



Please answer the following 6 questions:

1) True/False; 2) Reading comprehension; 3) Vocabulary; 4) Grammar; 5) Phonetics, and 6) Composition. You can choose any of these 6 questions from the two exam options given (A or B). Note that you have only 2 possible options per question. When questions are composed of different subsections [i.e. questions 1 (True/False), 3 (Vocabulary), 4 (Grammar) and 5 (Phonetics)], you necessarily have to answer all the subsections of the chosen question without exception. Be careful not to separate or mix the different subsections of any question between the two options.

Time allowed: 1 hour and 30 minutes. Total score: 10 points.

### OPCIÓ A

Read the passage carefully and answer the questions in English. USE YOUR OWN WORDS AS FAR AS POSSIBLE.

#### The maddening psychology of holiday 'Zooms'

The great problem of video platforms like 'Zoom' for non-work gatherings is that only one person can talk at a time. This means chaos for people like my people because no one knows who is responding to whom, or it may mean authoritarianism because one of us is liable to appoint themselves the moderator and start calling on people like it is a city council meeting. But even if you have figured out how to have a conversation with 12 people simultaneously, it is still disconcerting because we lose so much of our nonverbal communication tools in this medium. On 'Zoom', there are no empathetic side glances, no covertly raised eyebrows, no eye-rolling. And if there is eye-rolling, there is no way to know who the target is. So naturally, we assume it must be us. This gets us to why group 'Zooms' make us paranoid. Since there is lack of direct eye contact, you cannot tell if someone is looking at you, at their dog, or at the door hoping to escape. Although, to be fair, on 'Zoom', most of us are probably just staring at our own faces. Scientifically, it is what we humans love to gaze upon more than anything. But without the body language cues that help us read moods or the kind of connection that happens in just 60 seconds of looking into another person's eyes we have only our own neurosis to guide us. And that is never good.

And after long periods apart from each other, like during a pandemic, we are less able to use a social skill called 'theory of mind', which allows us to intuit others' intentions and emotions. So if you have had a nagging feeling that someone somewhere is mad at you, or less in love with you, or less close to you, you are not alone. Many of our relationships are happening more in our heads than in real life in this bewildering moment. We construct our own one-sided narratives about who is thinking what and why. We are tempted to read way too much between the lines of texts and emails, scanning variances in the volume of emojis, worried that someone is mad at us. Is she signing off with a single heart now? What happened to the string of balloons and stars? Wait, what month is it? Did I miss something big in his life?

But even those maddeningly asynchronous 'Zoom' conversations and texts are a gift this year. Thanks to all our technology, we get glimpses of each other's worlds. We can see that the youngest kids are now long-legged people who no longer love purple, someone has a new cat, and a niece who loves to bake made 17 desserts in one week. We find out that we, parents, have not lost our sense of humour yet. That California light is still gold. That no one can make corn pudding like Pam's. And that the littlest cousin has renamed herself Ruby Starlight. All that goodness ought to hold us for a bit—maybe even through the winter ahead.

Adapted from *Time*, November 2020



1. Say whether the following statements are TRUE or FALSE. Explain WHY using your own words OR finding evidence in the text. NO marks are given for only TRUE or FALSE. (1 point)

a) On 'Zoom' conversations, it is hard to know who people are rolling their eyes at. (0.5)

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b) The author believes 'Zoom' conversations are like a present to us. (0.5)

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2. In your own words and based on the ideas from the text, answer the following question. NO marks are given for personal opinions or responses copied directly from the text. (1 point)

According to the author, what are some of the consequences of not being able to know people's intentions and emotions on 'Zoom' conversations?

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3. Find in the text words or phrases which mean the same as the ones below. In the case of verbs, ONLY infinitive forms will be accepted (1 point):

1) An action, event or statement that is a signal for somebody to do something. (0.25)

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2) A set or series of things that are joined together. (0.25)

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3) A daughter of your brother or sister. (0.25)

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4) To choose somebody for a job or position of responsibility. (0.25)

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**4. Follow the instructions for each question and answer them (2 points):**

**4.1. Fill the blanks in the following sentences with the correct form of the verb in brackets. (0.5)**

A: Mark, why ..... you ..... (speak) so loud?  
We can all hear you.

B: Because I want to make sure everybody ..... (listen)  
to me.

**4.2. Complete the following sentences with the correct form of the word in brackets (Use only ONE word in each blank). (0.5)**

a) They are very ..... about the chances of a quick  
recovery from the pandemic. (pessimism).

b) You know I'd love to come but ..... we must stay  
home. (fortune).

**4.3. Rewrite the following sentence using the 3rd conditional form. Do not change the meaning of the original sentence. (0.5)**

Tom's parents didn't realise their son was in a 'Zoom' meeting. They interrupted his virtual class.

If Tom's parents .....

**4.4. Rewrite the following sentence in reported speech. (0.5)**

'How can I see all participants in a 'Zoom' meeting?', she asked me.

She asked .....

**5. Look at the highlighted part of the words below. Three of the words in each line (A, B, C, D) contain the same sound. Circle the word which contains a different sound (1 point):**

**5.1. A) park      B) farm      C) dark      D) tap      (0.25)**

**5.2. A) love      B) sound      C) frown      D) loud      (0.25)**

**5.3. A) patient      B) chocolate      C) special      D) pressure      (0.25)**

**5.4. A) hated      B) saved      C) counted      D) folded      (0.25)**



6. Write a composition of 120-150 words on the following topic. Answer **ALL** the questions (4 points):

What are your views on video-conferencing platforms like 'Zoom'? Have you used any of them during the pandemic? Explain.

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Total number of words: .....

<b>Assessment criteria:</b>					
<b>Task fulfilment:</b>	0	0.25	0.50	0.75	1
<b>Grammar:</b>	0	0.25	0.50	0.75	1
<b>Organisation:</b>	0	0.25	0.50	0.75	1
<b>Vocabulary:</b>	0	0.25	0.50	0.75	1
<b>Total :</b>					

## OPCIÓ B

**Read the passage carefully and answer the questions in English. USE YOUR OWN WORDS AS FAR AS POSSIBLE.**

### **The psychological benefits of having things to look forward to**

The coronavirus pandemic has cancelled the plans and events we were excited about. At the beginning of March, many of us had weddings, family visits, concerts, sporting events, graduations, birthday parties, and other celebrations glimmering on the horizon. Just a couple of weeks later, all of those big plans — and even the smaller ones on our calendars, like dinners with friends, workout classes or haircuts — were postponed indefinitely.

If you have been experiencing disappointment or a sense of grief around the loss of future plans, know that it is a totally normal reaction to the present circumstances. You may feel silly being sad about your graduation getting cancelled or your wedding being postponed when others are dealing with unemployment, severe health issues or the death of a loved one — but you should not. According to Jaime Kurtz — associate professor of psychology at James Madison University in Harrisonburg, Virginia, “Given the truly devastating situations so many people are finding themselves in, we can feel guilty or extremely sad about these smaller losses, which just increases even more negative feelings”. Those more extreme hardships do not make what you are feeling any less valid. Anticipation of positive future events acts as a powerful force in our lives. Think, for example, of how you felt as a kid the night before your birthday, Christmas, or other holiday. “You were excited, anxious and filled with all the positive feelings of anticipation”, says Ryan Howes, a clinical psychologist in Pasadena, California. “Your anticipation was exciting and gave your life an exciting lift that was even more exciting than the presents themselves”, he adds.

Research suggests that living in the present moment and practicing mindfulness can increase happiness. “However, during particularly stressful moments in time, like our current pandemic, it can be more beneficial to have something to look forward to”, says Atlanta therapist, LeNaya Smith Crawford. According to psychotherapist Lucy Beresford, “staying in ‘the now’ is a really good tool, just not all the time. Otherwise you miss out on the joys of reflection and anticipation”, she says. Daydreaming about all the potential of these happy future experiences can fill you with excitement. Start envisioning what you want to do once the restrictions are lifted — perhaps a year or two from now. Let yourself fantasise about the positive experiences that await you. “Anticipation implies a future reward, and rewards are powerful motivators”, Smith Crawford explains. Knowing that something good is coming your way pushes you to accomplish those tasks you may not necessarily want to do. Maybe you are a high school student who is tired of distance learning, but you keep working hard to get good grades so you can attend the university of your dreams one day. Imagining a brighter future also makes our lives more meaningful. “If you believe today’s hard work will be worth it in the end, it makes it much more tolerable to endure the hard times”, Howes says.

**Adapted from *Time*, May 2020**



**1. Say whether the following statements are TRUE or FALSE. Explain WHY using your own words OR finding evidence in the text. NO marks are given for only TRUE or FALSE. (1 point)**

a) It is quite unusual to feel very sad or upset because our future plans have been modified during the coronavirus pandemic. (0.5)

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b) Research suggests that living in the present is always the best thing to do in order to be happy. (0.5)

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**2. In your own words and based on the ideas from the text, answer the following question. NO marks are given for *personal opinions* or *responses copied directly from the text*. (1 point)**

According to experts, why having something to look forward to, or to hope for, can have a positive effect on us?

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**3. Find in the text words or phrases which mean the same as the ones below. In the case of verbs, ONLY *infinitive forms* will be accepted (1 point):**

1) To lose an opportunity to do or have something. (0.25)

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2) In the most complete, sincere, real, or exact way. (0.25)

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3) Marks given in an exam or for a piece of school work. (0.25)

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4) To shine with a soft weak light that is not steady. (0.25)

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**4. Follow the instructions for each question and answer them (2 points):**

**4.1. Fill the blanks in the following sentences with the correct form of the verb in brackets. (0.5)**

A: Why ..... Lucy ..... (look) so upset?

B: Oh, it seems her birthday party ..... (cancel) again.

**4.2. Complete the following sentences with an appropriate word (Use only ONE word in each blank). (0.5)**

a) We are always at home. Sadly, we ..... ever go out these days.

b) I ..... to meet my friends every Friday at the disco, but now we must stay home.

**4.3. Fill the blanks in the following two sentences with a phrasal verb that means the same as the verb in brackets. (0.5)**

a) We were not able to .....most of our tasks and duties during the pandemic. (to perform or complete a job or activity).

b) Mike has always been very positive and has never ..... hope. (to stop doing or having something).

**4.4. Turn the following sentence into the passive voice. (0.5)**

They have already cleaned the office since you left.

The office .....

**5. Look at the highlighted part of the words below. Three of the words in each line (A, B, C, D) contain the same sound. Circle the word which contains a different sound (1 point):**

**5.1. A) bear      B) tear      C) fear      D) hear      (0.25)**

**5.2. A) use      B) beauty      C) cute      D) who      (0.25)**

**5.3. A) while      B) whole      C) which      D) whale      (0.25)**

**5.4. A) called      B) seized      C) fixed      D) played      (0.25)**

