GOBIERNO de CANTABRIA
CONSEJERÍA DE EDUCACIÓN Y FORMACIÓN PROFESIONAL

AÑO JUBILAR LEBANIEGO 2023-2024

40 cantabria años de autonomía

PRUEBAS DE ACCESO A LOS CICLOS FORMATIVOS DE GRADO SUPERIOR
Convocatoria de 16 de junio de 2022 (Resolución de 14 de febrero de 2022)

DATOS DEL ASPIRANTE		CALIFICACIÓN
Apellidos:		
Nombre:	D.N.I.:	

GRADO SUPERIOR – PARTE ESPECÍFICA
Opción A2.- LENGUA EXTRANJERA-INGLÉS

Mantenga su **DNI en lugar visible** durante la realización de la prueba.
Lea detenidamente los **enunciados** de las cuestiones.
Cuide la presentación (orden, claridad y limpieza). **Destaque las soluciones.**
Duración de la prueba: 2 HORAS

DIGITAL DETOX

Digital devices are everywhere in our lives these days. Many of us are addicted to them. There are new studies every day about the dangers to our health of spending too much time in front of our small screens. Children are not exercising; people are worrying about their body image because of online pressure; and people are being bullied by cyber-criminals. In a study of 1,000 adults in Japan, researchers found that half of the participants were addicted to their smartphones. They were unaware of their smartphone dependence. The study called for people to try "digital detox".
Digital detox means switching off from the Internet to enjoy "real life". It involves the old custom of talking to people face to face and doing normal everyday things. A digital detox organisation in Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices…to get enough rest." People should rely less on devices to avoid the new phenomenon of "nomophobia" – NO MObile PHOBIA. A psychologist warned of the dangers of being too absorbed in smartphones. She said people who ignore their responsibilities because of being online should try a digital detox.

https://breakingnewsenglish.com/2203/220314-digital-detox.html

Question 1 (2 points) Indicate whether the following statements are TRUE or FALSE and write down the part of the text which justifies your answer.

TRUE FALSE

□ □ **1.** People care more about their appearance because of the Internet.

_____

_____

□ □ **2.** A study suggested digital detox should be part of our lives.

_____

_____

□ □ **3.** The article says that face-to-face communication is decreasing.

_____

_____

□ □ **4.** A psychologist said digital detox is dangerous.

_____

_____

Question 2 (2 points) Answer the following questions in your own words.

1. How do you do a digital detox?

_____

_____

2. What kind of people should consider a digital detox?

_____

_____

Question 3 (1.5 points) Find the words in the text that mean the same as the following:

1. unconscious *(paragraph 1)* _____

2. addiction *(paragraph 1)* _____

3. sufficient *(paragraph 2)* _____

Question 4 (1.5 points) Complete these sentences with the correct structure.

1. The Internet _____ invented at the end of the 20th century. *(passive)*

2. Mobile phones _____ have Internet access are called smartphones. *(Relative pronoun)*

3. If I were addicted to my phone, I _____ do a digital detox. *(conditional)*

Question 5 (3 points) Write a short essay (about 100 words) on ONE of the following topics.

a) Advantages and disadvantages of having a smartphone.

b) What do you think about the Internet?