

COGNOMS / APELLIDOS: _____

NOM / NOMBRE: _____

DNI o PASSAPORT / DNI o PASAPORTE: _____

Núm. EXPEDIENT / Nº EXPEDIENTE _____

LLOC D'EXAMEN / LUGAR DE EXAMEN: **EOI** _____

PROVA PER A L'OBTENCIÓ DEL / PRUEBA PARA LA OBTENCIÓN DEL

CERTIFICAT DE NIVELL AVANÇAT – IDIOMA ANGLÉS
CERTIFICADO DE NIVEL AVANZADO – IDIOMA INGLÉS

DELS ENSENYAMENTS OFICIALS D'IDIOMES / DE LAS ENSEÑANZAS OFICIALES DE IDIOMAS

1. READING COMPREHENSION

PUNTUACIÓ/PUNTUACIÓN TOTAL: 40

60% = 24 50% = 20

DURACIÓ
/DURADA:
70 min.

NOTA: _____

APTE / APTO

**NO APTE/NO APTO
CONDICIONAL**

NO APTE / NO APTO

Corrector/a

TASK 1

Read the following text about Cyberchondria and, for questions 1-6 below, decide which of the options (A, B or C) is true. The first question (0) is an example. Write your answers in the appropriate box below.

Cyberchondria: The perils of Internet self-diagnosis

It's all too easy to consult Dr Google when we're feeling under the weather – and all too easy to convince ourselves we're seriously ill
by Simon Usborne

Catherine was worried. For weeks she had been experiencing twitching in muscles all over her body. So, she did what millions of us would do: she Googled "muscle twitching". Do the search yourself to see why Catherine's worry quickly turned to terror. Among the results are a page on a university website about Creutzfeldt-Jakob disease (CJD), the incurable and fatal brain disease (which lists "muscle twitching" as a symptom), and a site about amyotrophic lateral sclerosis (ALS), another rare and fatal brain condition, also known as Lou Gehrig's disease.

Next stop: Catherine's doctor. But just as quickly as she beat a path to his door, he ruled out anything serious – after all, the chances of contracting CJD or ALS are vanishingly small. Instead, he diagnosed benign fasciculation syndrome (BFS), a medical name for a number of non-threatening symptoms that include twitching. But that wasn't enough for Catherine, who Googled "BFS" when the shakes got worse. She ended up on a forum at the site AboutBFS.com.

"New member ... terrified ... mouth/speech problems. PLEASE help", she posted last month. "I have been living life as if I was going to die in 18 months ... I feel like everyone thinks I'm crazy." But Catherine is no more crazy than she is terminally ill. She is, however, a "cyberchondriac", a term that describes a growing number of otherwise rational Internet users who, when they present their symptoms to "Dr Google", latch on to the worst "diagnosis" thrown back at them.

Cyberchondria has been around for almost a decade, but a recent study is the first to systematically investigate it. Eric Horvitz and Ryen White, scientists at Microsoft's research division, analysed the Internet behaviour of a million surfers around the world, and carried out a survey of more than 500 Microsoft employees, to discover why the Internet is giving many of us an acute case of the heebie-jeebies.

Let's take brain tumours as an example. They are mercifully rare, developing in fewer than one in 50,000 people (0.002 per cent of us). Yet Horvitz and White's research shows that 25 per cent of the documents thrown up by a web search for "headache" points to a brain tumour as a possible cause. ALS, which is the form of motor neurone disease (MND) from which Stephen Hawking suffers, is similarly rare; MND affects fewer than one in every 14,000 people (0.007 per cent of us). But again, as Catherine found, the proportion of websites listing it as a cause of twitching is significantly higher.

"The problem starts with bias," says Horvitz, who also has a medical degree. "Nobody is excited to write about caffeine withdrawal and its role in headaches, but brain tumours – that's much more interesting."

Why are so many of us so willing to believe the skewed result of web searches? One problem is laziness. A recent American study by the Pew Internet Project revealed that while eight in 10 of us use the Internet to look for information about our health, about the same proportion – 75 per cent – do not check the source of that information or the date it was created.

Surely the only cure for cyberchondria is to steer well clear of the Internet? Not according to Pauline Brimblecombe, a GP who works near Cambridge. She believes the Internet has made patients "more interested in their own health and therefore more likely to look after themselves". She adds: "If my patients Google something and come rushing in with bits of paper, at least I know what they're worried about and can reassure them." Horvitz, too, believes in the power of the web. "It's an extraordinary resource for healthcare information," he says. "We're talking about a stone with a rough edge here, not a fatal flaw."

However, Horvitz says the responsibility to reassure the growing number of cyberchondriacs panicking at their keyboards lies with GPs. "Doctors need to work with patients and realise they are going to go to the web before they come in," he says. "They need to provide guidance on good websites and put themselves in patients' shoes so they know what's out there – good or bad."

The Independent Online: www.independent.co.uk

EXAMPLE

0. When Catherine felt her muscle twitching

- a) she immediately thought she was going to die.
- b) she looked for a diagnosis on the Internet.**
- c) she rushed to the doctor's.

1. Cyberchondriacs are people who

- a) are addicted to the internet.
- b) are always irrational in their use of the internet.
- c) choose to believe the worst possible scenario.

2. The aim of a recent study into Cyberchondria was to

- a) discover the effects of acute attacks of the heebie-jeebies.
- b) find out about internet surfing and headaches in Microsoft employees.
- c) research into the underlying causes of Cyberchondria.

3. According to Dr. Horvitz, brain tumours frequently appear in web searches for "headache" because

- a) brain tumours attract more attention than other causes of headaches.
- b) people avoid talking about the problems of caffeine addiction.
- c) web searches take statistical probability into account.

4. The reason why we tend to believe misleading diagnoses is because

- a) percentages appearing on websites are not realistic.
- b) so many people use health websites that we think they are reliable.
- c) we cannot be bothered to double-check the information.

5. What does Pauline Brimblecombe think about patients using the Internet to search for health advice?

- a) Her patients worry too much about health.
- b) It shows they are too focused on themselves.
- c) The internet makes people more health-conscious.

6. What does Dr. Horvitz think about patients using the Internet to search for health advice?

- a) It is not advisable to rush to the doctor with someone else's diagnosis.
- b) It is very helpful and everyone should go online before seeing their GP.
- c) It may have some drawbacks but has much to offer.

Question	0.	1.	2.	3.	4.	5.	6.
Answer	B						
Teacher only	√						

TOTAL (6 x 2 marks) _____ /12 marks

TASK 2

Read the following tips for being happy and match paragraphs 1-7 with headings B-J. There are two headings that do not match any paragraph. Write your answers in the appropriate box below. 0 is an example.

A few tips for being happier.

These aren't necessarily the most essential tips for being happy -- I tried to include strategies that might not otherwise occur to people. So, for example, "helping other people" isn't listed, even though it's one of the best ways of boosting your happiness.

0. Some people assume happiness is mostly a matter of inborn temperament: You're born an optimist or a pessimist, and that's that. Although it's true that genetics play a big role, about 40 percent of your happiness level is within your control. Taking time to reflect, and conscious steps to make your life happier, really does work.

1. Feelings follow actions. If I'm feeling low, I deliberately act cheery, and I find myself actually feeling happier. If I'm feeling angry at someone, I do something thoughtful for her and my feelings toward her soften. This strategy is uncannily effective.

2. Challenge and novelty are key elements of happiness. The brain is stimulated by surprise, and successfully dealing with an unexpected situation gives a powerful sense of satisfaction. People who do new things — learn a game, travel to unfamiliar places — are happier than people who stick to familiar activities that they already do well. I often remind myself to "Enjoy the fun of failure" and tackle some daunting goal.

3. Often the things I choose as "rewards" aren't good for me. The pleasure lasts a minute, but then feelings of guilt and loss of control and other negative consequences deepen the lousiness of the day. While it's easy to think "I'll feel good after I have a few glasses of wine...a pint of ice cream...a cigarette...a new pair of jeans...", it's worth pausing to ask whether this will truly make things better.

4. Our basic psychological needs include feeling loved, secure, and good at what we do and having a sense of control. Money doesn't automatically fill these requirements, but it sure can help. I've learned to look for ways to spend money to stay in closer contact with my family and friends; to promote my health; to work more efficiently; to eliminate sources of irritation and marital conflict; to support important causes; and to have enlarging experiences. For example, when my sister got married, I splurged on a better digital camera. It was expensive, but it gave me a lot of happiness bang for the buck.

5. I knew my nagging wasn't working particularly well, but I figured that if I stopped, my husband would never do a thing around the house. Wrong. If anything, more work got done. Plus, I got a surprisingly big happiness boost from quitting nagging. I hadn't realized how shrewish and angry I had felt as a result of speaking like that. I replaced nagging with the following persuasive tools: wordless hints (for example, leaving a new lightbulb on the counter); using just one word (saying "Milk!" instead of talking on and on); not insisting that something be done on my schedule; and, most effective of all, doing a task myself.

6. I knew, intellectually, that this worked, but how often have I told myself, "I'm just too tired to go to the gym"? Exercise is one of the most dependable mood-boosters. Even a 10-minute walk can brighten my outlook. Having trouble sticking to your exercise regime?

7. When I began my Happiness Project, I realized pretty quickly that, rather than jumping in with lengthy daily meditation or answering deep questions of self-identity, I should concentrate on everyday things like going to sleep at a decent hour and not letting myself get too hungry. Science backs this up; these two factors have a big impact on happiness.

http://www.happiness-project.com/happiness_project/2008/11/tips-ten-tips-f.html

HEADINGS:

A	It's up to you.
B	Do let the sun go down on anger
C	Don't be trapped by routine
D	Don't treat the blues with a "treat"
E	Fake it till you feel it
F	Splash some cash
G	Start with the basics
H	Stop getting at others
I	Visualize success
J	Work out

Paragraphs	0.	1.	2.	3.	4.	5.	6.	7.
Headings	A							
Teacher only	√							

TOTAL (7 x 2 marks) _____ /14 marks

TASK 3

Read the text below about caste discrimination. Decide which of the nine phrases below (letters B-J) should go in the gaps 1-7 in the text. There are two extra phrases that do not go into any of the gaps. 0 is an example. Write your answers in the appropriate box below.

Can caste discrimination become history?

Nepal's Dalit community has suffered (0)But as the country is in the process of drawing up a new constitution, the Dalit people are hoping to seize the chance for change and justice.



Samjhana Pariyar started at school a few months ago, but she doesn't enjoy her playground and friends. The six-year-old always wishes her friends would come and play with her, (1)

Samjhana had the bad experience of being scolded by her friends for not having a nice lunch and a good school dress. But she does not complain to her mother, (2)

"It's really difficult for us to stay inside the house during the rain," she said. "Water always comes here in our bed and in our kitchen. All our clothes and bedding get wet, my school dress too. On the rainy days my mom can't manage to make food so we go to sleep with a hungry stomach on a cold wet bed."

Samjhana is a representative character of a child from the Dalit community, who has suffered from a caste-based discrimination system and poverty. The Dalit community, which makes up almost 21 per cent of Nepal's population, goes through this kind of experience in their everyday life.

Most of the Dalit people do not have their own land. One third of the Dalit population is landless. Most do not have employment - they are living on the proceeds of traditional occupations such as clothing and shoemaking. Most cannot generate a minimum income from these occupations, (3) They can't attend school because of poverty, and almost 80 percent of Dalit people are uneducated.

There is little representation of the Dalit community in politics. There are nominal Dalit members in the central committees of the major political parties. Many in the community believe this lack of representation is a crime, but the issue hasn't come forward. There are different provisions that prohibit caste discrimination but they are not truly enforced.

Dalits suffer as a result of 'untouchability', although this does not, by law, exist. At least that is what one might conclude (4) ... , which states that "No person shall, on the basis of caste, be discriminated against as untouchable".

But the real life experience of the Dalits is quite the contrary. The Dalits believe that untouchability is only too alive and that, (5) They are not even allowed to touch the water

or use the public utilities.

One of the biggest problems the Dalit community is facing is a lack of awareness among their own community about the laws, since they have been poorly implemented and the government regularly fails to prosecute individuals who are engaged in caste-discrimination and other forms of unequal treatment.

But now Nepal's Constituent Assembly is in the process of creating a new constitution to ensure the rights of every minority including Dalits, women and indigenous people and, **(6)** Around 50 representatives from the Dalit community are working on the new constitution so that caste discrimination will be history for the next generation.

Tilak Pariyar, one of the Constituent Assembly members from the Dalit community, says that equal and proportional representation of Dalit community in every sector **(7)**

Adapted from: <http://australianetworknews.com/stories/201007/2960096.htm>

A) from centuries of caste-discrimination and continuing poverty
B) as she knows the difficulties her family faces in not even being able to repair their house, which was damaged last year
C) as this kind of work is being replaced by modern technology
D) but up to now it has never happened
E) despite their significant number, they continue to suffer from discrimination and human rights abuses just by reason of their caste
F) from reading the constitution of 1990
G) is the only solution to encourage Dalits to come forward
H) taking poverty into account
I) that is to say, it is intolerant and unapproachable
J) therefore, there is hope and a greater opportunity for the Dalit community to raise their voices

Gap	0.	1.	2.	3.	4.	5.	6.	7.
Phrases	A							
Teacher only	√							

TOTAL (7 x 2 marks) _____ /14 marks

