

## PRUEBA DE COMPRENSIÓN LECTORA (*READING*) INGLÉS C1

### Estructura:

- **Número de textos:** 3 textos (total 2.500 palabras aprox.)
- **Número de tareas:** 3
- **Número total de preguntas:** 20 preguntas
- **Valor acierto:** +0,5
- **Valor error:** -0,15

**Duración de la prueba:** 90 minutos

**Plataforma:** AvEx

### Ejemplo de examen:

#### TASK 1

- **Are climbing and life that different? Sophie Radcliffe doesn't think so. In the following article published in *The Guardian*, she explains why she loves the challenge. For questions 1–8, choose the answer (A, B, or C) which you think fits best according to the text.**

Imagine feeling unstoppable. Having the skills, drive and resilience to overcome obstacles and achieve anything you want to. Imagine knowing what it would take to perform to your maximum day in, day out, and believing you could do it. Imagine being able to assess and accept the risks of failure and progress as though you had no doubt you would succeed. Climbing gives me this.

You can climb on rock, ice, frozen waterfalls, giant snowy mountains and mountains that offer a mix of everything. My favourite type of climbing is alpine mountaineering where I can pit myself against the most inspiring and iconic peaks in the Alps.

In July 2010 at the age of 25, I decided my next challenge was going to be climbing Mont Blanc. Charley and I had started dating a few months prior and he asked if he could join me on this adventure. We trained for six months and booked our week-long trip in the Alps. The way we felt pushing through all kinds of limits and helping each other up that mountain made us hungry for more. It was a huge mental game, when everything inside was screaming to stop, we just had to keep going. The views were a good distraction! This was to be the start of a life-changing love affair with the mountains.

Since then, I've climbed in the depths of winter on days when the six hours of daylight and notoriously inclement weather make it feel like it barely gets light. I've climbed in the summer when the days are so bright and beautiful that you simply cannot get over it. When the snow sparkles in the sunlight as if a layer of glitter covers everything you lay your eyes on. I've seen sunrises that take my breath away and make me cherish every moment of what I'm doing, what I'm able to do.

I've also been so cold that I couldn't talk and feared for loss of my fingers. I've hit rock bottom while hanging onto the side of the mountain more times than I can remember, tears rolling down my face and not knowing how I was going to find a way to continue. Of course it scares me, of course there are times when I wish I wasn't there, that I'd chosen a less risky sport. However, it's walking this tightrope between risk and security, the endurance and problem-solving for mind and body, that keep me coming back for more.

Every decision counts in the mountains so you need to go up there armed with your best weapons. Drawing on your self-reliance and confidence. Small decisions like bringing the wrong kit, not enough food or water, or waking up late have the ability to be the difference between achieving your goal or having to turn back and, sadly, between life and death. The higher you climb the more extreme everything becomes.

It's the parallels between climbing and life that fascinate me. The chance to explore inwardly, to understand who I am, where my limits lie and how I can live more and become more. Every day is a school day and I learn something new which each adventure. There is no success or failure, it's about trying and learning. If succeeding means taking on too much risk, then it's not an option. There have been times when Charley's looked me in the eye and said "we're turning around" and a huge flood of relief has swept over me. I yearn to get back to normality, where everything around me doesn't feel big and scary. It takes time to build confidence and develop skill with climbing. I am on the right path, but the most important thing is knowing when to call it a day.

Charley and I have recently quit our London jobs and moved to Chamonix, at the foot of Mont Blanc, to dedicate more time to exploring this part of our lives. Climbing inspires us to see who we can become and to live our lives in the best way we can imagine.

If you've never climbed before, there's a few things you should know. Climbing is about people. About friendships, partnerships, and sharing "that was close" moments. It's about the post-climb beers that last late into the night, and planning future adventures. It's about standing on the summits of mountains you've only seen in pictures and read about in books. It's that incredible and unrivalled feeling of achievement you get from climbing, you feel empowered and as though you could do anything.

This is why I climb and why I love it.

1. **Sophie Radcliffe argues that climbing gives her a sense of**
  - a) Discouragement.
  - b) **Achievement.**
  - c) Freedom.
2. **Which of these statements is CORRECT according to the information in the text?**
  - a) There is only one type of climbing.
  - b) **There are different types of climbing.**
  - c) There are no mountains in which you can do rock climbing and ice climbing.
3. **Whose decision was it to climb Mt. Blanc?**
  - a) **Sophie's.**
  - b) Sophie's boyfriend made the decision.
  - c) Sophie and her boyfriend made the decision together.
4. **After their adventure climbing Mt. Blanc**
  - a) Sophie has never climbed again.
  - b) **Sophie has climbed various routes, winter and summer alike.**
  - c) Sophie has preferred to climb during the summer.
5. **Which of the following statements is INCORRECT?**
  - a) There were times in which Sophie thought her fingers would freeze black to the point she feared amputation.
  - b) Sophie has gone through times when she thought she could not feel worse.
  - c) **Notwithstanding the difficulties encountered while climbing, Sophie has never wished she had chosen a less risky hobby.**
6. **According to the writer, climbing**
  - a) And improvisation go hand in hand.
  - b) **Requires careful attention.**
  - c) Cannot be compared with life itself.

**7. For Sophie**

- a) **Climbing is a form of self-awareness.**
- b) Climbing has everything to do with reaching your goals, whatever the cost.
- c) It is the adrenaline rush she gets from climbing what drives her to the mountains.

**8. According to the writer**

- a) **Knowing when to stop is essential when you are a climber.**
- b) Life outside of climbing is dull.
- c) She has a hard time accepting when she is told that they can't keep going.

**TASK 2**

- **You are going to read an article from *The New York Times* entitled *Turning negative thinkers into positive ones*, written by Jane Brody. For questions 9–14, choose the answer (A, B, or C) which you think fits best according to the text.**

Most mornings as I leave the Y after my swim and shower, I cross paths with a coterie of toddlers entering with their caregivers for a kid-oriented activity. I can't resist saying hello, requesting a high-five, and wishing them a fun time. I leave the Y grinning from ear to ear, uplifted not just by my own workout but even more so by my interaction with these darling representatives of the next generation.

When I told a fellow swimmer about this experience and mentioned that I was writing a column on the health benefits of positive emotions, she asked, "What do you do about people who are always negative?" She was referring to her parents, whose chronic negativity seems to drag everyone down and make family visits extremely unpleasant.

I lived for half a century with a man who suffered from periodic bouts of depression, so I understand how challenging negativism can be. I wish I had known years ago about the work Barbara Fredrickson, a psychologist at the University of North Carolina, has done on fostering positive emotions, in particular her theory that accumulating "micro-moments of positivity," like my daily interaction with children, can, over time, result in greater overall well-being.

The research that Dr. Fredrickson and others have done demonstrates that the extent to which we can generate positive emotions from even everyday activities can determine who flourishes and who doesn't. More than a sudden bonanza of good fortune, repeated brief moments of positive feelings can provide a buffer against stress and depression and foster both physical and mental health, their studies show.

This is not to say that one must always be positive to be healthy and happy. Clearly, there are times and situations that naturally result in negative feelings in the most upbeat of individuals. Worry, sadness, anger and other such "downers" have their place in any normal life. But chronically viewing the glass as half-empty is detrimental both mentally and physically and inhibits one's ability to bounce back from life's inevitable stresses.

Negative feelings activate a region of the brain called the amygdala, which is involved in processing fear and anxiety and other emotions. Dr. Richard J. Davidson, a neuroscientist and founder of the Center for Healthy Minds at the University of Wisconsin — Madison, has shown that people in whom the amygdala recovers slowly from a threat are at greater risk for a variety of health problems than those in whom it recovers quickly.

Both he and Dr. Fredrickson and their colleagues have demonstrated that the brain is "plastic," or capable of generating new cells and pathways, and it is possible to train the circuitry in the brain to promote more positive responses. That is, a person can learn to be more positive by practicing certain skills that foster positivity.

For example, Dr. Fredrickson's team found that six weeks of training in a form of meditation focused on compassion and kindness resulted in an increase in positive emotions and social connectedness and improved function of one of the main nerves that helps to control heart rate. The result is a more variable heart rate that, she said in an interview, is associated with objective health benefits like better control of blood glucose, less inflammation and faster recovery from a heart attack.

"The results suggest that taking time to learn the skills to self-generate positive emotions can help us become healthier, more social, more resilient versions of ourselves," Dr. Fredrickson reported in the National Institutes of Health monthly newsletter in 2015.

9. **In the mornings, the writer, Jane Brody**  
a) Usually runs into a group of teenagers.  
b) **Usually runs into a group of caregivers.**  
c) Both statements above are correct.
10. **Brody can empathize with her fellow swimmer because**  
a) **She had a long experience living with a depressive person.**  
b) She is depressive herself.  
c) Her own parents often drag her down.
11. **Well-being can be achieved**  
a) By means of discouraging positive emotions.  
b) **Through the repeated experience of moments like the one the writer has most mornings.**  
c) When you learn to establish healthy boundaries with negative people.
12. **It has been shown that if it takes longer for the amygdala to recover from a threat**  
a) It is unlikely that you will suffer health problems.  
b) **Your chances of potentially suffering a variety of health problems increase.**  
c) You have as many chances of suffering a potential health problem as another person whose amygdala recovers more quickly.
13. **Meditation**  
a) **Can have an effect on our health.**  
b) Has no impact on our bodies.  
c) Increases blood glucose.
14. **In general, the writer**  
a) Is a clear example of a "glass-half-empty"-kind of person.  
b) **Reports on the benefits of optimism.**  
c) Shows how hard it is to become an optimist.

### **TASK 3**

- **Forbes, an American business magazine, has published an article that provides readers with your four tips on how to declutter our minds. For statements 15– 20, decide which section (A, B, C or D) mentions the same tip.**

### **SECTION A (TIP 1)**

I know, I know. It sounds counter-productive. But trust me, preparing that office presentation while updating your Instagram and looking for a secret Santa gift online for your roommate is not that helpful. While there's no harm in occasional multitasking, constant juggling between tasks limits your attention span, increases stress and creates additional clutter by making it difficult for your brain to filter out irrelevant information. In fact, a study conducted by Stanford University showed that heavy multitasking lowers efficiency and may impair your cognitive

control. The solution is to single-task as much as possible. Make a list of things you need to accomplish that day. Keep the to-do list simple and realistic. Start with what's most important and make your way down the list, completing one task at a time.

### **SECTION B (TIP 2)**

Professional organizer Scott Roewer has rightly put it, "clutter is simply delayed decisions". When you constantly put off making decisions, your brain becomes overwhelmed by all the clutter that's created by those pending decisions. So stop procrastinating and make that call. Whether it's about the house you want to buy or that email you've been avoiding for so long. For simple decisions, carefully evaluate the pros and cons and don't look back once you've made up your mind. For more important decisions, you can try the WRAP method, a technique discussed by the Heath brothers in *Decisive: How to Make Better Choices in Life and Work*.

### **SECTION C (TIP 3)**

Famous American poet Bill Copeland had rightly said, "the trouble with not having a goal is that you can spend your life running up and down the field and never score." Prioritizing is a great way to proactively take charge of your life. The first step is to figure out what are the things that matter the most to you, your life aspirations and your long-term goals? Prepare a list of your top priorities and make sure that your actions and the decisions you take reflect the priorities you set. The next step is to create an action plan to meet those set goals and to work on how you want to divide your time to focus on each item on that list. It's important to note that your list of priorities might change as you grow older and that is totally okay as long as you check in with yourself regularly and ensure that those priorities are still serving you.

### **SECTION D (TIP 4)**

Journaling is a great way to relax your mind by analyzing and organizing your thoughts. According to a research published in the *Journal of Experimental Psychology: General*, expressive writing eliminates intrusive thoughts about negative events and improves working memory. Researchers believe that these improvements may, in turn, free up our cognitive resources for other mental activities, including the ability to manage stress more effectively. Writing in a daily journal can also help manage anxiety and cope with depression, as it's a healthy outlet to release bottled emotions, states a University of Rochester Medical Center report. You don't have to be a prolific writer to start a journal. For beginners, bullet journaling is one of the easiest techniques to try out.

**Which section mentions the following tips?**

**15. Just listing your thoughts will do. You do not need to be Shakespeare.**

A	
B	
C	
D	X

**16. Drive your actions towards whatever objectives you've set your mind to.**

A	
B	
C	X
D	

**17. Be goal-oriented.**

A	
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B	
C	X
D	

18. One task at a time is the way to go!

A	X
B	
C	
D	

19. Postponing stuff swamps your brain.

A	
B	X
C	
D	

20. Sustained multitasking may decrease productivity.

A	X
B	
C	
D	