



Universidad del País Vasco Euskal Herriko Unibertsitatea

UNIBERTSITATERA SARTZEKO
PROBAK

2010eko EKAINA

INGELESA

PRUEBAS DE ACCESO A LA
UNIVERSIDAD

JUNIO 2010

INGLÉS

Choose between option A and option B. Specify the option you have chosen.

Please, don't forget to write down your code on each of your answer sheets.

OPCION A

TEENAGERS UNDER PRESSURE

It gets to us all sometimes. That anxious, gloomy feeling called stress. It can make the most minor problem feel like a matter of life and death and the prospect of a big event such as an exam seem like the end of the world. Therefore, stress blows problems out of perspective.

For many teenagers stress starts at schools. There is the pressure of exams, large workloads, bullying and just wanting to be liked. At home there might be family problems. Then there is the "bigger picture", with young people more likely to worry about environment, crime and unemployment problems.

Just as there are many causes for stress, the way it shows itself also changes. Stress can make you feel like you don't want to be around other people. It can take you off your food or make you eat too much, stop you sleeping properly and even be the reason for stomach pains, backache or a stiff neck. Irrational fears are also common. That's when one bad mark makes you think that you're a total failure.

But for all the negative effects, stress can actually be good for you. A small amount can give you the adrenaline rush you need to perform. Too little stress can result in boredom and feeling frustrated with life. The key is balance and learning how to beat off unhelpful levels of anxiety.

It's good to know that many of us use stress-busters. We do things to beat stress every day without knowing it. Going to your room and sticking the music on really loud, going out for a walk or just chatting to a friend on the phone can all do the trick.

Regular exercise, a good diet and activities like dancing can even stop you getting stressed in the first place. Whatever you do, dealing with stress is vital.



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I.- Answer questions 1-4 according to the information given in the text. **USE YOUR OWN WORDS. DO NOT COPY FROM THE TEXT** (4 marks)

1. How can we fight stress in every day life?
2. What are the main reasons why teenagers and young people get stressed?
3. Why does the author state that “stress blows problems out of perspective”?
4. Why could stress be considered positive?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own way or, at least, quoting properly. (2 marks)

1. Social concerns do not cause stress among young people.
2. The signs of stress are both physical and psychological.

III.- Find the words or expressions in the text that mean (1 mark)

1. in a correct or suitable way
2. something that you expect to happen in the future or the thought of this
3. essential
4. bring about a desired result

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. “For many teenagers stress starts at school”. Discuss.
2. Write about your stressful experiences. Who or what helped you to cope with them? What can you learn from those experiences?



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OPCION B

REALITY SHOWS

Love them or hate them, we all know what they are. Reality shows are based on the idea of taking ordinary people and turning them into 'stars' by putting them in unusual situations. Big Brother was probably the first of the new reality shows but the genre has developed.

We have the dating shows where winners either pair off or stay true to their partners outside the TV studio. We are also familiar with those reality shows based on music while others are designed to bring out more extreme physical and emotional reactions. In one series, participants have to face the thing that they are most afraid of -being covered with scorpions for example, or climbing out of a window twenty floors up in the air.

Critics say these programmes are degrading but people watch them. So why are there so many of them? For the viewer it's an opportunity to 'people watch'. It's natural to like watching other people. And of course, television is the perfect place to watch people. Like the theatre or cinema we can look at other people and they can't look back. But with television, we can watch in the privacy of our own homes.

And why do people participate in them? Well, for fame and money of course. In the past, appearing on television wasn't for ordinary people. You had to be good at something, like sport, or reading the news, or acting. But not any more.

It seems that most shows do well at the beginning but then the viewing figures begin to fall. Perhaps the novelty has worn off. Certainly, reality TV seems to appeal much more to the younger audience. And now there are so many shows around even the young have become more discriminating. The genre will probably survive - it's just no longer so easy to make a successful one.



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I.- Answer questions 1-4 according to the information given in the text. **USE YOUR OWN WORDS. DO NOT COPY FROM THE TEXT** (4 marks)

1. What is the basic idea behind reality shows?
2. What different types of reality shows does the author mention? Describe, at least, two of them.
3. Why do people like watching reality shows on TV?
4. What will most surely happen to reality shows in the future?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own way or, at least, quoting properly. (2 marks)

1. Nowadays you have to be good at something to appear on TV.
2. Young people are starting to show a more critical attitude towards reality shows.

III.- Find the words or expressions in the text that mean (1 mark)

1. feelings experienced in response to a situation
2. humiliating, causing a loss of self-respect
3. to decrease in number
4. lost effectiveness or intensity

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. Reality shows: some people love them and others hate them. What about you? Write an opinion essay and state your view on this topic.
2. What is your favourite TV programme? Describe it and explain why you like it.