



PUNTUACIÓN QUE SE OTORGARÁ A ESTE EJERCICIO: (véanse las distintas partes del examen)

---

El alumno debe responder a una de las dos opciones propuestas, A o B. En cada pregunta se señala la puntuación máxima.

### **OPCIÓN A**

#### **Jet lag**

Jet lag is a combination of fatigue and other symptoms caused by travelling abruptly across different time zones. Travelling to a different time zone disrupts the circadian rhythm. And it can take many days to readjust to the new time zone. In fact, NASA estimates that you'll need one day for every one-hour time zone crossed to get back to your normal rhythm and energy levels. So a five hour time difference means that you'll need five days to get back to normal. There is no cure for jet lag, but its effects ( memory lapses, irritability, digestive upsets,...) can be reduced with careful planning.

Flying east or west makes a difference. Your circadian rhythm (body clock) is less confused if you travel westward. This is because travelling west 'prolongs' the body clock's experience of its normal day-night cycle. Travelling eastwards, however, runs in direct opposition to the body clock.

There is no evidence that popular strategies, such as fasting or eating complicated diets, have any effect. Suggestions to reduce the impact of jet lag while travelling include avoiding alcohol and caffeinated drinks, eating small meals frequently, choosing lighter foods like fruit and vegetables or wearing loose, comfortable clothing.

Some travellers use alcohol to help them get to sleep, but this actually disrupts the normal sleep cycles and can prolong jet lag. The impact of alcohol on the body is 2-3 times more potent when you're flying.

**1. Add True or False, quoting the relevant information from the text to justify your answer. (3 points)**

- a) On lengthy journeys it is unlikely that any measures will eliminate jet lag.
- b) A copious meal before taking a flight is likely to minimize the effect of jet lag.
- c) One glass of wine in flight has the effect of 2-3 glasses on the ground.

**2. Answer the following questions according to the information given in the text. Use your own words. (2 points)**

- a) Why is travelling westward less harmful to our circadian rhythm?
- b) Is it possible to know how long it will take to readjust to the new time zone?

**3. Complete the following sentences. The meaning should be the same as that of the sentence above. (2 points)**

- a) You should not use sleeping tablets during a long haul flight. Sleeping tablets (...)
- b) I did not wear an eye mask. I could not sleep during the flight. If I (...)
- c) "Drink caffeinated drinks in moderation during the day", the doctor said to me. The doctor advised (...)
- d) The dry air aboard your aircraft can give you headaches and dry your skin. For this reason, you should drink water regularly. Since (...)

**4. Write a composition with the following title: (80-120 words) (3 points)**

Narrate a journey you have been on and the problems that you encountered.

## **OPCIÓN B**

### **Computer education for young children: a growing concern**

Over the past few years, computers have become a vastly popular household item. Our children's lives are already getting influenced by technology. Today, we find computers in use everywhere, whether we go to reserve a train ticket or to a bank. This is because it is faster and helps us complete our work without errors. So parents too have realized the need to help their children develop strong computer skills.

Slowly traditions are being broken and the computer is becoming a child's learning tool. Children are reading their bedtime stories online instead of in bed with their parents. Parents are leaving the learning up to the computers and spending less quality time with their children. The most important learning step for children is interaction with others. If they are sitting in front of the screen all day, they do not learn to share, wait their turn, or even something as simple as manners.

Kids with access to software that is not age appropriate may be exposed to such negative influences as violence, strong language, and over-stimulation from fast-action graphics. Moreover, frequent and prolonged computer sessions may pose physical health risks like visual strain, and posture and skeletal problems.

Overall, however, the benefits seem to outweigh the drawbacks. And actively involved parents can control most of the drawbacks. This puts even greater responsibility on parents to be vigilant and conservative in their judgement about their children's computer usage, especially regarding the internet.

**1. Add True or False, quoting the relevant information from the text to justify your answer. (3 points)**

- a) Computers may be of help in the successful achievement of daily routines.
- b) Computer learning games are replacing the activities that parents used to do in order to educate their children.
- c) The writer does not see advantages in children's regular use of computers.

**2. Answer the following questions according to the information given in the text. Use your own words. (2 points)**

- a) Are there any social disadvantages that may derive from the overuse of the computer?
- b) How vulnerable are children when sitting in front of the screen?

**3. Complete the following sentences. The meaning should be the same as that of the sentence above. (2 points)**

- a) My son spends more time playing computer games than I do. I don't (...)
- b) When she was a child, my sister read bedtime stories with my mother regularly. (...) used to (...)
- c) "Have you uploaded the file?" he asked me. He wanted to know (...)
- d) Parents should control their children when they decide to surf the internet. Children (...)

**4. Write a composition with the following title: (80-120 words) (3 points)**

Can YouTube be used as a learning tool?

Cada uno de los ejercicios tendrá una duración de hora y media y se calificará de 0 a 10 con dos cifras decimales.

**Cuestión 1** (hasta 3 puntos).

Se otorgará un punto a cada frase, siempre que tanto la denotación de Verdadero o Falso como su justificación sean correctas. En el caso de que la justificación sea excesiva, se podrá otorgar medio punto por frase. No puntuarán aquellas respuestas en las que la denotación de Verdadero o Falso no vaya acompañada de su correspondiente justificación o ésta sea incorrecta.

**Cuestión 2** (hasta 2 puntos).

Se otorgará un punto a cada una de las respuestas, valorando en igual medida la comprensión (0,5 puntos) y la corrección lingüística (0,5 puntos). Esta cuestión trata de evaluar no sólo la comprensión sino la capacidad de comunicar información deducida de la lectura. Se intentará evitar, por tanto, la reproducción literal de expresiones del texto.

**Cuestión 3** (hasta 2 puntos).

Se concederá 0,5 puntos a cada frase completada correctamente. Se valorará la adecuación semántica (0,25 puntos) y la corrección de la estructura morfosintáctica (0,25 puntos) más que los detalles de ortografía.

**Cuestión 4** (hasta 3 puntos).

Un criterio excluyente a la hora de puntuar en este apartado será la falta de adecuación al tema propuesto o la reproducción literal y continuada de fragmentos del texto inicial. La redacción se corregirá atendiendo a un conjunto de aspectos y no sólo a la corrección gramatical y ortográfica. Así deberá tenerse en cuenta: el dominio del léxico, la organización de ideas, la coherencia, la creatividad, la capacidad para transmitir un mensaje, etc. La puntuación se distribuirá del siguiente modo:

☞ 1 punto por la corrección morfosintáctica.

☞ 1 punto por la utilización adecuada del léxico, riqueza del mismo y creatividad.

☞ 1 punto por la organización y presentación de ideas, la coherencia en la exposición y la capacidad de comunicar.

Se valorará el buen uso de la lengua y la adecuada notación científica, que los correctores podrán bonificar con un máximo de un punto. Por los errores ortográficos, la falta de limpieza en la presentación y la redacción defectuosa podrá bajarse la calificación hasta un punto.