

EXAMEN INGLÉS (PAU 2025/2026, JULIO)

PART I. QUESTIONS

1. Reducing stress has no effect on sleep quality. FALSE

"...reducing stress helps you sleep restfully and control high blood pressure."
(Lines 5-6)

2. Breathing meditation must be done while sitting in order to be effective. FALSE

"You may sit, stand, or walk-whichever you prefer. Many people find the sitting position to be best." (Lines 9-11)

3. Mindfulness is a practice that only exists in Buddhism. FALSE

"Mindfulness is a concept that originated in Buddhism, although its fundamental principles are shared by many spiritual traditions, philosophies, and religions." (Lines 13-15)

4. According to Dr. Siegel, becoming better at focusing and relaxing does not depend on practice. FALSE

"As with any skill, your ability to focus and relax will improve with practice."
(Lines 21-22 / Paragraph 4)

PART II. LEXICON / PHONETICS

A. LEXICON (Synonyms)

1. Catastrophic: *Devastating* (Line 3)

2. Illness: *Disease* (Line 4)

3. Intentionally: *Purposely* (Line 15)

4. Get better: *Improve* (Line 22)

B. PHONETICS

1. Write one word from the text that includes the diphthong /eɪ/. Write the number of the line:

- State (Line 1) / Aches (Line 5) / Ways (Line 7)
- 2. How is the "ed" pronounced in associated: /t/, /d/ or /ɪd/?
 - /ɪd/
- 3. How is the "th" pronounced in health: /ð/ or /θ/?
 - /θ/
- 4. How is the "a" pronounced in stand: /ɑ:/, /æ/ or /ə/?
 - /æ/

PART III. USE OF ENGLISH (Rephrasing)

1. You can't go to the party if you don't finish your homework.

- **Unless** you finish your homework, you can't go to the party.

2. The students haven't done yoga before.

- **It** is the first time (that) the students have done yoga.

3. My classmates will finish the project on Friday.

- **The project** will be finished by my classmates on Friday.

4. It's a pity we don't travel more.

- **I wish** we traveled more / I wish we could travel more.

5. Although I studied a lot, I didn't pass my exams.

- **Despite** studying a lot, I didn't pass my exams. / **Despite** the fact that I studied a lot, I didn't pass my exams.

6. "The gym closed at 10:00 yesterday," Paul said.

- **Paul** said (that) the gym had closed at 10:00 the day before / the previous day.

7. Next month we're visiting Paris. My cousins live there.

- **Next month** we're visiting Paris, where my cousins live.

8. The food was so delicious that we asked for more.

- **It was** such delicious food that we asked for more.

9. Write the correct question for the underlined words. *Lisa bought a new laptop last week.*

- **What** did Lisa buy last week?