



# PRUEBA DE ACCESO Y ADMISIÓN A LA UNIVERSIDAD

ANDALUCÍA, CEUTA, MELILLA y CENTROS en MARRUECOS

CURSO 2018-2019

LENGUA EXTRANJERA  
(Inglés)

## OPTION A: MINDFULNESS: A BEGINNER'S GUIDE *KEY*

1 Mindfulness is a meditation technique aimed at focusing the mind on the present moment. A report published this week analysing 2 data involving 3,000 participants suggests that mindfulness can help alleviate feelings of stress and increase quality of life. The study 3 also shows measurable improvements of up to 20% in symptoms of anxiety and depression.

4 So, what is mindfulness, and how does it work? Unlike mantra meditation, which involves focusing concentration on a particular 5 word or sound, mindfulness aims to achieve a relaxed, non-judgmental awareness of your thoughts, feelings and sensations. This is 6 what Mark Williams, professor of clinical psychology at the Oxford Mindfulness Centre, calls a "direct knowing of what is going on 7 inside and outside ourselves, moment by moment."

8 Buddhist monks have been practicing a similar technique for 2,500 years, but it didn't reach Western medicine until the late 1970s. 9 Jon Kabat-Zinn, a US medical professor, began successfully treating patients suffering from chronic pain with a program he called 10 Mindfulness-Based Stress Reduction.

11 In recent years, organizations as varied as the US Army and Google have started offering mindfulness training for employees; 12 moreover, increasing numbers of schools are incorporating it into the curriculum for 13- and 14-year-olds. Frequently, the pace and 13 stress of modern living leave us caught up in a stream of thoughts and feelings, trapped in past problems or overwhelmed by future 14 anxieties. The idea is that by connecting with the present moment mindfulness practitioners become essentially able to manage 15 feelings and sensations.

16 The techniques sound simple enough: sitting in a quiet place, deep-belly breathing, paying attention to your body and training the 17 mind to observe, focus and filter. Why not give it a go?

### I \* COMPREHENSION (4 points)

CHOOSE AND WRITE THE CORRECT OPTION (A, B, C or D). (0.5 points each)

1. According to the text, mindfulness... (a)

- (a) might be an alternative to other stress-relieving techniques.  
(c) is required as a training method in the US Army.

- (b) focuses attention on a particular word or sound.  
(d) aims to manipulate your thoughts.

2. According to the text, mindfulness is... (c)

- (a) a mantra meditation.  
(c) about paying attention to your body and to present time.

- (b) not useful for treating patients with chronic pain.  
(d) the fundamental pillar of Buddhism.

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT, OR USE YOUR OWN WORDS. (0.5 points each)

3. Mindfulness has nothing to do with Buddhism. *FALSE* (line 8) "Buddhist monks have been practicing a similar technique for 2,500 years"

4. Google and other companies have started sponsoring mindfulness courses in schools. *FALSE* (line 11) "In recent years, organizations as varied as the US Army and Google have started offering mindfulness training for employees."

5. Apparently, it is quite easy to practice mindfulness. *TRUE* (lines 16-17) "The techniques sound simple enough: (sitting in a quiet place, deep-belly breathing, paying attention to your body, training the mind to observe, focus and filter.)"

6. The writer suggests that we try practising mindfulness. *TRUE* (line 17) "Why not give it a go?"

7. FIND IN THE TEXT: (0.5 points)

- 7.1. ONE SYNONYM FOR "worker". (noun) *employee(s)*. (line 11)  
7.2. ONE SYNONYM FOR "current". (adjective). *present* (lines 1, 14)

8. FIND IN THE TEXT: (0.5 points)

- 8.1. ONE WORD MEANING "a way of carrying out a particular task." *technique(s)* (lines 1, 8, 16)  
8.2. ONE WORD MEANING "a man who lives in a monastery." *monk* (line 8)

### II \* USE OF ENGLISH (3 points; 0.5 points each)

9. FILL IN THE GAPS WITH A CORRECT FORM OF THE VERB IN BRACKETS:

- 9.1. "We should... Eve yesterday." (call) *have called*  
9.2. "He can't afford... on holiday." (go) *to go*

10. FILL IN THE GAPS WITH THE CORRECT OPTION:

- 10.1. "Sorry, but I sent you the message... mistake." for / by / about / in *by*  
10.2. "Everybody can get benefits... mindfulness." of /with / from / by *from*

11. JOIN THE FOLLOWING SENTENCES USING A RELATIVE. MAKE CHANGES IF NECESSARY: "People practise relaxation techniques. These people live longer." *People who / that practise relaxation techniques live longer.*

12. GIVE A QUESTION FOR THE UNDERLINED WORDS: "I have been practising mindfulness for years." *(For) how long have you been practising mindfulness (for)?*

13. TURN THE FOLLOWING SENTENCE INTO REPORTED SPEECH: "He asked me, 'Do you still want to go to the show?'" *He asked me if I still wanted to go to the show.*

14. COMPLETE THE FOLLOWING CONDITIONAL SENTENCE: "She'd have taken me to the station if..." *subject + had + past participle.*

### III \* WRITING (3 points)

15. WRITE A COMPOSITION OF APPROXIMATELY 120 WORDS ABOUT THE TOPIC PROPOSED AND FOCUS STRICTLY ON IT:  
*What do you do to deal with your stress?*