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English A: language and literature – Standard level – Paper 1
Anglais A : langue et littérature – Niveau moyen – Épreuve 1
Inglés A: Lengua y Literatura – Nivel Medio – Prueba 1

3 May 2023 / 3 mai 2023 / 3 de mayo de 2023

Zone A afternoon	Zone B morning	Zone C afternoon
Zone A après-midi	Zone B matin	Zone C après-midi
Zona A tarde	Zona B mañana	Zona C tarde

1 h 15 m

Instructions to candidates

- Do not open this examination paper until instructed to do so.
- Write a guided analysis of text 1 or text 2.
- Use the guiding question or propose an alternative technical or formal aspect of the text to focus your analysis.
- The maximum mark for this examination paper is **[20 marks]**.

Instructions destinées aux candidats


- N'ouvrez pas cette épreuve avant d'y être autorisé(e).
- Rédigez une analyse dirigée du texte 1 ou du texte 2.
- Utilisez la question d'orientation ou proposez une autre manière d'aborder le texte en choisissant un aspect technique ou formel sur lequel concentrer votre analyse.
- Le nombre maximum de points pour cette épreuve d'examen est de **[20 points]**.

Instrucciones para los alumnos

- No abra esta prueba hasta que se lo autoricen.
- Escriba un análisis guiado del texto 1 o del texto 2.
- Utilice la pregunta de orientación o proponga otro aspecto técnico o formal del texto en el que centrar su análisis.
- La puntuación máxima para esta prueba de examen es **[20 puntos]**.

Write a guided analysis of **one** of the following texts.

1. The following transcript is from the podcast, *The Happiness Lab*, hosted by Dr Laurie Santos, professor of psychology at Yale University.



The War For Kindness

The Happiness Lab with Dr. Laurie Santos

Feeling you belong to a group can be great - but it also has a darker side, leading us down an unhappy path of hatred and violence towards people with different identities and backgrounds. Dr. Laurie Santos talks to Jamil Zaki about how we can fight hatred with empathy, kindness and difficult conversations.

[00:16:09]

SANTOS: This is my friend Jamil Zaki, a professor of psychology at Stanford University. Jamil Zaki has just written an important new book called *The War for Kindness: Building Empathy in a Fractured World*.

5 [00:16:19]

ZAKI: I started writing it in 2015 and I don't know, around late 2016, early 2017, I can't quite put my finger on what it was, but something changed in our in our culture. I felt like things were getting crueler and less connected, and people were getting really exhausted trying to connect with each other and were really embracing social division in a way that I hadn't seen in my adult life. I felt like I was being a Pollyanna² just writing this kind of positive, hey, you know, you can choose empathy, when all around me it seemed like this giant tire fire—people just hated each other more than ever.

10

[00:17:01]

SANTOS: If you've paid any attention to the news in the last few years, you understand that Jamil's war for kindness is becoming more and more of an uphill battle. A growing body of work shows that our empathy in general seems to be decreasing over time. In one study, in 1979, the average American scored like a 4 out of 5 on an empathy scale, which doesn't sound terrible. But by 2009, the average American had dropped down to a 3.5 out of 5. This rising level of disconnection means that more and more of us are missing out on a potential boost to our well-being.

15

[00:18:42]

ZAKI: It's surprising to a lot of people that empathy is good for us. We typically think of empathy almost like a transfer, like I give up my money or time or emotional peace in order to help you have more of it. It's sort of the quintessential act of self-sacrifice. It turns out, though, that the data point almost exactly in the opposite direction, that caring for others is one of the most important ways we can care for ourselves.

20

25 People who experience a lot of empathy also tend to be happier, less stressed, and experience less depression. They find it easier to make new friends and to maintain important relationships like their marriages. Seventh graders who are able to understand what others feel are also better able to survive seventh grade, which is not easy.

[00:23:22]

30 **SANTOS:** It turns out that, in fact, empathy is like a skill and there are lots of things that we can do to cultivate empathy in ourselves and others. When Jamil taught his “Becoming Kinder” class at Stanford, he gave his students a super hard assignment, an empathy challenge that demonstrated this.

[00:23:45]

35 **ZAKI:** I told my students, instead of yelling at each other, judging each other, or even debating, I want you to try to cultivate curiosity about each other. Ask the other person how they came to have their opinion in the first place and share with them the story of how you came to have your opinion in the first place. Students then embarked on hard conversations with racist Facebook-posting uncles and frank discussions about sexuality with their less-than-progressive parents.
40 They predicted that these exchanges would end in frustration or even tears. But in nearly all cases, those story-sharing conversations went better than expected.

When you start with narratives, instead of either calling people out or saying how wrong they are, you get to a new type of discussion right away, one in which it actually doesn’t matter as much if you would agree on every point. But something just as important or maybe even more important
45 also happens, which is that you grow to appreciate the people you disagree with. No one should feel like they’re obligated to connect with or empathize with somebody who’s saying awful things. No one has to do this. It’s not anybody’s job. But when we do, it’s remarkable how powerful that can be, because sometimes what you realize is that people on the other side are also waiting for a chance to be human.

¹ Pushkin: Pushkin Industries is a podcast and audiobook production company

² Pollyanna: a term derived from a children’s book by the same name, has come to mean an excessively or blindly optimistic person

– How and to what effect is empathy presented in the text?

- 2. The following infographic is taken from the Foresters Friendly Society* website, which promises "Straightforward financial solutions with a human touch".

57%
of those saving for the future feel optimistic!

SCIENCE SAYS SAVING MAKES YOU HAPPIER

Hopeful Optimistic Calm Confident

Neuroscience confirms that those who save for the future exhibit these feelings more than those with no savings²

NO SPARE CASH?
Cut back a little and save over **£25** a month

5 coffees **£2.20⁴**

WHICH? RESEARCH REVEALS THAT SUCCESSFUL SAVERS SHARE 3 HABITS³

- 1 They save every month, not 'most' months
- 2 They keep savings separate from other money
- 3 They save for 'the future', not a specific goal

Why it works

- It makes a significant difference to the amount you build up
- You're less likely to dip into it unless you really need to
- If you save for a specific purpose, you'll stop saving when you reach your goal. And you'll spend the money

Why not try

- Creating a direct debit from your current account to a savings account
- Opening a 'rainy day' savings account
- Moving any money left at the end of the month into it straight away so you don't spend it
- Focusing on the emotional benefits, rather than tangible ones: a savings buffer gives you peace of mind
- Saving for specific shorter term goals alongside your longer term pot for the future

1 takeaway (+ £9.00⁵)

1 bottle of wine (+ £6.99⁶)

Saving even a small amount every month can add up over time and could earn interests or bonuses too. Not only that, you'll feel more positive - **it's a win/win strategy!**

Sources: ¹ Standard Life Saving in Mind ² Which: The three habits of successful savers ³ Daily Telegraph ⁴ Vouchercodes.co.uk ⁵ Cost of living in the UK Jan 2015, Numbeo
 Foresters Friendly Society is the trading name of The Ancient Order of Foresters Friendly Society Limited which is an Incorporated Friendly Society (Registration No. 511F) and is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Registration No. 110029).



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* Foresters Friendly Society: A UK based mutual savings and investment provider.

- Explore how the text and images interplay to appeal to a range of audiences.

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References:

1. Santos, L. and Zaki, J., 2020. The war for kindness - The happiness lab, Pushkin Industries. [podcast]. Available at: <https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/the-war-for-kindness> [Accessed 20 August 2021]. Source adapted.
2. Science says saving makes you happier, *Foresters Friendly Society*, a UK based mutual savings and investment provider. [infographic online] Available at: <https://www.forestersfriendlysociety.co.uk/simple-savings-tips-to-make-you-happier/> [Accessed 20 August 2021].