



DISCIPLINE	SECTION(S)	ÉPREUVE ÉCRITE	
ANGLAIS	CB / CC / CD / CE / CF / CG / CI	Date de l'épreuve :	16/09/2022
		Durée de l'épreuve :	160 min.
		Numéro du candidat :	

Partie obligatoire			
Question	Nb points	Sujet	Obligatoire
Task 1	10	Mental Health	x
Task 2	20	Video Games	x

  

Partie au choix			
Choisissez <u>une</u> question parmi les quatre suivantes et indiquez votre choix avec un x.			
Question	Nb points	Sujet	Choix du candidat
Task 3	30	1. Education	
Task 3	30	2. Gender Equality	
Task 3	30	3. A.I.	
Task 3	30	4. War	

I. Task 1 – Reading comprehension (10 marks)

**The pandemic has weighed heavily on children – but there are ways to lighten their load<sup>1</sup>**

The debate about potential school closures or delays has initiated discussions about children's mental health once again. Kids are very **resilient**, but the impacts of Covid-19 have been big – and continuing. Childhood mental health is important because it lays the foundations for social and emotional wellbeing in later life.

- 5 The good news is parents and carers can positively influence their children's wellbeing, and "good enough" parenting can have a meaningful impact.

At the population level, there were **surging** rates of psychological distress in children prior to the pandemic and this has further increased during the pandemic. Lockdowns and having parents or carers who are also experiencing psychological distress are associated with poor mental health in children and adolescents.

- 10 Fortunately, in Australia Covid has not to date been associated with a rise in suspected deaths by suicide. **(a)...** Though a NSW<sup>2</sup> study found an increase in mental health presentations to emergency departments through Covid times.

- 15 And in Australia, more people of all ages have been seeking mental healthcare through 2020 and 2021. For instance, the Australian Kids Helpline has experienced a 17% increase in calls compared with pre-pandemic times. **(b) ...**

<sup>1</sup> <https://www.theguardian.com/commentisfree/2022/jan/23/the-pandemic-has-weighed-heavily-on-children-but-there-are-ways-to-lighten-their-load> by Alexandra Martiniuk, Linda Rosewell and Jennie Hudson, 22<sup>nd</sup> January 2022 (812 words, adapted)

<sup>2</sup> New South Wales (an Australian state)

Initially we found creative ways to address Covid stress – remember all those dance parties on TikTok? Adults and children are now **weary**. Chronic stressors are known to be particularly challenging. As the pandemic enters its third year, evidence is showing that lasting mental health challenges are unevenly affecting those with financial issues, those who have had Covid or lost someone to Covid and those whose mental health was poor before the pandemic.

Some have faced enormous challenges; others feel “blah”, lacking motivation and focus. An Australian study showed though that some older children (12-18yrs) have had positive experiences during Covid. Some have benefited from more family time, a slower pace of life and more control over one’s day.

We have only a handful of studies regarding the singular effect of school closures (or delays, or online learning) on children’s mental health – it is not easy to tease out impacts of the pandemic itself compared with school closures.

A 2021 analysis in JAMA<sup>3</sup> Pediatrics showed school closures may only modestly reduce pandemic spread. Disruptions, change in teachers can in themselves cause distress in children – but kids need socialisation and quality education.

Emerging research shows that masks have not **adversely** affected children’s emotional development. You might remember the famous study by Tronick back in 1975, called the Still Face experiment. In the study, when parents were instructed to keep a straight face, their kids withdrew and got upset. Some people have worried masks would have the same effect. But initial studies into adult mask wearing and primary school kids’ reactions have shown children continue to interact and perceive emotions as they did before.

On the other hand, parents are stressed by decision-making and risk assessments. Parental stress has a significant impact upon child mental health. So, parents should prioritise their own mental wellbeing by giving themselves permission to do the things that might give them a lift, even if only temporary, or give them a break from what drains them. One must seek social connections that feel safe, and keep the basics – enough sleep, eating well and keeping physically active.

Allowing space and time for enjoying quality time with family: positive relationships and play, silliness and sharing in fun activities protect our mental wellbeing and that of our children.

Consider the opportunities for teaching children mental wellbeing skills, like accepting feelings. Accepting the full range of feelings helps children with emotion regulation. There is no need to hurry children out of “negative feelings” – listening, comforting, being there and riding it out is enough. **(c)** ... Parents can role-model repair by expressing warmth, talking about what happened, and apologising.

It is important to remember that perfect parenting is not required to raise psychologically healthy children. **(d)** ... Giving children manageable amounts of accurate, age-appropriate information can help **alleviate** concerns. While following children’s questions, one must resist the urge to provide too much reassurance (paradoxically, this sometimes makes fears stronger).

Prevent Covid infection, if possible. A Lancet article reports that adults who have been infected with Covid-19 are at an increased risk for anxiety and mood disorders after the infection compared with other infections (we don’t know if the risk is similar for children).

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<sup>3</sup> Journal of the American Medical Association

Make time for unstructured play (like building a fort) – it is key to the development of self-esteem, self-determination and the ability to self-regulate, **(e)** ...

- 55 Positive event scheduling, that is, doing things you enjoy together prevents and treats depression, and can also strengthen relationships. This could be as simple as a card game together.

Humans are amazingly resilient. We have surprisingly useful abilities to make the best of a bad situation. Good-enough parenting is all it takes. Stabilising emotional wellbeing through connection, fun and play can recharge the whole family's battery.

## READING COMPREHENSION QUESTIONS

### A) Insert sentences into the text (-1 per wrong or missing answer)

Choose which sentences (1-7) **best** fit into the gaps (a-e) in the text. Write the correct numbers into the box below. There are two sentences you do not need to use.

1. Worries about Covid should not usually be perceived as a sign of mental illness.
2. all vital parts of emotional development that help prevent mental health challenges.
3. The prevalence of depression and anxiety symptoms during Covid has doubled for children.
4. overcome their anxieties and build confidence in themselves.
5. And a 2022 Canadian study found no increases in self-harm presentations in teens.
6. Breakdowns in relationships between parents and kids happen.
7. Good quality information can reduce fear and uncertainty for all.

**Write your answers here:**

Gap in text:	(a)	(b)	(c)	(d)	(e)
Sentence:					

**B) Vocabulary (-1 per wrong or missing answer)**

Match the expressions from the article with the definition/synonym that is closest to their meaning in the text. Circle the best option – a, b or c. There is only ONE correct answer per example.

1. resilient (line 2)	a. sensitive b. easily influenced c. quick to recover
2. surging (line 7)	a. rising b. astonishing c. disturbing
3. weary (line 17)	a. weak b. fed up c. skilful
4. adversely (line 30)	a. negatively b. aggressively c. confusingly
5. alleviate (line 47)	a. to remove b. to explain c. to diminish

**C) True / False / Not Stated (-1 per wrong or missing answer)**

Decide if the statements are True (T), False (F) or Not Stated (NS) in the text. For each sentence, circle T, F or NS.

1. According to the author, striving for perfection when it comes to parenting does more harm than good.	T	F	NS
2. A Canadian study found that, through Covid times, emergency departments were confronted with an unexpected rise in mental health cases.	T	F	NS
3. Evidence found, among other things, that lasting mental health problems pose a greater challenge to people with money problems.	T	F	NS
4. It is challenging to assess the pandemic spread in relation to school closures because there is no research available on the subject.	T	F	NS
5. Comforting children excessively may have a counterproductive effect.	T	F	NS

**II. Task 2 – Reading into writing (20 marks)**

*You are going to read two texts in which the authors tackle the issue of **video gaming**.*

**Text 1: Excessive video gaming is a real problem but a crackdown isn't a solution<sup>4</sup>**

When the Chinese government announced it would limit those under 18 to three hours a week of online video games, I suspect many parents in the United States wondered: Why can't that happen here?

Parents across the country are struggling — and often failing — to help their children set healthy limits around gaming and technology use.

This is not an imagined problem — it is a real one, and as I have seen in my practice as a psychologist, the pandemic has not only increased the problem of compulsive gaming, in my experience, but also it has produced more problems among a younger demographic. Where a majority were once college students, more of my patients now are in their teens and still in high school or middle school — a worrisome trend because we are seeing a shift in the marketing of digital products to younger and younger ages, even infants.

Engaging in compulsive gaming — my patients tend to play six hours or more per day — significantly impairs individuals' functioning at school or work. Their social lives and relationships with family members are often tumultuous.

Compulsive gamers become “one-trick ponies,” only good at this one task, and with the majority of their friendships conducted through the game and not in person. For a developing child or teen, the ideal is to have a diversity of interests, hobbies and activities. Each activity requires different skills and develops different coping strategies, whether it is baseball, robotics club, art or music.

Having diverse social circles also allows children and teens to develop the skills necessary to relate and work well with people who are different from them. Interpersonal interactions online are highly limited in the gaming world. These friendships are often superficial. For all of these reasons, parents must teach their children to maintain a healthy balance between their online and in-person lives.

But limiting screen use is extremely difficult. I suspect the Chinese government will be no more successful at it than any parent here in the United States. The reality is that any hardware or software that helps parents control their child's digital world has a workaround. My experience working with families is that any motivated 12-year-old can find a way to evade the tools that are available to parents and schools.

Because of this, much of my efforts to help my clients involves bringing them to the realization that they need to change. Once they are ready to make some changes, these tools work because the child or young adult focuses their energy on getting better, rather than on how to break through the firewall, or reset the time on the device so that they get more hours.

Helping children make better choices around technology is much harder than a technological crackdown, whether imposed by the government or by a frustrated parent. The solution isn't simple. It involves

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<sup>4</sup> <https://www.washingtonpost.com/opinions/2021/09/06/excessive-video-gaming-real-problem-china-us/> by Edward Spector, 6<sup>th</sup> September 2021 (507 words, adapted)

continuing dialogue between parents and children, as well as some moderate degree of monitoring and limit-setting. In the long run, this is the only approach that has a serious chance of working.

**Text 2: Video games may not be harmless, but what are you going to do?<sup>5</sup>**

When I was 7 years old, the consensus, at least in our town in the late '80s, seemed to be that video games were drugs and that the Nintendo Entertainment System was a new form that would turn all of us kids into violent zombies. The only defense I can recall was that video games improved hand-eye coordination, which was probably true.

In 1982, C. Everett Koop warned against video game addiction and said that while he had no scientific evidence for the harm video games inflicted on children, he thought that it would eventually emerge. The '80s brought what writer Michael Z. Newman called a “media panic” about video games. It popped up again after the 1999 Columbine shootings.

I have been playing video games with my 4-year-old daughter, Frankie, since the start of the pandemic. My wife and I succumbed, like most parents, to the need for screens to occupy our child while we worked, and to the general stress and exhaustion of those early Covid months when it felt like all our life's plans had been waylaid for good. And so I began playing Super Mario Odyssey with Frankie on the Nintendo Switch. We played it over and over until she could reliably run and jump and understand that Mario needed to rescue Princess Peach from Bowser. Over time, she learned that Mario had a brother named Luigi and Bowser had a son named Bowser Jr. Her interest in the broader Mario universe led to her demanding that we buy a Super Mario chess set she saw in Target. Now she can skillfully move Mario, Luigi, Princess Peach, Toad and Yoshi around the board.

There may be kids who fall into addictive patterns — several years ago, the World Health Organization added “gaming disorder” as a behavioral addiction to its list of diseases. But we have now been through nearly 50 years of alarm over video games and the evidence has never quite justified it, contrary to Koop's prediction. Some scholarship has even highlighted the cognitive and social benefits of many video games. Much of the more recent research is more nuanced than panic-inducing. Studies haven't shown a link between video games and violent acts, though they do say video games can make kids behave more aggressively.

When we play video games, my daughter is fully engaged and asks questions about the stories. When she solves a puzzle in a game or defeats a boss, her face lights up with the same satisfaction and confidence she displayed when she learned to ride a bike without training wheels or when she figured out how to go across the monkey bars. These moments are digitally inspired, yes, but I'm not sure why that means they're worth less. But more important, video games have become a thing we do together.

When we play, we're both present in a way that's difficult to find in other parts of our very structured lives. And so my hope is that by playing video games with me at a young age, she will at least get used to the idea of a virtual life that still involves her old man.

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<sup>5</sup> <https://www.nytimes.com/2021/12/09/opinion/video-games-kids.html?searchResultPosition=1> by Jay Caspian Kang, 9<sup>th</sup> December 2021 (525 words, adapted)

**Writing task**

Write a structured **analysis** of **200-250 words** in which you do the following:

- Compare and contrast the overall points of view expressed in the two texts (by referring to 2-3 main arguments put forward in each text).  
Your **analysis** must represent **± 2/3 of your answer**, i.e. **± 140-170 words**.
- Explain which point of view you agree with more, and why. If you agree with both or neither, explain why. Your **personal opinion** must represent **± 1/3 of your answer**, i.e. **60-80 words**.

Use your **own words** as far as possible. Do not copy from the texts, except for short quotes (with quotation marks) to support your statements.

**Indicate your total word count at the end.**

**III. Task 3 – Essay writing (30 marks)**

**Write a well-structured essay of between 300 and 400 words on ONE of the topics below. Indicate your choice of topic clearly and include the word count.**

1. In our Digital Age, are we losing our ability to read without distractions?
2. The fight for gender equality should be fought by men and women alike. Discuss.
3. *'With artificial intelligence we are summoning the demon.'* (Elon Musk) – Do you agree or disagree?
4. *'War is what happens when language fails.'* (Margaret Atwood) – Discuss.