

LENGUAS MODERNAS

Nombre: _____

Apellidos: _____

Fecha: _____

Read the following text closely and answer all six questions:

Many of us, professionals and regular people, alike are feeling their lives are overly hectic or emotionally out of kilter, and are looking for ways to restore the balance. We are looking to leading a mindful life.

Living a mindful life seems more difficult now than it was in the past. The fast life is all around us – fast food, fast cars, fast conversations, fast families, fast holidays. We may be living great lives but we aren't 'there' for them. We don't take the time to linger over food, over friends, over our family etc. We are not savouring our life and are starving of the real connection to our life.

The solution is self-explanatory. We need to slow down and connect with our life. But often it is easier said than done. Each fast aspect of our life is necessary for other fast aspects to happen, and we have been fooled into thinking we need, or even must, be fast and have what the 'fast life' gives us.

If we don't listen to our bodies and to that little voice in our head that is telling us to slow down we may succumb to the myriad of health conditions that are a result of leading fast, stressful lives. The biological costs of ignoring stress are staggering, manifesting in cardiovascular and other systemic diseases and even, new research shows, in accelerated aging. The psychological costs are equally large with anxiety, depression, eating disorders and other emotional illnesses associated with unmanaged stress.

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To be simplistic, the solution is to pay attention, on purpose, in a systematic way, in the present moment. That is, we need to be mindful. This is the answer. We can develop a wise relationship with our sensory experience through mindful meditation. Mindful living is a way of life that urges people to find calm by connecting with the present moment.

Jon Kabat-Zinn, professor emeritus at the University of Massachusetts Medical School has spent much of his professional life bringing the medical world's attention to the wisdom of the body and the healing that can happen when we get in touch with our senses and our mind. He has been a proponent of mindfulness – a Buddhist concept that can be best described as awareness. Awareness of everything: awareness of our senses, our body, our mind. Jon believes in using that awareness to learn to open up new dimensions of well-being and integrity, of wisdom and compassion and kindness in our self.

He says: “Mindfulness is a certain way of paying attention, it is healing, restorative, and reminding you of who you actually are so that you don't wind up getting entrained into being a human *doing* rather than a human *being*.”

When we practice mindfulness in our everyday life we are less caught up in and at the mercy of our destructive emotions, and we are then predisposed to greater emotional intelligence and balance and, therefore, to greater happiness because this kind of living gives us more satisfaction in our job, in our family and in our life in general.

TEST

1. What is the basic idea of the article?
 - a. we must hurry to achieve all our goals
 - b. we live too fast and we need to bring the rhythm down
 - c. stress makes us more effective but tired

2. What is the key to living a mindful lifestyle?
 - a. Being capable of adapting to the lifestyle imposed at that moment
 - b. Become conscious of the present moment we are living
 - c. learn how to organize our time to do more things at the present time

3. Which are the consequences of not paying attention to stress?
 - a. economic costs and biological problems
 - b. you waste your time but you become more effective
 - c. psychological disorders and becoming older much quicker

4. The professor Jon Kabat-Zinn is dedicated to study:
 - a. the capacity of the body and the mind to restore themselves
 - b. how to make doctors pay attention to problems in the area of neuroscience
 - c. the approach of different schools of meditation to optimizing working memory

5. By using awareness we can learn:
 - a. to be at the mercy of the destructive emotions
 - b. to train our ability to project our future
 - c. to open our minds to new ways of well-being

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6. Which are the benefits of a mindful life?

- a. a more satisfactory life, in all its dimensions
- b. more success in our professional career
- c. to be a superman or a superwoman

7. What do you think is a synonymous of “the healing” in this context? (Underlined in the text)

- a. the accident
- b. The phenomenon
- c. The cure

8. How would you translate the phrase “less caught up” as found in the text? (Underlined in the text)

- a. Menos obsesionados
- b. Menos atrapados
- c. Menos dependientes

Text structure

Type: ORD

9. Organise the following sentences in order to make up a complete, coherent paragraph.

- a. The sea looked lovely and blue and Steve decided to go for a swim
- b. He saw a fish and swam under the water to take look at it
- c. Then he noticed something red: a girl’s shoe
- d. ‘I’ve seen a shoe like that’, he thought. ‘Where was it?’
- e. Near the shoe was a heavy piece of metal and a rope going up from it

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10. Translation (2 points). Which of the following translations is the correct one? *Wear brightly colored clothing so that the motorists can easily see you.*

- a. Vista ropa de colores vivos para que los motoristas puedan verle con facilidad
- b. Vista ropa de colores llamativos para que los motoristas puedan verle con facilidad
- c. Vista ropa de colores vivos para que los automovilistas puedan verle con facilidad

General Knowledge and Culture

11. Who was the first President of the United States?

- a. Thomas Jefferson
- b. Abraham Lincoln
- c. George Washington

12. When is “Thanksgiving” celebrated in the USA?

- a. June
- b. November
- c. February

13. Who is the director of *The Quiet Man*?

- a. John Ford
- b. Billy Wilder
- c. William Wyler

14. Suzanne Collins wrote...

- a. *Divergent*
- b. *The Hunger Games*
- c. *Twilight*

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15. What started World War II?
- a. The invasion of Poland by Germany
 - b. The Japanese attack on Pearl Harbor
 - c. The murder of Archduke Ferdinand of Austria

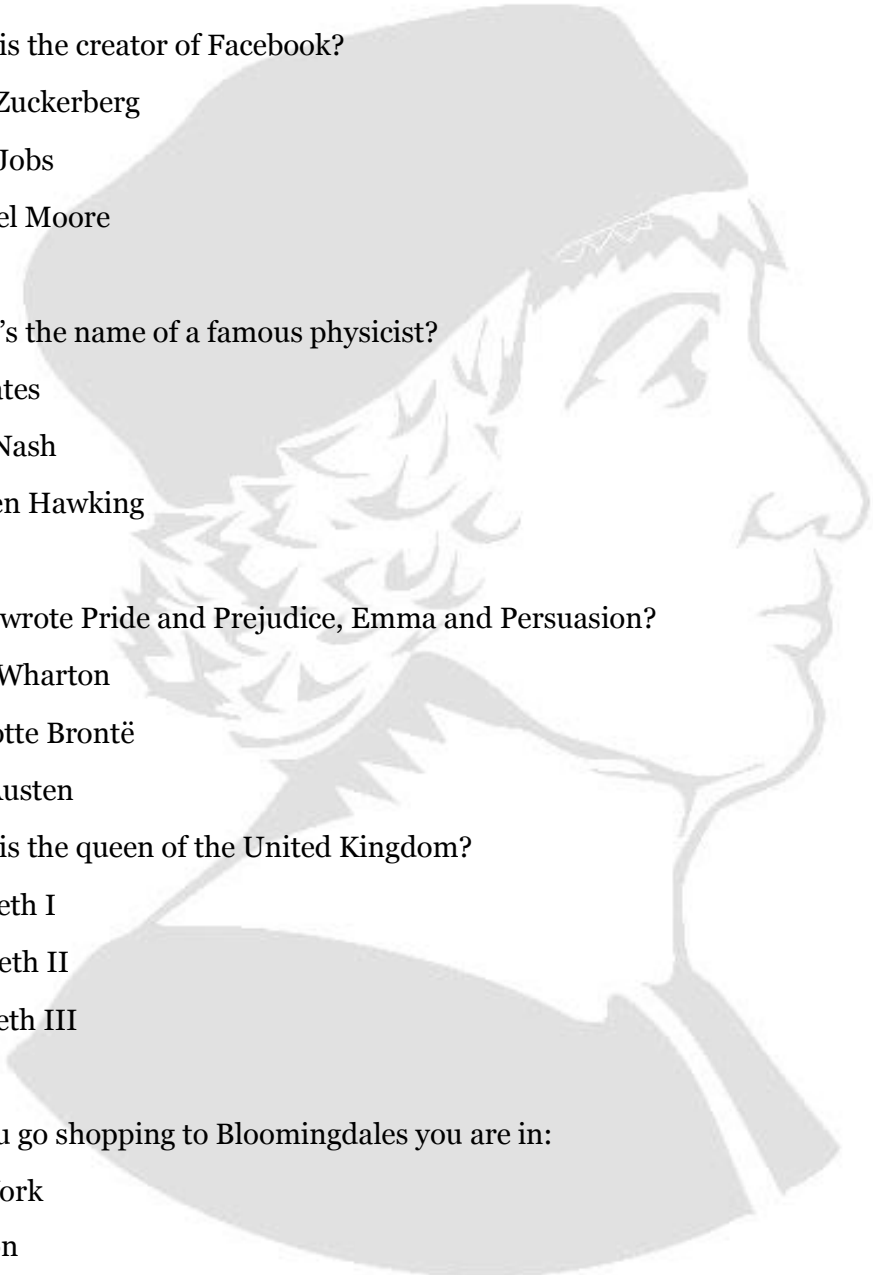
16. Who is the creator of Facebook?
- a. Mark Zuckerberg
 - b. Steve Jobs
 - c. Michael Moore

17. What's the name of a famous physicist?
- a. Bill Gates
 - b. John Nash
 - c. Stephen Hawking

18. Who wrote *Pride and Prejudice*, *Emma* and *Persuasion*?
- a. Edith Wharton
 - b. Charlotte Brontë
 - c. Jane Austen

19. Who is the queen of the United Kingdom?
- a. Elizabeth I
 - b. Elizabeth II
 - c. Elizabeth III

20. If you go shopping to Bloomingdales you are in:
- a. New York
 - b. London
 - c. Los Angeles



Grammar

Choose the appropriate options to complete the sentences below.

21. Parents can learn to create an environment _____ their child can grow in a more resourceful and less stressful manner.

- a. which
- b. what
- c. where

22. Mobile phones are dangerous when people use them while they _____ cars.

- a. were driving
- b. drove
- c. are driving

23. The conversation between the airport control tower and the pilots _____ that the plane _____ approval to land before it crashed.

- a. has revealed/has received
- b. revealed/had received
- c. was revealed/has received

24. Once we have started the course, we needn't pay for the whole course in advance, _____?

- a. don't we?
- b. didn't we?
- c. need we?

25. We regret not _____ of the chairman's decision before the board meeting.

- a. informing
- b. having been informed
- c. to have been informed



Writing

Match the connectors with the appropriate gap-letter in the text below

Type: FMB

26. I am part of a dual income family. That's right, (A) my wife and I have jobs. We (B) have children. We work at different times and everything depends on 'handover'. This works fine (C) anything interrupts the routine. Excuses for being late that begin with "My wife had to..." don't impress. (D) I am always grateful for having an understanding employer.

1.- ALSO: _____	2.- BOTH: _____	3.- SO: _____	4.- UNLESS: _____
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27. I suspect that many are not so generous. (A) Looking at the current generation of fathers the future is no better. (B) Missing their children growing up, by 40, their salaries will be peaking (C) they begin to be replaced by young graduates. And (D) with this pay comes the news that the government intends to increase the retirement age to 68.

1.- ALONG: _____	2.- AND: _____	3.- AS: _____	4.- DESPITE: _____
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28. Some men can take time off work, usually (A) a good redundancy package. New father Chris Prince took this option, but he is hoping to pick up a little freelance work over the next year. (B) If someone isn't offering you some money to leave your job, (C), what other options are there?

1.- BUT: _____	2.- AS A RESULT OF: _____	3.- THEN: _____
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29. You could swap roles. Mother becomes the breadwinner and father becomes a full-time parent. (A) This still leaves of you facing an eight-hour day and then childcare at home –a good recipe for trouble. (B) It still might leave some people with the problem of only one income.

1.- BUT: _____	2.- WHAT'S MORE: _____
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30. (A) you could go part-time. (B) you're going to take a pay cut, and there are other problems (C): "I've noticed myself working on my days off, getting up early so I can put in a few hours at

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the office before everyone else wakes up,” says John Dorian, father of two and part-time web designer.

1.- TOO: ____	2.- OBVIOUSLY: ____	3.- ON THE OTHER HAND: ____
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31. John believes he has a considerate employer and his career won't suffer for his choice, (A) the evidence from women is not encouraging. A woman (B) has worked part-time for just a year suffers a ten per cent long term reduction in earnings. (C) My wife and I aren't about to change our system. We know it's not perfect, but it (usually) works. We know we're sometimes too tired to do our best with our children. (D) We're good parents. Promise.

1.- BUT: ____	2.- ALTHOUGH: ____	3.- PERSONALLY: ____ ____	4.- WHO: ____
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