



<b>Proves d'Accés per a Majors de 25 i 45 anys</b> <b>Pruebas de Acceso para mayores de 25 y 45 años</b>		<b>Convocatòria:</b> <b>Convocatoria:</b> <b>2023</b>	 SISTEMA UNIVERSITARI VALENCIÀ  GENERALITAT VALENCIANA <small>Conselleria d'Innovació, Universitats, Ciència i Societat Digital</small>
<b>Assignatura: ANGLÈS</b> <b>Asignatura: INGLÈS</b>			
<b>BAREM DE L'EXAMEN:</b> L'alumnat haurà de contestar, en anglès i en un full d'examen a banda, a totes les qüestions de quatre de les cinc preguntes que es plantegen en el model. Pregunta 1 (2,5 p.) Pregunta 2 (2,5 p.; -0,625 per resposta incorrecta) Pregunta 3 (2,5 p.) Pregunta 4 (2,5 p.) Pregunta 5 (2,5 p.; -0,3 per excés o defecte de paraules)		<b>BAREMO DEL EXAMEN:</b> El alumnado tendrá que contestar, en inglés y en la hoja de respuestas, a todas las cuestiones de cuatro de las cinco preguntas que se plantean en el modelo. Pregunta 1 (2,5 p.) Pregunta 2 (2,5 p.; -0,625 por respuesta incorrecta) Pregunta 3 (2,5 p.) Pregunta 4 (2,5 p.) Pregunta 5 (2,5 p.; -0,3 por exceso o defecto de palabras)	

## THE SECRET TO HAPPINESS

Following a talk on mental health, the famous psychiatrist Dr. Martha Harris was asked, 'What would you tell a person to do if they felt their mental health deteriorating?' Most people thought she would say, 'Consult a psychiatrist'. But she surprised everyone when she replied, 'Leave your house, find someone in need and do something to help that person'. This is the secret to happiness and mental well-being: not repeating mantras telling yourself that you're great, but going out and doing great things for others.

Stephen Cole is one of the world's leading experts in the emerging field of 'give and you shall receive' research. In his research he discovered that, when given the chance to help others, two thirds of the people he studied felt a positive physical sensation, and around half said they actually felt emotionally 'high'. Others felt stronger and more energetic, warmer or calmer. For a lucky 13% of people, the act of helping others even reduced their own physical aches and pains.

Particularly generous acts of goodness, like volunteering your time, make us happier and can even reduce depression. But this isn't just a 'perceived' benefit. It has been proved that the well-being you experience from doing good affects your brain chemistry. When you act to help others, your brain produces its own healthy version of heroin, called endorphins. Of course, this means there may be an element of selfishness in helping others, but there's nothing wrong with that.

*Adapted and modified from Solitaire Townsend's The Happy Hero (Unbound Digital, 2017)*

## QUESTIONS

1.- State in your own words what the text means by (paragraph 3) (2.5 marks):

'Particularly generous acts of goodness, like volunteering your time, make us happier and can even reduce depression'.

2.- Decide whether the following statements are true or false, according to the text. Write T or F. If the answer is not mentioned in the text, mark it false (F). (2.5 marks; 0.625 for each wrong answer)

- a) The field of 'give and you shall receive' research is relatively new.
- b) Studies show that happiness leads to a successful personal and professional life.
- c) Altruistic actions can have a positive impact on your well-being.
- d) Helping others is always good, even if you do it for selfish reasons.

3.- These words and expressions are found in the text: FAMOUS, ASKED, REPLIED, LEADING, CHANCE, AROUND, ACTUALLY, BENEFIT.

Choose the ones that mean the same as the following. (2.5 marks)

- a) answered
- b) approximately
- c) most important
- d) opportunity

4.- Choose the best option (a, b or c), according to the text. Only one answer is correct. (2.5 marks)

1. Dr. Martha Harris thinks that, if you feel your mental health is not good, you should...
  - A. get advice from a psychiatrist.
  - B. ask for help as soon as possible.
  - C. find someone you can help.
  
2. When given the chance to help others, most of the people in Stephen Cole's study...
  - A. said they felt emotionally 'high'.
  - B. felt stronger and more energetic.
  - C. felt a positive physical sensation.

3. For a minority of people, the act of helping others can...
  - A. reduce their own aches and pains.
  - B. attract good luck and relieve their physical aches and pains.
  - C. reduce physical tension and stress.
  
4. Doing good to others...
  - A. has an addictive effect on the brain similar to that of heroin.
  - B. changes your perception of reality.
  - C. makes your brain produce endorphins.

**5.- Answer the questions using your own words (25 to 50 words for each question). (2.5 marks; 0.3 for each question if too many or not enough words)**

1. Can you give an example of altruism?
2. Do you agree that altruistic acts make us happier?