

Examen 2017-18

Plan: [G25] ACCESO A GRADO PARA MAYORES DE 25

Asignatura: [538] Inglés

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Fecha: 18/04/2018 Horario peninsular 13:30 a 14:30



Pegatina del Estudiante

Espacio para la pegatina de su hoja de etiquetas
correspondiente a la asignatura indicada en la
cabecera del examen:

Calificación

Indicaciones de carácter general:

- Comprueba que el plan y la asignatura corresponden a la asignatura de la cual estás matriculado.
- No se puede abandonar el aula de examen antes de que hayan transcurrido los 15 minutos posteriores a la hora de comienzo de la prueba.
- No debes utilizar lápiz para responder
- No se puede responder en hojas adicionales a las que se incluyen en este examen.

Indicaciones para este examen:

- No se puede usar ningún tipo de diccionario (en papel o electrónico), ni libro de gramática, ni apuntes de la materia, ni ningún otro material sobre lengua inglesa.

• **AVISO IMPORTANTE:** SE DEBE CONTESTAR EN EL **ESPACIO RESERVADO** PARA LAS RESPUESTAS. **NO SE CORREGIRÁ** NADA QUE NO ESTÉ EN ESE ESPACIO

TEXTO:

Mindfulness courses at work?

Mindfulness meditation is being offered at some of the world's biggest companies to cut workplace stress and increase productivity. With workplace stress costing UK businesses £6.5bn a year, it's no surprise that companies are investing in mindfulness.

Yes, mindfulness might encourage colleagues to be nice to each other, and help bosses make better decisions and we might all work faster. But removing the negative thoughts from our minds also makes us more accepting of our conditions. Even for people who are inclined to challenge the *status quo*, a course of mindfulness will make them less likely to question why they aren't getting extra holiday, longer lunch breaks or reduced working hours to reward improved productivity.

A couple of friends who live in Denmark came over at Christmas. When I asked if they would ever move back to Britain, they looked horrified, saying they were infinitely happier in their jobs in Denmark than they ever were here. I said they must be practising mindfulness on repeat to be that content at work – yet they had never heard of it.

Clearly in Denmark they treat the causes rather than the symptoms. Workers leave work at 4pm on the dot, get paid generously, have less income inequality and pay more taxes.

None of this is to deny that outside the workplace, mindfulness is a hugely valuable means of therapy. There is powerful evidence to suggest it can reduce recurring depression. It can be used to treat insomnia and anxiety, and can also help addicts come off drugs.

A year ago I had the sort of terrifying health crisis that reminds you just how weak life can be. My physical ruin resulted in a mental avalanche of anxiety, trauma and insomnia that wouldn't leave me. The only intervention that worked was mindfulness. Its unique power put me back together.

And that is why mindfulness shouldn't be corrupted and manipulated by businesses to make us work harder. Mindfulness should help make us aware of how to live more fully, not how to meet a deadline without having a panic attack.

(Adapted from The Guardian, January 2018)

QUESTIONS ABOUT THE TEXT:

1.- After reading the text, find and copy a piece of evidence that proves that these statements are true or false. No marks are given for just stating "true" or "false" (2 points):

- A) The writer tends to think that mindfulness at work might incline people to accept harder labour conditions.
- B) The writer said that his friends from Denmark practiced mindfulness at work.

2.- Based on the contents of the text, answer these questions with your own words. (2 points)

- A) Why did the friends of the writer look horrified?
- B) According to the text, which are the positive effects of mindfulness?

3.- In the text, find ONE synonym for EACH of these words or expressions (2 points):

- a) largest
- b) return
- c) immensely
- d) stop using

4.- Choose the correct option. Do not answer here. Do it in the answer sheet. (3 points):

4.1. This castle 400 years ago.

- a) was built
- b) was building
- c) is built

4.2. I think my friend Jeff the exam.

- a) passes
- b) will pass
- c) will be pass

4.3. If I more time, I more often.

- a) had / would travel
- b) have had / travelled
- c) would have / had travelled

4.4. He told me that she wants to study Law university.

- a) in
- b) on
- c) at

4.5. I want to keep all these old DVDs. Please don't

- a) give them up
- b) throw them away
- c) put them out

4.6. The weather isn't bad today. Last weekend, it was much

- a) worst
- b) badder
- c) worse

5.- Write a brief essay (100 words) about one of these topics (1 point):

- *That job you've always dreamed of*
- *In which country would you like to work and live?*

Write your answers here

QUESTION 1:

A)

B)

QUESTION 2:

A)

B)

QUESTION 3: WRITE THE SYNONYMS HERE:

a)

b)

c)

d)

QUESTION 4: WRITE THE CORRECT ANSWERS HERE:

4.1.-

4.2.-

4.3.-

4.4.-

4.5.-

4.6.-

QUESTION 5: ESSAY:

HOJA DE BORRADOR

Lo que se incluya en esta hoja no se corregirá.

