



PRUEBAS DE ACCESO A CICLOS FORMATIVOS DE GRADO SUPERIOR
Convocatoria de 23 de junio (ORDEN EDU/121/2004 de 27 de enero, B.O.C. y L. 10 de febrero)

PARTE GENERAL. OPCIÓN: TODAS

EJERCICIO DE LENGUA EXTRANJERA: INGLÉS

Why nap?

Recently a news programme in Spain reported new research showing that an afternoon nap is beneficial to an employee's health, mood and performance. This is no surprise to anyone –especially in Spain, home of the siesta– but perhaps employers need to see such hard, independent evidence in order to take the necessary steps to make the siesta in the workplace a practical reality. The benefits, for both employer and employee, are as follows:

Safety: A tired worker is a dangerous worker. Studies show that a rest or nap at midday makes workers more alert and can reduce accidents in the workplace. Many road accidents are also caused by fatigue, and the effects of drinking alcohol –the primary cause of road accidents– are greater at midday than at other times. Tiredness seems to have been a factor in many of the world's worst industrial disasters.

Productivity: A siesta boosts efficiency and creativity at work and improves our concentration. It is especially beneficial to those workers who are already sleep-deprived, such as people working night shifts; prolonged lack of sleep dramatically reduces our ability to think flexibly and can impair speech and memory. The US National Sleep Foundation estimates that employee fatigue cost American companies about US \$ 18 billion per year.

Health: Stressed-out, sleep –deprived workers need rest to maintain their health– the long-term accumulated effects of stress can lead to gastric ulcers, depression, heart disease and many other health problems. A siesta, like other relaxation techniques, can help to keep both mind and body in good working order – stress hormones fall and muscles relax during a short sleep and digestion is improved. It has the additional advantage of being a cost-free technique.

(Think in English nº 50)



DATOS DEL ASPIRANTE

APELLIDOS:

NOMBRE:

DNI:

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EJERCICIO DE LENGUA EXTRANJERA: INGLÉS (Continuación)

1. IN YOUR OWN WORDS AND USING IDEAS IN THE TEXT, ANSWER THE FOLLOWING QUESTIONS

a) According to the text, why do you think the siesta is finally being taken seriously by the employers?

b) Is the siesta a healthy or an unhealthy habit? Justify your answer.

c) Write a benefit of the nap and give examples.

2. FIND WORDS OR PHRASES IN THE TEXT THAN MEANS

- period of relaxation (paragraph II)

- period of work, e.g. eight hours (paragraph III)

- coronary problems (paragraph IV)

- with no cost (paragraph IV)



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3. COMPLETE THE SECOND SENTENCE SO THAT IT HAS THE SAME MEANING AS THE FIRST ONE

a) A small amount of sleep can increase your efficiency.

Your efficiency

b) Sleeping in the afternoon is said to improve our concentration.

Experts say tha

c) Taking sporadic naps throughout the day will interfere with your night-time sleep.

If you

d) "How can I find a place to have a nap?"

He asked me

4. CHOOSE ONE OF THE FOLLOWING OPTIONS. WRITE ABOUT 80 WORDS ON THE TOPIC

- "My ideal Night's Sleep"
- What other Spanish habits do you think we can export to foreign countries?



Junta de Castilla y León

Consejería de Educación
Dirección General de Formación
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CRITERIOS DE EVALUACIÓN Y CALIFICACIÓN

- Con esta prueba se pretende evaluar la capacidad de comprensión y expresión escrita en inglés.
- El conjunto de la prueba tendrá un valor máximo de **10 puntos** distribuidos de la siguiente manera:
 - Las preguntas relativas a la comprensión del texto (Apartado 1) se valorarán hasta un máximo del **30%**. En esta sección debe tenerse en cuenta la adecuación de las respuestas al contenido del texto. El alumno deberá responder con sus propias palabras evitando copiar literalmente para poder valorar su léxico.
 - El Apartado 2, que contempla aspectos léxicos, se valorará hasta un máximo del **10%**.
 - El Apartado 3 que contempla aspectos gramaticales, se valorarán hasta un máximo del **30%**.
 - El Apartado 4, que se centra en la expresión escrita se valorará hasta un **30%**. Esta sección evalúa la madurez en la expresión, la corrección ortográfica, morfológica y sintáctica. La redacción debe tener las dimensiones propuestas.