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Probas de acceso a ciclos formativos de grao superior

CSPEA03

# Inglés

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# 1. Formato da proba

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## Formato

- A proba consta dun texto e vinte cuestións tipo test. As cuestións serán de comprensión do propio texto e poderán incluír cuestións referidas ao vocabulario, gramática e elementos de cohesión do propio texto.
- As cuestións tipo test teñen tres posibles respostas das que soamente unha é correcta.

## Puntuación

- 0,50 puntos por cuestión tipo test correctamente contestada.
- Cada cuestión tipo test incorrecta restará 0,125 puntos.
- Polas respostas en branco non se descontará puntuación.
- No caso de marcar máis dunha resposta por pregunta considerarase como unha resposta en branco.

## Materiais e instrumentos que se poden empregar durante a proba

- Bolígrafo con tinta negra ou azul.

## Duración

- Este exercicio terá unha duración máxima de 60 minutos.



## 2. Exercicio

### Texto

#### WHY SWITCHING OFF HELPS TEENS SLEEP.

5 Only 20% of teens in Britain and America get enough sleep. Sleep is particularly important during adolescence, for brain and body development, but most teenagers don't sleep for long enough. Sleep disturbance is caused by worries, or by the huge changes going on in the body, and can affect a quarter to a half of all teens. In addition, during the teenage years the body's internal clock changes, which means it can be difficult for teens to fall asleep before 11 pm. However, while these factors can contribute to poor or insufficient sleep, one of the biggest causes in adolescents is technology.

10 Technology is affecting teens' sleep in various ways. Studies by the UK Sleep Council and the National Sleep Foundation found that almost all teenagers had at least one electronic item in their bedroom (phone, music system, TV or computer), and at least two thirds have all of them. Teens with four or more electronic items are much more likely to get insufficient sleep. There's also poor-quality sleep, or "junk sleep", where sleep is disturbed by technology. For example, many adolescents -almost 25%- regularly fall asleep while watching TV, listening to music or with computers on. Noises from the machines often wake them up, but also light from monitors or other gadgets can trick the brain into thinking it is light and the body needs to wake up. This junk sleep can make teens tired and irritable. However, teenagers' sleep isn't just being interrupted by their technological devices- The devices are keeping them up late, too. Research shows that using technology and having a bright, noisy room at bedtime means the brain doesn't wind down, which makes it harder to get to sleep. However, in the hour before bedtime, 82% of 20 12-18-year-olds watch TV. Surfing the net or chatting online are the next most popular activities (55%), followed by using the phone (44%) and listening to music (42%). Many teenagers, specially girls, also keep their computers and mobiles by their beds so they can receive texts and emails -even if the messages arrive during the night and wake them up- and send replies. Consequently, 45% of teens sleep less than eight hours on a school night.

25 Fortunately, teens can improve their sleep. Firstly, they can establish a regular bedtime that is early enough. As for technology, the best solution is to keep it out of the room- completely- and stop using all electronic items an hour before bedtime to allow the brain to switch off. Then, adolescents will have a quiet, dark, peaceful environment, which will help them sleep well, and get enough hours.

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Device: dispositivo.



1. The main idea of the first paragraph is...

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- A That teenagers never go to bed before 11 pm.
- B That teenagers don't get enough sleep.
- C That teenagers' bodies are changing.

2. According to the text, why do teenagers need sleep?

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- A To allow their brain and body to develop properly.
- B Because they are having internal changes.
- C Because they are woken up several times during the night.

3. What are the main reasons why teenagers don't get enough sleep?

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- A Brain and body development.
- B Because they go to bed very late.
- C Worries; physical changes; technology.

4. The main idea of the second paragraph is...

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- A How technology affects teenagers' sleep.
- B Why teenagers like electronic devices.
- C The number of electronic devices teenagers have in their room.

5. Sleep disturbance affects.....in Britain and America.

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- A 20% of teenagers.
- B very few teenagers.
- C over half of teenagers.

6. According to the text, which of the following statements is true?

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- A "Junk sleep" is poor-quality sleep due to disturbance from technology.
- B "Junk sleep" is when teenagers are tired and irritable.
- C "Junk sleep" is when teenagers leave their TV on.



7. According to the text, the majority of teenagers use some form of technology...

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- A when they wake up at night.
- B just before going to bed.
- C when their rooms are bright and noisy.

8. Which is the best way for teenagers to get more sleep?

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- A To fall asleep listening to music.
- B To stop using technology an hour before going to bed.
- C Not to use any kind of technology at all.

9. Which sentence has the same meaning as: "He started watching TV 3 hours ago and he is still watching TV."

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- A He watched TV for 3 hours.
- B He has been watching TV for 3 hours.
- C He has watched TV since 3 hours.

10. If he hadn't fallen asleep with his computer by his bed, he...

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- A won't wake up.
- B wouldn't woke up.
- C wouldn't have woken up.

11. Choose a similar sentence: "Maria is not able to sleep because she leaves her TV on at night".

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- A Maria might not sleep because she leaves her TV on at night.
- B Maria can't sleep because she leaves her TV on at night.
- C Maria shouldn't sleep because she leaves her TV on at night.

12. They say that computer games stimulate your brain.

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- A Computer games are said to stimulate your brain.
- B It is said that computer games to stimulate your brain.
- C They are said that computer games stimulate your brain.



**13.** Teenagers would improve their sleep...

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- A** if they keep electronic items in their rooms.
- B** if they will keep electronic items out of their rooms.
- C** if they kept electronic items out of their rooms.

**14.** "The devices are keeping them up late". Choose the sentence with similar meaning.

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- A** They are being kept up late by the devices.
- B** Them are being kept up late by the devices.
- C** They are kept up late by the devices.

**15.** Maria, .....leaves her TV on at night, can't sleep well.

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- A** that
- B** which
- C** who

**16.** They asked if anxiety had caused him poor-quality sleep.

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- A** They asked: "Did anxiety cause him poor-quality sleep?"
- B** They asked: "Had anxiety cause him poor-quality sleep?"
- C** They asked: "Does anxiety cause him poor-quality sleep?"

**17.** The writer advised teenagers...

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- A** don't use technology before going to bed.
- B** not to use technology before going to bed.
- C** that they don't use technology before going to bed.

**18.** "Fortunately, teens can improve their sleep", the writer explained.

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- A** The writer said that fortunately, teens could improve their sleep.
- B** The writer told that fortunately, teens could improve their sleep.
- C** The writer says that teens will be able to improve their sleep.



**19.** .....texts and emails during the night?

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- A** Had you ever received.
- B** Did you ever received.
- C** Have you ever received.

**20.** “Although he had a bright, noisy room, he managed to sleep”. Choose a similar sentence.

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- A** Despite having a bright, noisy room, he managed to sleep.
- B** In spite of have a bright, noisy room, he managed to sleep.
- C** Despite he had a bright, noisy room, he managed to sleep.



### 3. Solución para as preguntas tipo test

Nº	A	B	C	
1		X		
2	X			
3			X	
4	X			
5			X	
6	X			
7		X		
8		X		
9		X		
10			X	
11		X		
12	X			
13			X	
14	X			
15			X	
16	X			
17		X		
18	X			
19			X	
20	X			
N.º de respostas correctas (C)				
N.º de respostas incorrectas (Z)				
Puntuación do test= $C \times 0,5 - Z \times 0,125$				

**Nas preguntas de test, por cada resposta incorrecta descontaranse 0,125 puntos. As respostas en branco non descontarán puntuación.**