

PRIMERA LENGUA EXTRANJERA II: INGLÉS

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

Ejercicio 1. Choose **one** of the texts and answer the five questions about the text chosen.

Text A

Mental well-being

Living in the fast and busy Western society can have a negative impact on our mental well-being. The constant pressure to perform, meet deadlines, and balance multiple responsibilities can lead to stress, anxiety and burnout. It is essential to recognize these challenges and take proactive steps to prioritize our mental health. One key aspect is acknowledging the importance of self-care and making time for activities that promote relaxation, such as exercise, hobbies or spending time with loved ones. By setting boundaries and managing time effectively, we can reduce stress levels and create a healthier work-life balance.

In a busy society, it is crucial to have a strong support system of friends, family and colleagues. Talking to people we trust about our experiences, worries and feelings can help us feel connected and reduce stress. Actively looking for social support through regular interactions, whether in person or virtually, can promote a sense of belonging and improve overall well-being. Additionally, participating in support groups or asking for professional help from therapists or counselors can provide valuable guidance and strategies when facing challenges.

In the middle of a busy life, practicing mindfulness and self-reflection can significantly contribute to maintaining mental health. Mindfulness involves being fully present in the moment, paying attention to our thoughts, feelings and bodily sensations without judgement. By incorporating mindfulness techniques, such as meditation or deep breathing exercises, into our daily routine, we can reduce stress levels and intensify our overall emotional health.

In conclusion, to stay mentally well in the busy Western society, we need to make a deliberate effort and take care of ourselves. By recognizing the challenges and actively addressing them, we can improve our ability to cope with stress and find balance in our lives. It is important to remember that everyone's journey towards mental well-being is unique, and finding professional help is always an option when needed. When

we make our mental health a top priority, we can live happier and more satisfying lives even when faced with the demands of society.

Questions of text A. (5 puntos)

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

1. What are some **potential negative effects** of living in a busy society **on our mental well-being**?
2. What are some **proactive steps** we can take **to prioritize our mental health** in a busy society?
3. Having a **strong support network** is important in a busy society. Why?
4. How can **practicing mindfulness** help to maintain mental health?

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

5. Taking time to think (A) _____ ourselves and our feelings can help us understand our emotions, what we value, and what we want to achieve; this understanding can guide us in making choices (B) _____ satisfy our needs and (C) _____ is important (D) _____ us.

Text B

Car industry

In today's rapidly evolving car industry, several tendencies are shaping the market and influencing the choices available to individuals who want to buy a new car. One major trend is the rising popularity of electric vehicles (EVs) as a more sustainable and environmentally friendly alternative to traditional internal combustion engine cars. EVs offer lower emissions, reduced fuel costs and government incentives, making them an attractive option for environmentally conscious buyers. Additionally, advancements in battery technology have improved the range and charging infrastructure, after growing preoccupation about limited mileage and access to charging stations. If you are thinking about buying an EV, you must consider factors like charging infrastructure availability and individual driving needs.

Another trend that strongly impacts cars is the integration of advanced technology and connectivity features. In-car infotainment systems, voice control, and smartphone integration have become common features, making entertainment for drivers and passengers more attractive. Additionally, advanced driver-assistance and automatic emergency braking have developed safety on the roads.

Looking ahead, the future of cars holds exciting possibilities. The automobile industry is making great progress towards autonomous driving technology, which has the potential to transform the driving experience and improve safety. While fully autonomous vehicles may still be in the development phase, features like semi-autonomous driving and advanced parking assistance are already available in some models. However, it is crucial to keep in mind that the adoption of autonomous vehicles may take time and will require infrastructure development and law changes.

As you consider buying a new car, it is essential to evaluate your specific requirements, lifestyle and preferences. Factors such as budget, driving range, charging infrastructure, technology features, and safety considerations should be carefully evaluated. Ultimately, your decision should satisfy your needs, financial capabilities, and long-term vision for the type of car that suits your lifestyle and contributes to a sustainable future.

Questions of text B. (5 puntos)

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

1. What are some **benefits of electric vehicles** (EVs) mentioned in the text?
2. How does the **integration of advanced technology** and **connectivity features** impact cars?
3. What is one **exciting possibility mentioned** for the future of cars?
4. What **factors** should be carefully considered **when purchasing a new car**, as suggested in the text?

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

5. When you are getting a new car, it is advisable (A) _____ compare different models and ask trusted experts who can (B) _____ you informed opinions. It is important to think about what you like and (C) _____ much technology you want in your new car, as preferences may vary (D) _____ person to person.

Ejercicio 2.- Choose **one** of the following exercises.

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

- a) They couldn't hold the meeting because there were not enough members. // The lack of members prevented them...
- b) 'Where was Tom's daughter born?' they asked. // They wanted to know where...
- c) I am sure Paul forgot his wallet in the clothes shop. // Paul must...
- d) He did not mean to spill the coffee on the documents. // He accidentally...

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

- a) They reported that someone had damaged the car in the car park. // The car was...
- b) 'You've broken my watch!' said her father. // Her father accused...
- c) I don't know Helen very much. Nevertheless, I like her. // In spite of not...
- d) Carl advised me to tell Paul about it. // Carl suggested...

Ejercicio 3.- Choose **one** of the following composition exercises.

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

In your opinion, what are the most effective ways to manage stress during exam periods?

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

Compare public transportation and owning a private car, discussing the pros and cons of each.