



Secretaría Xeral de Educación e Formación Profesional

# Proba para a obtención do título de bacharel 2021

<b>Exercicio / Ejercicio</b>	<b>1.º</b>
<b>Período</b>	<b>2</b>
<b>Exame de / Examen de</b>	<b>Primeira Lingua Estranxeira I e II: Inglés / Primeira Lingua Extranjera I y II: Inglés</b>
<b>Parte da proba / Parte de la prueba</b>	<b>Comprensión e expresión escrita / Comprensión y expresión escrita</b>

<b>1.º apelido / 1.º apellido</b>	
<b>2.º apelido / 2.º apellido</b>	
<b>Nome / Nombre</b>	
<b>DNI</b>	





### 3. Formato da segunda parte da proba (comprensión e expresión escrita) / Formato de la segunda parte de la prueba (comprensión y expresión escrita)

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#### Duración

- Esta segunda parte da proba terá unha duración máxima de 60 minutos.

*Esta segunda parte de la prueba tendrá una duración máxima de 60 minutos.*

#### Formato

- Esta segunda parte da proba consta de cinco preguntas.

*Esta segunda parte de la prueba consta de cinco preguntas.*

#### Puntuación

- A valoración global desta segunda parte da proba é de 8 puntos.

*La valoración global de esta segunda parte de la prueba es de 8 puntos.*

- A puntuación de cada pregunta aparece a carón do enunciado.

*La puntuación de cada pregunta aparece al lado del enunciado.*

#### Orientacións / Orientaciones

- O exame realizarase con bolígrafo azul ou negro.

*El examen se realizará con bolígrafo azul o negro.*





## 4. Exercicio de comprensión e expresión escrita / *Ejercicio de comprensión y expresión escrita*

### Texto 1

#### **Living in a world of constant entertainment, why are we so bored?**

It amazes me when people proclaim that they are bored. Yet, despite the excess of high-intensity entertainment constantly at our disposal (i.e. internet, social media, multi-channel TV, 24-hour shopping, Netflix, game consoles, texting, etc), we are still bored. Up to half of us are “often bored” at home or at school while more than two-thirds of us are chronically bored at work.

In fact, we are overstimulated. The more entertained we are, the more entertainment we need in order to feel satisfied. Thus, slower-paced activities, such as reading reports, sitting in meetings, attending lectures or studying for exams, bore us because we are accustomed to faster-paced amusements. Our attention spans are now thought to be less than that of a goldfish (eight seconds). We are programmed to seek novelty. However, as soon as a new stimulus is noticed, it is no longer new, and after a while it bores us. In order to get that same pleasurable dopamine hit, we seek fresh sources of distraction.

Our increasing dependence on screentime is also to blame. Although we seem to live in a varied and exciting world with a wealth of entertainment at our fingertips, this is actually the problem. Many of these amusements are obtained in remarkably similar ways – via our fingers. We spend much of our work life now tapping on our keyboard. We then look for stimulation (watching movies, reading books, catching the news, interacting with friends) via the internet or our phone, which means more tapping. On average we spend six to seven hours in front of our phone, tablet, computer and TV screens every day.

Instead of performing varied activities that engage different neural systems (sport, knitting, painting, cooking, etc) to relieve our tedium, we fall back on the same screen-tapping schema for much of our day. Unfortunately, research suggests that chronic boredom is responsible for a profusion of negative outcomes such as overeating, gambling, truancy, antisocial behaviour, drug use, accidents, risk taking and much more.

<https://www.theguardian.com/lifeandstyle/2016/apr/24/why-are-we-so-bored> (adapted)

1. Write a summary of the text in English, including the most important points, using your own words whenever possible (maximum 50 words).

(1 point)





According to the Guardian, our modern society suffers from permanent boredom. As a result of an overexposure to too many stimuli, people demand new experiences but cannot get any satisfaction. They need to cut down on screen-tapping on their electronic devices and start doing other things to keep their brains healthy or else they may fall into poor and unhealthy behaviour.

**2. Find the words or phrases in the text that correspond in meaning to the words and definitions given here.**

*(1 point. 0,25 each)*

- a) Excessively active or excited (paragraph 2).
- b) Periods of time in which one is able to concentrate or remain interested (paragraph 2).
- c) Easily available, easy to find or use (paragraph 3).
- d) What happens as a number of different results of an activity or process (paragraph 4).

- a) Overstimulated
- b) Attention spans
- c) At our fingertips
- d) Outcomes

**3. Complete the second sentence of each pair so that it has the same meaning as the first one.**

*(2 points. 0,5 each)*

- a) Chronic boredom is not only responsible for overeating, gambling and antisocial behaviour but it may also lead to truancy, drug use, risk taking and serious accidents.  
Not only...
- b) On average we spend six to seven hours in front of our phone, tablet, computer and TV screens every day.  
Six to seven hours...
- c) "As soon as a new stimulus is noticed, it is no longer new and, after a while, it bores us", the reporter said.  
The reporter said that...
- d) It is impossible that people are bored being surrounded by constant amusement.  
People can't...





- a) Not only is chronic boredom responsible for overeating, gambling and antisocial behaviour but it may also lead to truancy, drug use, risk taking and serious accidents.
- b) Six to seven hours are spent in front of our phone, tablet, computer and TV screens on average every day.
- c) The reporter said that as soon as a new stimulus was noticed, it was no longer new and, after a while, it bored us.
- d) People can't be bored being surrounded by constant amusement.

**4. Answer the following questions in your own words according to the text.**

*(1 points. 0,5 each)*

- a) Why are people so bored today according to the journalist?
- b) What are the consequences of chronic boredom?

- a) People are so bored today mostly because they are constantly exposed to many stimuli which give them no satisfaction but still keep them wanting for more. On the other hand, we spend too many hours screen-tapping monotonously on our technical devices. We do need to do some other different things such as doing sport, painting, knitting or cooking.
- b) The consequences of chronic boredom are overeating, gambling, truancy, antisocial behavior, drug use, risk taking and even accidents.

**5. Write an article giving advice on how to avoid boredom today (maximum 120 words).**

*(3 points)*

Esta pregunta pretende avaliar a capacidade comunicativa no ámbito da produción escrita.

A nota final (máximo 3 puntos) outorgarase segundo a medida na que se cumbran os seguintes parámetros; cada un deles puntuarase de 0 a 0.5 puntos:

- a) Alcance. Abórdase adecuadamente o tema proposto. Sábense comunicar as ideas que se queren transmitir utilizando unha considerable variedade de recursos. Sábese utilizar o rexistro lingüístico adecuado á situación. De 0 a 0.5 puntos.
- b) Riqueza e control do vocabulario. De 0 a 0.5 puntos.
- c) Corrección gramatical. Presencia dun repertorio básico de elementos lingüísticos e de estratexias que permiten abordar o tema con comodidade. Ausencia de erros gramaticais básicos, como, por exemplo, omitir o suxeito diante dun verbo, omitir o -s da 3ª persoa do singular do Presente Habitual (*he writes*), utilizar adxectivos en plural, usar incorrectamente os adxectivos posesivos e demostrativos, non dominar os tempos verbais etc. De 0 a 0.5 puntos.





- d)** Fluidez. Posúese un dominio da lingua inglesa adecuado e suficiente para evitar cortes na comunicación ou malentendidos. De 0 a 0.5 puntos.
- e)** Cohesión. Utilízanse adecuadamente os conectores e demais medios de cohesión. De 0 a 0.5 puntos.
- f)** Coherencia. A persoa aspirante é capaz de organizar as súas ideas para redactar un texto coherente e ben estruturado. De 0 a 0.5 puntos.

