



Nom/Prénom: _____ Signature: _____ MAY 2015

Noma: _____ Année d'étude/Faculté : _____ Bleu/Dispensé

1. Cet examen est destiné **aux étudiants dispensés** de la première partie (Noël).
2. Toutes les réponses doivent être reportées sur la **grille et la feuille de réponses (Q36-60)**.
3. Chaque question vaut un point. (chaque mauvaise réponse = 0/1)
4. Pour chaque question à choix multiples, il y a toujours une et une seule réponse correcte. Indiquez votre **réponse par une croix (x) dans la grille. Si vous changez d'avis, noircissez la case** (une seule fois possible) et apposez une **nouvelle croix** dans une autre case.
5. Pour les **questions ouvertes (grammaire/audition)**, écrivez très lisiblement sur la feuille de réponses.

Reading 1: Choisissez le sous-titre qui convient le mieux à chaque paragraphe. Deux propositions resteront inutilisées.

10 Ways to Become More Resilient

Edited from <http://psychology.about.com/od/crisiscounseling/tp/become-more-resilient.htm>

- a. **Forget Your Problems**
- b. **Develop Your Problem-Solving Skills**
- c. **Be Optimistic**
- d. **Build Positive Beliefs in Your Abilities**
- e. **Establish Goals**
- f. **Develop a Strong Social Network**
- g. **Participate in Psychology Research**
- h. **Embrace Change**
- i. **Nurture Yourself**
- j. **Take Steps to Solve Problems**
- k. **Keep Working on Your Skills**
- l. **Find a Sense of Purpose in Your Life**

1. _____

Research has demonstrated that self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your strengths and accomplishments. Becoming more confident about your own ability to respond and deal with crisis is a great way to build resilience for the future.

2. _____

After her 13-year-old daughter was killed by a drunk driver, Candace Lightner founded Mother's Against Drunk Driving (MADD). Upset by the driver's light sentence, Lightner decided to focus her energy into creating awareness of the dangers of drunk driving. "I promised myself on the day of Cari's death that I would fight to make this needless homicide count for something positive in the years ahead," she later explained. In the face of crisis or tragedy, finding a sense of purpose can play an important role in recovery. This might involve becoming involved in your community, cultivating your spirituality, or participating in activities that are meaningful to you.

3. _____

Having caring, supportive people around you acts as a protective factor during times of crisis. It is important to have people you can confide in. While simply talking about a situation with a friend or loved one will not make troubles go away, it allows you to share your feelings, gain support, receive positive feedback, and come up with possible solutions to your problems.

4. _____

Flexibility is an essential part of resilience. By learning how to be more adaptable, you'll be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive.

5. _____

Staying optimistic during dark periods can be difficult, but maintaining a hopeful outlook is an important part of resiliency. Positive thinking does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are transient and that you have the skills and abilities to combat the challenges you face. What you are dealing with may be difficult, but it is important to remain hopeful and positive about a brighter future.

6. _____

When you're stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercise, and not getting enough sleep are all common reactions to a crisis situation. Focus on building your self-nurturance skills, even when you are troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

7. _____

Research suggests that people who are able come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through common problems. By practicing your problem-solving skills on a regular basis, you will be better prepared to cope when a serious challenge emerges.

8. _____

Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way, and then set reasonable goals to deal with the problem.

9. _____

Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, you can take steps toward making your situation better and less stressful. Focus on the progress that you have made thus far and planning your next steps, rather than becoming discouraged by the amount of work that still needs to be accomplished.

10. _____

Resilience may take time to build, so do not become discouraged if you still struggle to cope with problematic events. According to Dr. Russ Newman, "research has shown that resilience is not an extraordinary thing but is rather ordinary and can be learned by most anyone". Psychological resilience does not involve any specific set of behaviors or actions, but can vary dramatically from one person to the next. Focus on practicing some of the common characteristics of resilient people, but also remember to build upon your existing strengths.

Reading 2: Lisez le texte ci-dessous et choisissez la phrase la plus appropriée pour compléter chaque paragraphe. Deux propositions resteront inutilisées.

The Brain Manages Happiness And Sadness in Different Centers

By DANIEL GOLEMAN (The New York Times)

- a. but rather involve quite independent patterns of activity
- b. though these studies have not been published
- c. such as psychosis, depression and panic attacks
- d. which for 50 years was considered the brain's emotional center
- e. as has long been believed
- f. how emotions are evoked by seeing which brain areas light up
- g. seem to involve the same brain region

1. THE essence of emotion -- the rapture¹ of happiness, the numbness of depression, the angst of anxiety -- is as evanescent as a spring rainbow. It is hard enough for a poet to capture, let alone a neuroscientist. Now brain researchers, in their own fashion, have begun to do so. A major result emerging from the new research is that the brain does not have just a single emotional center - (11) - but that different emotions involve different structures. Another is that the brains of men and women seem to generate certain emotions with different patterns of activity.

2. The advances are made possible by fast imaging methods that allow researchers to take snapshots of the brain in action. The methods have already resulted in a radical redrawing of the neurological map for emotion. Scientists can spot regions of emotional activity both in and beyond² the limbic system, a ring of structures around the brain stem, (12).

3. One surprising result of the remapping is that emotional opposites, like happiness and sadness, are not registered that way in the brain, (13), according to a report in The American Journal of Psychiatry. "It's because happiness and sadness involve separate brain areas that we can have bittersweet moments, like when a child is leaving home for college and you're sad, but happy, too," said Dr. Mark George, a psychiatrist and neurologist at the National Institute of Mental Health in Bethesda, Md., and the author of the report.

4. Dr. George's findings on sadness offer a new perspective: brain areas involved in ordinary sadness almost completely shut down when a person is clinically depressed. "Sadness and depression (14), the left prefrontal cortex, in different ways," said Dr. George. "It gets more active during ordinary sadness, but shuts down in people with clinical depression.

5. Dr. George has also studied the locations of happiness and sadness in men, (15). He has found that the processing of emotion is yet another aspect in which the brains of men and women apparently differ. "When they are sad, women activate the anterior limbic system much more than do men," said Dr. George. "At the same time, women seem to experience a more profound sadness than do men. It makes me wonder if this might be related to why women have twice the risk of depression as do men."

¹ Extase

² Beyond= au-delà

Vocabulary (texts and videos): Choisissez le mot le plus approprié.

16. One of the biggest _____ in happiness research is the question of how much our happiness is under our control.
a. spots b. ties c. issues d. limbs
17. It _____ that about 60% of the overall risk factor for Alzheimer's disease comes from lifestyle and not genetic susceptibility.
a. deals with b. turns out c. squares with d. winds up
18. She dressed carefully for dinner that evening, _____ she was not feeling well!
a. whether b. unless c. despite d. although
19. Why women are more _____ to osteoporosis and lose bone mass more rapidly than men isn't fully understood.
a. striking b. valuable c. intrusive d. prone
20. It is important to remember that it is all right for the therapist to _____ feel compassion for the patient.
a. costly b. likely c. genuinely d. filthy
21. The physician needs to follow a scientific approach in order to _____ a therapeutic plan.
a. swear b. devise c. ail d. hinder
22. Most of the villagers rely on farming for _____.
a. income b. assessment c. tool d. insight
23. Many therapists argue that most children can _____ from most types of conflict in a family setting.
a. teem with b. bounce back c. fill out d. teem with
24. She moved to Sydney in 2003 to _____ her private practice.
a. set up b. work out c. pick up on d. derive from
25. _____ therapists can make some suggestions, solving a psychological crisis can really be a problem that is tough to overcome.
a. meanwhile b. thus c. however d. even though

Grammar 1: Choisissez la proposition la plus appropriée.

26. I _____ buy a newspaper. The boss asked me to get one.
a. can
b. must
c. might
d. have to
27. We haven't walked far. You _____ be tired yet.
a. can't
b. have to
c. must

d. should

28. If we had gone earlier, we _____ better weather.

- a. would had
- b. will have
- c. would have had
- d. had

29. If I _____ you, I'd ask a lawyer for some advice.

- a. were
- b. had been
- c. would be
- d. am

30. The bus _____ I'm waiting for is late.

- a. whose
- b. whom
- c. that
- d. what

31. Melanie was looking after a dog _____ leg had been broken in an accident.

- a. which
- b. that
- c. whose
- d. what

32. It rained all night, _____ was good for the garden.

- a. which
- b. that
- c. when
- d. what

33. You have to do something about the problem - it isn't just going to resolve _____.

- a. himself
- b. its
- c. itself
- d. his

34. You _____, we'll certainly arrive on time!

- a. mustn't hurry
- b. don't have to hurry
- c. can't hurry
- d. mustn't have hurried

35. He was felt _____ the man for the job.

- a. having been
- b. being
- c. to be
- d. that he would be

Questions ouvertes:

Grammar 2: Choisissez la réponse la plus adaptée à chaque phrase.

Retranscrivez ensuite vos réponses sur la feuille prévue à cet effet (dernière page).

36. Last month an experimental drug (to give) _____ to two US medical workers who contracted Ebola while working in West Africa.
37. If the rain failed to come, there (to be) _____ a famine.
38. The subsidiary which (to set up) _____ at the moment will generate huge profits.
39. I (to write) _____ you a postcard if I had had your address.
40. We had a drink while the visitors (show) _____ round the factory.
41. William Shakespeare (traditionally, to say) _____ to have been born on April 23, 1564, in Stratford-upon-Avon.
42. The second hand car I saw isn't in the showroom any longer. It must (sell) _____.
43. If more funds (to allocate) _____ to our department, we would have been able to complete our project by now.
44. Unless we take measures, we (automatically / to create) _____ a rise in unemployment.
45. Don't come in. The house (paint) _____.

LISTENING 1: Complétez le résumé ci-dessous. Le texte sera lu deux fois. Retranscrivez vos réponses sur la feuille prévue à cet effet (dernière page).

Criteria for Agoraphobia

Agoraphobic fears

- usually arise from situations in which both – (46) – and help seem hard to find;
- traditionally encompass situations, ranging from being outdoors – (47) – or in a crowd/line, to travelling in a bus;
- may be triggered by extremely distressing situations, sometimes even requiring the help of a relative.

Treatment

- milder forms of agoraphobia è may push an individual to choose avoidance strategies;
- in certain cases è the individual can become morose and - (48) –, sometimes preventing him/her from seeking professional help;
- – (49) – agoraphobia : è drugs should be combined with psychological help to make adequate use of the – (50) –;
- people with milder symptoms can undergo therapy without medication.

LISTENING 2: Ecoutez et retranscrivez le(s) mot(s) qui complète(nt) correctement les phrases. Chaque phrase sera lue deux fois. Retranscrivez vos réponses sur la feuille prévue à cet effet (dernière page).

51. Some antidepressants can be _____ if taken in overdose.
52. Modern psychiatric hospitals evolved from, and eventually replaced the older lunatic _____.
53. _____ people are often marginalized and they often face barriers when taking part in social activities.
54. Some diseases are _____ from our parents through our genes: they are called genetic disorders.
55. A paradigm shift is required to change the _____ of our societies.
56. Therapists _____ that problematic thoughts are responsible, at least in part, for this lack of engagement in treatment.
57. Caring for and supporting a family member with _____ can be hard.
58. I could see by the look on their faces that something _____.
59. Keeping a journal can be a vital step in our personal _____.
60. Clinicians often used the term “ _____ ” to refer to people who are now classified as having antisocial personalities.

UCL

Institut des Langues Vivantes

Faculté /Année: _____

NOM (MAJ) : _____

Prénom : _____

NOMA : _____

Signature

Grammar 2: Retranscrivez vos réponses aux questions en lettres MAJUSCULES.

- 36.....
- 37.....
- 38.....
- 39.....
- 40.....
- 41.....
- 42.....
- 43.....
- 44.....
- 45.....

Listening 1: Retranscrivez le(s) mot(s) qui complète(nt) correctement les phrases 46 à 50 en lettres MAJUSCULES.

- 46
- 47
- 48
- 49
- 50

Listening 2: Retranscrivez le(s) mot(s) qui complète(nt) correctement les phrases 61 à 70 en lettres MAJUSCULES.

- 51.....
- 52.....
- 53.....
- 54.....
- 55.....
- 56.....
- 57.....
- 58.....
- 59.....
- 60.....

KEYS MAI 2015

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1. **ANS: D Build Positive Beliefs in Your Abilities**
 2. **ANS: L Find a Sense of Purpose in Your Life**
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 10. **ANS: K Keep Working on Your Skills**
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- b. though these studies have not been published
- c. such as psychosis, depression and panic attacks
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1. THE essence of emotion -- the rapture³ of happiness, the numbness of depression, the angst of anxiety -- is as evanescent as a spring rainbow. It is hard enough for a poet to capture, let alone a neuroscientist. Now brain researchers, in their own fashion, have begun to do so. A major result emerging from the new research is that the brain does not have just a single emotional center - (11) - but that different emotions involve different structures. Another is that the brains of men and women seem to generate certain emotions with different patterns of activity.

2. The advances are made possible by fast imaging methods that allow researchers to take snapshots of the brain in action. The methods have already resulted in a radical redrawing of the neurological map for emotion. Scientists can spot regions of emotional activity both in and beyond⁴ the limbic system, a ring of structures around the brain stem, (12).

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"When they are sad, women activate the anterior limbic system much more than do men," said Dr. George. "At the same time, women seem to experience a more profound sadness than do men. It makes me wonder if this might be related to why women have twice the risk of depression as do men."

Key:

11 . e. (as has long been believed)

12. d. (which for 50 years was considered the brain's emotional center)

13. a. (but rather entail quite independent patterns of activity)

14. g. (seem to involve the same brain region)

15. b. (though these studies have not been published)

Vocabulary: Choisissez le mot le plus approprié.

16. One of the biggest _____ in happiness research is the question of how much our happiness is under our control.
a. spots b. ties c. **issues** d. limbs
17. It _____ that about 60% of the overall risk factor for Alzheimer's disease comes from lifestyle and not genetic susceptibility.
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18. She dressed carefully for dinner that evening, _____ she was not feeling well!
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34. You _____, we'll certainly arrive on time!

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- c. can't hurry
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35. He was felt _____ the man for the job.

- a. having been
- b. being
- c. to be
- d. that he would be

Grammar 2: Choisissez la réponse la plus adaptée à chaque phrase.

Retranscrivez ensuite vos réponses sur la feuille prévue à cet effet (dernière page).

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- 54. Unless we take measures, we (automatically / to create) _____ a rise in unemployment.
- 55. Don't come in. The house (paint) _____.

Keys : was given, would be, is being set up, would have written, were being shown, is traditionally said, must have been sold, had been allocated, will automatically create, is being painted

LISTENING 1: Complétez le résumé ci-dessous. Le texte sera lu deux fois. Retranscrivez vos réponses sur la feuille prévue à cet effet (dernière page).

Criteria for Agoraphobia

Agoraphobic fears

- usually arise from situations in which both – **(46)** – and help seem hard to find;
- traditionally encompass situations, ranging from being outdoors – **(47)** – or in a

- crowd/line, to travelling in a bus;
- may be triggered by extremely distressing situations, sometimes even requiring the help of a relative.

Treatment

- milder forms of agoraphobia → may push an individual to choose avoidance strategies;
- in certain cases → the individual can become morose and - (48) -, sometimes preventing him/her from seeking professional help;
- - (49) - agoraphobia : → drugs should be combined with psychological help to make adequate use of the - (50) -;
- people with milder symptoms can undergo therapy without medication.

LISTENING 2: Ecoutez et retranscrivez le(s) mot(s) qui complète(nt) correctement les phrases. Chaque phrase sera lue deux fois. Retranscrivez vos réponses sur la feuille prévue à cet effet (dernière page).

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58. I could see by the look on their faces that something _____.
59. Keeping a journal can be a vital step in our personal _____.
60. Clinicians often used the term “ _____ ” to refer to people who are now classified as having antisocial personalities.

LISTENING 1 (Q46-50):

Complete this summary with the most appropriate words (Q46-50). The text will be read twice.

Agoraphobia is the fear of going out into public places. It can occur with or without panic attacks.

Criteria for Agoraphobia:

Agoraphobia is triggered by anxiety about being in places or situations from which – (46) – **escape** might be difficult (or embarrassing) or in which help may not be available in the event of having an unexpected or predisposed “Panic Attack” or panic-like symptoms.

Agoraphobic fears typically involve characteristic clusters of situations that include being outside the home - (47) - **alone**; being in a crowd or standing in a line; and traveling in a bus, train, or automobile. The situations are avoided, or else are endured with marked distress or with anxiety about having a “Panic Attack” or panic-like symptoms, or require the presence of a companion.

Treatment

In milder forms, agoraphobia may cause an individual to avoid certain situations and jobs. However, in some cases, the fear increases until the individual becomes – (48) – depressed and **housebound**. Occasionally one may be too fearful to come in for treatment. This may be a reason for resurrecting the old concept of the physician's house call.

Individuals with **severe** – (49) – agoraphobia should usually start both medication and therapy as soon as possible. Without the medication, such an individual might not be able to make full use of the – (50) – **therapeutic process**.

People with mild to moderate symptoms might choose a combination approach or therapy alone. Homework between situations, and coaching from family members or therapists help one gradually face the feared situations.

LISTENING 2 (Q51-60):

Complétez chaque phrase. Chaque phrase sera lue deux fois. Retranscrivez ensuite vos réponses en MAJ en dernière page de votre questionnaire.

51. Some antidepressants can be **lethal** if taken in overdose.
52. Modern psychiatric hospitals evolved from, and eventually replaced the older lunatic **asylums**.
53. **Disabled** people are often marginalized and they often face barriers when taking part in social activities.
54. Some diseases are **inherited** from our parents through our genes: they are called genetic disorders.
55. A paradigm shift is required to change the **behavioural pattern** of our societies.
56. Therapists **hypothesize** that problematic thoughts are responsible, at least in part, for this lack of engagement in treatment.
57. Caring for and supporting a family member with **schizophrenia** can be hard.
58. I could see by the look on their faces that something **was amiss**.
59. Keeping a journal can be a vital step in our personal **growth**.
70. Clinicians often used the term “ **psychopath**” to refer to people who are now classified as having antisocial personalities.