

ÉPREUVE ÉCRITE

Ministère de l'Éducation nationale,
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EXAMEN DE FIN D'ÉTUDES SECONDAIRES TECHNIQUES 2014

Division des Professions de Santé et des Professions sociales
Section de la formation de l'éducateur, de l'infirmier et des sciences de la santé

BRANCHE : ANGLAIS

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PART I - READING (20 marks)

Copy only the numbers/letters/words asked for onto your answer sheets. Do not copy questions!

A: America's Teens Outscore Adults On Stress

Since 2007, the American Psychological Association (APA) has conducted a survey of different aspects of stress in America. This year's analysis focused on teens, and on a 10-point scale, adolescents ranked their stress at 5.8, compared with a score of 5.1 reported by adults.

Even more disturbing, says Norman Anderson, CEO and executive vice president of the APA, is the fact that most teens knew their stress levels weren't healthy – they said 3.9 was probably more desirable – but did little about it. In fact, the survey revealed that 42% of teens aren't doing enough to manage their stress.

That's concerning, since unaddressed stress can lead to both short-term mental-health issues such as depression, as well as lay the seeds for chronic conditions such as heart disease, diabetes, and high blood pressure in adulthood.

What's causing teens to feel so anxious? Eighty three percent cited school as a source of stress, including concerns about their future after high school and worries about college. For some, family financial issues also caused anxiety, which wasn't surprising since previous studies found that parental stress can trickle down to children, even at very young ages.

"This population is underserved, and not taken seriously sometimes," said Katherine Nordal, of the APA. "We wanted to shine light on some of the problems we know teens are having and whether they are successful at coping with them or not."

Clearly, said Anderson, "We have work to do to manage stress overall. Stress levels among Americans continue to be high, but coping mechanisms remain ineffective." Teens reported doing everything that they probably shouldn't in order to relieve stress – they aren't getting enough sleep, which can add to anxious feelings, and they're less physically active. Exercise is among the best ways to reduce stress, but the survey found that teens were beginning to rely on sedentary activities, such as surfing the internet, engaging in social media or watching videos, to relieve stress.

(source: TIME magazine; 322 words; published 11th February 2014)



Read the article carefully, then choose the best answer. Give only one answer to each question! (5 m / -1.5 m)

1. The most recent analysis conducted by the APA
 - a. was published earlier last year.
 - b. has revealed that adults feel more stressed than teenagers do.
 - c. indicates people's stress levels on a ten-point scale.
 - d. shows how people ranked their evolving stress level as teenagers and later in life as adults.

2. The APA considers it disturbing that
 - a. the teenagers' stress levels were ranked at 3.9.
 - b. the participants in the study were for the most part aware that they were too stressed, yet many of them didn't try to lower their stress level.
 - c. teenagers are more stressed than adults even though they consciously try to reduce stress.
 - d. none of the teenagers in the study tried to lower the amount of the stress they feel.

3. These study results are worrying because
 - a. if one does not reduce stress, it could contribute to health problems such as high blood pressure.
 - b. stress is known to lead to serious, lasting mental health problems.
 - c. depressed people are more likely to feel stressed.
 - d. stress is the main cause of diabetes.

4. The study by the APA has revealed that
 - a. a majority of the teenagers asked consider school to be an important cause of their stress
 - b. all of the teenagers claim to be nervous about their family's financial situation.
 - c. the teenagers feel stressed because of the pressure at school, relationship issues and family problems.
 - d. teenagers who have parents with financial issues inevitably feel stressed.

5. A major reason for the teenagers' high stress level is
 - a. the fact that their parents never taught them how to reduce stress.
 - b. the teenagers' habit of excessive sleeping.
 - c. the increasing number of teenagers who don't have any social interaction anymore because they play video games all day long.
 - d. the fact that many teenagers choose inactive activities such as surfing the Internet as a way to relax, instead of doing sports.

B: Citing Discrimination, Some Gays and Lesbians Call for Boycott of Winter Olympics in Sochi

Outraged by a new Russian law that outlaws “homosexual propaganda” and by President Vladimir Putin’s recent remarks that gays who go to Sochi for the Olympic Winter Games should “stay away from children,” some gays and lesbians are planning to boycott watching the Olympics on TV.

But Jesse Woodward is not among them. Mr. Woodward, an owner of the gay sports bar Hi Tops in the Castro district of San Francisco said he plans to show the Winter Games in his bar, starting with the opening ceremony on Friday night. But he is doing so reluctantly.

“We’ve had lots of conversations about it,” he said. “We were on the fence.” In the end, he said, he and his partners thought the two-week period would be a good time to hold fund-raisers for pro-gay advocacy groups in Russia.

To watch or not to watch? That is a question that many gays and lesbians are asking themselves this week as the Winter Games approach. Some are adamantly opposed, saying that to watch is tantamount to supporting Russia’s antigay bigotry.

Last week, Mickey Boardman, the editorial director of Paper Magazine, tweeted to his nearly 50,000 followers that was he was planning to avoid watching the Olympics. “I adore the opening ceremonies, but how can I watch when Russia is so hateful to the gays?” he wrote. “I boycott all things Russian.”

But some gays and lesbians say there is nothing to be gained by switching to another channel. Hilary Rosen, a gay activist and CNN commentator, said a boycott would be ineffective, since it would not penalize Russia. “Here’s how I look at it: Russia doesn’t make any more money if the ratings are high, versus if the ratings are low,” she said. Still, Ms. Rosen thought that the attention created by gay protests against the Olympics would make the International Olympic Committee much more careful in the future about choosing a host city with a poor record on human rights.

The author and humorist Paul Rudnick said he was going to watch in the hopes of seeing an athlete in a rainbow unitard or something similarly provocative. “Wouldn’t it be great if someone did that?” he said.

(source: The New York Times, 365 words; published 31st January 2014)

Read the text and identify the expressions that match the following definitions. Give one word only unless indicated otherwise. (7 m / -1.5 m)

1. (verb) to make something illegal
2. (adverb) hesitating before doing something because you do not want to do it or because you are not sure that it is the right thing to do
3. (expression; more than one word) to be undecided about something
4. (noun) the giving of public support to an idea, a course of action or a belief
5. (adverb) determined not to change your mind or to be persuaded about something
6. (adjective) not achieving what you want to achieve
7. (verb) to punish somebody for breaking a rule or law by making them suffer a disadvantage

C: How the future can impact the foods you choose in the present

Scientists in a recent study confirmed what every emotional eater knows: that bad moods and negative events can lead to stress eating. But in their research, the scientists also suggest that one way to curb the bad habit is to think about the future.

For their research, a team of scientists from the University of Delaware, Cornell University, Hanyang University ERICA and Yonsei University in South Korea conducted a series of tests that aimed to determine why people reach for pints of ice cream and bags of chips when feeling blue.

A series of tests was conducted on 211 adults from a local parent-teacher group and 315 undergraduate students and involved asking participants to express their preference for healthy versus indulgent foods.

Scientists also manipulated participants' moods by giving them positive, negative and neutral articles to read before making their food choices and presented them with either raisins (healthy food) or M&Ms (unhealthy).

Positive articles involved profiles of people who led great lives and achieved impressive goals, while negative articles told sad stories about failed accomplishments and tragic lives.

One of the big conclusions from the experiments is that while negative moods can lead people to seek instant gratification, happier people were driven to make healthier food choices for long-term and future health benefits.

A similar study published in the Journal of Consumer Research in 2011 also looked at the nuances of emotions, time and food choices, and found that happy people are more likely to reach for a candy bar, while hopeful people are more likely to choose healthier options like fruit.

The reason? Hopeful people are thinking about the future. "So, the next time you're feeling well, don't focus too much on all the good things in the past. Instead, keep that positive glow and focus on your future, especially all the good things you imagine to come. Your waistline will thank you," the authors said in a statement.

(source: wort.lu; 321 words, published 19th February 2014)

Decide whether the following statements are true or false (T/F) according to the article. If the information is not given in the article, the statement is considered false. (8 m / -1.5 m)

1. Researchers have found out that stress eating is linked to worries about the future.
2. The study was partly conducted by researchers in South Korea.
3. All of the participants in the study were young students at university.
4. In the study, the test participants had to read a variety of articles that would affect their moods.
5. The negative articles focused on people who experienced failure or tragedy in their lives.
6. In the test, people who felt sad or depressed predominantly chose raisins when they were given the choice of different kinds of snacks.
7. Another study which was conducted a decade before examined the different food choices made by happy and optimistic people.
8. The researchers recommend people to concentrate on all of the things they are looking forward to, as this will make them eat healthier snacks.

Answer the following questions with close reference to the stories studied in class.

A Mr Know-All (10 m)

Explain which event leads the narrator to change his mind about Mr Kelada.

AND

B Marionettes, Inc. (10 m)

What is Smith's plan after his discussion with Braling? Which shocking discoveries await Smith later that night?



PART III - DEVELOPMENT ESSAY (20 marks)

*Write a structured essay on **one** of the following subjects. Clearly indicate which subject you have chosen! Write 250-300 words. Indicate the number of words used!*

A It is better to have children while young. Do you agree and/or disagree with this statement?

OR

B Minors should not be allowed to have access to violent video games. What is your personal opinion on this statement?