



Universidad del País Vasco Euskal Herriko Unibertsitatea

UNIBERTSITATERA SARTZEKO
EBALUAZIOA

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INGELESA

EVALUACIÓN PARA EL
ACCESO A LA UNIVERSIDAD

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INGLÉS

Choose between option A and option B. Specify the option you have chosen.

Please, don't forget to write down your code on each of your answer sheets.

OPTION A

TOO MANY SELFIES

Today's digital technology and smartphones have made it almost too easy to take a photograph of yourself (known as a selfie) and social media allows you to share these selfies with everyone immediately. While taking selfies has become a part of daily life, we all know at least one person who takes and shares far too many photos, even to the point where it gets annoying.

A few years ago, there was a story saying that taking too many selfies could mean that you have a mental disorder named "selfitis". It turned out to be a joke, but the fake news inspired psychologists to research the phenomenon.

A study carried out by researchers at Nottingham Trent University asked young people in India to report their selfie-taking behaviour. According to the results, excessive selfie-taking occurs most commonly in 16 to 20-years-olds. They are followed by 21 to 25-year-olds, while those over 25 appear less likely to have this behaviour.

The study found connections between excessive selfie-taking and certain personality characteristics such as attention-seeking behaviour and lack of self-confidence. Additionally, people taking and sharing too many selfies may be trying to be socially accepted by a group or they may do it as a competition, to show themselves as better than others.

But how useful is it to have the term "selfitis"? Nearly any activity can progress to obsessive levels. There are certainly worse things than taking too many selfies as long as they are safe selfies. As with many hobbies, selfie-taking can range from healthy to neutral to unhealthy. When done appropriately, it can be a normal pastime and a way of using social media to express ourselves and communicate with others. If it safely gets you out of your chair and outside, then great. On the other hand, if taking a selfie means you fall down a mountain, it is probably not worth it. An activity becomes a problem only if it hurts you or others or covers up more serious problems. If you want to know if your selfie-taking is a problem, ask yourself why you are doing it and what you are risking in the process.



OPTION A

I.- Answer questions 1-4 according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (4 marks)

1. Why did psychologists start to study selfie-taking?
2. What were the differences amongst age groups found by the study?
3. What are people who take too many selfies trying to achieve?
4. When can we consider an activity problematic, according to the text?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (2 marks)

1. It is quite usual to know somebody who takes an excessive number of photos.
2. Selfie-taking is always unhealthy.

III.- Find the words or expressions in the text that mean: (1 mark)

1. irritating, exasperating
2. illness, disease, medical problem
3. false, untrue, made-up, unreal
4. an activity that you enjoy doing when you are not working

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. "Selfies have become an important way of documenting our lives — especially for teenagers and millennials." Do you agree? Write an opinion essay on this.
2. How often and how much of your life do you share on social media? Have you had any negative experiences? Has something good come of it? Explain.

TOO MANY SELFIES

I. – Answer questions 4 questions according to the information given in the text. Use your own words. (4 marks)

REMEMBER TO INSERT THE QUESTIONS AND USE YOUR OWN WORDS

1. – Why did psychologists start to study selfie-taking?

Psychologists started to study selfie-taking owing to / due to a fake story stating that taking too many selfies was a mental disorder called 'selfities'. (p.2)

2. – What were the differences amongst age groups found by the study?

The differences amongst age groups found by the study were that people under 20 (years old) were the most likely to take too many selfies while people over 25 (years old) were the least likely (to do so). (p.3)

3. – What are people who take too many selfies trying to achieve?

What people who take too many selfies are trying to achieve is that they want to feel accepted by the people around them or they may / might / could be trying to prove they are better than other people. (p.4)

4. – When can we consider an activity problematic, according to the text?

According to the text, an activity can become problematic when it starts hurting you or other people or if it is hiding a more important problem. (p.5)

II. – Are these statements True or False? Justify your answers based on information from the text, rewriting the original sentences in your own way or quoting properly. (2 marks)

REMEMBER TO INTRODUCE THE APPROPRIATE WORDING

1. – It is quite usual / common to know somebody who takes an excessive number of photos.

This statement is **TRUE**.
and share far too many photos." (p.1)

"we all know at least one person who seems to take

2. – Selfie-taking is always unhealthy.

This statement is **FALSE**.
neutral to unhealthy." (p.5)

"selfie-taking can range from healthy to

III. – Find the words or expressions in the text that mean: (1 mark)

1. – irritating, exasperating ADJ *annoying* (paragraph 1)

2. – illness, disease, medical problem NOUN *disorder* (paragraph 2)

3. – false, untrue, made-up ADJ *fake* (paragraph 2)

4. – an activity that you enjoy doing when you are not working NOUN *pastime* (paragraph 5)