



Generalitat de Catalunya
Departament d'Educació

Proves d'accés a cicles formatius de grau superior de formació professional inicial,
d'ensenyaments d'arts plàstiques i disseny, i d'ensenyaments esportius 2024

Llengua estrangera: anglès

Sèrie 1

1. Read the text below and choose the correct answer. Draw a circle around the letter corresponding to the right answer.

[1.25 marks: 0.25 marks for each correct answer]

The positive effects of art

Art is often seen as a **luxury** but, just like exercise and meditation, researchers are coming to believe it's fundamental to our mental and physical wellbeing.

5 While the positive effects of exercise on our mental health have long been known, the benefits of art are only starting to be **fully** appreciated. Research by the Mental Health Foundation suggests that art helps rise confidence, making us feel more entertained and strong. It can also alleviate anxiety, depression and stress.

10 "In our lives, arts are marginalised and seen as a nice-to-have. We don't realise we are connected to these experiences," says Susan Magsamen, co-author of *Your Brain on Art: How the Arts Transform Us*. "We talk about meditation and mindfulness as a way to make us feel better; the arts also allow us to change our state of mind. We are born with 100bn¹ neurons, which we need to connect to each other."

15 Although many of these connections are formed in early childhood, art can be beneficial **throughout** your life. "It's never too late to take advantage of aesthetic experiences, to build development and get a brain that's stronger," says Magsamen.

While we are only starting to understand the impact of art on our actual brain structure, its positive effects are being recognised. In 2019, the WHO (World Health Organization) identified art as a contributing factor in reducing mental illness, loneliness and even ageing. A study of unprivileged communities in London found that, of the people who **engaged with** 20 the arts, 79% ate more healthily and 82% enjoyed greater wellbeing. The British government estimates that arts participation has saved the National Health Service £168 million due to a reduction in visits to a family doctor. Moreover, last winter, many galleries and museums were used as warm places where people could go to get out of the cold.

25 The mixture of the quiet and calm atmosphere, alongside stimulating ideas – whether a controversial modern sculpture, second world war propaganda, or the tomb of an Egyptian pharaoh – is what makes galleries and museums so unique. "They are de- stressing environments. They give you a sense of purpose and control," says Waldman. It's not only enjoyable to visit these cultural centres, it's good for our brain development, too, as

30 Magsamen has **pointed out**. In recent years, neuroscience has even used MRI² technology to allow us to see how art changes our brains and how it can positively influence our health, wellbeing and feeling of community. "We know art, in various forms, engages the brain's sensory areas – for example, visual art stimulates the point of visual sensation – but then all the sensory areas somehow converge on the area at the front of the brain," says 35 Ahmad Beyh, a neuroscientist who has researched the topic at University College London. Interestingly, this area, the medial orbitofrontal cortex, is also associated with decision-making and reward processing.

- 40 “We experience art by engaging areas associated with rewards. That area is also involved when people are focused on a task and thinking about themselves. Pleasurable experience is how we define ourselves. Essentially, art almost defines us,” says Beyh. He has found that the more beautiful we find something, the more our brain reacts to it. “The stronger the experience of beauty and art, the stronger the biometric correlation of activity in those areas of the brain.”
- 45 We’re only just beginning to understand how art affects our brain development, health and general wellbeing. In time, it may be revealed that we need to keep our brains stimulated and active at galleries and museums in the same way we do our bodies at the gym.

¹100bn=one hundred billion

²MRI = Magnetic Resonance Imaging

Text adapted from an article by
Charlotte Duck. The Guardian [online] (Nov 17, 2023)

1. According to the text, researchers say that art can increase:
 - a) strong feelings.
 - b) depression.
 - c) self-esteem.
2. According to the WHO art can diminish:
 - a) poor health, psychological problems and maturity.
 - b) mental issues, solitude and age signs.
 - c) serious illnesses, oldness and ageing.
3. It is estimated that, thanks to art, the National Health Service has reduced expenses, because:
 - a) family doctors enjoyed more free time.
 - b) British galleries and museums had a reduction in visits.
 - c) medical centres had less attendance.
4. The text suggests that cultural centres are unique for:
 - a) their peaceful and quiet ambience together with motivating pieces of art.
 - b) their calmed and stimulating works of art.
 - c) reducing purpose and control.
5. Ahmad Beyh claims that the part of the brain that is attributed to the process of deciding and rewarding is the:
 - a) sensory area.
 - b) medial orbitofrontal cortex.
 - c) visual sensation area.

<i>Pregunta</i>	<i>Resposta</i>	<i>Text de referència</i>
1.		Lines 4-6: “the Mental Health Foundation suggests that art helps rise confidence,”
2.		Lines 17-19: “the World Health Organization identified art as a contributing factor in reducing mental illness, loneliness and even ageing”
3.		Lines 20-22: “The British government estimates that arts participation has saved the National Health Service £168 million due to a reduction in visits to a family doctor.”
4.		Lines 25-27: “The mixture of the quiet and calm atmosphere, alongside stimulating ideas – whether a controversial modern sculpture, second world war propaganda, or the tomb of an Egyptian pharaoh – is what makes galleries and museums so unique.”
5.		Lines 35-37: “says Ahmad Beyh, a neuroscientist who has researched the topic at University College London. Interestingly, this area, the medial orbitofrontal cortex, is also associated with decision-making and reward processing.”

2. Choose the word or definition (a, b, c, or d) that best explains the meaning of the words below as they are used in the text. Draw a circle around the letter corresponding to the right answer. The words appear in **bold** in the text.

[1.25 marks: 0.25 marks for each correct answer]

1. luxury (line 2)

a) advantage b) high cost c) indulgence d) convenience

2. fully (line 5)

a) lot b) completely c) very d) many

3. throughout (line 14)

a) while b) as long as c) all through d) always

4. engaged with (line 20)

a) got involved with b) proposed with c) served d) visited

5. pointed out (line 30)

a) traced b) indicated c) designated d) checked

3. Read the text below and choose the correct answer. Draw a circle around the letter corresponding to the right answer.

[2.50 marks: 0.25 marks for each correct answer]

I look white, but I am black

I am a Black woman who for most of my life has often been mistaken for white. The incidents __ (1) __, year after year. In taxis, at college, at the grocery store and even at a social event. How do you respond where etiquette suggests politely smiling, or __ (2) __ pretending not to have heard?

As the US begins, finally, __ (3) __ the social injustice that takes place across the country I feel the collective pain. Even as a very fair-skinned Black woman with green eyes and light brown hair, I, too, have experienced racism. But I've also felt __ (4) __ when white people thought no one of colour was looking or listening.

__ (5) __ in my personal or professional life — rather ironic, since I work in the field of philanthropy, diversity, equity and inclusion — I have witnessed and experienced fear, ignorance and lack of self-awareness over 40 years.

I'm tired of weighing, each time, whether I am going to say something __ (6) __ these hateful statements—because I must continue to advocate for what is right — or if I am going to __ (7) __ because I'm just too tired. Or stay silent, while gaining more insight into what really is on the minds of some when they don't think a Black person is listening? But do I really need any more insight? Any more proof of what some will say or do if they think no one's watching? Does it __ (8) __ matter if I'm living in the South or in the North? In a city or suburbs? At work or running __ (9) __ around town? At a social event or on public transportation? When it's clear from my own experiences and the indifferent attitude __ (10) __ the suffering of others —highlighted these last months, but enacted for years, decades, centuries before — that some of those same people don't even care when the eyes of the world are on them.

Text adapted from an article by
Cheryl Green Rosario. *HuffPost* [online] (Sep 10, 2020)

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|-----|------------------|-------------------|----------------|-------------|
| 1. | a) diminish | b) start | c) continue | d) complete |
| 2. | a) at least | b) minimum | c) to | d) have to |
| 3. | a) concentrating | b) to focus on | c) to attend | d) to note |
| 4. | a) fine | b) outlined | c) unperceived | d) loved |
| 5. | a) whether | b) even if | c) due | d) unless |
| 6. | a) towards | b) in response to | c) in answer | d) reacting |
| 7. | a) walk away | b) rest | c) sit down | d) wait on |
| 8. | a) ever | b) someone | c) whether | d) really |
| 9. | a) errands | b) time | c) while | d) way |
| 10. | a) because of | b) toward | c) due to | d) in |

4. Write 80-100 words about ONE of the following topics.

[5 marks]

A. A lot of people only believe in the traditional treatments and disagree with the use of alternative therapies when dealing with psychological matters. Do you think the use of medication alone is the only way to treat mental health conditions? Write a for and against essay explaining the benefits and problems of the use of conventional medicine.

B. Write an opinion essay on the role of education to fight racism and promote equality.