



Parte da proba: Substitutivas do requisito de titulación: Bacharelato

Dirección Xeral de Educación, Formación Profesional e Innovación Educativa

**Parte da proba acceso: Substitutiva do requisito de titulación para o acceso e admisión ás ensinanzas profesionais de Artes Plásticas e Deseño para o curso 2018-2019. Resolución do 6 de maio de 2019, DOG 23 de maio.**

## Materia: Lingua estranxeira. Inglés

Grao	Superior	
Data	3 de xullo de 2019	
Alumno/a		DNI:
Cualificación		

### INSTRUCCIÓN

#### Formato

A proba consta de 9 preguntas relacionadas coa temática dun texto e distribuídas da seguinte forma.

- Primeira parte: 8 cuestións tipo test relacionadas cun texto. O candidato deberá elixir unha única opción e sinalar a resposta correcta de cada pregunta tipo test na táboa de solucións ás preguntas.
- Segunda parte: 1 cuestión que esixe unha redacción por parte do candidato.

#### Puntuación

1 punto por cada resposta correcta no primeiro bloque (puntuación máxima 8 puntos, sen penalización no caso de erro). 2 puntos máximos pola pregunta de expresión escrita.

**Total: 10 puntos.**

#### Duración

O tempo estimado para responder: 60 minutos (1 hora).

#### Execución

As respostas á pregunta número 5 indicaranse na táboa final de solucións.

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

Só se poderá utilizar un bolígrafo con tinta negra ou azul.

#### Advertencia para o alumnado

**Está prohibido usar material adicional para a realización da proba. O incumprimento desta norma será motivo de expulsión.**





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**Part 1**

**Texto:**

These days it's hard not to get stressed once in a while. But you need to set time aside to relax or your mental and physical health can suffer. Learning how to manage your stress takes practice, but you can, and need to do it.

Working out is one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off.

Modern life is so busy, and sometimes we just need to slow down and chill out. Look at your life and find small ways you can do that. Break down big jobs into smaller ones. For example, don't try to answer all 100 emails if you don't have to; just answer a few of them.

You need to set aside time for things you enjoy. Try to do something every day that makes you feel good, and it will help relieve your stress. It doesn't have to be a ton of time, even 15 to 20 minutes will do. Relaxing hobbies include things like reading, knitting, or watching a movie.

If things are bothering you, talking about them can help lower your stress. You can talk to family members, friends, a trusted clergyman, your doctor, or a therapist. And you can also talk to yourself. It's called self-talk and we all do it. But in order for self-talk to help reduce stress you need to make sure it's positive and not negative.

Accept that you can't do things perfectly no matter how hard you try. You also can't control everything in your life. And don't forget to keep up your sense of humour. Laughter goes a long way towards making you feel relaxed.

Find out what are the biggest causes of stress in your life. Is it your job, your commute, your schoolwork? If you're able to identify what they are, see if you're able to eliminate them from your life, or at least reduce them.

Eating a regular, well-balanced diet will help you feel better in general. It may also help control your moods. Your meals should be full of vegetables, fruit, whole grains, and lean protein for energy. And don't miss any. It's not good for you and can put you in a bad mood, which can actually increase your stress.

Adapted from [www.webmd.com](http://www.webmd.com)





**Indicar a resposta correcta:**

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- 1. Stressed people
  - a) Can learn to deal with stress.
  - b) Need to learn to suffer.
  - c) Usually work as managers.
  
- 2. Exercise is good for stress
  - a) As long as you do it regularly.
  - b) Even if you do it occasionally.
  - c) Do all the smaller tasks first.
  
- 3. If you have many tasks to do,
  - a) Avoid doing all the tasks at once.
  - b) Do all the bigger tasks first.
  - c) Do all the smaller tasks first.
  
- 4. In order to fight stress, you need to
  - a) Do something enjoyable, even for a little while.
  - b) Do something you like for a long time.
  - c) Do the same relaxing thing everyday.
  
- 5. Talking is useful to reduce stress
  - a) But only about things you enjoy.
  - b) Even if you speak to yourself
  - c) Only to people you like
  
- 6. When dealing with stress, it is useful to
  - a) Expect to be able to do everything perfectly well.
  - b) Try to keep everything under control.
  - c) Admit some things will not go 100% OK.



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- 7. As to the causes of stress,
  - a) Avoid them when you can.
  - b) Change your job if you can.
  - c) Never commute to work.
  
- 8. Eating healthy food is good for stress
  - a) Because it helps with your state of mind.
  - b) But it can sometimes increase your stress.
  - c) Even if it puts you in a bad mood.

**Part 2**

Imagine you are a doctor who writes for an online magazine. Write a few tips for all those people who want to reduce their stress levels. Write between 70 and 100 words (between 7 and 10 lines, approximately).



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TÁBOA DE SOLUCIÓNS			
Nº	A	B	C
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Nº de respostas correctas (C)

Nº de respostas incorrectas (I)

Puntuación do exame =

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## Materia: Lingua estranxeira. Inglés. Solucións

TÁBOA DE SOLUCIÓNS			
Nº	A	B	C
1	x		
2	x		
3	x		
4	x		
5		x	
6			x
7	x		
8	x		