Siegel, becoming better at focusing and relaxing does not depend on practice.

PART II. LEXICON / PHONETICS (2 POINTS):

A. LEXICON. (1 POINT) (0.25 points for each correct answer) Find a synonym for each of the following words.

1. Catastrophic:
2. Illness:
3. Intentionally:
4. Get better:

B. PHONETICS. (1 POINT) (0.25 points for each correct answer) Answer these four questions.

1. Write one word from the text that includes the diphthong /eɪ/. Write the number of the line where you find this word in the text.
2. How is the "ed" pronounced in associated: / t /, / d / or / ɪd /?
3. How is the "th" pronounced in health: / ð / or / θ /?
4. How is the "a" pronounced in stand: / ɑː /, / æ / or / ʌ /?

PART III. USE OF ENGLISH

USE OF ENGLISH. (3 POINTS) (0.5 points for each correct answer). Choose SIX of these sentences and rewrite them starting with the words given. Only the first six will be corrected. No points will be given for the extra ones. Clearly identify the sentences you choose using the numbers here.

1. You can't go to the party if you don't finish your homework.
Unless
2. The students haven't done yoga before.
It
3. My classmates will finish the project on Friday.
The project
4. It's a pity we don't travel more.
I wish
5. Although I studied a lot, I didn't pass my exams.
Despite
6. "The gym closed at 10:00 yesterday," Paul said.
Paul
7. Next month we're visiting Paris. My cousins live there.
Next month
8. The food was so delicious that we asked for more.
It was
9. Write the correct question for the underlined words.
Lisa bought a new laptop last week.

PART IV. WRITING

Write ONE of these two compositions (3 POINTS). If you write two, no points will be given to the second one. Your composition must have at least 150 words.

OPTION 1. Do teenagers today feel more stress than in the past? Give your opinion.

OPTION 2. Advantages and disadvantages of teaching meditation and mindfulness at school.



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