



Proves d'Accés per a Majors de 25 i 45 anys Pruebas de Acceso para mayores de 25 y 45 años		Convocatòria: Convocatoria: 2021	 SISTEMA UNIVERSITARI VALENCIÀ SISTEMA UNIVERSITARIO VALENCIANO
Assignatura: ANGLÈS Asignatura: INGLÈS		 GENERALITAT VALENCIANA Generalidad Valenciana Valencianitat Valenciana	
OBSERVACIONS I BAREM DE L'EXAMEN: 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) En les preguntes (1) i (5) heu d'evitar la reproducció literal de l'original.		OBSERVACIONES Y BAREMO DEL EXAMEN: 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) En las preguntas (1) y (5) se deberá evitar la reproducción literal del original.	

JOINING A CHOIR HELPED ME COMBAT ANXIETY

Six years ago I started having panic attacks. I began to fight them with traditional tools, including therapy, keeping active, meditation and medication, all of which were a great help. Thankfully, a year later medication was no longer needed and neither was therapy. Problem solved.

Frustratingly, about a year after that, when I was apparently happy and healthy, I started to develop depression and began to have panic attacks again, and this time they were more debilitating. I tried my previous remedies, but I was still far from feeling well again.

Then I discovered a group called Sound, a pop, funk and soul choir. It meant a lot to me. I have been a member of the choir for three years. I practise every Tuesday. I love the community, the challenge, the performances and the fire it lights in my stomach.

My anxiety attacks came out of nowhere and, to this day, I still do not know what causes them. Now, however, I am feeling a lot better. When I am anxious, distraction is key and singing does exactly that for me. It sends me into autopilot, a state in which my body works with pure passion and joy. Don't get me wrong, there are weeks when the last thing I want to do after work is go to choir practice and I wish to go home to bed. But I go because I know I am guaranteed to come out feeling great.

Adapted from a newspaper article by Kate Corbett-Winder, The Guardian, Jan 13, 2020

QUESTIONS

1. - State in your own words what the text means by (paragraph 4) (2.5 marks):

"When I am anxious, distraction is key and singing does exactly that for me".

Possible answer:

When the writer feels anxious, she needs to focus her mind on something different. Singing helps her forget her anxiety for a while because the writer concentrates on the music, the choir and the activity itself instead of thinking about her panic attacks.

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 first time the writer had panic attacks, medication was effective. T, Evidence from the text: "I began to fight them with traditional tools, including therapy, keeping active, meditation and medication, all of which were a great help." (paragraph 1). The expression "all of which were a great help" shows that medication was effective the first time.

b) The second time the writer had panic attacks, therapy and meditation were helpful. F, Evidence from the text: "I tried my previous remedies, but I was still far from feeling well again." (paragraph 2). This shows that the previous remedies, including therapy and meditation, did not work well the second time.

c) Singing makes the writer block her anxiety attacks. T, Evidence from the text: "When I am anxious, distraction is key and singing does exactly that for me." (paragraph 4). This means that singing helps her distract herself from anxiety.

d) The writer goes to choir practice because it makes her feel well. T, Evidence from the text: "But I go because I know I am guaranteed to come out feeling great." (paragraph 4). This shows that she goes to choir practice because she knows she will feel better afterwards.

3. -These words and expressions are found in the text: STARTED, TRADITIONAL, ACTIVE, WELL, DISCOVERED, CHALLENGE, DISTRACTION, PASSION. Choose the ones that mean the same as the following (2.5 marks).

a) began → started

b) classic → traditional

c) enthusiasm → passion

d) fine → well

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

1. The writer had panic attacks...

- A. once. **X** This option is incorrect because the text mentions panic attacks the first time and then says they happened again.
- B. twice. Evidence from the text: *"Six years ago I started having panic attacks."* (paragraph 1) and *"I started to develop depression and began to have panic attacks again."* (paragraph 2). This shows that the writer had panic attacks in two different periods.
- C. three times. **X** This option is incorrect because the text does not mention three different periods of panic attacks.

2. The writer started singing in the choir...

- A. six years ago. **X** This option is incorrect because "six years ago" refers to when the writer first started having panic attacks, not when the writer joined the choir.
- B. three years ago. Evidence from the text: *"I have been a member of the choir for three years."* (paragraph 3).
- C. one Tuesday. **X** This option is incorrect because *"I practise every Tuesday"* refers to choir practice, not to the moment when the writer started singing in the choir.

3. To this day, the writer...

- A. ignores the cause of her anxiety attacks. Evidence from the text: *"My anxiety attacks came out of nowhere and, to this day, I still do not know what causes them."* (paragraph 4). This means the writer does not know the cause.
- B. knows that panic causes her anxiety attacks. **X** This option is incorrect because
- C. is still not feeling better. **X** This option is incorrect because

4. Some weeks the writer...

- A. goes home early. **X** This option is incorrect because the writer sometimes wants to go home to bed, but the text says: *"But I go."* (paragraph 4).
- B. goes to choir practice although she does not want to. Evidence from the text: *"My anxiety attacks came out of nowhere and, to this day, I still do not know what causes them."* (paragraph 4). This means the writer does not know the cause.
- C. does not go to choir practice because she does not want to. **X** This option is incorrect because the text says the opposite: the writer does go to choir practice.

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. Are traditional remedies effective to treat anxiety and panic attacks?

Possible answer: Yes, I think traditional remedies can be effective, but not always in the same way for everybody. Therapy, medication, meditation and exercise can help many people. However, sometimes a person also needs other activities or social support to feel better in daily life. (43 words)

2. What alternative remedies can be effective to treat anxiety and panic attacks

Possible answer: Some alternative remedies can be useful, for example singing, dancing, painting, walking in nature or joining a group activity. These activities help people relax, focus on something positive and feel less alone. In my opinion, having a routine and supportive people is also important. (44 words)

