

**PRUEBA DE ACCESO A LA UNIVERSIDAD**  
**PAU**  
**CURSO 2025–2026**

**MATERIA: LENGUA EXTRAJERA II: INGLÉS**

**Convocatoria:**

**JUNIO\_MARTES 2**

**Technology Regret**

Today, more and more people experience what is known as “technology regret”, the disappointment felt when realising that a new device is unnecessary or unhelpful. A recent survey illustrates this phenomenon by identifying the most regretted home technology purchases, including smart lighting systems and video doorbells.

5 The reasons behind this feeling are not surprising. For instance, smart lighting systems, which can be controlled remotely, were marketed as a solution to the “hard” task of standing up to switch on a light, but most people never saw this as a real problem. Similarly, video doorbells seemed appealing for their ability to capture something interesting: a crime, a touching family moment, or a funny incident to share on social media. However, in everyday life, those events are rare, even though our homes are more  
10 connected and monitored than ever. In the end, constant watching rarely reveals anything significant.

Yet, undoubtedly, this dissatisfaction is particularly strong when it comes to wearable devices, especially smartwatches. A fitness industry expert notes that people seldom replace a smartwatch when it breaks. “Initially, users may panic; if their steps aren’t counted, did they even happen? How will they assess their sleep quality, monitor their blood sugar or manage their heart health? Then that anxiety disappears.  
15 Many soon realise that their smartwatch was simply annoying them: sometimes offering encouragement (Well done!), but more often pushing them (Just 375 more calories! It’s almost midnight, but you can still make it!). Eventually, they feel relieved. If a real person acted this way, we would probably get mad at them,” the expert explains.

Nevertheless, not all modern technologies receive negative responses. Survey results show that people  
20 remain positive about eco-friendly installations such as solar panels, heat pumps and electric vehicle chargers, which benefit both the environment and help reduce our bills. Clearly, not all modern advancements are harmful or annoying; some are genuinely helpful and do not make buyers regret their choices.

In conclusion, while new electronic gadgets can be exciting at first, it is easy to end up installing too  
25 many unnecessary devices in our homes. The most effective technology is the one you do not even notice. Therefore, to avoid regret, it is wise to choose technology that genuinely improves your life, rather than simply following trends.

Adapted from *The Guardian*, September 2025

**1. Say whether the following sentences are TRUE or FALSE according to the text. COPY the evidence from the text. No marks will be given without the evidence. (1.5 points)**

- a) Turning lights on and off manually is not seen as a real inconvenience.
- b) The usefulness of video doorbells is overestimated because noteworthy events to be caught do not regularly happen.
- c) According to a professional, smartwatches are so essential that people cannot live without them and immediately buy a new one if anything goes wrong with theirs.

2. ANSWER the questions below. COPY no more than 10 words and/or a number from the text to answer each question. (1.5 points)

- a) What resource was used to find out which household electronics buyers regret the most?
- b) What would most of us do if someone spoke to us as smart devices do?
- c) What are some home technologies that people view positively?

3. FIND a word or expression in the text that means... (1 point)

- a) becoming aware (lines 1-10):
- b) items you have acquired (lines 1-10):
- c) nearly (lines 11-18):
- d) the opposite of beneficial (lines 19-27):

4. READ this conversation and COMPLETE your part. Write the numbers (1-6) and complete each sentence on your exam paper. (1.5 points)

**Talking about recycling over breakfast at school**

**You:** Hey, what are you doing?! That's plastic! (1) \_\_\_\_\_

**A young schoolmate:** I just put everything in the same bin.

**You:** (2) \_\_\_\_\_

**A young schoolmate:** I simply don't think it makes much difference.

**You:** Really? (3) \_\_\_\_\_?

**A young schoolmate:** Well, a lot of our recycling is burnt or taken to developing countries. Don't you know?

**You:** (4) \_\_\_\_\_; not all our rubbish ends up like that.

**A young schoolmate:** Yeah, but I don't really want to waste my time separating rubbish if it's not actually going to be recycled.

**You:** If nobody recycles, (5) \_\_\_\_\_

**A young schoolmate:** Maybe you're right.

**You:** Of course I am. So go and take your rubbish out of the general bin and (6) \_\_\_\_\_

**A young schoolmate:** Okay, okay, I'll put the sandwich wrapper and juice carton in the yellow bin.

**You:** Big applause for you! And remember, recycling only works if everyone does their part.

5. Choose ONLY 3 of the following situations and WRITE what you would say in each one to show that you understand the context of the situation. Write between 10 and 25 words. (1.5 points)

- a) Your sibling took your skateboard without asking. Express your disappointment.
- b) Your art teacher asks you to help with the decoration of the graduation ceremony. Respond.
- c) Your project partner is often late to your group meetings. Complain about it to them.
- d) Your classmate invites you to study together on Saturday, but you are busy. Decline the invitation.
- e) Your upstairs neighbour plays loud music early on weekends, disturbing your rest. Talk to them about the issue.

6. Choose ONE of the following topics and WRITE a composition of about 140-180 words. (3 points)

- a) Advantages and disadvantages of modern technology.
- b) Are you a fan of the latest gadgets? Give your opinion.