

III. Written Essay

Becoming fully competent in a foreign language is a huge challenge. Some people think that in order to do so you need to spend some time living or working abroad. Others argue, however, that in our globalized, technology-driven world this is no longer true.

Write a short opinion piece (article) addressing the question below, expressing your views. **Write between 175 and 200** words and pay particular attention to the following criteria:

- clearly organised and expressed ideas
- appropriate tone and style/register
- correct use of vocabulary
- correct use of grammar
- correct spelling and punctuation

Plan and organise your essay (use the rough paper provided). Write your definitive **version in the space below**, then read it carefully and make corrections if necessary.

It is necessary spend time abroad to become fully proficient in a foreign language or are there other ways to achieve that?



ENGLISH ENTRANCE EXAM: JUNE 12, 2021

Time allowed for this exam: 3 Hours

Before starting, please read the following carefully:

- ☞ *All mobile phones must be turned off*
- ☞ *No internet devices are permitted.*
- ☞ *There are three parts to this exam:*
 - I. Resum en català / Resumen en Castellano (50%)*
 - II. Language Work (25%)*
 - III. Written Essay (25%)*
- ☞ *Write all your answers **in this exam booklet**. Use the spaces provided.*
- ☞ *All rough paper will be collected after the exam.*

POLITE WARNING!

ANY TALKING, COPYING OR USE OF NON-AUTHORISED DEVICES DURING THE EXAM WILL MEAN AUTOMATIC AND IMMEDIATE DISQUALIFICATION

- | | |
|--|-------|
| I. Resum en català / Resumen en castellano (50%) | _____ |
| II. Language Work (25%) | _____ |
| III. Written Essay (25%) | _____ |

II. Language Work

WHY TINY TASKS BECOME BIG MONSTERS

1 When we put off small jobs, they transform from tiny tasks into major troubles. It could be a quick email to a colleague you dislike. Perhaps it's some menial paperwork. It could even be a short phone call to your boss – this will only take a minute and yet, for some reason, you keep on putting it off. If it only takes five minutes, then why on earth haven't you done it? You waste time thinking about how annoying it is; unsurprisingly, that does not make it go away.

5 Instead, the task lingers, ballooning from a tiny checklist item into an ongoing burden completely out of proportion with the resources needed to actually do it. Tiny tasks have a way of taking up an abnormally large amount of space in our minds. Yet, there are simple ways we can bring them back down to size, and this will allow us to deal with them.

10 At its core, procrastination involves the voluntary delay of intended tasks, despite the fact that people know they will become worse by not doing them, explains Fuschia Sirois, professor of psychology at the University of Sheffield in England. "You get all kinds of people saying procrastination is good for this or good for that, but no form of procrastination is ever good for you."

15 People who chronically procrastinate tend to have higher levels of stress, poor sleep patterns and worse job prospects, particularly when it comes to advancing into roles where autonomy and decision making are required. On the mental health front, procrastination is also linked to depression and anxiety. It can similarly undermine relationships, because when we procrastinate, we end up breaking commitments with others.

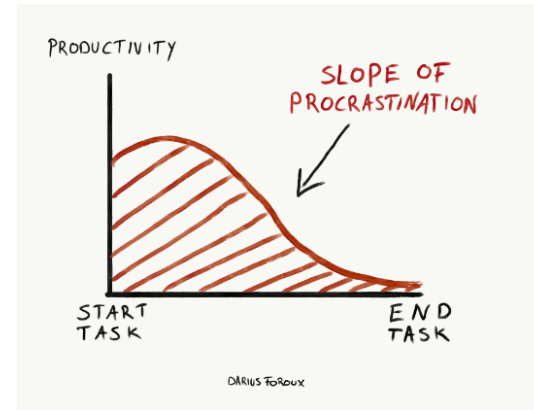
20 It's easy to understand why we procrastinate on big tasks; they can be daunting or mentally draining and require loads of time, energy and commitment. On the other hand, small tasks can lead to a particularly annoying form of procrastination. Sirois says we don't procrastinate on them because they slip our mind; rather, we make a conscious and intentional choice to put off something that might provoke doubt, insecurity, fear or feelings of incompetence.

25 This could be something as simple as filing unfamiliar paperwork or changing a light bulb when you don't know how to, or something a bit trickier, such as writing a short email to a colleague when you're dreading their response. And although many believe that procrastinating on tasks like these have to do with poor time management, Sirois says it's actually about mood management. "Procrastinators are not these happy-go-lucky lazy people that just kind of go 'what the heck, I don't really care.' They're actually really self-critical and they worry a lot about their procrastination." That worry sits in their minds and drains their cognitive resources, reducing their ability to problem-solve. It makes them think: what's wrong with me? Why can't I just get on with doing this little thing? And then they begin to obsess over the task, increasing their negative feelings about it. It just becomes this monstrous thing – a hill that's now a mountain."

30 Another reason small tasks can pile up is that they often lack the same kinds of hard deadlines that bigger tasks require; you figure you can just slip them in somewhere during the day. So, it's easier avoid them. Unlike the big tasks, there's nothing driving us to do small tasks right away.

35 So, how do we motivate ourselves to tackle a task we're dreading? Timothy Pychyl, a psychology professor at Carleton University in Ottawa, says motivation often follows action. So, if you just do something right away, without first stopping to think about why you don't want to do it, you may be better off in the long run. "Next time you feel that your whole body is screaming, 'I don't want to', ask yourself: what's the next action I need to take on this little task if I was going to do it?". What happens then is that you're moving your attention off your emotions and on to your action.

40 American productivity consultant David Allen calls this the two-minute rule; if a task will take fewer than two minutes, then the time spent adding it to your to-do list will exceed the time it takes to actually complete the task right away. So instead of programming it, just dive in. This proactive mentality can help you bypass unnecessary mental effort. Once you actually begin a task, it will look far less difficult and stressful than it seemed when you were procrastinating about it. So, let's start out and reply to those delayed emails.



A. Explain briefly in English the meaning of the following words / phrases according to the context in which they appear in this article – use the space provided (4 points)

1. burden (l. 9)
2. undermine (l. 20)
3. slip our mind (l. 24)
4. figure (l. 36)

B. Find a synonym (word or phrase) in the text for the following, which has the same grammatical function (noun, adjective, adverb, verb, etc.) (4 points)

1. increasing significantly
2. exhausts, empties
3. finally, ultimately
4. avoid

C. What do the following words / phrases refer to? (2 points)

1. it (l. 6)
2. these (l. 28)
3. them (l. 32)
4. it (l. 40)



I. Resum en català

Resumiu en **català** el contingut de l'article (aprox. 250 paraules).
La versió definitiva en net del resum en català l'heu d'escriure en aquest full.



I. Resumen en castellano

Resuma en **castellano** el contenido del artículo (aprox. 250 palabras).

Escriba la versión definitiva en limpio del resumen en castellano en esta hoja.