

PRIMERA LENGUA EXTRANJERA II: INGLÉS

- Responda, **en inglés**, en el pliego en blanco a:
- **Las cinco cuestiones de uno de los dos textos (máximo 5 puntos).**
 - **Una pregunta de 1 punto** a elegir entre las **preguntas 1 y 2 (máximo 1 punto).**
 - **Una pregunta de 4 puntos** a elegir entre las **preguntas 3 y 4 (máximo 4 puntos).**
- Agrupaciones de preguntas que sumen más de 10 puntos o no coincidan con las indicadas conllevarán la **anulación** de la(s) última(s) pregunta(s) seleccionada(s) y/o respondida(s).

Texto 1

Slow living

As technology has accelerated, so has the speed of life. Conversations, information and news travel faster than ever before. People are expected to be connected 24 hours a day, seven days a week. The faster things become, the more we want to slow them down and that is where slow living comes in. Slow living is quality over quantity, it is doing things with presence. Ultimately, it is about doing things at the right speed, doing everything as well as possible instead of as fast as possible.

Taking the first step towards slow living involves redefining your relationship with your phone, tablet or other gadget and making more room in your life for screen-free time. The basis of slow living is to develop a more balanced, healthier, happier and more humane relationship with our technology. Put differently, it means knowing when enough is enough and to stop scrolling through Instagram or just simply stop being in front of a screen. Another key element of slow living is to let go of the fear of missing things out, and instead of trying to do everything, focus on the things that matter. The roots of being slow is learning the art of saying no, it is prioritizing, taking your time to reflect upon what is really important and then focus your time and attention on those things and let everything else go.

Slow living is good for the body, mind and soul. It can improve your mood and sleep pattern while simultaneously reducing stress levels which can lead to better physical health. Valuable slow living benefits include not having to stay well informed about everything in the world, appreciating life's most precious gift – time –, and living with an attitude of gratitude that helps you feel more joy.

The slow living movement removes the negative connotations of the word 'slow' which some may associate with laziness or unproductiveness. Slow living is not about being lazy or moving at a snail's pace: it is about switching off the state of autopilot and taking your time to live life in a more creative, fruitful and rewarding way.

Cuestiones del Texto 1. (5 puntos)

Do not copy literally from the text. (1 punto por respuesta = 4 puntos)

1. In what social context and circumstances does the slow living movement emerge?
2. Indicate two crucial steps that must be taken to enter the slow living movement.
3. How does slow living bring multiple benefits to human beings?
4. Why is it wrong to associate being 'slow' with being lazy or unproductive?

Fill the gaps with the correct, most appropriate word in each case. (0,25 por acierto = 1 punto)

5. The Slow movement is a cultural current (A) _____ promotes living more calmly, with the aim of having a healthier and fuller life. (B) _____ to Wikipedia, it began in Italy with the slow food movement, (C) _____ emphasized traditional and cultural foods (D) _____ the emergence of fast foods in the 1980s and 1990s.

Texto 2

Social media

Social media has become so integrated in our society that it is virtually impossible for people to take you seriously if you are not on a social media platform. Everyone is on social media: young, old, rich, poor and so on. As the popularity of social media such as TikTok, Instagram or X (Twitter) spreads around the world, there have been mixed feelings about how these networks affect young people. We need to analyse the positive and negative effects of social media on the youth.

On the positive side, social networking has reduced the world to a global village. Teenagers can interact with people in other parts of the world at the click of a button. Through these interactions, young people can share ideas, get information and also be exposed to many opportunities out there. Social media can also be lifesavers for adolescents who feel isolated or marginalised – in fact, social networks helped young people feel more connected and not so alone during the pandemic – and those teenagers who are naturally shy may express their opinions freely in public forums without fear of serious consequences.

On the negative side, the internet is an unregulated world that has no form of morals or laws. Young people are exposed to images of murder victims, accidents or even video recordings of gun shootings and explicit sexual content. When consumed for a long time, this kind of content can lead to serious mental breakdowns. For instance, teenagers begin to have anxiety attacks and fear of the real world. Too much social media also leads to addiction. Young people spend more time with their social media friends than with their families, friends and loved ones. When they wake up, the first thing they look at is their social media accounts; before they go to sleep, the last thing they check is the updates.

Social media is a great way to pass the time and see what is going on in the world, but it is also very addictive. Eliminating social networking may not be practical or advantageous for society. However, some form of regulation should be put into place.

Cuestiones del Texto 2. (5 puntos)

Do not copy literally from the text. (1 punto por respuesta = 4 puntos)

1. Why are social networks an integral part of today's society?
2. What kind of adolescents particularly benefit from social networking?
3. What are the negative effects of social media on young people's health?
4. What is the source of these negative effects?

Fill the gaps with the correct, most appropriate word in each case. (0,25 por acierto = 1 punto)

5. Social networks (A) _____ adolescents the opportunity to make new friends and also allow them to maintain their old ones. They can locate their former friends by (B) _____ typing their names or indicating the school they attended. The network will then do (C) _____ the dirty work and link them to the people they went to school (D) _____ .

Pregunta 1. Rephrase the following sentences so that their meaning is as similar to the original as possible. (0,25 puntos por acierto = 1 punto)

- a) I said, 'Well done, Peter, you have passed the exam!' // I congratulated...
- b) Even though he was afraid, he wrapped his arms around her. // Despite...
- c) My group of school friends and I will always remember our first trip abroad. // Our first trip abroad...
- d) There is a possibility of snow tonight. // It...

Pregunta 2. Rephrase the following sentences so that their meaning is as similar to the original as possible. (0,25 puntos por acierto = 1 punto)

- a) 'What time did the new TV series on Netflix begin last week?' Margaret asked. // Margaret wanted to know...
- b) It was such a nice day that we decided to go swimming. // The day...
- c) They didn't look after the injured animals properly. // The injured animals...
- d) Paul can't afford to buy the new iPhone 15 Pro Max. // Paul doesn't...

Pregunta 3. Write a composition about the following topic (100-120 words). (4 puntos)

Describe a day, from morning to evening, of a person who follows the slow living movement.

Pregunta 4. Write a composition about the following topic (100-120 words). (4 puntos)

Describe your daily life with social media.