

EXAMEN INGLÉS PAU JUNIO 2020

Option A: How to make the word happier

There is a wind of change in our society. People are talking about feelings. Even men are doing it. All around there is a new concern with our own inner life and with how other people feel. A new, gentler culture is emerging.

By contrast, the older culture, which still dominates, encourages people to aim at personal success: good grades, a good job, a good income and a desirable partner. This culture involves a lot of stress, and people wonder why we are not happier.

The answer is surely the ultra-competitive nature of the dominant culture. Its objective is success. But, if I succeed, someone else has to fail. An alternative culture offers a different aim: that we should of course take care of ourselves, but we should get as much happiness as possible from contributing to the happiness of others. Competition, it argues, is valuable in the right context but what we need between individuals is cooperation, not competition.

In recent years, the rise in competitiveness has been made worse by the advent of social media, which have encouraged self-advertisement and made more young people feel inadequate, anxious, depressed and "left out". In addition, it has encouraged populism, which is a challenge to a cohesive and loving society.

A shift of perspective is central to the happiness movement, which is about the importance of our feelings –our quality of life as we actually experience it. We can become more effective as creators of happiness, both as citizens and workers.

Adapted from an article by Richard Layard, The Observer, 19-01-2020

Part I. Reading Comprehension

1. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (2 points: 0.5 each)

- a. The alternative culture underlines the importance of everybody's happiness.
- b. The alternative culture explicitly rejects all kinds of competition among humans.
- c. The alternative culture focuses on personal experiences.
- d. Social media has contributed positively to young people's mental health.

A2. . Answer the following questions using your own words but taking into account the information in the text. (2.5 points: 1.25 point each)

- a. What does the dominant culture aim at?
- b. Why is social media bad for happiness?

A3. Find a synonym for each of the four words below from these six options. All words are underlined in the text (1 point: 0.25 each)

	concern	stress	aim	valuable	rise	shift
a. objective				b. increase		
c. preoccupation				d. beneficial		

A4. Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 each)

1. The old culture values competition...
 - a) so that everybody gets successful.
 - b) to get personal success while others do not get it.
 - c) in order to be happy.
2. Social media has...
 - a) increased competitiveness.
 - b) challenged society.
 - c) made society cohesive.

3. For the new culture feelings are...

- a) basic for our occupations.
- b) basic in the generation of happiness.
- c) an antidote to competitiveness.

Part II. Composition (130 to 150 words approximately) (3 points)

5. Choose one of these two topics and write a composition about it.

A) Does social media contribute to people's happiness? Give reasons.

B) Describe your experience and point of view about how social values such as cooperation, kindness, or emotional well-being can contribute to a happier society.

Option B: Why it is good to know your "love language"

According to Five Love Languages, written by Gary Chapman, we each have a "language" in the way we express and would like to receive love and affection. "Talking about love languages is a really good way for people to talk about how they need to be loved," says Simone Bose, a relationship therapist.

According to Chapman, there are five basic love languages: words of affirmation (such as saying to your partner "I love you", or paying them compliments); quality time (phones away, television off, undivided attention); receiving gifts; acts of service (such as taking on the household jobs you know your partner dislikes); and physical touch. In his experience, couples seldom share the same languages.

Kate Moyle, a sex and relationship therapist, says this idea can be helpful. "Understanding your love language and your partner's can break through communication barriers, the biggest, most common issue in any relationship in terms of misunderstanding."

One person might feel they are showing their partner love in the best way they know how but the other person might not appreciate it, or even notice. That's when conversation is really good. It could be as simple as telling your partner what is most meaningful to you. People feel quite vulnerable about saying these things. However, it's not necessarily huge statements. A lot of the time it's about the little things. Saying thank you, showing someone you appreciate

them. We are busy and often preoccupied, so these are things that tend to fall out of sight.

Adapted from an article by Emine Saner, The Guardian, 25-02-2020

Part I. Reading Comprehension

1. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (2 points: 0.5 each)

- a. People normally know their partners' idea of how love should be expressed.
- b. Mastering love languages can prevent misunderstandings.
- c. We often don't use love languages because we have many things to do and to worry about.
- d. People often feel uncomfortable when directly expressing what makes them feel loved.

A2. Answer the following questions using your own words but taking into account the information in the text. (2.5 points: 1.25 point each)

- a. Why is the understanding of your partner's love language good for your relationship?
- b. How can you show your partner that he/she matters to you?

A3. Find a synonym for each of the four words below from these six options. All words are underlined in the text (1 point: 0.25 each)

undivided	seldom	common	issue	appreciate	huge
a. rarely			b. very big		
c. complete			d. typical		

A4. Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 each)

- 1. Having a "love language" means that we have an idea of...
 - a) how to express love to a person who speaks the same language.
 - b) how we want love to be expressed to others and from others.
 - c) the language that other people "speak" to us.

2. It is very unlikely that...

- a) our partner speaks the five love languages.
- b) both partners speak the same love languages on the same day.
- c) both partners speak the same love languages in the same way.

3. Very often the partner...

- a) understands the person's love language but forgets to also express it.
- b) does not value the other person's effort to express his/her love.
- c) speaks only one of the five languages and there is a misunderstanding.

Part II. Composition (130 to 150 words approximately) (3 points)

5. Choose one of these two topics and write a composition about it.

- A) Have you ever been in love? How important do you think love is in people's lives?
- B) What are the small ways you show love to those you care about?