



A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ \_\_\_\_\_ 30 points

ΚΕΙΜΕΝΟ

Read the text below and respond to tasks A1 and A2.

**S**

everal years ago Frances E Jensen, a University of Pennsylvania neurologist was finding

her teenagers' erratic behaviour increasingly taxing, so she decided to study teenage thought processes. She found that while much had been written about teen psychology and parenting, no one had explained the neurons and cerebral connections that make those years such a unique – and terrifying – part of growing up.

Given that the relationship between parents and teenagers is one of the most **fraught** in family life, we asked readers to send in questions for Jensen to tackle.

**Why doesn't my teenager care about being tidy?**

Tidiness needs a sophisticated level of cognitive control, and the way the teenage brain is connected means that their planning is not very good. Parts of the brain connect to each other through synapses, which are insulated, just like electric wires. That insulation is a fatty substance called myelin, which is created over time. The process takes years, and it starts at the back of the brain and slowly moves forward. The last bits of the brain to connect are the frontal and prefrontal cortices, where insight, empathy and risk taking are controlled. This means that very smart adolescents will do very stupid things in a very impulsive way.

**Why does my daughter always seem so angry, especially with me?**

Teenagers can get frustrated with situations and themselves, as a lot of things still aren't fitting together in their brain. The risk-taking behaviour and impulsivity they exhibit because they don't have full access to their frontal lobes can cause mood swings and fuel conflict and anger. Adults can respond to this behaviour in an angry fashion themselves. While I'm not condoning teens' erratic behaviour, the hope is that by understanding what is going on inside their child's head, parents will be a bit more patient and might be able to stop themselves reacting and setting up a vicious cycle by alienating their child. Try to stay close to your teenagers, even if they seem to push you away. Always count to 10 and think twice. This is a time when mental illness can come on, and anger can be a front for depression or other anxiety disorders. Are they just being surly, or is there another explanation?

## **Why won't my teenager go to bed, and why can't I get them up in the morning?**

There is absolutely a biological basis for this. In many other mammals, like baby rodents, sleep patterns shift during the adolescent period. From puberty to the end of the teens, the circadian clock is actually programming them to go to sleep and wake up around three to four hours later than adults. This is a problem, as they are relatively sleep deprived when you wake them up at 8am. It's something we might want to think about as a society and in education systems, as chronic sleep deprivation is certainly not helping teenagers do their biggest job, which is to go to school. We know how important sleep is for consolidation of memory and learning. It's all about strengthening synapses, a process which is chemically impaired in a sleep-deprived brain. This could be a reason for the fights, too – everyone knows that sleep deprivation makes you emotionally impulsive.

## **My teenager doesn't seem to care about school at all.**

For many teenagers, it's certainly more fun to play a video game or go on Facebook than do their homework. It's an issue we all face in the modern world, but serious demotivation can be a symptom of learning or processing problems. In that case, the teenage years are an ideal time to diagnose any problems and help work on their strengths as well as weaknesses. People have different learning styles, and there is a lot of opportunity for plasticity before your brain is fully mature. Teenage brains have more synaptic connections than adult ones, which makes them highly impressionable, as they're building synapses and modifying them as they learn. They are primed to learn quickly and can memorise things faster. People might think their capacity for academic achievement is set in stone from a very young age, but this can change quite dramatically over adolescence. It's a period of huge opportunity, and this suggests that you can really change your destiny with respect to how you function at school if you get some attention during this time.

## **Why can't my teenage children leave their smartphones alone, even at the dinner table - surely Instagram can't be that interesting?**

The teenage brain is hungry for stimulation. But there is an unprecedented amount of it in today's world, maybe more than ever. Because teenagers lack access to their frontal lobes, using their judgement to say: "I've had enough" or "I need to stop and do something else" is still a weakness for them. Studies have shown that while teenagers are better at learning to multitask than adults, distraction from smartphones and other devices can still impair learning, so they should switch them off completely when they're trying to study.

## **My child loves playing video games. What effect do they have on the teenage brain?**

Video games are another source of stimulation that teen brains respond exuberantly to. But as their brains respond more strongly to stress than adult brains, they have to learn to put what they see and do in the games into perspective. Adults must remember that as our frontal lobes are connected, we can reflect and do things in moderation. If teens overfocus on video games to the extent they're not interacting with real people, that's a problem. Video gaming and gambling use the same reward circuits as getting addicted to a substance.

## **How can I look after my teenager's mental health?**

You need to stay connected with your teenager. Consistent social problems can mean that there may be an anxiety disorder or another psychiatric problem, such as depression, that's beginning to emerge. Bipolar disorder and schizophrenia often come on at the end of teenage years and in the early 20s, because you need your frontal lobes to manifest those disorders. That's why when kids seem to be socially isolated or gain or lose a lot of weight or stop taking care of themselves, parents need to be aware of it, as this might be the first sign of a deeper problem. Ironically, at this age if they do have an emerging mental illness, not all of their peers are as well equipped to be understanding as adults would be, because they don't have the empathy skills.

Adapted from

**A1. Answer questions 1-3, based on information from the text (max. 30 words each). (3 x 4 points = 12 points)**

1. Provide a title suitable for this text.
2. Based on the text, what advice would you give to parents regarding their teenagers' state of mind?
3. What is the purpose of the text?

**A2. Choose the correct answer A, B or C (18 points) (6\*3)**

**4. What kind of text is this?**

- A. A literary text      B. A report      C. A newspaper article

**5. Neurologist F.E. Jensen was encouraged to study teenage thought processes by**

- A. The relationship between parents and teens  
B. Her personal experience  
C. Studies on teen psychology and parenting

**6. What is a synonym for the word "fraught" in line 8?**

- A. tense      B. dangerous      C. distant

**7. According to the text, teenagers often get frustrated, because**

- A. A certain part of their brain is not fully developed  
B. they exhibit impulsive behaviour  
C. they lack understanding

**8. What could be one reason of disputes between parents and adolescents?**

- A. Weakened brain synapses  
B. cognitive control deprivation  
C. sleep deprivation

**9. Which of the following phrases best expresses the main idea in the last paragraph?**

- A. "Staying attached to your teenage children will protect their mental health"  
B. "Beware of signs of mental disorder in your teenage children"  
C. "Developing empathy skills will save your teenage children from mental illnesses"

B. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ \_\_\_\_\_ 30 points

B1. Use the correct form of the following words (A-H) to complete the sentences (10-14), as in the example. There are TWO words you do not need. (5\*2 points= 10 points)

A. ~~revolution~~ B. condition C. assure D. disaster E. real F. rehearse G. imagine H. vary

Example: Mobile phones have revolutionised telecommunications.

10. The summer festival is \_\_\_\_\_ one of the high points in the city's cultural calendar.

11. Tomorrow is the final \_\_\_\_\_ of the school play.

12. It's \_\_\_\_\_ to believe that all the candidates will pass the difficult exam.

13. The team had a \_\_\_\_\_ season, losing all but two of their twenty games.

14. It's fair to say that most parents love their children \_\_\_\_\_.

B2. Fill in the gaps with two words in the statements of column B, so that they are similar in meaning to the statements (15-19) of column A, as in the example. (5\*2 points= 10 points)

Example: Peter wants to study Politics, not History.	Peter <u>would</u> <u>rather</u> study Politics than History.
<b>COLUMN A</b>	<b>COLUMN B</b>
15. You can only really master a language if you use it regularly.	Only by using it regularly can you _____ in a language.
16. Each new generation is told the secret recipe.	The secret recipe is _____ from generation to generation.
17. I simply fail to understand some of my colleagues' attitude to work.	I have some colleagues whose attitude to work is _____.
18. Climate changes will definitely cause sea levels to rise.	Sea levels _____ to rise due to climate change.
19. Mary does not often have a big breakfast.	It is _____ Mary to have a big breakfast.

**B3. The paragraphs about Eco Travel have been jumbled up. Put paragraphs A-E in the correct order by writing the number of the item (20-24) and the letter corresponding to each paragraph in the order in which they should appear. (5\*2 points= 10 points)**

### **ECO TRAVEL CENTER: GOLDEN RULES**

**A.** Ask your ecotour operator, guide or the local authorities what their guidelines are for limiting tourist impact on the environment and local culture. Staying on trails, bagging up your trash, and maintaining set distances away from wildlife area are a few ways to minimize your impact in sensitive areas.

**B.** Read guidebooks, travel articles, histories and novels by local authors. Pay particular attention to customs, such as greetings, appropriate dress, eating behavior.

**C.** As a traveler, you will have an impact on the environment and culture of the place you are visiting. It is our objective to provide you with the necessary information, tools, and guidelines to make this impact positive! Keep these Golden Rules in mind when you travel.

**D.** Being aware and sensitive to them will enrich your trip and increase local acceptance of you as a tourist. Local people will welcome you not only as a means of increasing their income but also as an added interest in their daily lives.

**E.** Tourism can bring financial rewards and employment but it can also have a detrimental effect on the environment. Rubbish left by some tourists can often make the area unsightly, and wandering from designated trails can disturb wildlife.

20.	21.	22.	23.	24.
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**Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ \_\_\_\_\_ 40 points**

**C. Writing (40points):**

**"The impact of Social Media on Eating Disorders in children and adolescents"**

Write an **essay** (180-200 words) discussing the link between social media and eating disorders.

**GOOD LUCK!!!**

Τομέας Αγγλικής Γλώσσας:

Βούλγαρη Αργυρώ  
Κορόζη Ευαγγελία  
Χαραμή Αθηνά

Γεώργιζα Αναστασία  
Πατεράκη Ευδοκία  
Ψαλτάκη Ιωάννα