



**UNIVERSIDAD DE ALCALÁ**  
**PRUEBA DE ACCESO A ESTUDIOS UNIVERSITARIOS DE LOS MAYORES DE 25 AÑOS**  
**Curso 2022-2023**  
**MATERIA: INGLÉS**



**INTRUCCIONES GENERALES Y VALORACIÓN**

**TIEMPO:** Una hora. Se recomienda dedicar cuarenta minutos para responder a las preguntas 1, 2, 3 y 4, y veinte minutos para la número 5.

**Puntuación máxima: 10 puntos.**

**INTRUCCIONES:**

1. Haga una primera lectura cuidadosa del texto y de las preguntas.
2. Lea una segunda vez y conteste a las preguntas.
3. Conteste en LENGUA INGLESA.
4. Escriba sus respuestas en el cuadernillo de examen respetando el orden de las preguntas.

**This App could solve your addiction to social media**

Frederik Riedel was addicted to Instagram. He knew he was spending too much time on the app. He also knew that he felt bad after using it. And yet, multiple times a day, his finger would almost involuntarily open the app.

To quit, he first tried simply not to use the app. That didn't work—nothing stopped him from using it. Next, he tried the function on his phone that let him limit the time he spent on his apps. That didn't work either, for the same reason.

Riedel, 27, says "I started to question myself: 'Why is this happening?' And then of course, as an app developer, I tried to find solutions."

The solution Riedel developed was simple: remove the element of instant gratification that makes opening social media apps so addictive. He designed an app that would open each time his finger clicked the Instagram icon and force him to wait for about 10 seconds before continuing. During that time, the app would invite him to take a deep breath. Riedel discovered that just by introducing that small element he started using social media less.

"It's fascinating to me," Riedel says, "that such a small change can really impact our habits."

He uploaded the iOS app—which he called "one sec"—to Apple's app store at the end of 2020, where it has now over 250000 downloads. An Android version is currently in beta mode, and will be released soon.

Adapted from "This App could fix your social media addiction",  
<https://time.com/6240981/social-media-addiction-app/>

**QUESTIONS**

**1. Look at the following statements. Write T for true, F for false, and DK (don't know) if you cannot tell from the text. If it is true or false, copy the evidence from the text.**

- a. Using Instagram made Frederik Riedel happy.
- b. Frederik's first two attempts to get rid of his addiction failed to work.
- c. Frederik Riedel's app is already available for all types of mobile phones.

**(Calificación máxima: 3 puntos; no se obtendrán puntos por responder tan sólo T o F; se descontará medio punto por cada respuesta incorrecta)**

**2. Based on the ideas from the text, answer the two questions below.**

- a. What is Frederick Riedel's profession?
- b. How does the app "one sec" work?

**(Calificación máxima: 1 punto)**

**3. Find the words or phrases in the text that mean:**

- a. many (paragraph 1)
- b. after that (paragraph 2)
- c. ask (paragraph 3)
- d. immediate (paragraph 4)

**(Calificación máxima: 1 punto)**

**4. Complete the following sentences. Use the appropriate form of the word in brackets when given.**

- a. Most people find it difficult \_\_\_\_\_ stop \_\_\_\_\_ (use) their mobile phones.
- b. Instagram is one \_\_\_\_\_ the \_\_\_\_\_ popular apps among young people.
- c. Yesterday I \_\_\_\_\_ (leave) my mobile phone \_\_\_\_\_ home.
- d. New apps are developed \_\_\_\_\_ year \_\_\_\_\_ professionals and amateurs.

**(Calificación máxima: 2 puntos)**

**5. Write about 60 to 100 words on ONE of the following topics. Do not copy from the text.**

- a. Do you use social media a lot? Would you say you are addicted?
- b. "No child under 12 should have a mobile phone". Do you agree? Justify your answer.

**(Calificación máxima: 3 puntos)**