Prueba de acceso a la Universidad: Curso 2026/2027

EJEMPLO

Materia: Inglés

INSTRUCCIONES
- La prueba consta de cuatro partes: hay que hacer las partes I y II sobre la lectura, elegir 6 frases de rephrasing (parte III) y escribir una redacción eligiendo una opción de las dos propuestas (parte IV).
- Las preguntas deberán ser respondidas en inglés, en el cuadernillo que se entrega.
- No se permite el uso del diccionario ni de ningún otro material didáctico.
- Las faltas de ortografía, gramática y vocabulario penalizarán la nota del ejercicio de redacción (parte IV) hasta -1,5 puntos.

Duración de la prueba: 1 hora y 30 minutos.

READING

Are social media breaks becoming popular among young people?

1. In recent years, many young people have started to question the role that social media plays in their daily lives. Platforms such as Instagram, TikTok, and Snapchat are still extremely popular, but a growing number of teenagers and young adults are choosing to take "digital detox" breaks to improve their mental health. According to several recent reports published in international newspapers, this trend is becoming more common around the world.

6. Social media was originally created to help people stay connected, share experiences, and communicate easily. However, experts say that constant online activity can sometimes create pressure, especially for young users. Many teenagers compare their lives with the carefully edited images they see online, which can lead to feelings of anxiety or low self-esteem.

10. A recent study mentioned in *The Guardian* showed that young people spend an average of more than three hours per day on social media platforms. Psychologists explain that this constant exposure to notifications, likes, and comments can affect concentration and sleep habits. For this reason, some schools and youth organizations are encouraging students to reduce their screen time.

14. One popular solution is the "social media break." During these breaks, users delete apps from their phones or limit their daily usage for a certain period, such as one week or one month. Many young people report positive results after trying this experiment. They say they feel more relaxed, sleep better, and have more time for hobbies, sports, or face-to-face conversations with friends.

18. Despite these benefits, experts do not suggest completely abandoning technology. Instead, they recommend learning how to use it responsibly. Social networks can still be useful tools for creativity, education, and communication when used in moderation.

21. Some influencers have also joined this movement by sharing honest experiences about digital stress and encouraging followers to create healthier online habits. This has helped reduce the stigma around taking breaks from social media.

24. In the future, specialists believe that digital education will become an important part of school programs. Teaching young people how to balance online and offline life may help them develop healthier relationships with technology while still enjoying its advantages.

Adapted from the BBC News (2025).

PART I. QUESTIONS

READING COMPREHENSION. (2 POINTS) (0.5 points for each correct answer). Add TRUE or FALSE and copy the evidence from the text to support your answer. No marks are given for only TRUE or FALSE. No marks are given for T or F.

1. The increase in "digital detox" breaks is only happening in a few specific countries.
2. All schools and youth organizations are asking students to reduce their time spent using digital devices.
3. Young people who try a social media break usually report having fewer opportunities to interact with others face to face.
4. Specialists think that learning how to manage the use of technology will likely be included in future school education.

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PART II. LEXICON / PHONETICS (2 POINTS):

A. LEXICON. (1 POINT) (0.25 points for each correct answer) Find a synonym for each of the following words.

1. Increasing:
2. Confidence, security:
3. Regular, periodic:
4. Promoting:

B. PHONETICS. (1 POINT) (0.25 points for each correct answer) Answer these four questions.

1. Write one word from the text that includes the diphthong **/aɪ/. Write the number of the line where you find this word in the text.**
2. How is the "**s**" pronounced in **likes: / s /, / z / or / ɪz /**?
3. How is the "**th**" pronounced **three: / ð / or / θ /?**
4. How is the "**e**" pronounced in **responsibly**: **/ e /, / ɪ / or / æ /?**

PART III. USE OF ENGLISH

USE OF ENGLISH. (3 POINTS) (0.5 points for each correct answer). Choose SIX of these sentences and rewrite them starting with the words given. Only the first six will be corrected. No points will be given for the extra ones. Clearly identify the sentences you choose using the numbers here.

1. I arrived late to the station. I missed the bus.
   If
2. My classmates haven't read this book before.
   It
3. Someone is painting our classroom now.
   Our classroom
4. It's a pity we don't go out more.
   I wish
5. Although it was windy, the students played football.
   Despite
6. "The school opened at 8:00 yesterday," Remi said.
   Remi
7. My uncle lives in Canada. He is a famous artist.
   My uncle,
8. The music was so loud that we couldn't talk.
   It was
9. Write the correct question for the underlined words.
   Sam ordered a new schoolbag last month.

PART IV. WRITING

Write ONE of these two compositions (3 POINTS). If you write two, no points will be given to the second one. Your composition must have at least 150 words.

OPTION 1. Advantages and disadvantages of having a mobile phone nowadays.
OPTION 2. Write an informal email to an English friend about something positive and interesting that has happened in your school recently.

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KEY

ARE SOCIAL MEDIA BREAKS BECOMING POPULAR AMONG YOUNG PEOPLE?

PART I. READING (2 POINTS: 0.5 points for each correct answer)

1. **FASLE.** This trend is becoming more common around the world.

2. **FALSE.** Some schools and youth organizations are encouraging students to reduce their screen time.

3. **FALSE.** They say they feel more relaxed, sleep better, and have more time for hobbies, sports, or face-to-face conversations with friends.

4. **TRUE.** Specialists believe that digital education will become an important part of school programs

PART II. LEXICON / PHONETICS (2 POINTS):

C. LEXICON (1 POINT: 0.25 points for each correct answer)

1. Growing
2. Self-esteem
3. Daily
4. Encouraging

D. PHONETICS (1 POINT: 0.25 points for each correct answer)

5. **diphthong /aɪ/:** lives (line 2,8), online (line 7,9,22,25), sometimes (line7), anxiety (line 9), psychologists (line 11) likes (line 12), time (line 13,17), trying (line 16), Despite (line 18), offline (line 25), life (line 25), while (line 26)
6. / s /
7. / θ /
8. / ɪ /

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PART III. USE OF ENGLISH (3 POINTS: 0.5 points for each correct answer)

1. I arrived late to the station. I missed the bus.
If I hadn´t arrived late to the station, I wouldn´t have missed the bus
If I had arrived early/earlier/on time to the station (early/earlier/on time), I wouldn´t have missed the bus.

2. My classmates haven't read this book before.
It is the first time they/my classmates have read this book.

3. Someone is painting our classroom now.
Our classroom is being painted now.

4. It's a pity we don't go out more.
I wish we went out more.

5. Although it was windy, the students played football.
Despite the wind, the students played football.
Despite the fact that it was windy, the students played football.
Despite the windy weather, the students played football.

6. "The school opened at 8:00 yesterday," Remi said.
Remi said/told me (that) the school had opened at 8:00 the day before/the previous day.

7. My uncle lives in Canada. He is a famous artist.
My uncle, who lives in Canada, is a famous artist.
My uncle, who is a famous artist, lives in Canada.

8. The music was so loud that we couldn't talk.
It was such loud music that we couldn't talk.

9. Write the correct question for the underlined words.
Sam ordered a new schoolbag last month.
What did Sam order last month?

PART IV. WRITING. Write ONE of these two compositions (3 POINTS). The composition must have at least 150 words.

OPTION 1. Advantages and disadvantages of having a mobile phone nowadays.
OPTION 2. Write an informal email to an English friend about something positive and interesting that has happened in your school recently.