

Apellidos: _____

Nombre: _____

DNI: _____

Firma:

Fecha: _____



INSTRUCCIONES PARA LA REALIZACIÓN DE LA PRUEBA:

La prueba consta de cuatro partes, correspondientes a cuatro competencias o skills:

- 1.- Competencia de comprensión auditiva (Skill: listening)
- 2.- Competencia lectora o de comprensión de textos escritos (Skill: reading)
- 3.- Competencia de expresión escrita (Skill: writing)
- 4.- Competencia de expresión oral (Skill: speaking)

Es preciso haber aprobado cada una de las competencias para superar la prueba.

El tiempo disponible para realizar se adecuará a los intervalos necesarios para las diferentes partes de la prueba.

1.- Competencia de comprensión auditiva (Skill: listening)

El examen de competencia de comprensión auditiva consiste en escuchar 2 grabaciones diferentes, que se repetirán dos veces cada una, y contestar a 14 preguntas en total. Cada pregunta se puntúa con 1 punto, sumando en total 14 puntos. Para aprobar esta competencia es necesario obtener la mitad de la puntuación máxima, esto es, 7 puntos.

Las dos grabaciones se encuentran en los siguientes audios:

- Listening part 1 questions 1-8
- Listening part 2 questions 9-14

Con la primera grabación se da respuesta a las cuestiones 1 a 8. (8 puntos)

Con la segunda grabación se da respuesta a las preguntas 9 a 14. (6 puntos)

2.- Competencia lectora o de comprensión de textos escritos (Skill: reading)

El examen de competencia lectora consiste en leer 2 textos diferentes. Cada texto tiene distinta puntuación, sumando entre todos 16 puntos. Para aprobar esta competencia es necesario obtener la mitad de la puntuación máxima, es decir, 8 puntos.

Con el primer texto se responden las cuestiones 1 a 10: 10 puntos.

Con el segundo texto se responden las preguntas 11 a 16: 6 puntos

3.- Competencia de expresión escrita (Skill: writing)

El examen de competencia de expresión escrita consistirá en rellenar los huecos de un texto utilizando las palabras que figuran en la lista debajo del mismo. La puntuación por cada palabra correcta será de 1 punto. La puntuación máxima será de 10 puntos. Para superar esta competencia será necesario obtener, al menos, 5 puntos.

4.- Competencia de expresión oral (Skill: speaking)

El examen de competencia de expresión oral consiste en hablar sucesivamente sobre dos temas diferentes durante un tiempo de 3-4 minutos para cada tema, respondiendo a las preguntas que el examinador pueda realizar durante otros 2 minutos como máximo. Se evaluará sobre un total de 20 puntos, teniendo en cuenta los siguientes aspectos:

- 1.- Establecimiento de un contacto social, presentarse y explicar brevemente información sobre sí mismos, descripción de foto. Se evaluará sobre 3 puntos.
- 2.- Respuesta y reacción a preguntas sencillas. Se evaluará sobre 3 puntos.
- 3.- Uso adecuado de un vocabulario suficiente para satisfacer las necesidades comunicativas básicas. Se evaluará sobre 5 puntos.
- 4.- Uso adecuado de las estructuras y formas gramaticales relativas a la situación propuesta, aunque se comentan algunos errores. Se evaluará sobre 5 puntos.
- 5.- Fonética y fluidez, pronunciación suficientemente clara como para ser comprendido. Se evaluará sobre 4 puntos.

La puntuación máxima será de 20 puntos.

Para aprobar esta competencia es necesario obtener la mitad de la puntuación máxima, es decir, 10 puntos.

Cada actividad de las dos puntúa con un máximo de 10 puntos.

La reproducción de fragmentos que se emplean en los diferentes materiales de las pruebas de Competencias Clave, se acoge a lo establecido en el artículo 32 (citas y reseñas) del Real Decreto Legislativo 1/1996 de 12 de abril, modificado por la Ley 23/2006, de 7 de julio "Cita e ilustración de la enseñanza", puesto que se trata de obras de naturaleza escrita, sonora o audiovisual que han sido extraídas de documentos ya divulgados por vía comercial o por internet, se hace a título de cita, análisis o comentario crítico, y se utiliza solamente con fines docentes". Estos materiales tienen fines exclusivamente educativos, se realizan sin ánimo de lucro y se distribuyen gratuitamente a todos los centros educativos del Principado de Asturias.

A cumplimentar por el personal responsable de la realización de las pruebas:

Datos de realización de la prueba:

Centro: _____

Año académico: _____ - Cuatrimestre: _____

Resultados parciales de la prueba:

PARTE 1.- COMPETENCIA AUDITIVA (LISTENING)

ACIERTOS:

PUNTUACIÓN: $P_1 = \text{Aciertos} () \times 1 =$

SUPERA COMPETENCIA: ☐ SI ☐ NO:

PARTE 2.- COMPETENCIA LECTORA (READING)

ACIERTOS:

PUNTUACIÓN: $P_2 = \text{Aciertos} () \times 1 =$

SUPERA COMPETENCIA: ☐ SI ☐ NO:

PARTE 3.- COMPETENCIA EXPRESIÓN ESCRITA (WRITING)

ACIERTOS:

PUNTUACIÓN: $P_2 = \text{Aciertos} () \times 0,5 =$

SUPERA COMPETENCIA: ☐ SI ☐ NO:

PARTE 4.- COMPETENCIA EXPRESIÓN ORAL (SPEAKING)

PUNTUACIÓN:

SUPERA COMPETENCIA: ☐ SI ☐ NO:

Puntuación final de la prueba:

☐ APTO

☐ NO APTO

Skill: LISTENING

Part 1. Questions 1-8.



Source: www.english-practice.net

You are going to hear a talk about effective study habits. You will hear the talk twice. Listen carefully and choose the correct answer for each question according to the speaker. Circle the letter (A, B, or C) that corresponds to the correct answer. There is only one correct option. (8 marks)

Now you have 30 seconds to read the information.

Image: <https://www.freepik.com/>

1. How do many students feel about exams?

- A) Confident
- B) Relaxed
- C) Stressed

2. What is the first thing you should do?

- A) Study for hours without breaks
- B) Make a routine and timetable
- C) Call your friends

3. What should your timetable include?

- A) Just study time
- B) Study time and relaxation time
- C) Only free time

4. What should you NOT do when working?

- A) Eat and drink properly
- B) Take breaks
- C) Play computer games

5. What is another thing to avoid while studying?

- A) Reading books
- B) Checking emails and text messages
- C) Drinking water

6. What is important for your health?

- A) Watching TV
- B) Eating and sleeping properly
- C) Using social media

7. What kind of exercise should you do?

- A) None
- B) Regular exercise
- C) Very hard exercise

8. What should you NOT do after the exam?

- A) Worry too much about your results
- B) Go outside
- C) Talk to friends.

Part 2. Questions 9-14.

You are going to hear a talk about happiness. You will hear the talk twice. Listen carefully and choose the correct answer for each question according to the speaker.

Circle the letter (A, B, or C) that corresponds to the correct answer. There is only one correct option. (6 marks)

Now you have 30 seconds to read the information.

Source: https://listenaminute.com/h/happiness.html#google_vignette

9. What is the speaker's idea of happiness?

- A) Buying a big house
- B) Going on holiday with family
- C) Sitting on a beach with a book and no work for a year

10. Which country does the speaker mention?

- A) Nepal
- B) Bhutan
- C) India

11. What does this country measure instead of money?

- A) Happiness
- B) Education
- C) Population

12. What would the speaker like governments to do?

- A) Reduce taxes
- B) Focus on making people happy
- C) Spend more on the military

13. What did the speaker notice on the train?

- A) People looked happy
- B) No one looked happy
- C) Everyone was sleeping

14. What should the news focus on, according to the speaker?

- A) Crime stories
- B) Politics
- C) Happy stories

Skill: READING

Part 1. Questions 1-10

Read the following text carefully. Then, answer the questions based on the information provided in the text. Circle the letter (A, B, or C) that corresponds to the correct answer. (10 marks)

MENTAL HEALTH: HOW TO BE HAPPY.

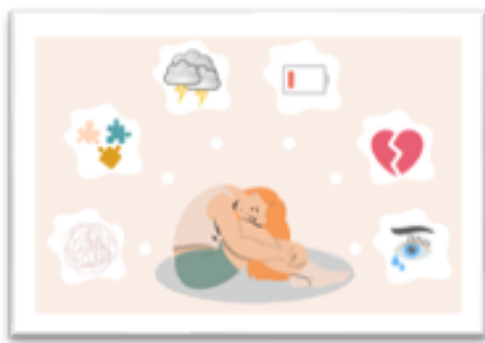


Image: <https://pixabay.com/es/>

These simple tips can help you feel happier and take more control of your life. In addition, they can help you manage both good and difficult situations.

1. Manage stress and relax

Reduce stress by planning your time well and taking time for yourself. Decide what must be done now and what can wait.

Try relaxing activities such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies. Breathing exercises, muscle relaxation or meditation can also help.

2. Do things you enjoy

Spend time doing activities that make you happy, like meeting friends or enjoying a hobby. Avoid things that make you feel good at the time but make you feel bad later, like drinking too much or eating unhealthy food.

3. Improve your self-confidence

Be kind to yourself. Talk to yourself the way you would talk to a good friend and recognise what you are good at. We are all good at something: cooking, singing, or being a friend. We also tend to enjoy doing the things we are good at, which can improve our self-esteem.

4. Live a healthy life

Eat a healthy diet and stay hydrated. A good diet helps your body and mind feel strong. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol, and how they affect your mood and well-being. Reducing caffeine and alcohol consumption can be helpful.

Get regular exercise. Moving your body improves your mood and sleep. Just 30 minutes of walking a day can improve your health.

Make sleep a priority. Stick to a schedule and make sure you get enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime. Try to sleep 7-8 hours each night. Writing a to-do list before bed can help clear your mind.

5. Talk to others

Talking to friends, family, or a therapist can help you feel better and reduce stress. Support groups can also be useful.

6. Be strong in difficult times

Try to find something good in hard times. Helping others, writing, painting, or making music can help you express your feelings and feel better.

7. Be thankful

Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

8. Focus on positivity.

Try to notice when you have negative thoughts. Then, try to change them into positive ones. When we think positively, we feel stronger and happier.

QUESTIONS.

1. What is one way to manage stress effectively?

- A) Avoid planning your time
- B) Engage in relaxing activities like listening to music
- C) Work continuously without breaks

2. Why should you avoid unhealthy habits like drinking too much alcohol?

- A) They make you feel good in the long term
- B) They improve your self-confidence
- C) They might feel good at the moment but have negative effects later

3. How can you improve your self-confidence?

- A) Criticizing yourself
- B) Talking to yourself kindly, like a good friend would do
- C) Ignoring your thoughts completely

4. How many hours of sleep should you get each night?

- A) Less than 6 hours
- B) About 8 hours
- C) More than 9 hours

5. What can help improve your sleep quality?

- A) Increase exposure to blue light before bedtime
- B) Go to bed at different times every night
- C) Follow a schedule and reduce screen time before bed

6. Why is talking to others beneficial?

- A) It makes you feel isolated
- B) It increases your stress levels
- C) It helps reduce stress and makes you feel better

7. How can you find strength in difficult times?

- A) Avoiding your emotions completely
- B) Expressing your feelings through writing, painting, or music
- C) Ignoring any kind of support

8. What is a good way to practice gratitude?

- A) Complaining about everything
- B) Being specific and writing down what you are grateful for
- C) Ignoring the good things in life

9. How does regular exercise help?

- A) It only improves physical health
- B) It helps improve mood and sleep
- C) It has no impact on mental health

10. What should you do to focus on positivity?

- A) Identify and change negative and unhelpful thoughts
- B) Avoid thinking about things
- C) Believe that all problems will not disappear

Part 2. Questions 11-16

Read the following text carefully. Then, answer the questions based on the information provided in the text.

Circle the letter that corresponds to the correct sentence (6 marks).

THE POWER OF PETS: HEALTH BENEFITS OF HUMAN-ANIMAL INTERACTIONS



Image: <https://newsinhealth.nih.gov/sites/newsinhealth/files/2018/February/illustration-people-different-types-pets.jpg>

Pets can make people happy. They give comfort and joy. They can also reduce stress, keep the heart healthy, and help children learn social skills.

In the UK, 57% of homes have pets. But how can pets help our health? Scientists are studying how animals like fish, guinea pigs, dogs, and cats can help people. Some studies show that spending time with animals can reduce stress, make people feel less lonely, and improve their mood.

Possible Health Effects

Studies on human-animal interactions are still relatively new. However, studies show that interacting with animals decreases levels of cortisol (a stress-related hormone) and lowers blood pressure. They also show that pets can serve as a source of comfort and support. Scientists are also studying how animals can help children, especially those with autism, ADHD (attention deficit hyperactivity disorder), and other problems.

“There’s not one answer about how a pet can help somebody with a specific condition,” explains Dr. Layla Esposito, clinical and social psychologist. “Is your goal to increase physical activity? Then you might benefit from owning a dog. You have to walk a dog several times a day, and this will increase physical activity. If your goal is reducing stress, sometimes watching fish swim can create a sense of calm. So, there’s no one type that fits all.”

How Animals Help People

Animals give comfort and support. Therapy dogs are very good at this. They sometimes visit hospitals or care homes to help people reduce anxiety, which is especially important for those with cancer or terminal illnesses.

Dogs can also assist children in school. One study has found that they benefit children with ADHD and autism. For example, children who read to dogs have shown better social skills. Their behaviour has improved, and they have started to share more and cooperate in activities.

Another study has shown that children with autism feel calmer when they play with guinea pigs. Researchers think animals help because they accept children as they are.

Pets can help in other ways, too. For example, teenagers with diabetes who take care of fish can better control their blood sugar levels.

Although pets provide benefits for many people, they may not be suitable for everyone. Recent studies suggest that early exposure to pets may help protect young children from developing allergies and asthma. However, for people who are allergic to certain animals, having pets can do more harm than good.

SOURCE: NIH. (2021, February). The power of pets: Health benefits of human-animal interactions. National Institute of Health. <https://newsinhealth.nih.gov/2018/02/power-pets>

QUESTIONS.

11. Why do therapy dogs visit hospitals or care homes?

- A) To help people feel better
- B) To play with children
- C) To help doctors

12. How do guinea pigs help children with autism?

- A) They make children laugh
- B) They help children feel calm
- C) They reduce their blood pressure

13. What happens when children read to dogs?

- A) They feel happier and improve their behaviour
- B) They get tired and sleepy
- C) They become afraid of dogs

14. Why are pets not good for everyone?

- A) Because some pets need too much food
- B) Because some people are allergic to animals
- C) Because some pets make too much noise

15. How can fish help teenagers with diabetes?

- A) They help them sleep more than 8 hours
- B) They help them control their blood sugar levels
- C) They help exercise more

16. What kind of pet can help create a sense of calm, according to Dr. Layla Esposito?

- A) A cat
- B) A fish
- C) A squirrel

Skill: WRITING

Imagine you live in Hong Kong, where life is busy and stressful every day. You are going to write a post for social media with the title: "How do you feel today?"

Complete the post with the words from the box. Choose the most suitable word (A-J) for each gap (1-10). Use each word only once. (10 marks)

SOCIAL MEDIA POST: "HOW DO YOU FEEL TODAY?"



Photograph: <https://www.pexels.com/>

A. EXCITED	B. FRUSTRATED	C. SAD	D. NERVOUS	E. PROUD
F. SURPRISED	G. GRATEFUL	H. CONFUSED	I. CALM	J. TIRED

Today, I have had a lot of different feelings. This morning, I felt really [1.] _____ when I woke up and realised how much I missed my family.

I was [2.] _____ because I missed the train, and then I was late to work. The streets were crowded, and everyone was walking so fast.

At work, I was a bit [3.] _____ because I didn't understand some of the instructions in English. I felt unsure, and I did not know what to do.

Before an important meeting, I started feeling [4.] _____ and even a little scared about speaking in front of everyone. My hands were shaking!

At lunchtime, I went to a small park near my office called Kowloon Park and had some quiet time. I began to feel [5.] _____ and relaxed again.

Later, my manager congratulated me on my work in the meeting. I felt really [6.]_____ of myself. I also felt [7.] _____when my big brother called me because he never uses his phone.

Right now, I'm feeling [8.] _____ about going to a birthday party tonight. I can't wait to have fun!

At the end of the day, I normally feel [9.] _____ but happy with everything I did.

Even though I sometimes feel a bit lonely in a big city like Hong Kong, I am [10.]_____ for the chance to live and work here. This mix of feelings shows me that it is normal to have good and bad moments in one day. I am learning to take care of myself and enjoy the small things, no matter how I feel.

1.	
2.	
3.	
4.	
5.	

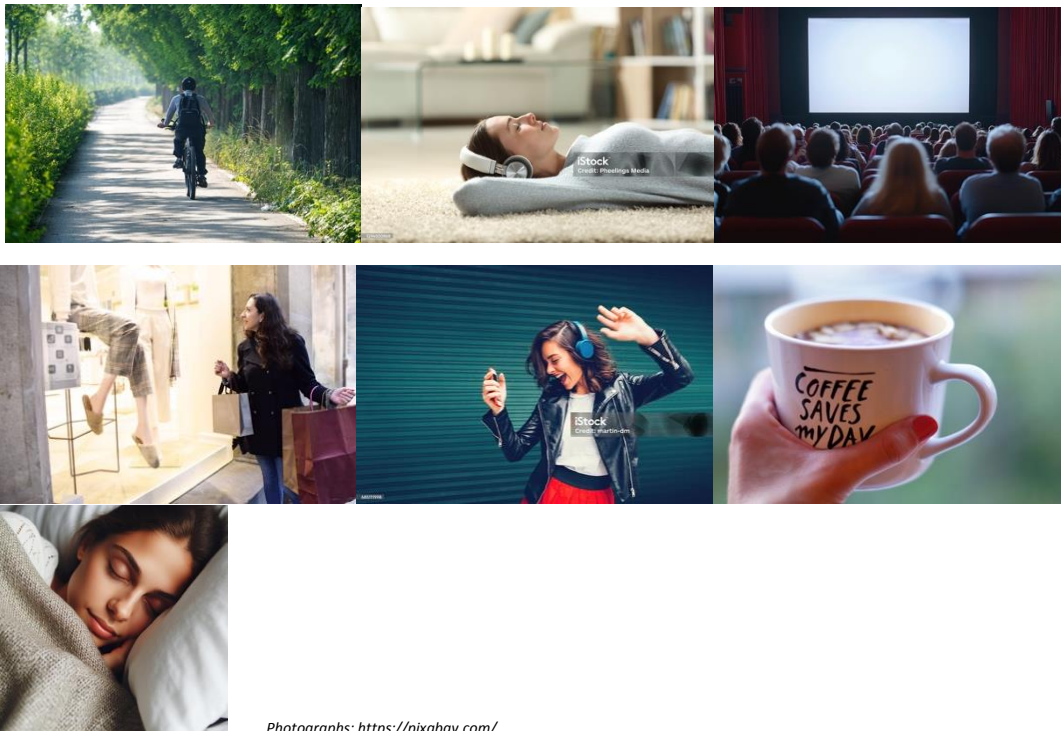
6.	
7.	
8.	
9.	
10.	

Skill: SPEAKING

Part 1 (3-4 minutes) (10 marks)

Introduce yourself briefly: Say your name, age, job, place where you are from, interests...

Choose one picture and describe it. Look at the pictures and talk about the following: What do you do when you feel stressed? What is the best way to reduce stress? Exercising, listening to music, or other activities. Example: When I feel stressed ... (10 marks)



Photographs: <https://pixabay.com/>

The examiner can ask a couple of questions (2 minutes max)

Part 2 (3-4 minutes)

In this part, you will answer some of the following questions. (3-4 minutes)

The examiner will choose and ask questions from the list below. (10 marks)

GENDER EQUALITY.

1. Are you a sensitive person?
2. Are you more emotional or less emotional than other people?
3. What makes you feel good? And what makes you feel sad?
4. How do you usually feel before an English exam?
5. Do you think “some” stress is good for you?
6. What has been the most stressful situation in your life?
7. Who do you usually talk to when you have a problem?
8. How does chocolate or coffee make you feel?
9. Are you excited about anything happening soon?
10. Is it easy or difficult for you to talk about your feelings?

The examiner might add a couple of extra questions.