

EXAMEN DE FIN D'ÉTUDES SECONDAIRES – Sessions 2024**QUESTIONNAIRE**

Date :	07.06.24	Horaire :	08:15 - 11:15	Durée :	180 minutes	
Discipline :	ANGLA	Type :	écrit	Section(s) :	GED / GSH / GSI	
					Numéro du candidat :	

PART I: READING (20 marks)

Copy only the numbers / letters / words asked for onto your answer sheets. Do not copy questions!

Text 1: What is the 'let-down effect'? The reason you get sick on holiday

So you've been counting down to your holiday – when you'll finally have the chance to step off the hamster wheel and relax. Except, no sooner have you checked in at your hotel than you find yourself reaching for the headache pills or tissues, as a niggling cold or migraine takes hold.

Sound familiar? If it feels like you suddenly get unwell when you finally hit the pause button, you're not imagining it – there's even a medical term for it.

"This is known as the 'let-down effect'," says Dr Suhail Hussain, a general practitioner. "When the body is used to functioning on high levels of [stress hormones] cortisol and adrenaline and they suddenly decrease, our immune system is exposed and then we're prone to minor infections and excessive tiredness. Pain and muscle aches also increase – adrenaline increases muscle tension, so imagine a rubber band always pulled tight, what happens when you let go?

There may also be a spike in mental health problems, such as acute anxiety and panic attacks. Flare-ups in pre-existing chronic conditions is also a common phenomenon, for example migraine and asthma attacks," he adds.

The 'let-down effect' can strike after a brief period of intense stress, such as after exams or completing a project, and after positive high-stress events, like planning a wedding. And for many people, it hits when you finally get to put down your to-do list and go on holiday.

Stress hormones serve an important purpose and we need them to function, so they're not always bad news. "Basically, we are programmed to respond to danger – 'fight or flight' – so in stressful situations, there is an increase in levels of stress hormones adrenaline and cortisol," Dr Hussain explains.

"If these hormones are always 'on', then inflammatory processes are accelerated and your immune system is impaired," says Dr Hussain. "High levels of cortisol in your blood can lead to inflammation and a weakened immune system."

Dr Hussain says: “You can try to lessen the impact of the ‘let-down effect’ by de-stressing slowly. Instead of crashing and burning, try to maintain a bit of activity on the holiday or some degree of exercise, such that there’s not a massive decrease in stress hormone levels, meaning you can allow the body to acclimatise slowly.”

But not getting sick on holiday may not be the only concern here. If your body is giving you warning signs that chronic stress is taking a toll, it’s important to listen. “Constantly running on high levels of stress is very bad for you. It leads to the problems mentioned above but also longer-term consequences, such as plaque formation in arteries, leading to coronary events and strokes, depression and anxiety, and even addiction. Levels of obesity are also increased,” explains Dr Hussain.

Dr Hussain suggests finding ways to make managing stress in everyday life. “Build in regular relaxation to your daily schedule. Get out to walk, spend time in the sun, observe nature. Listen to relaxing music. Make a regular sleep schedule, read, spend time with family and loved ones,” he says. “Don’t just work and work and work for the expectation of a big holiday at the end of it.”

(528 words; adapted from independent.co.uk; Abi Jackson; 29th January 2024)

Read the text and identify the expressions that match the following definitions. Give one word only unless indicated otherwise. (7 marks, -1.5)

1. (adjective) worrying someone slightly or causing them slight pain, usually for a long time
2. (two-word noun) a doctor who provides general medical treatment for people who live in a particular area
3. (noun) a very high amount, price, or level, usually before a fall
4. (verb) to become or make something smaller in amount or degree
5. (expression) to cause harm or suffering
6. (adverb) all the time or often
7. (noun) a list of planned activities or things to be done at or during a particular time

Text 2: Why are our children obsessed with anti-ageing treatments? Take a look in the mirror.

Has childhood been cancelled? Inspired by social media, particularly TikTok, it appears children are adopting strict anti-ageing skin-care regimes. **(-1-)** Generation Z, younger teenagers, pre-teens and children, sometimes as young as eight, slap on moisturisers, peels and elixirs intended (and priced) for older people, according to the British Association for Dermatologists.

It's no surprise that social media (the great hypnotiser of the masses) is heavily implicated. **(-2-)**

When the shopping habits of nearly 9,200 teens were surveyed last autumn, it was found skincare spending had increased by 19%. Dermatologists report young people appearing with complex, inappropriate skincare routines, not to mention heightened anxieties, with one consultant dermatologist in London fielding teenage concerns about "crow's feet".

Now youth skincare sounds like something from a futuristic thriller. Just reading about all the "10-step" programmes could age you 20 years. The young watch TikTok videos and get up early to undertake laborious rituals before school.

Dermatologists say that, while some youngsters need supervised help (say, with acne), for most, sun-protection, hygiene and, in teenage years, light moisturising is more than sufficient. **(-3-)** They could cause irritation, flakiness, sun-sensitivity, even long-term damage, especially when mixed incorrectly.

All this seems beyond standard youth trends and peer pressure, going into a disturbing new realm of perfectionism, poor self-image and obsession. Of course, anti-ageing is a staple of the beauty industry but this is generation Alpha, who are born, or will be born, between 2010 and 2025. They are children. How can it be that they're so joylessly fixated on forming a laughter line in 20 years' time?

In the dock, you've got social media and the beauty industry. **(-4-)** An era of such unrealistic, impossible standards that people are arriving at plastic surgeons not with photos of celebrities, but with their own filtered/facetuned dewy-skinned images.

As shocking as it seems that children are buying into anti-ageing mass hysteria, perhaps it's the inevitable end game of our ageist culture. **(-5-)** Where the elderly are stigmatised, and youth is the only acceptable state. All things considered, how surprising is it that such distorted, corrosive values have burrowed into vulnerable, malleable young brains?

What now? Do we just accept that some kids won't bother "doing" childhood anymore? Or will responsible parents keep doing their best to slap small paws away from the acid-peels and moisture-surges they definitely don't need? Sure, it's about social media, the regular media and the beauty industry, but it doesn't stop there. If nine-year-olds are scared of ageing, that's also on us. This was their age of innocence, and we blew it for them.

Read the article carefully, and then fill the gaps in the text with the missing sentences. There is one sentence more than you need! (5 marks, -1.5)

A.

Instead, the collagen-plumped young use products from some brands intended for wrinkles, fine lines and hyperpigmentation.

B.

Where growing older (and looking it) means you're finished.

C.

They're all shockingly young and mainly girls.

D.

Parents are forced into buying these excessively overpriced products for their offspring.

E.

However, you've also got a society full of people increasingly unable to accept the sight of themselves unfiltered.

F.

Influencers are cited as the cause of this anti-ageing obsession and the consumer power of children is growing.

Text 3: Unemployed men prefer their partner to be out of work, study finds

Unemployed men in heterosexual relationships in the UK would prefer their partner to also be out of work, according to new research. A study, which analysed data from over 42,000 people spanning nine countries, found men in couples where the woman is the sole breadwinner have a lower than average well-being than those in relationships where the man is the main earner or they both work.

The research, by the University of Bath, found men find it harder for their partner to be employed if they are out of work than if the tables are turned.

While men were found to struggle most in Germany, this was followed by the UK, Ireland, and Spain, but the issue remains fairly widespread across Europe, remaining prevalent in more gender equal nations such as Finland.

People surveyed were asked about their life satisfaction, ranking 10 as the highest and 1 as the lowest. Researchers found the score was 0.223 higher among UK males in couples where both are jobless, compared to those where men are not in work and the woman is the breadwinner.

“This statistic might not sound like much but we have found it is statistically significant given it was found even after we controlled for many socio-economic demographic things, as well for gender attitudes,” Helen Kowalewska, one of the report’s authors, told *The Independent*. “Men are socialised and expected by society to be the main provider. Research has found couples tend to be judged more harshly when the man is unemployed.”

Dr Kowalewska, lecturer in social policy at the University of Bath, noted previous research has found people out of work who are living in areas where there are high levels of unemployment are “less likely to feel deviant or be perceived as going outside social norms” due to the fact they are surrounded by others in a similar situation to them. Dr Kowalewska added: “Having a partner who is also not employed makes men feel less bad about their own joblessness and less self-conscious.”

Researchers, whose findings were published in the *European Sociological Review*, stated “men apparently attach greater value to their own employment status than their partners”, adding that males prefer their female partner to be unemployed rather than them, while “women report similarly low well-being when either partner is unemployed”.

The report warned a woman’s breadwinner status “apparently threatens jobless men’s perceptions of their masculinity and intensifies the negative well-being consequences of their own joblessness”. Researchers explained men with breadwinner wives or partners are likely to endure “stigma and social sanctions” such as “gossiping, ridicule, and judgement” for not abiding by stereotypes of masculinity.

While the study noted men out of employment may also be at risk of enduring isolation and loneliness, due to the fact they are less likely to have community networks to lean on than women.

Decide whether the following statements are true or false (T/F) according to the article. If the information is not given in the article, the statement is considered false. (8 marks, -1.5)

1. Men whose partners have a job feel less good in their relationship.
2. Women experience more difficulties if they are in a relationship with a jobseeker compared to when the roles are reversed.
3. Gender equal nations like Finland struggle with unemployment.
4. The author of the survey, Dr Helen Kowalewska, claims that even a score difference of less than 0.5 can still be relevant.
5. Men judge their wives more harshly when they have an employment.
6. It was found that men considered their jobs to be more important than their partners.
7. Society is more inclined to mock men who do not conform to traditional gender roles.
8. Women are less likely to get support from the community they live in.

PART II: SHORT STORIES (20 marks)

Answer the **TWO** questions on the short stories with close reference to the texts studied in class.

1. The Third and Final Continent – Jhumpa Lahiri (10 marks)

Describe in detail why the narrator and Mrs Croft appear to be alien to American society.

AND

2. Dip in the Pool – Roald Dahl (10 marks)

What preparations did Mister Botibol make in the evening to win the prize game aboard the ship?

PART III: ESSAY (20 marks)

Write a well-structured essay of 250-300 words on one of the following topics. Clearly indicate which topic you have chosen. Please indicate the number of words used.

A. Stop reading, watching or listening to the news as it is too depressing! Discuss.

OR

B. Work-life balance has become a buzzword of the decade and yet people have never been as stressed as today. Discuss.