Profesores Asociados Egresados del Instituto de Enseñanza Superior en Lenguas Vivas "Juan Ramón Fernández"

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LEVEL A7 COMPLETAR CON LETRA IMPRENTA	PAPER 1 / 13
Lugar de Nacimiento:	
Fecha de Nacimiento:	
	EX EX Total 1+2+3 4+5 mark
1. <u>Read and answer</u> DREAMS	
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Dreams can be both fascinating and baffling, which is why they have garnered attention from philosophers, artists, writers and poets for thousands of years. Only fairly recently in history have researchers begun to scientifically study the dreaming process. While people still disagree about the exact purpose of dreams and the possible interpretations of dream content, this area remains a topic of interest for both psychologists, researchers, students and anyone who wonders about the reasons behind their dreams.

A dream can include any of the images, thoughts and emotions that are experienced during our waking life. Dreams can be extraordinarily vivid or very vague; filled with joyful emotions or frightening imagery; focused and understandable or unclear and confusing.

What purpose do dreams serve? While many theories have been proposed, no single consensus has emerged. Considering the enormous amount of time we spend in a dreaming state, the fact that researchers do not yet understand the purpose of dreams may seem baffling. Sigmund Freud's theory of dreams suggested that dreams were a representation of unconscious desires, thoughts and motivations. According to Freud's psychoanalytic view of personality, people are driven by aggressive and sexual instincts that are repressed from conscious awareness. While these thoughts are not consciously expressed, Freud suggested that they find their way into our awareness via dreams.

Some researchers suggest that dreams serve no real purpose, while others believe that dreaming is essential to mental, emotional and physical well-being. Ernest Hoffman, director of the Sleep Disorders Center at Newton Wellesley Hospital, suggests that "...a possible (though certainly not proven) function of a dream to be weaving new material into the memory system in a way that both reduces emotional arousal and is adaptive in helping us cope with further trauma or stressful events."

Sleep researcher J. Allan Hobson has identified a number of key characteristics of dreams. While many of these characteristics may seem familiar, you might not be aware of just how common these features really are. Are your dreams emotionally charged, disorganized, bizarre and difficult to remember? Then you are already familiar with just a few of the features most commonly found in dreams.

1. Dreams Often Feature Intense Emotions

One of the major characteristics of dreams is that the emotions experienced in dreams can be intense, painful and acute. People commonly report dreaming about deeply embarrassing situations (i.e. being nude in public) or profoundly terrifying events (i.e. being chased by an attacker). In some instances, these emotions can become so intense that they interrupt the dream or cause the dreamer to wake abruptly. The three most common emotions that become intensified by dreams are anxiety, fear and surprise.

2. Dreams Are Frequently Disorganized and Illogical

Dreams are full of discontinuities, ambiguities and inconsistency. According to Hobson, one of the hallmarks of dreams is "illogical content and organization, in which the unities of time, place and person do not apply, and natural laws are disobeyed." Some examples of illogical dream content include flying, time travel, talking animals, sudden transformations of both people and objects and sudden shifts in setting.

3. Strange Dream Content Is Accepted Without Question

The odd events and content that occur in dreams are typically accepted without question by the dreaming mind. According to Hobson, the unquestioning acceptance of dream content is due to the strength of our internally generated emotions and perceptions. Within the dream, these strange and illogical events, perceptions and objects are not seen as being out of place. If the dream is remembered upon waking, the content of the dream is seen as odd or even difficult to explain.

4. People Often Experience Bizarre Sensations

Strange sensory experiences are another cardinal characteristic of dreams. The sensation of falling, an inability to move quickly and being unable to control body movements are just a few of the commonly reported sensory experiences that occur during dreams.

5. Dreams Are Difficult to Remember

While memory seems to be intensified within the context of the dream, access to the information contained within the dream diminishes rapidly once the dreamer wakes. Dream researchers estimate that approximately 95% of all dreams are forgotten entirely upon awakening.

While many people may be familiar with these five common characteristics of dreams, some may be unaware of just how common these experiences are.

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Eı **ADOLESCENTS 7** PAPER 1 / 13 1) How can dreams be described? 2) According to Freud, what is one of the main reasons why we dream? 3) Why do we sometimes wake up abruptly from our sleep? 4) Why is strange dream content accepted without questioning? 5) What kind of sensory perceptions are most common while dreaming? What is so odd about them? 2. Read about Crystal's experience with dreams and fill in the blanks with the correct form of the verb. When you see + use a modal The relationship between my mother, sister and me had been cold and hostile for as long as I _____ (+remember). To me, my mother was irrational, hurling hurtful insults for the slightest infraction. "It doesn't matter," my mother grumbled when I asked her where she (move) my watercolor paints. "It isn't as if you __ (+paint) anything good with them." And my sister ______ (+take) my mother's side against me every time. _ (+claim), "You three are more alike than you know." My father In April of 2000, my mother kicked us both out of the house. (Dad ______ _ (exile) many years before.) After that, my sister and I went our separate ways. If we had tried to stay together our life __ (be) real hell. It was then that I began _____ ____ (have) recurring dreams. In one, I am running to catch up with a woman. Each time I get near, I trip and fall. Another woman, (smile) and shouting my name, comes and offers her hand, but when I reach (grab) it, she disappears. In another, a female professor hands me a test. Although I (spent) hours studying for it, I know none of the answers. These dreams were not hard to understand. In fact, it was just the opposite; they were really clear, and although I _ (never study) dream interpretation, I ______ (+work out) their significance. I knew that they both reflected the harsh relationship I ______ (share) with my mother and sister. _____ (+never understand). I _ However, there was one dream I (bite) (have) this dream far more than any of the into an apple when all my teeth fall out. I others. Years later, in an effort (heal) our relationship, Mom, Tammy and I decided to go to counseling together. After several sessions, I told my dream about teeth tumbling out of my head. "My God, Crystal," said my mother. "I ______ _ (have) the exact same dream many times." "Me, too," said Tammy solemnly. Breakthrough? No idea. But I _ _____ (remind) of the words of my now-dead father. Maybe the three of us are more alike than we know.

Read this text and fill in the blanks with a suitable connective 3.

An American psychiatrist has launched trials of a drug to help people who cannot stop spending. Professor Lorrin Koran of Stanford University in California believes he has found a cure for shopaholics.

The news must have come ______ a great relief to millions of people suffering from compulsive shopping disorder, a condition ______ is thought to afflict up to one in 30 n _____ is thought to afflict up to one in 30 million American women.

> _ now, few psychiatrists regarded the problem as worthy of serious medical attention. ___, describes it as a 'hidden epidemic' comparable to compulsive gambling,

kleptomania and pyromania.

Koran,

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______the announcement of his test programme, Koran's office has been inundated with hundreds of calls from shopping addicts keen to become his guinea-pigs.

The considerable interest in the supposed cure came as no surprise to Koran, _______ has been aware of the extent of the problem for many years. But just what types of people suffer from it? ______ to Koran's research, the majority of shopaholics are women. Most buy items that improve their appearance _______ as shoes, creams, make up and jewellery. However, an increasing number of men are also becoming addicted to shopping. ______ the former get pleasure from shopping and only occasionally splash out on something expensive, typical shopaholics go on a binge at least once a week. They experience urges to buy items that they don't need and then feel sadness and remorse.

Dr Koran is sure that compulsive shopping is a real disease which needs treating, not everyone agrees. Lee Smith, a retail consultant, claims that people have always used shopping as a way of cheering themselves up.

4. Go on reading and fill in the gaps with ONE suitable word

as there have been shops but the problem has People have been shoplifting for as increased in the 1960s with the growth of self-service. It has now become one of the costly crimes in Britain and every year shops lose more than f750 million stolen goods. Only about 20 per cent of all shoplifters are organized or professional, but they represent a major headache to shop owners. Their crimes, along theft by shop staff, result in greater losses than ______ amateurs. They are rarely caught and _ everything stolen thev are, many shops decide not to report the thief. The police often consider turning in to arrest a shoplifter as a low priority and court cases require a great ____ of time and effort. Incredibly, of the few thieves who are caught, only one per cent is prosecuted and most of these are let off on a small fine. Shop owners are fighting back. Technology is their best weapon and the installation of CCTV cameras is now commonplace in _____ small and large businesses. One London camera shop uses shame shoplifters _ an effective deterrent; a sign in its window warns ___

will be photographed and their picture placed in the shop window.

I've bought a new pair of jeans... they are just perfect. Anne: Dr Penn: Well, ? Anne: I don't know... I could wear them at work... Don't you wear a uniform at work? Dr Penn: Anne: Yes... Anyway, ____ Is that something you really need? Let's talk about your need to buy things... ___ Dr Penn: Anne: I remember my mother used to give me money every day when I was a child. ? Dr Penn: No, I haven't. But I think that if I had had the opportunity, I'd have saved money. Maybe I could spend it Anne: now! Don't you think that if you saved some money ____ Dr Penn: ? No, I don't really see the point of saving money. I don't need anything else. Anne: What are your plans for the future, then? Dr Penn: _____, but then I decided to stay here. Well, last year I _____ Anne: Dr Penn: ? Anne: Well, to begin with, I couldn't afford such a trip. I also had to leave my boyfriend behind.

5. <u>Complete the Dialogue between a psychiatrist and his patient who is a compulsive buyer</u>

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Dr Penn:	And what does your boyfriend think about your problem?						
Anne:	Oh, he doesn't know about it. If he knew						
Dr Penn:	Don't you fear you may not able to pay your debts?						
Anne:	e: No, everything is worked out. By this time next year						
Dr Penn:	: I hope so. I'm worried about you, you know. I think maybe you						
Anne:	No way. Actually I'm leaving early today, because I saw this lovely coat yester gorgeous!! I'm going to buy it as soon as I leave your office!	day It's absolutely					
6. <u>Cor</u> • •	mposition. Write about 180 words on ONE of the following: Start a story with the following sentence: "I'm not that kind of person, I tell yo "Compulsive shoppers should be treated both medically and psychologically."						
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