



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

Elija una de las dos opciones propuestas, A o B. En cada pregunta se señala la puntuación máxima.

OPCIÓN A

A Nobel for Malala and Kailash

Malala Yousafzai, who is seventeen years old, and Kailash Satyarthi, who is sixty, were awarded the Nobel Peace Prize in 2014 for defending the right of all children to education.

Kailash, an Indian, has fought for children for decades; Malala, a Pakistani, is a fighter herself. Three years ago, gunmen from the Taliban got on her school bus and shot her in the head because she had written on a blog for the BBC about how girls should go to school. Satyarthi has survived physical attacks, too. According to press reports, he has worked directly with more than eighty thousand children, and has fought to change the conditions and chances of hundreds of thousands more.

Malala said that the award was a "great honour for me," and that she was honoured to share it with Kailash. "I'm proud that I'm the first Pakistani and the first young woman or the first young person getting this award," she said in Birmingham, England. Malala learned she won the award while she was in chemistry class in England. She wasn't expecting to get the award but a teacher called her over and told her she had. Yousafzai said she continued to attend classes, and it was a "normal day," except for teachers and fellow students congratulating her. She said she doesn't believe that she deserved the award but considers it an encouragement to continue her campaign and "to know that I'm not alone," she told reporters.

(Adapted from *The New Yorker*)

1. Add True or False, quoting the relevant information from the text to justify your answer.

(2 points)

- a) Malala is glad Kailash was also awarded the Nobel Peace Prize.
- b) As soon as she was told she had got the prize, Malala left school to celebrate it.

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

- a) Why are both Malala and Kailash said to be fighters?
- b) What makes Malala's Nobel Peace Prize different from previous ones?

3. Find words or phrases in the text which mean the same as the following. (1 point)

- a) Prize.
- b) Stimulus, support.
- c) Praising, applauding.
- d) Honoured, glad.

4. Complete the following sentences. The meaning should be the same as that of the first sentence.

(2 points)

- a) The threats against Malala have not silenced her.
Malala (...)
- b) "We must not forget that millions of people are suffering from poverty, injustice and ignorance", said Malala.
Malala (...)
- c) Malala is seventeen years old and Kailash is sixty.
Kailash (...)
- d) Although the abolition of slavery in much of the world has greatly reduced child slavery, the problem lives on.
Despite (...)

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

All children should have the right to go to school.

OPCIÓN B

Relaxation's Healing Powers

Take a deep breath and relax. We all know that relaxation is good for us. Now, a comprehensive scientific study has just been published showing that deep relaxation changes our bodies on a genetic level.

Researchers at Harvard Medical School have discovered that in long-term practitioners of relaxation methods such as yoga and meditation, far more "disease-fighting genes" were active, compared to those who practised no form of relaxation. After only two months of practising relaxation your body begins to change: the genes that help fight inflammation, kill diseased cells and protect the body from cancer all begin to switch on.

How can you use relaxation's healing powers? Harvard researchers found that yoga, meditation and even repetitive prayer and mantras all induced the relaxation effect. The more regularly these techniques are practised, the more deeply rooted the benefits will be. Next are three simple techniques you can try for 15 minutes once or twice a day.

Breath Focus: Sit comfortably. Focus on your breath, follow the sensation of inhaling from your nose to abdomen and out again. Let tension go with each exhalation. When you notice your mind wandering, return to your breath.

Mantra Repetition: Sit quietly with eyes closed and mentally repeat a simple word or sound such as "Om".

Guided Imagery: Imagine a wonderfully relaxing light or a soothing waterfall washing away tension from your body and mind. Make your image vivid, imagining texture, colour and any fragrance you like as the image washes over you.

(Adapted from Anastasia Stephens, "7 Health Benefits of Meditation")

1. Add True or False, quoting the relevant information from the text to justify your answer.

(2 points)

- a) You need to practise relaxation for at least one year before "disease-fighting genes" become active.
- b) You can induce the relaxation effect just by feeling how the air comes in and out of your body.

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

- a) What is the effect of relaxation on our bodies according to researchers at Harvard Medical School?
- b) In what way can images help you relax?

3. Find words or phrases in the text which mean the same as the following. *(1 point)*

- a) Sick.
- b) Relaxing, calming.
- c) Exhaustive.
- d) Divagating, moving about aimlessly.

4. Complete the following sentences. The meaning should be the same as that of the first sentence.

(2 points)

- a) It's a pity I don't have more time to relax.
I wish (...)
- b) When practised regularly, meditation makes you less likely to fall ill.
(...) as long as (...)
- c) "Imagine a wonderfully relaxing light", he said to me.
He invited (...)
- d) Some yoga exercises can be difficult if you are not very flexible.
Unless (...)

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

What is your idea of the perfect day?



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. (2 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. (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. (1 punto)

Se otorgarán 0,25 puntos a cada una de las respuestas, cuatro en total. Esta cuestión trata de evaluar la comprensión del texto y el valor semántico de algunos de los términos que en él aparecen.

Cuestión 4. (2 puntos)

Se concederán 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 5. (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:

- Hasta 1 punto por la corrección morfosintáctica.
- Hasta 1 punto por la utilización adecuada del léxico, riqueza del mismo y creatividad.
- Hasta 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.