

## SEGUNDA 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

#### University qualifications

University qualifications are highly valued in today's society. People respect those who have completed a university degree because it shows dedication and hard work. Many jobs require a university degree, making it an important step for anyone who wants to have a good career. The recognition of university qualifications helps graduates gain respect and better opportunities in their professional and personal lives.

Having a university degree can open the door to a better position in society. Graduates are often seen as more knowledgeable and skilled. This perception can lead to higher-paying jobs and more opportunities for advancement. For example, many high-level jobs in fields like medicine, law, and engineering require a university degree. Additionally, having a degree can provide a sense of pride and triumph, raising confidence and social status. Education is seen as a key to success, and those with university qualifications are often more respected in their communities.

The relationship between having a university degree and getting a good job is strong. Employers look for candidates who have the skills and knowledge that a university education provides. Many job advertisements list a degree as a basic requirement. With a university qualification, graduates have a better chance of finding stable and well-paying jobs. This can lead to a more comfortable lifestyle and financial security.

On the other hand, not having a university degree can have negative consequences for an adolescent's future prospects. Without a degree, it may be harder to find a good job. Many well-paying jobs require specific skills and knowledge that are often gained through higher education. Adolescents without a university qualification might have to settle for lower-paying jobs with less stability. This can affect their quality of life and limit their career growth. They might also face social stigma and feel less confident about their abilities. Without the advantages of a university degree, young people might find it harder to achieve their goals and improve their social standing.

In conclusion, university qualifications give individuals better job opportunities, higher social status, and a greater sense of success. While not having a degree can limit an adolescent's future opportunities, having one can maximize their chances of getting a better position in life.

#### Questions of text A. (5 puntos)

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

1. Why are university qualifications **highly valued** in today's society?
2. How can having a university **degree improve** a person's position in society?
3. What is the connection between having a university degree and **getting a good job**?
4. What might happen to adolescents who **do not have a university degree**?

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

5. University qualifications (A) \_\_\_\_\_ a crucial role in today's society. Going to university is an important step (B) \_\_\_\_\_ anyone (C) \_\_\_\_\_ wants to have a better life. University graduates often have access (D) \_\_\_\_\_ a wider range of job opportunities.

## Text B

### Sleep habits

In today's busy city life, sleep is often sacrificed due to busy schedules and the constant temptation of digital distractions. Many people, especially students, struggle with maintaining healthy sleep patterns. It is not uncommon for young people to stay up late, either studying or engaging in social media and entertainment. For instance, a recent survey revealed that a significant number of students sleep less than the recommended eight hours per night, often due to late-night screen time and academic pressures.

Poor sleep habits can have various causes and involve significant dangers. One major reason is the use of electronic devices before going to bed; these devices emit blue light that interferes with the body's natural sleep-wake cycle. Additionally, stress and anxiety about school or social life can make it difficult to relax and fall asleep. The dangers of poor sleep include reduced cognitive function, weakened immune response, and increased risk of mental health issues such as depression and anxiety. For example, studies have shown that students who consistently get inadequate sleep tend to perform worse academically and are more predisposed to emotional disturbances.

Improving sleep quality is crucial for overall well-being. Here are some practical tips to help achieve better sleep. 1) Establish a routine: going to bed and waking up at the same time every day, even at weekends, helps regulate the body's internal clock. 2) Limit screen time: reduce the use of electronic devices at least an hour before bedtime to minimize blue light exposure. 3) Create a relaxing environment: a comfortable and quiet sleeping environment can promote better rest. This includes a comfortable mattress, cool room temperature, and minimal noise. 4) Mind your diet: avoid heavy meals, caffeine, and alcohol close to bedtime, as these can interfere with sleep patterns.

In sum, adopting healthier sleep practices is vital for improving both academic performance and overall health. Let's commit to prioritizing sleep and encourage others to do the same, setting a foundation for a healthier, more productive future.

### Questions of text B. (5 puntos)

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

1. The text mentions several reasons why people, especially students, often do **not get enough sleep**. What are they?
2. How does the **use of electronic devices** before bed affect sleep quality?
3. What are the **dangers associated** with poor sleep habits?
4. What practical tips are mentioned in the text to **improve sleep quality**?

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

5. (A) \_\_\_\_\_ we understand the importance of good sleep and (B) \_\_\_\_\_ conscious changes in our habits, (C) \_\_\_\_\_ we will be well rested and ready (D) \_\_\_\_\_ to face the challenges of everyday life.

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**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) I don't like maths homework, it's too difficult. // I don't like maths homework due to...
- b) Keep-fit and dance programmes are held at many hotels. // Many hotels...
- c) I regret the fact that humans have produced so much pollution. // I wish humans...
- d) 'You've been driving the lorry without a licence!' his mate said. // His mate accused him...

**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) She can speak Japanese fluently, but cannot write it. // Although...
- b) They reported that someone had spray-painted graffiti on the garage door. // Graffiti was...
- c) 'How many elderly people are there inside the building today?' the police officer asked. // The police officer wanted to know how...
- d) She accidentally hurt my feelings with her rude comment. // She didn't mean...

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**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, should universities place more emphasis on practical skills or theoretical knowledge? Explain your position.

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

Discuss the advantages and disadvantages of sleeping in separate beds or rooms for couples.