

Este examen consta de dos modelos: A y B. Cada modelo tiene cinco apartados: 1, 2, 3, 4 y 5. Debes ofrecer una respuesta a cada uno de los apartados (1, 2, 3, 4 y 5) pudiendo escoger si deseas responder, para cada uno de ellos, del modelo A o B. Encabeza la respuesta a cada apartado indicando a qué modelo corresponde (ejemplo: Apartado 1, modelo B; Apartado 2, modelo A, etc.).

Modelo A

WHAT WE KNOW ABOUT GENERATION Z

Aged between eight and 23 years old, generation Z or the post-millennial generation will lead the world in a few decades. Also labelled as centennials, for having been born into the world at the turn of the century — the oldest were born in 1995 and the youngest in 2010 — they arrived with a tablet and a smartphone under their arms. What makes them different from the millennials?

A distinct difference between Gen Z and millennials can be seen in the difference between technology addiction vs. technology fluency. Gen Z'ers are significantly more dependent on technology, while millennials would be considered technology-fluent: they possessed an inherent, intuitive understanding of technology and how to use it but were not hooked on it. Gen Z'ers go far beyond fluency, they view their mobile devices as "extensions" of themselves, they can feel anxiety without them and they use their devices to the extent that their use causes them to lose sleep. The internet is part of their DNA: it storms into their homes, their education and their way of socializing. They are unable to imagine a world without technology.

Another difference is that Gen Z's mastery of technologies may make them neglect their interpersonal relationships to a greater extent. On the other hand, Gen Z members are the ones who give more of a voice to social causes. Compared to the millennials, they have a much more definite idea about equality and racial and cultural diversity because that is what they have grown up with. Neither race, sexual orientation nor religion are identifying characteristics for them. People are just people to Gen Z. Gen Z is more likely to judge someone for what you are, rather than for who you are.

Similarly, Generation Z is also much more demanding in relation to sustainability. When they went to school there was a great deal of focus on that area and they grew up with an environmentally-friendly mindset, the result being they see it as a major determining factor when it comes to consumption. So much so that they demand that brands exhibit genuine environmental commitment rather than being taken in by empty posturing.

1. Answer these questions about the text. Use your own words wherever possible (2 points, 1 each).

- a. What's the difference between technology addiction and technology fluency?
- b. How does Generation Z see diversity? Why?

2. Read the following statements, decide whether they are true or false and justify your answer by quoting evidence from the text (1 point, 0,50 each).

- a. Millennials may neglect their interpersonal relationships but not as much as Gen Z'ers.
- b. When members of generation Z were children environmental issues were barely present.

3. Find in the text the word or group of words which match these definitions (1 point, 0, 20 each).

- a. Be in control or in charge (paragraph 1).
- b. Referred to with a word or a phrase that is used to describe the characteristics or qualities of people or things (paragraph 1).
- c. Complete control (paragraph 3).
- d. Not easily satisfied, making others meet high standards (paragraph 4).
- e. Attitude, disposition or mood (paragraph 4).

4. Complete the text using the correct words from the box below. There are 2 words that you won't need (2 points, 0, 25 each).

Members of Gen Z are very competitive in (a) _____ areas of life. Not only do they want to get the (b) _____ paying jobs, they also want to win (c) _____ debate and sporting event. Competition (d) _____ be against others or with (e) _____ and patience is a lost art with Gen Z, knowing they (f) _____ act quickly to get what they want fearing someone (g) _____ may beat them. Unlike previous generations, this group is also actively engaged in political conversations (h) _____ many of them not yet being able to vote.

EVERY	MUCH	ELSE	DESPITE	MOST	HIGHEST
THEMSELVES		HAVE TO	MAY	ALTHOUGH	

5. Write a composition of around 150-200 words on ONE of the following topics (4 points).

- a. Write an essay describing your generation. You can talk about different issues: technology, ideology, lifestyle, culture, education, personal relationships, etc.
- b. Imagine that a friend of yours suffered discrimination some years ago (it could be sexual, racial, economical...). Tell his or her story.

CAN YOU KISS AND HUG YOUR WAY TO BETTER HEALTH?

RESEARCH SAYS YES

Here's some news worth cuddling up to: Science shows that kissing, hugging, snuggling, and holding hands produce more than just magical moments. They can actually boost overall health, helping you lose weight, lower blood pressure, fight off sickness, and more. So what's the science behind the power of kisses and hugs? It has almost everything to do with a hormone called oxytocin. Sometimes called the "cuddle hormone" or "feel-good hormone," oxytocin is produced by the hypothalamus and released by the pituitary gland when we're physically affectionate. Oxytocin produces what some describe as warm fuzzies – feelings of connection and trust. Nevertheless, if you don't have a human cuddle buddy, snuggling with pets has been shown to produce similar results as snuggling with the people you love most.

As an added bonus, not only does affection increase oxytocin production, but it also reduces the secretion of cortisol, the stress hormone. High cortisol levels are linked to depression and a variety of other mental and physical ailments. When you make physical contact with someone you care about, the feel good oxytocin floodgates open and, at the same time, the urge to feel frazzled (cortisol) is subdued, leading to an all-around calmer state. In addition, oxytocin also plays a role in the maternal-infant bond. When we are born, we need the warmth of our mothers to generate the first defenses in our lives. Breast milk and warmth from their mother's bodies help babies to face the world for the first time.

If we take all the above into account, one question arises: how did the social distance during the Covid 19 pandemic affect us? Understanding the reason why we couldn't hug and touch those we loved during the pandemic was one thing. Dealing with the effects of that is still proving very difficult for many. It was said we were having "skin, hug or touch starvation". According to Dr. Loren Olso, a psychiatrist in Iowa, "terrorist attacks, natural disasters and mass shootings have been followed by survivors clutched in the arms of loved ones — people collectively gathering to mourn, hands of neighbors grasped in prayer. But the pandemic has rewritten the script of tragedy. Final goodbyes came by phone or not at all, travelling to familiar places was forbidden, and people living isolated lives were more the norm than the exception"

1. Answer these questions about the text. Use your own words wherever possible. (2 points, 1 each).

- How does affection work on oxytocin and cortisol?
- Explain Dr Loren Olso's reflection.

2. Read the following statements, decide whether they are true or false and justify your answer by quoting evidence from the text (1 point, 0,50 each).

- The benefits of cuddles can be obtained from animals and people alike.
- Many people are still suffering the consequences of the lack of hug and touch generated by the pandemic.

3. Find in the text the word or group of words which match these definitions (1 point, 0, 20 each).

- Increase, improve (paragraph 1).
- Illnesses, usually not serious or very dangerous (paragraph 2).
- A link, a connection, a strong feeling of love that unites people (paragraph 2).
- Cry, weep, feel very sad because someone you loved has died (paragraph 3).
- Not allowed, especially by law (paragraph 3).

4. Complete the text using the correct words from the box below. There are 2 words that you won't need (2 points, 0, 25 each).

Here are some of the benefits kisses and hugs can have: oxytocin is one of several appetite-related hormones (a) _____ when we are full, telling our brain and body to stop (b) _____. So, when oxytocin is cued by hugging, kissing, and holding hands, it has the same effects as oxytocin cued by a well-rounded meal – that is, you feel (c) _____ you've eaten, and are therefore (d) _____ likely to reach for a snack or another bite. (e) _____, higher levels of oxytocin have been linked to falling asleep quickly and staying asleep. This (f) _____ be a side effect of the hormone's ability to regulate sleep patterns, (g) _____ some studies attribute to a lot of other benefits including (h) _____ nightmares.

LIKE	BESIDES	TO EAT	MIGHT	LESS
FEWER	RELEASED	WHICH	EATING	ALTHOUGH

5. Write a composition of around 150-200 words on ONE of the following topics (4 points)

- Write an e-mail to a friend describing your experience during the Coronavirus lockdown. Explain how it affected you and yours and the lessons you have learnt from it.
- Are online relationships (by WhatsApp, Skype, Facebook...) better than face-to-face ones? Write a for and against essay on this topic.