



Prova d'accés a Cicles formatius de grau superior de formació professional,  
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## Segona llengua estrangera. Anglès Sèrie 3

**Dades de la persona aspirant**

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**Cognoms i nom**

**DNI**

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**Qualificació**

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- A. Read the text below and choose the correct answer.

[Total: 3 marks; 0,50 for each correct answer]

### STRESS AND MEDITATION

- 1 All of us know about stress. Most of us have experienced it, and have an idea about the harm it can do. Of course, a minimum of stress is necessary to keep us motivated, but when it becomes unmanageable it can have serious consequences, such as depression, heart attacks or thrombosis.
- 5 Surprisingly, many people can't identify their own stress factors. This is partly because stress stops us thinking clearly and calmly about problems. Some causes of stress are well-known (workplace conflicts, limit times, exams...), but others are less obvious. Any kind of loss can cause stress, from the death of somebody you love to a child leaving home, and so can illnesses or disabilities. Even some happy events are stressful: moving house,
- 10 getting married, starting a new job or even going on holiday.
- Work-related stress is the second biggest occupational health problem in Britain (after back problems). But because there is still a stigma attached to mental-health problems, employees often "suffer in silence" because they don't want to ask for help or they simply don't know what to do or who to ask to.
- 15 There are a lot of recommendations that psychologists make to help control stress. All of these positive suggestions are potentially helpful, but research suggests that meditation could be the best solution. The Dalai Lama, Sting and Tina Turner all do it. The benefits of meditation have been known for centuries, but last year new research on meditation showed its practical usefulness as a method for controlling stress even if practised for a
- 20 very short time.
- There are thousands of meditation traditions and techniques. One of the most famous is Transcendental Meditation (TM), the technique taught by *Maharishi Mahesh Yogi*, which became famous in the 1960s when some of the most famous people in the world, including The Beatles, Mike Love of The Beach Boys and Mia Farrow, took up the practice.
- 25 The singer-songwriter Donovan recently brought TM into the news again when he visited Britain with film director David Lynch to promote meditation in British schools.
- Lynch started a foundation two years ago to promote the teaching of TM in schools, and has given more than \$5m to schools prepared to experiment with the technique. Speaking on the BBC's Radio 4, he said: "Children are suffering more and more with stress
- 30 at a younger age. When children get an opportunity to learn this technique, it transforms their life".
- If adopted, the schools meditation programme would require pupils to spend two 20-minute sessions per day in silence, concentrating only in their internal being. (I asked some teenage schoolchildren what they thought about this idea; they said that they
- 35 thought meditation would be very beneficial to them —but that their schoolmates would never be able to stay quiet for 20 minutes!).

Adapted from  
Miles PRATT. "Beating Stress at work and school". *Think in English*, n. 100

1. The factors that cause stress...
  - a)* are easy to identify.
  - b)* may be very different.
  - c)* are always the same.
  - d)* are mainly happy events.
  
2. People who suffer from stress at work...
  - a)* usually don't tell anyone.
  - b)* have a mental-health problem.
  - c)* don't work well.
  - d)* usually ask their boss for help.
  
3. Meditation...
  - a)* is a new technique taught by the Dalai Lama.
  - b)* may be useful to control stress.
  - c)* has to be practised for a long time.
  - d)* only helps famous people.
  
4. Donovan and Lynch...
  - a)* made Transcendental Meditation famous in the 1960s.
  - b)* want schoolchildren to practise Transcendental Meditation.
  - c)* are famous because they practise Transcendental Meditation.
  - d)* think that Transcendental Meditation has to be promoted on television.
  
5. Lynch...
  - a)* teaches Transcendental Meditation to schoolchildren.
  - b)* has spent \$5m on experiments.
  - c)* has transformed schoolchildren's life.
  - d)* has given some money to schools which wanted to teach TM.
  
6. The meditation programme at school...
  - a)* would be one hour long every day.
  - b)* would be twenty minutes long every day.
  - c)* is very appreciated by teachers.
  - d)* would be forty minutes long every day.

B. Choose the correct words or definitions *a*, *b*, *c*, or *d* for the words below as they are used in the text.

[Total: 2 marks; 0,5 for each correct answer]

1. **unmanageable** (line 3)

*a*) difficult                      *b*) unbalanced                      *c*) uncontrollable                      *d*) disconcerted

2. **employees** (line 13)

*a*) workers                      *b*) bosses                      *c*) students                      *d*) people

3. **opportunity** (line 30)

*a*) change                      *b*) luck                      *c*) chance                      *d*) opportunism

4. **require** (line 32)

*a*) search                      *b*) need                      *c*) like                      *d*) get

C. Write 80-100 words about ONE of the following topics.

[Total: 5 marks]

1. Why are there so many people suffering from stress? The text mentions some possible causes for stress. How can they cause stress? **Write your opinion.**
2. **Write a letter** to Mr. Lynch **and tell him your opinion** about his idea of promoting Transcendental Meditation for children at schools.







