



INGLÉS II

Después de leer atentamente el examen, combine las preguntas de la siguiente forma:

- elija uno de los textos y responda EN INGLÉS a las preguntas 1, 2, 3, 4 y 5 del texto elegido.
- responda EN INGLÉS una pregunta a elegir entre las preguntas 6.A y 6.B
- responda EN INGLÉS una pregunta a elegir entre las preguntas 7.A y 7.B

TIEMPO Y CALIFICACIÓN: 90 minutos. Las preguntas 1ª, 2ª, 3ª, 4ª, 5ª y 6ª se calificarán con un máximo de 1 punto. La pregunta 7ª se calificará con un máximo de 4 puntos.

El estudiante deberá indicar la agrupación de preguntas que responderá. La selección de preguntas deberá realizarse conforme a las instrucciones planteadas, no siendo válido seleccionar preguntas que sumen más de 10 puntos, ni agrupaciones de preguntas que no coincidan con las indicadas, lo que puede conllevar la anulación de alguna pregunta que se salga de las instrucciones.

[TEXTO A: Feeling bad

At some point, you have probably gone through a difficult time in your life: because something didn't turn out the way you planned it, because you were not feeling your best, or because you lost a loved one. These moments don't evoke positive emotions or make you feel happy. People can tell you to see the glass as half full, but you are feeling down and the worst thing you can do is feel like it is your fault. Bad moments in our lives are inevitable and necessary, they happen for a reason.

Some expert psychologists believe that happiness is a life without pain or moments of suffering. Others emphasize the advantages of feeling bad: it gives us wisdom, makes us stronger people, helps us to be more compassionate and more deeply understand and respect our reality. When we are going through a hard time, the idea is to get out of this moment as soon as possible. If you are feeling bad, the first thing you need to do is accept it. You won't feel any better if you deny it. Second, it's good to talk about it so that it doesn't become a bigger problem. Silence and our thoughts at night can twist our version of reality. This is why talking through your problems with someone you trust can help. Third, look for emotional or physical resources. Find a friend who can make you laugh through the pain. Emotionally speaking, it is good to protect ourselves, and place ourselves in friendly environments. Avoid conversations that you get nothing out of. And in the physical department, exercise or simply a warm bath or massage can help us forget our troubles, if only for a while.

We all go through bad times. Some we can get through quickly, and some others take months, but both shape our life. We don't need to go looking for them or celebrate them necessarily, but we should take advantage of them to get a better understanding of ourselves.

QUESTIONS. Do not copy literally from the text.

1. What situations are mentioned in the text that may make you experience a difficult time in life?
2. What happens in you and around you when you are going through a rough time?
3. What are the benefits of feeling bad?
4. What should you do when you are feeling bad?

5. Fill in the gaps with the correct, most appropriate word in each case.

Harvard professor Tal Ben-Shahar once said (A) _____ public: 'When we are in ecstasy, we usually look (B) _____ towards the sky, towards infinity, and when we go through a hard time, we (C) _____ to look at the ground, towards the finite.' Both orientations are necessary to make us complete (D) _____ beings.

6.A. Rephrase the following sentences so that their meaning is as similar to the original as possible.

- a) Did the idea interest you? // Were...



- b) I am sure that Maria worked very hard. // Maria must...
- c) I would like to be rich! // I wish...
- d) 'Remember to write to your mother,' I said to them. // I reminded...

7.A. Write a composition about the following topic (100-120 words): What happens to you when you are feeling bad? How do you get out of it?

TEXTO B: Germs

Germs are everywhere. The truth is that our hands are the real germ carriers. As you go about your day, your hands pick up other people's germs but also deposit germs of their own. What kinds? Mostly the ones that cause colds, flu (influenza) and diarrhea. When you get dressed for the day, you may be coming in contact with germs. Your clothes can hide viruses such as salmonella and hepatitis. How can those germs and others survive laundry efforts? It is because most Americans don't wash their clothes in hot water or use bleach anymore. The solution is to use bleach or the hot water cycle if you can. If not, run the dryer for more than 30 minutes, which can kill germs.

Kitchens have more germs than our bathrooms. It is because germs on raw meat and produce are added to our germs. The worst kitchen spots are the sink, sponges and countertops. The solution is to clean your kitchen sink and counters with disinfectant wipes, especially after handling raw meat or produce. Use paper towels, instead of a sponge, to wash your counters. Run your sponges through the dishwasher or microwave for one to two minutes to kill germs. When you commute by bus or subway, you are coming into contact with many more people and their germs. You are more likely to get sick than if you walk or drive. If you want to minimize the danger of germs, use a hand sanitizer or wash your hands after being on public transport. The biggest mistake people make is not washing their hands long enough or well enough.

Contrary to what you might think, toilet seats are rather clean in public restrooms. The exit-door handle, another source of concern, is also pretty clean. That is because most people have just washed their hands. However, the dirtiest place is the floor. So, you should never leave your shopping bags, messenger bags or purses on the floor when you go to the toilet. And always wash your hands. Stay clean, stay healthy.

QUESTIONS. Do not copy literally from the text.

1. What connection is there between germs and our hands?
2. How can one get rid of germs hidden in clothes?
3. What is the reason why you should prefer walking or driving to using public transport when you go to work?
4. What levels of hygiene are there in public restrooms? What is the best hygiene practice to take there?

5. Fill in the gaps with the correct, most appropriate word in each case.

If you go to a restaurant for your lunch break, more germs can be found there. Can you (A) _____ exactly where? Think (B) _____ what (C) _____ touches at a restaurant. Yes! The menu! You probably have around a hundred times (D) _____ bacteria on that menu than you do on a typical toilet seat in the restroom.

6.B. Rephrase the following sentences so that their meaning is as similar to the original as possible.

- a) The test was so difficult that he couldn't answer one single question. // It was such...
- b) She had to send her application for a new job several times without any success. // Her...
- c) As far as I am concerned, Saturday would be the best day. // From my...
- d) Both of my brothers are single. // Neither...

7.B. Write a composition about the following topic (100-120 words): Describe your personal hygiene practices to keep healthy and clean.]