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A complimentar por el Centro

APELLIDOS:	
NOMBRE:	
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PRUEBA DE CERTIFICACIÓN DE COMPETENCIA LINGÜÍSTICA

CERTIFICADO DE CICLO INTERMEDIO B2

INGLÉS B2

Fecha: 17 de enero de 2013

Tiempo: 60 minutos

Reading Comprehension

Instructions

- DO NOT OPEN THIS BOOKLET UNTIL YOU ARE TOLD TO DO SO.
- Write your name and surname in CAPITAL LETTERS within the space provided.
- Do NOT use pencil.
- Write your answers in the spaces provided in this booklet.
- When time expires, stop writing and hand in this booklet.

Information

This section consists of 3 tasks.

I have read and understood the instructions above

Signature:

Absent



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ENGLISH B2
2013





READING TASK 1 (Q1-8)

- **Read part of an article about how to achieve happiness.**
- **Choose the most suitable heading (1-8) for each part (A-J) of the article. There is one extra paragraph you do not need to use.**
- **The first one (0) has been done for you as an example.**
- **Write your answers in the space provided.**

10 steps to happiness

There's life and there's the job, right? Wrong. Anna Tims reveals the secrets that can truly improve your sense of wellbeing ... without you having to trek through the Himalayas.

(A)

Achieving small goals – an hour each evening with your children, a weekly work-out at the gym – might transform your perception of your life. Otherwise, large-scale remedies – a career change or a house move – may be what is needed. You (and your employer) can't address your frustrations unless you have a clear idea what you want. It might help to invest in an invitingly bound notebook and keep a journal of your thoughts and hopes. The simple act of writing things down can make you feel more in control. Bear in mind, work-life balance is an ongoing process and your priorities will need to be reassessed regularly as your needs and circumstances shift.

(B)

Modern technology means work can seep corrosively into private life. You need to make clear mental and physical distinctions between the two. Wean yourself off your email inbox in the evenings and turn your mobile off during family meal times. Similarly, you'll get home sooner if, when at work, you forbid yourself from making Facebook updates at your desk and try not to plan your weekend menus during your boss's financial review.

(C)

The pursuit of happiness is a modern luxury; throughout most of history the goal has been survival. We need, therefore, to lessen the expectations of our lives and make the best of what we have. "Stop being perfectionist; instead aim for being good enough," advises Julia Hobsbawm, author of *The See-Saw: 100 Ideas for Work-Life Balance*. "Don't compare your family to other families. Compare it only to your values and what you think is best for it." She suggests setting three manageable goals a day rather than flailing after 30.

(D)

This is the obvious solution and one of the most effective. Flexible working gives you a degree of autonomy, and autonomy is a vital ingredient for self-fulfilment. Employees now have the right to request flexible working and employers have to have good reason to refuse, but there is the fear that if you are not a fleshly presence at your desk for eight hours a day you'll be

deemed not to be pulling your weight. However, the more employees who work flexibly the less of a stigma there will be, so blaze a trail for your comrades.

They may actually get more toil out of you. In the office people can cover idleness with an air of activity; if you work from home bosses judge you on what you achieve.

When researchers from America's Brigham Young University looked at 24,000 IBM employees, they found that those with flexible working arrangements were able to put in 57 hours a week before their personal life started to suffer, against 38 hours for those in traditional posts, and when the AA based some of its call-centre staff at home their productivity rose by more than a third.

(E)

Easier said than done, but you can decline positively. If you can't take on another project because it would unbalance the three you are expertly juggling already, explain this. Phrased cannily it will proclaim how much you are already achieving. Yes-men are not necessarily respected and are often dumped upon. Hobsbawn suggests applying equal rigour to your private life in order to stretch time. "Let something go that you feel you ought to do but can do without, whether it's cleaning or networking parties or visiting friends," she says.

(F)

We've come to expect our jobs to be fulfilling, but in a 1992 book *Your Money or Your Life*, Joe Dominguez and Vicki Robin argue that we've confused work with paid employment. They reckon that paid employment by itself can't fulfil, but work – as in productive effort which can include domestic responsibilities – can and does. Work and employment may overlap partly or wholly – the key is to understand the distinction. The authors suggest we ask what work we find fulfilling then ponder if and how our paid employment can help us realise it. We might require a job that in itself fulfils us – or a less demanding one to fund an outside passion. Possibly turning our hobby into a career would dull its lustre. Even if we can't change our job, knowing why we're really doing it – and what not to demand from it – can help clarify our perceptions.

(G)

Your job might be costing you more than you think, according to Dominguez and Robin. If you require tropical holidays and frequent aromatherapy to relax, and if supper is a pricey Waitrose ready meal because you don't have time to cook, it might make financial sense to go part time and live more simply. "We need to move away from the consumerist identity to a productive one," says Pat Kane, author of *The Play Ethic: A Manifesto for a Different Way of Living*. "Your income will decrease but you'll be living more of a life."

Kane reckons a recession is a good time to reassess priorities. "If we aim to reduce our consumption, we will be able to work less and invest in life more. Imagine all the things we could do without having to shop: play and pray, create and relate, read and walk, listen and procreate."

A recent report by the thinktank The New Economics Foundation recommends the working week is cut to 21 hours to ease unemployment and improve quality of life. "So many of us live to work, work to earn, and earn to consume, and our consumption habits are squandering the earth's natural resources," says Anna Coote, co-author of the research. "Spending less time in paid work could help us to break this pattern. We'd have more time to be better parents, better citizens, better careers and better neighbours."

(H)

Half an hour prodding soil will reduce office stress far more effectively (and cheaply) than a glass of chardonnay. Studies from the University of Bristol indicate that simply touching friendly bacteria in soil has a similar effect to taking antidepressants, while research by the mental health charity Mind found that 94% of people who engage in green activities such as gardening felt it had eased depression. Gardening (or angling, or rambling) reconnects us with seasons and cycles and, when our handiwork bursts into bloom, gives a heady sense of purpose.

"The garden teaches you that things die, but things come back and there is always this constant cycle," says Nicola Carruthers, chief executive of Thrive, a charity that helps disabled people through gardening. If you don't have access to a garden or allotment, even watching seeds sown into a planter can boost sagging spirits. Or make time to circuit the nearest green space after work. It will create a soothing mental boundary between work and home.

(I)

The demand for mentors and life coaches suggests an appetite for seeking cosmic meaning behind the drudgery. "We should all be living more within the moment as our hunter gatherer ancestors did, but now we have a surplus of time and goods we've lost the art," says Dr Desmond Biddulph, chairman of The Buddhist Society. "Religions teach you a way of learning to reconnect, as does meditation. Yoga, for instance, is the idea of pulling energy back into the moment. Meditation and prayer reduce anxiety, which is the main destroyer of work-life balance. There's no rational reason why we should feel happy. Life is short and, for most humans, very unpleasant, and yet people do feel happiness when they stop thinking and worrying."

He suggests starting the day with 15 minutes of tranquillity, whether it's a cup of coffee at the kitchen table or quiet reverie on the train to work. "Once you are relaxed, priorities come naturally," he says.

(J)

Mahayani Buddhists regard virtues as skills for life, not as moral duties, and reckon that qualities such as generosity increase happiness. "Altruism makes people calmer and more fulfilled," Biddulph says. A relationship with family, friends and community is an essential ingredient for wellbeing and Nicholas Buxton, clergyman and author, wonders if the dash for material reward has diminished our view of our own human worth. "Maybe," he says, "fulfilment means engagement with others and finding purpose in looking outwards."

Write your answers here

	HEADING	PARAGRAPH
0	<i>Get flexible</i>	<i>D</i>
Q1	Downshift	
Q2	Learn to say no	
Q3	Build boundaries	
Q4	Assess your priorities	
Q5	Make work enjoyable	
Q6	Get back to nature	
Q7	Be realistic	
Q8	Nourish the spirit	

READING TASK 2 (Q 9-16)

- **Read this article about Robert Caro.**
- **Choose the correct answer (A-K) for each gap (9-16) in the text.**
- **There are two extra sentences that you do not need to use.**
- **The first one (0) has been done for you as an example.**
- **Write your answers in the space provided.**

Robert Caro

By training, Robert Caro is a journalist.— (0)H.....:three volumes on [Lyndon] Johnson and a saga about the New York public-works titan Robert Moses. (Q9) In his New York City office, where everything has its particular place, he works long hours, seven days a week, poring through interview transcripts and primary source notes, working slowly and deliberately on books he publishes, on average, once every 10 years. (Q10) Only by gathering as many facts as possible, cataloging them, cross-checking them and sitting with them at great length, can he choose the right words to re-create the past inside his readers' heads. (Q11)I have always thought," he told me this winter, "that in nonfiction, the level of the writing has to be as good as any novel if it is going to endure." [...]

"This building used to be filled with writers," Caro says as he lets a visitor into his Manhattan office, two blocks south of Central Park. (Q12)

Caro receives his own guests here. He has no secretary or bright young assistant to fetch coffee or comb through files. The only person he really trusts with his work is Ina [his wife]; she keeps her own office further uptown. He does not use a computer. He does have a telephone, but its chief virtue, Caro says, is that it "can be turned off. (Q13) Still, Caro wears a coat and tie to the office each morning so he never forgets when he sits down with his research that he is going to work.

Every inch of the New York office is governed by rules. (Q14) (general nonfiction on the post-Cold War is farthest from Caro's desk; books on his immediate subject are kept closest) and the stacking of notebooks (new interview subjects, like the JFK speechwriter Theodore Sorensen, sit at the top of the heap, while the oldest interviews, like Johnson's brother, Sam Houston, inhabit the bottom). The western wall contains only a giant outline—20 pages that get Caro from the beginning to the end of each book. (Q15) "If you're fumbling around trying to remember what notebook has what quote, you can't be in the room with the people you're writing about."

Even Caro's home is governed by a code he created to keep himself productive and sane. The Caros' Upper West Side apartment is filled with books, his collection and hers, but none sit in the dining or living rooms. (Q16) Indeed, though they have each devoted their lives to him for more than three decades, the Caros have a policy of not discussing Lyndon Johnson, at dinner or anywhere else. Ina presents her research to Bob in typed reports, which her husband then marks up. "I know what he's looking for without him telling me," she explains. She rarely reads his work until it is in manuscript form.

Jonathan Darman, "The Marathon Man," *Newsweek*, February 16, 2009

- A. But in his daily life, Caro more resembles a scientist, driven by the principle that you understand something only by observing it, watching it with great concentration and for a long time.
- B. Caro writes the old-fashioned way: in longhand, on large legal pads.
- C. Words matter to Caro.
- D. Caro also wanders off on tangents.
- E. "I trained myself to be organized," he explains, pointing almost apologetically at his massive writer's map.
- F. There are seldom knocks on the door.
- G. When he's at home, he doesn't want to think about his work," Ina explains.
- H. By profession, he is a biographer, among the most highly acclaimed living, thanks to his four books.
- I. There are regulations for book placement.
- J. They're all gone now. Now it's just me."
- K. His meticulous routine is sometimes painful, he says, but necessary.

Write your answers here

0	Q9	Q10	Q11	Q12	Q13	Q14	Q15	Q16
H								

READING TASK 3 (Q-17-22)

- **Read these letters written to the author of an advice column.**
- **Match the problems expressed by the readers (A- H) to each of the answers below (17-22). There is one extra problem you do not need to use.**
- **The first one (0) has been done for you as an example.**
- **Write your answers in the space provided.**

(A)

DEAR ABBY: My boyfriend, "Carl," and I have been together for six months. Both 29, we live together and each have one child. My problem is that we argue constantly. We fight about the kids, money, chores, etc. The smallest thing can turn into a major battle. Do you think it is too early to be fighting so much? I feel obliged to make it work because my son's father and I broke up before he was born, and he has become attached to Carl and his daughter.

(B)

DEAR ABBY: I am 20 years younger than my husband. I am also attractive and sexually available to him. We have a great relationship except for one thing. I can't trust him! I have caught him emailing women he met at work, inviting our neighbor to go with him on a motorcycle ride and heard many stories about him asking women on dates. But the worst was when I found out he was calling a woman every day and going to her house when I was at work. When I confronted him he said nothing sexual happened, but he moved out for a month.

(C)

DEAR ABBY: I have been dating the greatest man I've ever met in my life for three years. He has wonderful kids and a successful career. He's handsome and is kind to me, my kids and my family. We enjoy each other immensely, and we are now engaged. We are social drinkers, but about once a year he gets incredibly intoxicated and changes into the most horrible person I have ever seen. It's all verbal yelling -- nothing physical -- but it's still inexcusable. After an "episode" he is guilt-ridden and apologetic for weeks. I believe he's sincere, but it has made me rethink our engagement.

(D)

DEAR ABBY: I have been dating a man, who committed a crime years ago. He and a friend participated in several robberies. He was unarmed and no one was hurt, although the victims were traumatized. He was caught, served time in prison and has completely reformed his life. He finished college, was married for many years, is a devoted father to his children and holds an excellent job for which he is respected. Despite the way he has lived his life, I am having a hard time getting over his past.

(E)

DEAR ABBY: I had been single a long time when I married a wonderful man, who had custody of his two children. After we had dated awhile, he told me about his vasectomy. He said he and his wife had agreed not to have any more children. As our relationship progressed, he told me he would have the vasectomy reversed if I wanted to have children -- which I said I definitely did. After two years of marriage, I finally brought up the subject. He then informed me he didn't want to reverse the operation. He said he couldn't handle having another child. Abby, I am crushed. I thought he loved me enough to give me children out of our union and love. I love his children and wouldn't favor our children over his.

(F)

DEAR ABBY: I have been married for 10 years. Early in our marriage my husband talked about wanting to try swinging. We did, and had many enjoyable experiences.

Two years ago he decided he no longer wanted to be in the lifestyle, so we stopped. The problem is, I miss it very much. I want to get back into it and have talked with him about it, but he insists we stay out of it. I am torn between going to parties behind his back, suffering my displeasure in silence because I'm not able to do something I really enjoyed, or divorcing. Can you help me figure this out?

(G)

DEAR ABBY: I am a woman in my early 40s. I have two children. I have never been married. Five months ago I met a fine man. "Mr. M." is in his mid-40s and was married for about four years in the late 1990s.

I am very much in love with Mr. M., and he has shown me how much he loves me in many different ways. However, he says there are no wedding bells in the future.

Do you think Mr. M. is afraid to make a commitment because of his divorce?

(H)

DEAR ABBY: I am a widow with four teenagers. My husband died four years ago, and I have been seeing "Ken" -- a wonderful man -- for 18 months. He is four years older than I am, has never been married and has no kids. He had very little contact with mine until I was sure the relationship was serious.

Ken has proposed and we have set a date for a year from now, but my children are extremely unhappy. They say they don't know him and aren't comfortable around him. Ken is quiet and shy, the opposite of me. We have big decisions to make regarding homes and employment over the next few months. I realize that life is precious. I'm happy with my decision to marry, but the kids are trying to make me feel guilty and make no attempt to get to know Ken. When he comes over, they barely say hello.

Write your answers here

	QUESTION	ANSWER
0	<i>You can't. It may give you some comfort to know that the behavior you have described has nothing to do with you or your level of desirability. It is compulsive. You were naive to think if you married a serial cheater that he would be a faithful husband to you.</i>	B
Q17	<i>You must realize that the behavior he is exhibiting can escalate. While he may be able to handle his liquor 364 days a year (now), what happens on that 365th is a deal-breaker.</i>	
Q18	<i>Let's review your options as a process of elimination. I don't recommend that you do anything behind your husband's back because, at some point, what you're doing is sure to come out. I also do not recommend suffering in silence because sooner or later your unhappiness will become apparent. Because you and your husband no longer see eye to eye on the issue of marital fidelity and he wants a wife who will "cleave" unto him only, it makes sense to go your separate ways so both of your needs can be met.</i>	
Q19	<i>Couples counseling might help you resolve your issues — but only if he is as willing to work on them as you are. If that isn't the case, move on quickly before your son becomes more attached.</i>	
Q20	<i>Let me help you. He is a man who made a very stupid mistake in his youth and who has paid for it. But it didn't stop him from turning his life around and making a success of himself. Many people would respect that. I know I do.</i>	
Q21	<i>You are the mother of four immature adolescents who are afraid of change and view your fiancé as a threat. In a few years all of them will be away at college and, I hope, will have matured enough that they no longer feel the need to "punish" you for not remaining a grieving widow for eternity.</i>	
Q22	<i>Many churches -- and some states -- now encourage couples who are considering marriage to go through prenuptial counseling to ensure compatibility. I'm all for it. If both parties are honest with each other, it could prevent a world of heartache down the line. While you would never leave him, his dishonesty is grounds for an annulment of the marriage.</i>	

