



Proves d'Accés per a Majors de 25 i 45 anys Pruebas de Acceso para mayores de 25 y 45 años		Convocatòria: Convocatoria: 2023	 SISTEMA UNIVERSITARI VALENCIÀ SISTEMA UNIVERSITARIO VALENCIANO  GENERALITAT VALENCIANA Conselleria d'Innovació, Universitats, Ciència i Societat Digital
Assignatura: ANGLÈS Asignatura: INGLÈS			
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)	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)		

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'.

Possible answer:

Helping other people, especially when we give our time without expecting anything in return, can improve our mood and mental health. For example, volunteering can make us feel useful, positive and less sad.

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. **T**, Evidence from the text: *"Stephen Cole is one of the world's leading experts in the emerging field of 'give and you shall receive' research."* (paragraph 2). The word "emerging" shows that this field of research is relatively new.
- b) Studies show that happiness leads to a successful personal and professional life. **F**, There is no evidence in the text saying that happiness leads to success in personal or professional life. The text focuses on helping others and mental well-being, not on professional success.
- c) Altruistic actions can have a positive impact on your well-being. **T**, evidence from the text: *"Particularly generous acts of goodness, like volunteering your time, make us happier and can even reduce depression."* (paragraph 3).
- d) Helping others is always good, even if you do it for selfish reasons. **T**, Evidence from the text: *"Of course, this means there may be an element of selfishness in helping others, but there's nothing wrong with that."* (paragraph 3).

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 → **replied**
- b) approximately → **around**
- c) most important → **leading**
- d) opportunity → **chance**

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. **X** This option is wrong because the text says: "Most people thought she would say, 'Consult a psychiatrist'. But she surprised everyone..." (paragraph 1). So this was what people expected, not what she actually recommended.
 - B. ask for help as soon as possible. **X** This option is wrong because the text does not say that you should ask for help. It says you should "find someone in need" and help that person. (paragraph 1)
 - C. find someone you can help. Evidence from the text: "Leave your house, find someone in need and do something to help that person." (paragraph 1).
2. When given the chance to help others, most of the people in Stephen Cole's study...
- A. said they felt emotionally 'high'. **X** This option is wrong because the text says that "around half said they actually felt emotionally 'high.'" (paragraph 2). Around half is not most.
 - B. felt stronger and more energetic. **X** This option is wrong because the text says: "Others felt stronger and more energetic, warmer or calmer." (paragraph 2). This refers only to others, not to most of the people.
 - C. felt a positive physical sensation. Evidence from the text: "Two thirds of the people he studied felt a positive physical sensation." (paragraph 2).
3. For a minority of people, the act of helping others can...
- A. reduce their own aches and pains. Evidence from the text: "For a lucky 13% of people, the act of helping others even reduced their own physical aches and pains." (paragraph 2).
 - B. attract good luck and relieve their physical aches and pains. **X** This option is wrong because the text mentions "a lucky 13%", but it does not say that helping others attracts good luck. The real idea is that, for 13% of people, helping others reduced "physical aches and pains." (paragraph 2).
 - C. reduce physical tension and stress. **X** This option is wrong because the text does not mention physical tension or stress. It specifically says "physical aches and pains." (paragraph 2).

4. Doing good to others...

- A. has an addictive effect on the brain similar to that of heroin. **X** This option is wrong because the text compares endorphins to a "healthy version of heroin", but it does not say that doing good has an addictive effect. (paragraph 3).
- B. changes your perception of reality. **X** This option is wrong because the text does not say that helping others changes your perception of reality. It says that doing good "affects your brain chemistry." (paragraph 3).
- C. **makes your brain produce endorphins. Evidence from the text: "When you act to help others, your brain produces its own healthy version of heroin, called endorphins."** (paragraph 3).

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?

Possible answer: An example of altruism is helping an elderly neighbour with shopping or carrying bags without asking for money. Another example could be volunteering in a food bank at the weekend. In both cases, you give your time to make another person's life easier. (44 words)

2. Do you agree that altruistic acts make us happier?

Possible answer: Yes, I agree. When I help someone, I usually feel useful and more positive. I think adults with work and family responsibilities can feel better when they do something good for others, because it gives more meaning to everyday life. (40 words)