Smartphones in Schools

Today, in a supposedly more enlightened age, adults turn a blind eye while children are exposed to their smartphones and left to roam unsupervised in the darkest places online. Some psychiatrists believe that a non-stop attachment to technology is leading to borderline “autistic” behaviour and other problems such as eating disorders or self-harm. Can it be a coincidence that mental health problems in the young have spiralled in the same period that, thanks to smartphones, the internet has infiltrated every waking hour of the day?

Dazzled by this addictive life-changing technology, we seem to have forgotten that there are two distinct groups of people – adults and children – and the former have a duty to set boundaries and protect the latter from harm. Instead, parents give in to their adolescents’ pleading that not having a smartphone would lead to social death.

Most astonishing is the fact that smartphones are allowed in many schools. A group of 14-year-olds was asked how they would feel about handing their smartphones in at the beginning of the school day and picking them up at home time. Horror! How would they keep in touch with their friends?

Perhaps parents should ban under-16s from having smartphones altogether. That being unlikely, however, we should at least ban smartphones in schools. Forget the nonsense that these devices are good for “learning strategies”. They are bad for young people’s mental health. We are the adults with not just a right but a responsibility to tell children what they can and cannot do.

QUESTIONS

1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.

a) Nowadays adults let children use the internet without paying attention to its risks. TRUE “Today, in a supposedly more enlightened age, adults turn a blind eye while children are exposed to their smartphones and left to roam unsupervised in the darkest places online”

b) According to the writer, the use of smartphones should only be permitted to children over 14. FALSE “Perhaps parents should ban under-16s from having smartphones altogether. That being unlikely, however, we should at least ban smartphones in schools”

(Puntuación máxima: 2 puntos)

2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.

a) Why do parents let their children have a smartphone? TO AVOID THAT OTHER CHILDREN LAUGHT AT THEM

b) How does the writer feel about the use of smartphones in schools? THE WRITER THINKS THAT HAVING A MOBILE PHONE AT SCHOOL IS ALWAYS A BAD IDEA.

(Puntuación máxima: 2 puntos)
3.- Find the words in the text that mean:
   a) because of (paragraph 1) DUE TO
   b) limits (paragraph 2) BOUNDARIES
   c) consent (paragraph 2) GIVE IN
   d) improbable (paragraph 4) UNLIKELY

(Puntuación máxima: 1 punto)

4.- Complete the following sentences. Use the appropriate form of the word in brackets when given.
   a) He __WAS GIVEN_____ (give) a new tablet for his birthday, although he was not old __ENOUGH____ to know how to use it.
   b) Smart watches will become ____SO____ fashionable in a near future that nobody will be able to live ____WITHOUT____ one.
   c) Remember __TO SWITCH_____ (switch) off your phone before the concert __STARTS_____ (start).
   d) I have met lots of young people __WHO_____ suffer __FROM_____ anxiety if they don’t have the latest device.

(Puntuación máxima: 2 puntos)

5.- Write about 100 to 150 words on the following topic. Explain how smartphones have changed our lives.

(Puntuación máxima: 3 puntos)

WHEN I WAS YOUNGER, MOBILE PHONES WERE BASIC DEVICES THAT COULD BE USED TO MAKE PHONE CALLS, NOWADAYS THEY ARE VERY CLEVER AND USEFUL FOR OUR MODERN AND BUSY LIVES.

FIRST OF ALL, YOUR MOBILE IS A GPS AND A MAP, SO IT IS SO USEFUL THAT YOU WILL NEVER GET LOST AGAIN. SECONDLY, IT KEEPS YOU IN TOUCH WITH YOUR FRIENDS AND FAMILY, AND IN CASE OF EMERGENCY, YOU CAN CONNECT WITH THE AUTHORITIES. BESIDES, YOU CAN CATCH UP EMAILS WHILE COMMUTING OR PLAYING GAMES.

HOWEVER, YOU HAVE TO BE RESPONSIBLE AND SWITCH IT OFF IF YOU ARE IN A MEETING OR IN YOUR CLASS.

OPCION B

Therapy Dogs

Dogs have been providing love and reassurance to their owners for centuries. For as long as dogs have been domesticated, there has been evidence of their natural healing abilities over the physically and emotionally convalescent. These exceptional animals bring comfort and happiness to people with a wide range of disabilities and emotional needs, including those in nursing homes, rehab facilities, special needs schools and more.

The first therapeutic use of dogs can be traced back to ancient Greece, when dogs were employed to lick the wounds of injured human patients. In the 1700s, Quakers brought
dogs to some of the earliest treatment centres for the mentally unstable, allowing patients to raise and tend to pets in order to rebuild their social skills. Since then, several studies have been carried out proving that interaction with dogs increases levels of neurotransmitters associated with happiness and bonding, while reducing chemicals associated with distress.

Though therapy dogs are used for a variety of different purposes and in different settings, all must possess certain traits. Any breed of dogs can be used for therapeutic purposes, so long as he or she has the right temperament. For the safety of the dog and patient, all therapy animals must be very patient and respond to commands regardless of any distracting environmental stimuli. These dogs must never jump or paw at humans, as this can cause fearful reactions in vulnerable patients. They should be groomed regularly, and have annual check-ups at the vet to ensure a clean bill of health. In all these activities, these animals provide unconditional acceptance to those they visit.

QUESTIONS

1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.
   a) Good results with therapy dogs can only be appreciated in a very specific kind of disorder. FALSE “These exceptional animals bring comfort and happiness to people with a wide range of disabilities and emotional needs, including those in nursing homes, rehab facilities, special needs schools and more”
   b) Dogs were used to cure certain problems in humans for the first time in the 18th century. FALSE “The first therapeutic use of dogs can be traced back to ancient Greece, when dogs were employed to lick the wounds of injured human patients)” (Puntuación máxima: 2 puntos)

2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.
   a) What was the Quakers’ contribution to the use of therapy dogs? THEY STARTED TO USE DOGS IN THERAPIES IN HEALTH CENTRES
   b) Explain the results of the latest research on how therapy dogs help human beings. THEY MAKE PEOPLE FEEL HAPPY, LESS STRESSED. (Puntuación máxima: 2 puntos)

3.- Find the words in the text that mean:
   a) joy (paragraph 1) HAPPINESS
   b) conducted (paragraph 2) CARRIED OUT
   c) characteristics (paragraph 3) SETTINGS
   d) guarantee (paragraph 3) ENSURE
   (Puntuación máxima: 1 punto)
4. Complete the following sentences. Use the appropriate form of the word in brackets when given.
   a) They __TOOK____ (take) the dog to the kennel because it had been abandoned by its owner a long time __AGO____.
   b) Last year, it __WAS PROVED_____ (prove) that patients made progress in activities __WHERE___ therapy dogs were used.
   c) If we __HAD KNOWN_____ (know) about all these new therapies with dogs, we __WOULD HAVE AVOIDED_____ (avoid) much suffering in the past.
   d) Complete the following sentence to report what was said. The vet asked me: “When was your pet vaccinated for the last time?”. The vet asked me ___WHEN MY PET HAD BEEN VACCINATED FOR THE LAST TIME_______________.

(Puntuación máxima: 2 puntos)

5. Write about 100 to 150 words on the following topic. How would you describe a responsible pet-owner? Justify your answer.
(Puntuación máxima: 3 puntos)

I THINK THAT THE ANSWER TO THIS QUESTION IS REALLY EASY. FIRST OF ALL, A PET OWNER MUST LOOK AFTER HIS OR HER PET, THE OWNER MUST GO WITH THE PET FOR WALKS, FEED IT AND TAKE CARE OF IT. IT IS ALSO NECESSARY THAT THE OWNER TAKES THE PET TO THE VET AS MUCH AS IT REQUIRES. SECONDLY, THE OWNER MUST BE RESPECTFUL WITH HIS OR HER NEIGHBOURS, CLEANING ANY DIRT, RESPECTING COMMON AREAS, ETC. TO SUM UP, A PET OWNER HAS TO BE RESPONSIBLE, WITH THE PET AND WITH THE SOCIETY, SO IF YOU WANT A PET, THINK TWICE, ARE YOU RESPONSIBLE ENOUGH?