Universidad de Buenos Aires
Facultad de Derecho

	Exercise Nº	Professor's Name	Mark
Part I	1. Reading Comp. 2. Paraphrasing	…… …… **Total Part I** (Min. 26)	..../20 ..../30 ..../**50**
Part II	3. Essay	…… **Total Part II** (Min.26)	..../50 ..../**50**

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION – MAYO 2024 - TEMA 1

NOMBRE y APELLIDO: …….

N.º de ORDEN EN EL ACTA OFICIAL: (NO es el DNI) ……….

Please read the text below carefully and then choose the best answer. Remember: questions may not follow the order of the reading passage.

The Intelligence of AI: How smart is it really?

Artificial Intelligence (AI) is reputed by some to be approaching general human intelligence. Some might indeed see AI as smart as humans. For decades, the argument has been made that computers do not grasp language because they are unable to perceptually simulate information. However, the examples proving that AI cannot understand language need to be revisited with AI being able to accomplish those tasks allegedly reserved for human understanding only. The same applies to intelligence. How intelligent is AI really? Has ChatGPT matched human intelligence, as some would like to argue? Is AI really on the verge of reaching general human intelligence?

From a psychological perspective, the question of whether AI reaches general (human) intelligence is a rare one. Or at least it is a question that leads us to a more fundamental one of what human intelligence entails, the answer to which is hard to provide. In the 20th century, Alfred Binet and Theodore Simon introduced an intelligence test that measured the mental age of a child in relation to its actual age to determine the child's IQ. The test consisted of questions concerning basic vocabulary and the repetition of digits, and the results of that test were plotted against the actual age of a child.
If general intelligence were to be defined according to the Binet-Simon IQ test, computers have long achieved human intelligence. In fact, if one were to take one aspect—calculations—as a measure of intelligence, then the first mechanical calculator in 1642 already mastered intelligence.

But such a vocabulary-and-basic-mathematics definition of general intelligence is likely too narrow. This is what psychologists realized in the mid-20th century when Raymond Cattel proposed that general intelligence ought to be seen as comprising both crystallized intelligence and fluid intelligence. The former would include vocabulary, general information, and abstract word analogies while the latter includes the basic processes of reasoning such as number and letter series, matrices, and paired associates. One may argue that AI was already able to capture crystallized intelligence, but not fluid intelligence. But with the recent examples from ChatGPT, AI has apparently mastered both crystallized and fluid intelligence and hence mastered general (human) Intelligence.

But has it really?
In 1983, Howard Gardner argued that general intelligence should not be seen as crystallized intelligence and fluid intelligence, and it should not even be defined as our intellectual potential and something measurable. Gardner claimed there are different intelligences, at least eight of them, ranging from visual-spatial, linguistic-verbal, and logical-mathematical, to musical, body-kinesthetic, and inter- and intrapersonal intelligence. Supposing we define general intelligence according to Gardner's multiple intelligences definition as the conglomeration of different intelligences (not only basic mathematics and language), AI has not at all reached general human intelligence.

Comparing human intelligence and artificial intelligence is somewhat weird for another reason as well. Imagine one wonders whether bird flight and airplane flight are the same. Clearly, they are not. Birds fly with flapping wings, airplanes do not. Leaving all the other differences between birds and planes aside, if we were to define flying as moving fast through the air, both have mastered flying. At one level, they do this very similarly—e.g., by following the four principles of aerodynamics: weight, lift, thrust, and drag. At another level, they do that very differently: one with flapping wings and the other without the flapping. Just like birds and airplanes, the question we have been raising depends on the level of analysis. At the implementational level, AI and human intelligence are entirely different. At the algorithmic level, they may show some interesting similarities. And, yet, both solve the same problem: intelligence, however that may be defined.

So why is it then that AI implementations such as ChatGPT look so human-intelligent? Overlooking the terminology that may be a source of confusion—"intelligence" and "neural networks"—over the years, deep learning, involving sophisticated artificial neural networks, has repeatedly shown some very (artificially) intelligent results. Yet, these findings felt more machine-like than they felt human-like. The answer to why ChatGPT speaks to our imagination is that ChatGPT is excellent in simulating what humans do so well: recognizing patterns and filling in those patterns. It is one thing if a machine can measure the difference in meaning between two words, sentences, or paragraphs, or can make some abstract calculations. It seems entirely different if a machine can follow patterns, make predictions, and suggest intentions.

The answer to whether AI is intelligent thus depends on the definition of intelligence—basically, the task at hand (the flying)—and at what level we look at the solving of that task (the use of the principles of the aerodynamic solution versus the nature of the wings). In that respect, the discussion on whether AI is (human) intelligent, is reminiscent of the discussion on whether animals are intelligent. For years, scientists agreed that animals could never achieve (human) intelligence. More recently—seemingly we got a bit smarter—overwhelming evidence suggests that animals are very intelligent, in certain aspects perhaps more intelligent than humans, but depending on how one defines intelligence.

Student's Name: Nº de Orden:
(GGK0291)

PART I (Minimum Passing Mark: 26 points) PAPER1

1. READING COMPREHENSION (2 points each)

1. Computer science has reached a general consensus that AI is on the verge of approximating human intelligence.
   a) True
   b) False
   c) Not stated

2. Why does the author compare bird flight and airplane flight?
   a) To argue that birds are more efficient flyers than airplanes
   b) To illustrate the differences between animal and artificial intelligence by making a parallelism between birds and airplanes
   c) To highlight the fact that similarities and differences exist at different stages of observation
   d) To show that it is as futile to compare birds and planes as it is to compare human and computer intelligence
   e) All of the above
   f) None of the above

3. The text implies that the debate over the intelligence of AI and animals is largely settled among scientists, with a consensus that both are inherently less intelligent than humans.
   a) True
   b) False
   c) Not stated

4. In the text, for what purpose would you apply the phrase "Apples and oranges"?
   a) To highlight the inherent differences between human and artificial intelligence, suggesting that they cannot be directly compared.
   b) To emphasize the need for a nuanced understanding of intelligence, akin to comparing two different types of fruits.
   c) To show there's no use in comparing two different things, such as birds and airplanes or apples and oranges.
   d) All of the above
   e) Both a) and b) are correct

5. The author…
   a) Agrees with the argument that computers cannot understand language because they are unable to simulate information like humans
   b) Disagrees with the argument that computers cannot understand language because they are unable to simulate information like humans
   c) Is doubtful whether computers cannot understand language because they are unable to simulate information like humans
   d) Believes that there is mounting evidence now to support the belief that computers have acquired the skills to perform human-like tasks
   e) Both c) and d) are correct
   f) None of the above
   g) All of the above

6. Saying that ChatGPT can *speak to our imagination* is an example of how much AI has improved the skill of perception and simulation
   a) True
   b) Not stated
   c) False

7. The question: *But has it really?* was meant to:

   a) Wonder whether AI and human intelligence can really be compared
   b) Make the reader reflect on whether AI has improved as much as experts suggest
   c) Wonder whether or not AI has reached human levels of intelligence due to having understood vocabulary and numbers, among other things
   d) Wonder whether or not AI has reached human levels of intelligence due to allegedly having understood vocabulary and numbers, among other things
   e) All of the above
   f) None of the above

8. Howard Gardner was against measuring humans' intellectual potential
   a) True
   b) False
   c) Not stated

9. <u>Fill in the blank with the phrase that adjusts best to the article</u>
   It is not until AI is able to…….. that scientists can ascertain that it has reached human-like intelligence
   a) make use of multiple intelligences to solve a problem
   b) recognize patterns and fill in those patterns
   c) measure the difference in meaning between two words, sentences, or paragraphs, or make some abstract calculations
   d) follow patterns, make predictions, and suggest intentions

10. The **main** purpose of the text is:
    a) To show that there are still many differences between AI and human intelligence.
    b) To argue for the superiority of artificial intelligence over human intelligence.
    c) To discuss the ethical implications of artificial intelligence advances.
    d) To explore and challenge conventional notions of intelligence, particularly concerning artificial intelligence and human cognition.
    e) To seek to apply Gardner's multiple intelligences theory to AI
    f) To encourage the use of newly improved AI and ChatGPT in education

2. USE OF ENGLISH: PARAPHRASING (3 points each)

Use the given beginnings <u>and/or the words (if provided)</u> somewhere in the sentence
DO NOT change the meaning.

Student's Name: Nº de Orden:
(GGK0291)

1. AI seems intelligent because it excels in perceiving patterns. (**Use the emphatic pattern)**

It ……..

2. People have claimed that AI is reaching the intelligence of human beings. (**Use passive voice**)

AI ……of human beings.

3. Untangling our definition of intelligence will enable us to know whether AI is as clever as humans.

Not until …….

…….

4. Examples denying AI's language skills need to be revisited since now it can perform tasks previously reserved for humans. (**Use subjunctive**)

DUE

The author recommended……..

……

5. Binet and Simon's IQ test plotted the results against the actual age of a child. The test included vocabulary as well as digits. (**use a non-restrictive relative clause to join both sentences**)

BOTH

……

……

6. "Computers have failed to understand human language because they were too limited in how they perceived and simulated information". **(Use Reported Speech)**

ON ACCOUNT

Experts argued ……

……..

7. It was proved that basic tests were too narrow to be considered a correct intelligence measure, so AI cannot yet compete with humans. (**Use a mixed conditional**)

…….

…….

8. A test might be rigorous; however, only considering vocabulary or math as a definition of intelligence is nothing but narrow.

Rigorous……

…….is nothing but narrow.

9. Computers were so limited in how they perceived and simulated information, they failed to understand human language.

Had …….

…….

10. If general intelligence were to be defined in line with the Binet-Simon IQ test, computers might have achieved human intelligence.

RESULTED
Defining …….

……

PART II

3. ESSAY WRITING (350 words in total, ± 10%)

Write an essay on ONE of the topics below:
Credit will be given to an orderly presentation and clear handwriting

(A) **Opinion Essay:**

Schools and universities should ban AI altogether. Do you agree?

(B) **For and Against Essay:** Advantages and disadvantages of AI development.

Make sure you include:

- Complex structures (inversion of order, conditionals, passive voice, correct linkers)
- Relevant, topic-related vocabulary
- Meaningful and clear ideas to support your points/arguments
- Well-ordered and cohesive paragraphs

START YOUR ESSAY HERE ↓↓

_____

_____

Student's Name: Nº de Orden:
(GGK0291)

Students write **HERE** …… your total word count

FOR TEACHERS' USE ONLY. Tick all the appropriate boxes below:

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	
TOTAL MARK: ……/50 (Minimum Passing Mark 26)			

Student's Name: Nº de Orden:
(GGK0291)

DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)

Universidad de Buenos Aires
Facultad de Derecho

	Exercise Nº	Professor's Name	Mark
Part I	1. Reading Comp. 2. Paraphrasing	…… …… **Total Part I** (Min. 26)	..../20 ..../30 ..../**50**
Part II	3. Essay	…… **Total Part II** (Min.26)	..../50 ..../**50**

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION – MAYO 2024 - TEMA 2

NOMBRE y APELLIDO: ……

N.º de ORDEN EN EL ACTA OFICIAL: (NO es el DNI) ………

Please read the text below carefully and then choose the best answer. Remember: questions may not follow the order of the reading passage.

The Intelligence of AI: How smart is it really?

Artificial Intelligence (AI) is reputed by some to be approaching general human intelligence. Some might indeed see AI as smart as humans. For decades, the argument has been made that computers do not grasp language because they are unable to perceptually simulate information. However, the examples proving that AI cannot understand language need to be revisited with AI being able to accomplish those tasks allegedly reserved for human understanding only. The same applies to intelligence. How intelligent is AI really? Has ChatGPT matched human intelligence, as some would like to argue? Is AI really on the verge of reaching general human intelligence?

From a psychological perspective, the question of whether AI reaches general (human) intelligence is a rare one. Or at least it is a question that leads us to a more fundamental one of what human intelligence entails, the answer to which is hard to provide. In the 20th century, Alfred Binet and Theodore Simon introduced an intelligence test that measured the mental age of a child in relation to its actual age to determine the child's IQ. The test consisted of questions concerning basic vocabulary and the repetition of digits, and the results of that test were plotted against the actual age of a child.
If general intelligence were to be defined according to the Binet-Simon IQ test, computers have long achieved human intelligence. In fact, if one were to take one aspect—calculations—as a measure of intelligence, then the first mechanical calculator in 1642 already mastered intelligence.

But such a vocabulary-and-basic-mathematics definition of general intelligence is likely too narrow. This is what psychologists realized in the mid-20th century when Raymond Cattel proposed that general intelligence ought to be seen as comprising both crystallized intelligence and fluid intelligence. The former would include vocabulary, general information, and abstract word analogies while the latter includes the basic processes of reasoning such as number and letter series, matrices, and paired associates. One may argue that AI was already able to capture crystallized intelligence, but not fluid intelligence. But with the recent examples from ChatGPT, AI has apparently mastered both crystallized and fluid intelligence and hence mastered general (human) Intelligence.

But has it really?

In 1983, Howard Gardner argued that general intelligence should not be seen as crystallized intelligence and fluid intelligence, and it should not even be defined as our intellectual potential and something measurable. Gardner claimed there are different intelligences, at least eight of them, ranging from visual-spatial, linguistic-verbal, and logical-mathematical, to musical, body-kinesthetic, and inter- and intrapersonal intelligence. Supposing we define general intelligence according to Gardner's multiple intelligences definition as the conglomeration of different intelligences (not only basic mathematics and language), AI has not at all reached general human intelligence.

Comparing human intelligence and artificial intelligence is somewhat weird for another reason as well. Imagine one wonders whether bird flight and airplane flight are the same. Clearly, they are not. Birds fly with flapping wings, airplanes do not. Leaving all the other differences between birds and planes aside, if we were to define flying as moving fast through the air, both have mastered flying. At one level, they do this very similarly—e.g., by following the four principles of aerodynamics: weight, lift, thrust, and drag. At another level, they do that very differently: one with flapping wings and the other without the flapping. Just like birds and airplanes, the question we have been raising depends on the level of analysis. At the implementational level, AI and human intelligence are entirely different. At the algorithmic level, they may show some interesting similarities. And, yet, both solve the same problem: intelligence, however that may be defined.

So why is it then that AI implementations such as ChatGPT look so human-intelligent? Overlooking the terminology that may be a source of confusion—"intelligence" and "neural networks"—over the years, deep learning, involving sophisticated artificial neural networks, has repeatedly shown some very (artificially) intelligent results. Yet, these findings felt more machine-like than they felt human-like. The answer to why ChatGPT speaks to our imagination is that ChatGPT is excellent in simulating what humans do so well: recognizing patterns and filling in those patterns. It is one thing if a machine can measure the difference in meaning between two words, sentences, or paragraphs, or can make some abstract calculations. It seems entirely different if a machine can follow patterns, make predictions, and suggest intentions.

The answer to whether AI is intelligent thus depends on the definition of intelligence—basically, the task at hand (the flying)—and at what level we look at the solving of that task (the use of the principles of the aerodynamic solution versus the nature of the wings). In that respect, the discussion on whether AI is (human) intelligent, is reminiscent of the discussion on whether animals are intelligent. For years, scientists agreed that animals could never achieve (human) intelligence. More recently—seemingly we got a bit smarter—overwhelming evidence suggests that animals are very intelligent, in certain aspects perhaps more intelligent than humans, but depending on how one defines intelligence.

Student's Name: Nº de Orden:
(GGK0291)

PART I (Minimum Passing Mark: 26 points) PAPER 2

1. READING COMPREHENSION (2 points each)

1. Computer science has reached a general consensus that AI is on the verge of approximating human intelligence.
   a. True
   b. False
   c. Not stated

2. Saying that ChatGPT can *speak to our imagination* is an example of how much AI has improved the skill of perception and simulation
   a. True
   b. Not stated
   c. False

3. In the text, for what purpose would you apply the phrase "Apples and oranges"?
   a) To highlight the inherent differences between human and artificial intelligence, suggesting that they cannot be directly compared.
   b) To emphasize the need for a nuanced understanding of intelligence, akin to comparing two different types of fruits.
   c) To show there's no use in comparing two different things, such as birds and airplanes or apples and oranges.
   d) All of the above
   e) Both a) and b) are correct

4. Why does the author compare bird flight and airplane flight?
   a) To argue that birds are more efficient flyers than airplanes
   b) To illustrate the differences between animal and artificial intelligence by making a parallelism between birds and airplanes
   c) To highlight the fact that similarities and differences exist at different stages of observation
   d) To show that it is as futile to compare birds and planes as it is to compare human and computer intelligence
   e) All of the above
   f) None of the above

5. The question: *But has it really?* was meant to:

   a) Wonder whether AI and human intelligence can really be compared
   b) Make the reader reflect on whether AI has improved as much as experts suggest
   c) Wonder whether or not AI has reached human levels of intelligence due to having understood vocabulary and numbers, among other things
   d) Wonder whether or not AI has reached human levels of intelligence due to allegedly having understood vocabulary and numbers, among other things
   e) All of the above
   f) None of the above

6. Fill in the blank with the phrase that adjusts best to the article
   It is not until AI is able to…….. that scientists can ascertain that it has reached human-like intelligence
   a) make use of multiple intelligences to solve a problem
   b) recognize patterns and fill in those patterns
   c) measure the difference in meaning between two words, sentences, or paragraphs, or make some abstract calculations
   d) follow patterns, make predictions, and suggest intentions

7. The text implies that the debate over the intelligence of AI and animals is largely settled among scientists, with a consensus that both are inherently less intelligent than humans.
   a) True
   b) False
   c) Not stated

8. The author…
   a) Agrees with the argument that computers cannot understand language because they are unable to simulate information like humans
   b) Disagrees with the argument that computers cannot understand language because they are unable to simulate information like humans
   c) Is doubtful whether computers cannot understand language because they are unable to simulate information like humans
   d) Believes that there is mounting evidence now to support the belief that computers have acquired the skills to perform human-like tasks
   e) Both c) and d) are correct
   f) None of the above
   g) All of the above

9. The **main** purpose of the text is:
   a) To show that there are still many differences between AI and human intelligence.
   b) To argue for the superiority of artificial intelligence over human intelligence.
   c) To discuss the ethical implications of artificial intelligence advances.
   d) To explore and challenge conventional notions of intelligence, particularly concerning artificial intelligence and human cognition.
   e) To seek to apply Gardner's multiple intelligences theory to AI
   f) To encourage the use of newly improved AI and ChatGPT in education

10. Howard Gardner was against measuring humans' intellectual potential
    a) True
    b) False
    c) Not stated

2. USE OF ENGLISH: PARAPHRASING (3 points each)

Use the given beginnings and/or the words (if provided) somewhere in the sentence
DO NOT change the meaning.

Student's Name: Nº de Orden:
(GGK0291)

1. Binet and Simon's IQ test plotted the results against the actual age of a child. The test included vocabulary as well as digits. (**use a non-restrictive relative clause to join both sentences**)

BOTH

…….

…….

2. A test might be rigorous; however, only considering vocabulary or math as a definition of intelligence is nothing but narrow.

Rigorous …….

……..is nothing but narrow.

3. If general intelligence were to be defined in line with the Binet-Simon IQ test, computers might have achieved human intelligence.

LED

Defining …….

…….

4. People believe that AI is on the verge of reaching human intelligence (**Use passive voice)**

AI ……

5. AI seems intelligent because it excels in perceiving patterns. (**Use the emphatic pattern)**

What …….

6. Examples denying AI's language skills need to be revisited since now it can perform tasks previously reserved for humans. (**Use subjunctive**)

DUE

The author recommended ……..

…….

7. "Computers have failed to understand human language because they were too limited in how they perceived and simulated information". **(Use Reported Speech)**

THEIR

Experts argued ……

……

8. Computers were so limited in how they perceived and simulated information, they failed to understand human language.

If only……

…….

9. It was proved that basic tests were too narrow to be considered a correct intelligence measure, so AI cannot yet compete with humans. (**Use a mixed conditional**)

…….

…….

10. A clear definition of intelligence will enable us to know whether AI is as clever as humans

Only after …….

…….

PART II

3. ESSAY WRITING (<u>350 words in total, ± 10%</u>)

Write an essay on <u>ONE</u> of the topics below:

Credit will be given to an orderly presentation and clear handwriting

(A) **<u>Opinion Essay:</u>**

Schools and universities should ban AI altogether. Do you agree?

(B) **<u>For and Against Essay</u>:** Advantages and disadvantages of AI development.

Make sure you include:

- Complex structures (inversion of order, conditionals, passive voice, correct linkers)
- Relevant, topic-related vocabulary
- Meaningful and clear ideas to support your points/arguments
- Well-ordered and cohesive paragraphs

<u>START YOUR ESSAY HERE</u> ↓↓

_____

_____

_____

_____

Student's Name: Nº de Orden:
(GGK0291)

Students write **HERE** …… your total word count

FOR TEACHERS' USE ONLY. Tick all the appropriate boxes below:

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	
TOTAL MARK: ……/50 (Minimum Passing Mark 26)			

Student's Name: Nº de Orden:
(GGK0291)

DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)

Universidad de Buenos Aires
Facultad de Derecho

Exercise Nº		Professor's Name	Mark
Part I	1. Reading Comp. 2. Paraphrasing	…… ……	…./20 …./30
		Total Part I (Min. 26)	…./**50**
Part II	3. Essay	……	…./50
		Total Part II (Min.26)	…./**50**

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION – SEPTEMBER 2024 - TEMA 1

NOMBRE y APELLIDO: ……

N.º de ORDEN: (NO es el DNI) ………..

Please read the text below carefully and then choose the best answer. Remember: questions may not follow the order of the reading passage.

The sperm whale 'language' revealed by AI

Researchers studying sperm whale communication say they've uncovered sophisticated structures, similar to those found in human language.

In the inky depths of the midnight zone, an ocean giant bears the scars of the giant squid she stalks. She searches the darkness, her echolocation pulsing through the water column. Then she buzzes – a burst of rapid clicks – just before she goes in for the kill.

But exactly how sperm whales catch squid, like many other areas of their lives, remains a mystery. "They're slow swimmers," says Kirsten Young, a marine scientist at the University of Exeter. Squid, on the other hand, are fast. "How can [sperm whales] catch squid if they can only move at 3 knots [5.5 km/h or 3.5mph]?

Sperm whales are not easy to study. They spend much of their lives foraging or hunting at depths beyond the reach of sunlight. They are capable of diving over 3km (10,000ft) and can hold their breath for two hours.

"At 1000m (3300ft) deep, many of the group will be facing the same way, flanking each other – but across an area of several kilometres," says Young. "During this time, they're talking, clicking the whole time." After about an hour, she says, the group rises to the surface in synchrony. "They'll then have their rest phase. They might be at the surface for 15 to 20 minutes. Then they'll dive again," she says. At the end of a day of foraging, says Young, the sperm whales come together at the surface and rub against each other, chatting while they socialise.

It was around 47 million years ago that land-roaming cetaceans began to gravitate back towards the ocean – that's 47 million years of evolution in an environment alien to our own. How can we hope to easily understand creatures that have adapted to live and communicate under such different evolutionary pressures to ourselves?

"It's easier to translate the parts where our world and their world overlap – like eating, nursing or sleeping," says David Gruber, lead and founder of the Cetacean Translation Initiative (Ceti) and professor of biology at the City University of New York. "As mammals, we share these basics with others. But I think it's going to get really interesting when we try to understand the areas of their world where there's no intersection with our own," he says.

Now, from elephants to dogs, modern technology is helping researchers to sift through enormous datasets, and uncover previously unknown diversity and complexity in animal communication. And Ceti's researchers say they, too, have used AI to decode a "sperm whale phonetic alphabet".

Sperm whales live in multi-level, matrilineal societies – groups of daughters, mothers and grandmothers – while the males roam the oceans, visiting the groups to breed. They are known for their complex social behaviour and group decision-making, which requires sophisticated communication. For example, they are able to adapt their behaviour as a group when protecting themselves from predators like orcas or humans.

Sperm whales communicate with each other using rhythmic sequences of clicks, called codas. It was previously thought that sperm whales had just 21 coda types. However, after studying almost 9,000 recordings, the Ceti researchers identified 156 distinct codas. They also noticed the basic building blocks of these codas which they describe as a "sperm whale phonetic alphabet" – much like phonemes, the units of sound in human language which combine to form words.

Pratyusha Sharma, a PhD student at MIT and lead author of the study, describes the "fine-grain changes" in vocalisations the AI identified. Each coda consists of between three and 40 rapid-fire clicks. The sperm whales were found to vary the overall speed, or the "tempo", of the codas, as well as to speed up and slow down during the delivery of a coda, in other words, making it "rubato". Sometimes they added an extra click at the end of a coda, akin, says Sharma, to "ornamentation" in music. These subtle variations, she says, suggest sperm whale vocalisations could carry a much richer amount of information than previously thought.

"Some of these features are contextual," says Sharma. "In human language, for example, I can say 'what' or 'whaaaat!?'. It's the same word, but to understand the meaning you have to listen to the whole sound," she says.

The researchers also found the sperm whale "phonemes" could be used in a combinatorial fashion, allowing the whales to construct a vast repertoire of distinct vocalisations. The existence of a combinatorial coding system, write the report authors, is a prerequisite for "duality of patterning" – a linguistic phenomenon thought to be unique to human language – in which meaningless elements combine to form meaningful words.

However, Sharma emphasises, this is not something they have any evidence of as yet. "What we show in sperm whales is that the codas themselves are formed by combining from this basic set of features. Then the codas get sequenced together to form coda sequences." Much like humans combine phonemes to create words, and then words to create sentences.

So, what does all this tell us about sperm whales' intelligence? Or their ability to reason, or store and share information?

"Well, it doesn't tell us anything yet," says Gruber. "Before we can get to those amazing questions, we need to build a fundamental understanding of how sperm whales communicate and what's meaningful to them. We see them living very complicated lives, the coordination and sophistication in their behaviours. We're at base camp. This is a new place for humans to be – just give us a few years. Artificial intelligence is allowing us to see deeper into whale communication than we've ever seen before."

Categorised as "vulnerable" by the International Union for Conservation of Nature (IUCN), sperm whales are still recovering from commercial hunting by humans in the 19th and 20th Centuries. And, although such whaling has been banned for decades, sperm whales face new threats such as climate change, ocean noise pollution and ship strikes.

However, Young adds, we're still a long way off from understanding what sperm whales might be saying to each other. "We really have no idea. But the better we can understand these amazing animals, the more we'll know about how we can protect them."

PART I (Minimum Passing Mark: 26 points) PAPER1

1. READING COMPREHENSION (2 points each)

(Choose the best option)

1. The main challenge that researchers face when studying sperm whale communication.

   A) whales spend much of their lives foraging or hunting at depths beyond the reach of sunlight, as they go deep, they are difficult to spot in the ocean.

   B) Scientists find it challenging to comprehend the areas of their world where there's no intersection with our own.

   C) They communicate in a way that is difficult to understand.

   D) Their complex social behaviour and group decision-making is too alien for scientists to reach solid conclusions.

2. According to the article, what is unique about sperm whales' communication?

   a) It is possible to find common traits with human language.

   b) Its use is circumscribed to mating and foraging.

   c) It is limited to a specific range of frequencies which go beyond the spectrum of the human ear.

   d) As it seems to be used for socializing, scientists need to delve into the way in which they forge bonds with the members of the group.

3. What is the term used to describe the combinatorial coding system in sperm whale vocalizations?

   a) Phonetic alphabet

   b) Duality of patterning

   c) Coda sequences

   d) Phonemes

4. According to the article, how can sperm whales catch squid despite their slow swimming speed?

   a) By using their echolocation.

   b) By working together in groups.

   c) By using their complex social behaviour.

   d) By using their speed to outmanoeuvre the squid.

5. According to the article, what is the purpose of the Cetacean Translation Initiative (Ceti)?

   A) To study the behaviour of sperm whales

   B) To translate sperm whale language into human language

   C) To develop a system for communicating with sperm whales

   D) To protect sperm whales from threats

6. What is the significance of the discovery of a combinatorial coding system in sperm whale communication?

A) It suggests that sperm whales have a more complex language than previously thought.

B) It suggests that sperm whales are capable of reason and intelligence.

C) It suggests that sperm whales are able to communicate with each other more effectively.

D) It suggests that sperm whales are not as intelligent as previously thought.

7. According to the article, what is the current conservation status of sperm whales?

A) Endangered

B) Vulnerable

C) Extinct

D) Threatened

8. What is the main goal of researchers studying sperm whale communication?

A) To understand what sperm whales are saying to each other

B) To develop a system for communicating with sperm whales

C) To study the behaviour of sperm whales

D) To protect sperm whales from threats

9. According to the article, it is impossible to understand the nuances of some isolated clicks without the aid of some contextual clues.

A) True

B) False

C) Not stated

10. The Cetacean Translation Initiative (Ceti) has developed a system for translating sperm whale language into human language.

A) True

B) False

C) Not stated

2. USE OF ENGLISH: PARAPHRASING (3 points each)

Use the given beginnings <u>and/or the words (if provided)</u> somewhere in the sentence DO NOT change the meaning.

1. Researchers can only draw conclusions about the sperm whale's language after they have thoroughly examined the data. (Use the passive voice)

1. Only when data……

.....

2. The groundbreaking research into the vocalizations of sperm whales has enabled the development of a sophisticated AI system capable of decoding their complex language.

2. Had……

……..

3. The senior researcher will be able to accurately analyse sperm whales' behaviour once she manages to record the vocalizations in their natural habitat. The latter seems to be vital.

3. It is vital that ……..

…….

4. Although the sperm whale´s language seems to be a sophisticated form of communication, scientists might eventually be able to decode it successfully.

4. Sophisticated …….

…….

5. It is only when the researchers have completed their analysis that they were able to understand the significance of the sperm whale's vocalizations.

5. But for the……

…….

6. Since the sperm whale's language is not human-like, it is unlikely that humans will be able to understand it without extensive study. (Use the expression **“chances are”)**

6. Due to……

…….

7. If researchers had access to more data, they would be able to make more accurate conclusions about the sperm whale's communication system.

7. Were …….

……

8. The complexity of the sperm whale's vocalizations is not necessarily a reflection of its intelligence or cognitive abilities. (Use the word **imply** in the paraphrasing)

8. The complexity……

…….

9. The fact that sperm whales use clicks to communicate with each other puzzles scientists. Use the word “Head” in the paraphrasing.

9. Scientists cannot make……

…….

10. Although the sperm whale's language is unique and complex, it is still possible that humans will be able to understand it with further study.

10. Despite its…….

…….

PART II

3. ESSAY WRITING (<u>350 words in total, ± 10%</u>)

Write an essay on <u>ONE</u> of the topics below:

Credit will be given to an orderly presentation and clear handwriting

(A) **<u>Opinion Essay:</u>**

Technology has transformed human communication. Discuss the benefits and drawbacks of this shift. Be sure to consider both the advantages of increased connectivity and the potential drawbacks of decreased face-to-face interaction.

(B) **<u>For and Against Essay</u>:**

The use of AI to identify patterns in sperm whale vocalizations has the potential to revolutionize our understanding of these animals' social behaviour and ecology. Write about the negative and positive implications this could have.

Make sure you include:

- Complex structures (inversion of order, conditionals, passive voice, correct linkers)
- Relevant, topic-related vocabulary
- Meaningful and clear ideas to support your points/arguments
- Well-ordered and cohesive paragraphs

<u>START YOUR ESSAY HERE</u>

Students write **HERE** …… your total word count

FOR TEACHERS' USE ONLY. Tick all the appropriate boxes below:

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	
TOTAL MARK: ……/50 (Minimum Passing Mark 26)			

DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)

Universidad de Buenos Aires
Facultad de Derecho

Exercise Nº		Professor's Name	Mark
Part I	1. Reading Comp. 2. Paraphrasing	…… …… **Total Part I** (Min. 26)	…./20 …./30 …./**50**
Part II	3. Essay	…… **Total Part II** (Min.26)	…./50 …./**50**

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION – SEPTEMBER 2024 - TEMA 2

NOMBRE y APELLIDO: ……

N.º de ORDEN: (NO es el DNI) ………..

Please read the text below carefully and then choose the best answer. Remember: questions may not follow the order of the reading passage.

The sperm whale 'language' revealed by AI

Researchers studying sperm whale communication say they've uncovered sophisticated structures, similar to those found in human language.

In the inky depths of the midnight zone, an ocean giant bears the scars of the giant squid she stalks. She searches the darkness, her echolocation pulsing through the water column. Then she buzzes – a burst of rapid clicks – just before she goes in for the kill.

But exactly how sperm whales catch squid, like many other areas of their lives, remains a mystery. "They're slow swimmers," says Kirsten Young, a marine scientist at the University of Exeter. Squid, on the other hand, are fast. "How can [sperm whales] catch squid if they can only move at 3 knots [5.5 km/h or 3.5mph]?

Sperm whales are not easy to study. They spend much of their lives foraging or hunting at depths beyond the reach of sunlight. They are capable of diving over 3km (10,000ft) and can hold their breath for two hours.

"At 1000m (3300ft) deep, many of the group will be facing the same way, flanking each other – but across an area of several kilometres," says Young. "During this time, they're talking, clicking the whole time." After about an hour, she says, the group rises to the surface in synchrony. "They'll then have their rest phase. They might be at the surface for 15 to 20 minutes. Then they'll dive again," she says. At the end of a day of foraging, says Young, the sperm whales come together at the surface and rub against each other, chatting while they socialise.

It was around 47 million years ago that land-roaming cetaceans began to gravitate back towards the ocean – that's 47 million years of evolution in an environment alien to our own. How can we hope to easily understand creatures that have adapted to live and communicate under such different evolutionary pressures to ourselves?

"It's easier to translate the parts where our world and their world overlap – like eating, nursing or sleeping," says David Gruber, lead and founder of the Cetacean Translation Initiative (Ceti) and professor of biology at the City University of New York. "As mammals, we share these basics with others. But I think it's going to get really interesting when we try to understand the areas of their world where there's no intersection with our own," he says.

Now, from elephants to dogs, modern technology is helping researchers to sift through enormous datasets, and uncover previously unknown diversity and complexity in animal communication. And Ceti's researchers say they, too, have used AI to decode a "sperm whale phonetic alphabet".

Sperm whales live in multi-level, matrilineal societies – groups of daughters, mothers and grandmothers – while the males roam the oceans, visiting the groups to breed. They are known for their complex social behaviour and group decision-making, which requires sophisticated communication. For example, they are able to adapt their behaviour as a group when protecting themselves from predators like orcas or humans.

Sperm whales communicate with each other using rhythmic sequences of clicks, called codas. It was previously thought that sperm whales had just 21 coda types. However, after studying almost 9,000 recordings, the Ceti researchers identified 156 distinct codas. They also noticed the basic building blocks of these codas which they describe as a "sperm whale phonetic alphabet" – much like phonemes, the units of sound in human language which combine to form words.

Pratyusha Sharma, a PhD student at MIT and lead author of the study, describes the "fine-grain changes" in vocalisations the AI identified. Each coda consists of between three and 40 rapid-fire clicks. The sperm whales were found to vary the overall speed, or the "tempo", of the codas, as well as to speed up and slow down during the delivery of a coda, in other words, making it "rubato". Sometimes they added an extra click at the end of a coda, akin, says Sharma, to "ornamentation" in music. These subtle variations, she says, suggest sperm whale vocalisations could carry a much richer amount of information than previously thought.

"Some of these features are contextual," says Sharma. "In human language, for example, I can say 'what' or 'whaaaat!?'. It's the same word, but to understand the meaning you have to listen to the whole sound," she says.

The researchers also found the sperm whale "phonemes" could be used in a combinatorial fashion, allowing the whales to construct a vast repertoire of distinct vocalisations. The existence of a combinatorial coding system, write the report authors, is a prerequisite for "duality of patterning" – a linguistic phenomenon thought to be unique to human language – in which meaningless elements combine to form meaningful words.

However, Sharma emphasises, this is not something they have any evidence of as yet. "What we show in sperm whales is that the codas themselves are formed by combining from this basic set of features. Then the codas get sequenced together to form coda sequences." Much like humans combine phonemes to create words, and then words to create sentences.

So, what does all this tell us about sperm whales' intelligence? Or their ability to reason, or store and share information?

"Well, it doesn't tell us anything yet," says Gruber. "Before we can get to those amazing questions, we need to build a fundamental understanding of how sperm whales communicate and what's meaningful to them. We see them living very complicated lives, the coordination and sophistication in their behaviours. We're at base camp. This is a new place for humans to be – just give us a few years. Artificial intelligence is allowing us to see deeper into whale communication than we've ever seen before."

Categorised as "vulnerable" by the International Union for Conservation of Nature (IUCN), sperm whales are still recovering from commercial hunting by humans in the 19th and 20th Centuries. And, although such whaling has been banned for decades, sperm whales face new threats such as climate change, ocean noise pollution and ship strikes.

However, Young adds, we're still a long way off from understanding what sperm whales might be saying to each other. "We really have no idea. But the better we can understand these amazing animals, the more we'll know about how we can protect them."

PART I (Minimum Passing Mark: 26 points) PAPER1

1. READING COMPREHENSION (2 points each)

(Choose the best option)

1. What is the term used to describe the combinatorial coding system in sperm whale vocalizations?

a) Phonetic alphabet

b) Duality of patterning

c) Coda sequences

d) Phonemes

2. According to the article, how can sperm whales catch squid despite their slow swimming speed?

a) By using their echolocation.

b) By working together in groups.

c) By using their complex social behaviour.

d) By using their speed to outmanoeuvre the squid.

3. The main challenge that researchers face when studying sperm whale communication.

A) whales spend much of their lives foraging or hunting at depths beyond the reach of sunlight, as they go deep, they are difficult to spot in the ocean.

B) Scientists find it challenging to comprehend the areas of their world where there's no intersection with our own.

C) They communicate in a way that is difficult to understand.

D) Their complex social behaviour and group decision-making is too alien for scientists to reach solid conclusions.

4. According to the article, what is unique about sperm whales' communication?

a) It is possible to find common traits with human language.

b) Its use is circumscribed to mating and foraging.

c) It is limited to a specific range of frequencies which go beyond the spectrum of the human ear.

d) As it seems to be used for socializing, scientists need to delve into the way in which they forge bonds with the members of the group.

5. According to the article, what is the current conservation status of sperm whales?

A) Endangered

B) Vulnerable

C) Extinct

D) Threatened

6. What is the main goal of researchers studying sperm whale communication?

A) To understand what sperm whales are saying to each other

B) To develop a system for communicating with sperm whales

C) To study the behaviour of sperm whales

D) To protect sperm whales from threats

7. According to the article, what is the purpose of the Cetacean Translation Initiative (Ceti)?

A) To study the behaviour of sperm whales

B) To translate sperm whale language into human language

C) To develop a system for communicating with sperm whales

D) To protect sperm whales from threats

8. What is the significance of the discovery of a combinatorial coding system in sperm whale communication?

A) It suggests that sperm whales have a more complex language than previously thought.

B) It suggests that sperm whales are capable of reason and intelligence.

C) It suggests that sperm whales are able to communicate with each other more effectively.

D) It suggests that sperm whales are not as intelligent as previously thought.

9. The Cetacean Translation Initiative (Ceti) has developed a system for translating sperm whale language into human language.

A) True

B) False

C) Not stated

10. According to the article, it is impossible to understand the nuances of some isolated clicks without the aid of some contextual clues.

A) True

B) False

C) Not stated

2. USE OF ENGLISH: PARAPHRASING (3 points each)

Use the given beginnings <u>and/or the words (if provided)</u> somewhere in the sentence DO NOT change the meaning.

1. The senior researcher will be able to accurately analyse sperm whales' behaviour once she manages to record the vocalizations in their natural habitat. The latter seems to be vital.

1. It is vital that ……..

…….

2. Although the sperm whale´s language seems to be a sophisticated form of communication, scientists might eventually be able to decode it successfully.

2. Sophisticated …….

…….

3. Researchers can only draw conclusions about the sperm whale's language after they have thoroughly examined the data. (Use the passive voice)

3. Only when data……

.....

4. The groundbreaking research into the vocalizations of sperm whales has enabled the development of a sophisticated AI system capable of decoding their complex language.

4. Had……

……..

5. If researchers had access to more data, they would be able to make more accurate conclusions about the sperm whale's communication system.

5. Were …….

……

6. The complexity of the sperm whale's vocalizations is not necessarily a reflection of its intelligence or cognitive abilities. (Use the word **imply** in the paraphrasing)

6. The complexity……

…….

7. It is only when the researchers have completed their analysis that they were able to understand the significance of the sperm whale's vocalizations.

7. But for the……

…….

8. Since the sperm whale's language is not human-like, it is unlikely that humans will be able to understand it without extensive study. (Use the expression **"chances are")**

8. Due to……

…….

9. Although the sperm whale's language is unique and complex, it is still possible that humans will be able to understand it with further study.

9. Despite its…….

…….

10. The fact that sperm whales use clicks to communicate with each other puzzles scientists. (Use the word "Head" in the paraphrasing)

10. Scientists cannot make……

…….

PART II

3. ESSAY WRITING (350 words in total, ± 10%)

Write an essay on ONE of the topics below:

Credit will be given to an orderly presentation and clear handwriting

(A) **Opinion Essay:**

Technology has transformed human communication. Discuss the benefits and drawbacks of this shift. Be sure to consider both the advantages of increased connectivity and the potential drawbacks of decreased face-to-face interaction.

(B) **For and Against Essay:**

The use of AI to identify patterns in sperm whale vocalizations has the potential to revolutionize our understanding of these animals' social behaviour and ecology. Write about the negative and positive implications this could have.

Make sure you include:

- Complex structures (inversion of order, conditionals, passive voice, correct linkers)
- Relevant, topic-related vocabulary
- Meaningful and clear ideas to support your points/arguments
- Well-ordered and cohesive paragraphs

START YOUR ESSAY HERE

Student's Name: Nº de Orden:
(HGB154)

Student's Name: Nº de Orden:
(HGB154)

Students write **HERE** …… your total word count

FOR TEACHERS' USE ONLY. Tick all the appropriate boxes below:

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	
TOTAL MARK: ……/50 (Minimum Passing Mark 26)			

Student's Name: Nº de Orden:
(HGB154)

DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)

Universidad de Buenos Aires
Facultad de Derecho

	Exercise Nº	Professor's Name Mark
Part I	1. Reading Comp. 2. Paraphrasing	……. …/20 ……. …/30 **Total: Part I** (Min. 26) …/**50**
Part II	3. Essay	……. …/50 **Total: Part II** (Min.26) …/**50**

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION – NOVEMBER 2024 - TEMA 1

NOMBRE y APELLIDO: ……
N.º de ORDEN: (NO es el DNI) ………..

Please read the text below carefully and then choose the best answer. Remember: questions may not follow the order of the reading passage.

The big idea: how to use your senses to help beat depression

Our research suggests that it's not sadness per se that leads to poor mental health but shutting down input from the body. 'Sense foraging' offers a way out of the trap.

Norman Farb and Zindel Segal

Modern life seems designed to stop us from being alone with our thoughts and feelings. Our days are built from the bricks of work and play, mortared by media and intoxicants. It's understandable: glimpses behind the curtain can be deeply uncomfortable. When we pause for a second, the mind too often gravitates towards our greatest sources of stress – be they troubled relationships or our own critical stories about ourselves.

Scientists have even found that quite a few of us would rather give ourselves painful electrical shocks than wait in a distraction-free room for 15 minutes. Most people would agree that we need an occasional break from constant activity, but we seem unable to take advantage of our time off; rumination rushes in, spoiling what should be a period of respite. Distraction is one option – but why does taking time to "chill" now require Netflix?

And what if trying to busy yourself during those quiet moments did more harm than good? At this point, you may be thinking "Why not fill up my spare time with things I enjoy?" The problem is that keeping our brains busy isn't an effective form of relief. Instead, sensing the world – the sunlight on your skin, a gurgle in your belly, the thump of your heartbeat – without rushing back into thought and judgment, is what enriches and restores us. Before you label that emotion that seems to be bubbling up, ask: what does it feel like? Because when we are unable to stay with raw sensation, defaulting instead to ideas about those sensations, it can actually have disastrous consequences for our mental health.

That's what we've found in our research, which explored how the balance between thinking and sensing impacts wellbeing. First, we provoked uncomfortable feelings in people by having them view sad film clips while in an MRI scanner. As expected, those clips activated brain regions used for thinking and judging, as people busied themselves relating each scene back to their own experience. Perhaps surprisingly, however, we found that there was no relationship between the level of this conceptual activity and poor mental health. It's natural to explore and explain emotional experiences in your head. But another reaction *did* predict problems: in response to sadness many people shut down activity in sensory brain regions, particularly areas used for processing feelings from the body. And it turned out that the greater the level of sensory shutdown in a participant, the higher they scored on measures of depression.

This finding reveals something important about life's quiet moments. It isn't our ability to control internal judgments and narratives that determines our happiness. Instead, wellbeing depends on whether such thoughts are informed by new information, the source of which is the dynamic flow of sensation. We found this same pattern in a second study, one of the largest of its kind. This time, we focused on people with a history of depression and checked in with them for two years after

scanning their brains. People who shut down sensation in response to sad scenes were 25 times more likely to fall back into depression than their peers who kept sensation alive.

Why does this happen, exactly? It seems that muting input from the body can keep the lid on visceral sensations that you may want to avoid because of their association with previous unpleasant experiences. But there's a cost to this temporary relief, and it's feeling bad for longer. With no changing mix of sensations to shake things up, the certainty of your sadness persists on the cognitive level, like a piece of software you haven't updated.

So, keeping in touch with sensation, particularly in times of stress, may be a potent but overlooked resource for mental health. What we call "sense foraging," purposely shifting attention to the sensory world with a willingness to be surprised, is one way of practising doing this, and it's a skill that almost anyone can develop. If staying busy and distracting ourselves are both modes of largely automatic *thinking*, to truly give ourselves a break – and reduce the risk of becoming depressed – we need to switch into *sensing*, a fundamentally different mode that is receptive rather than agenda driven. By developing sensory "muscles," we get better at taking in new information, which stimulates new trains of thought. This provides relief from rumination, potentially bouncing you out of the mental rut you're stuck in.

Sense foraging does what we mistakenly expect distraction to do: it provides a restorative counterweight to a wearying focus on interpretation and reaction. It can be practised anywhere, anytime, because sensation is always available: a breeze on your face, the prickliness of a sweater on your skin, the pressure in your heels as you stand on the ground, or the smell of coffee wafting up from your mug. It's less about finding some special state, like fully emptying the mind or seeking out the perfect sunset, and more about dropping in to find what is already there – a taste, a texture or feeling, and being curious about what comes next.

If you are feeling low or preoccupied, you can start right now. Look around and give yourself a "point" for each thing you notice that you would normally ignore; eat popcorn with chopsticks; listen to a genre of music you don't like and try to hear it just as it sounds; get to know what the air feels like on your elbow or little toe. If it is something you can sense that you'd ordinarily avoid or ignore, you are on the right track.

The effect is to reawaken those neglected sensory regions of the brain, which can free you up to re-engage with life; a tonic to the insidious, sense-blunting effects of stress. With practice, the science suggests, feelings of hopelessness and burnout will abate, replaced by hopefulness and the recovered potential for discovery and meaning.

Norman Farb is a neuroscientist and Zindel Segal is a clinical psychologist. They are the authors of Better in Every Sense (Yellow Kite).

PART I (Minimum Passing Mark: 26 points) PAPER1

1. READING COMPREHENSION (2 points each)
(Choose the best option)

1- What is the main premise of the article?

A) Modern distractions and media consumption are the leading causes of poor mental health, and individuals should find ways to minimize their exposure.
B) The main barrier to overcoming depression is the tendency to eliminate sensory input, and engaging with our senses can enhance mental well-being.
C) Feelings of sadness are the primary contributors to mental health issues, and it is important to constantly analyze these feelings to understand them better.
D) Social activities and relationships are central to maintaining mental health, and individuals should focus on building a supportive community.

2- The research discussed in the text indicates that there is a strong correlation between a participant's ability to engage with sensory experiences and their mental health outcomes, particularly regarding depression.

A) True
B) False
C) Not stated

3- Sense Foraging: Meaning. Choose the correct definition.

A) Searching for physical objects in nature.
B) Engaging in activities to enhance sensory awareness and experience.
C) The process of collecting data for scientific research.

D) A method of distracting oneself from thoughts

4- Rumination: Meaning. Choose the correct definition.

A) A form of relaxation through meditation.
B) The act of repeatedly thinking about distressing events or feelings.
C) The process of engaging in creative problem-solving.
D) A method of enhancing cognitive function through reading.

5- What does the research suggest is a primary factor in poor mental health?

A) Experiencing sadness regularly
B) Shutting down sensory input from the body
C) Engaging in excessive physical activity
D) Social isolation

6- How does keeping in touch with sensation affect mental health during stress, according to the authors?

A) It prolongs feelings of sadness
B) It enhances cognitive control
C) It provides a restorative effect
D) It distracts from real problems

7- What is a potential consequence of muting sensory input?

A) Immediate relief from sadness
B) Heightened awareness of emotions
C) Longer-lasting feelings of sadness
D) Increased energy levels

8- What is the primary benefit of developing sensory "muscles," as mentioned in the text?

A) It helps you forget past traumas
B) It encourages new trains of thought
C) It improves physical strength
D) It guarantees happiness

9- What was a surprising finding regarding thoughts and mental health?

A) Overthinking is beneficial for well-being.
B) Sensory experiences are unrelated to happiness.
C) Shutting down sensory input correlates with depression.
D) Positive thinking guarantees mental health.

10- What outcome did the researchers associate with maintaining sensory awareness?

A) Increased feelings of hopelessness.
B) Improved resilience against depression.
C) Greater difficulty in processing emotions.
D) Less engagement with reality.

2. USE OF ENGLISH: PARAPHRASING (3 points each)

Use the given beginnings <u>and/or the words (if provided)</u> somewhere in the sentence. DO NOT change the meaning.

1. Although distraction is common, it often fails to provide lasting relief from emotional distress. (You cannot use "The fact" in the paraphrasing)

   Despite……

   ……

2. Many people would rather give themselves painful electrical shocks than wait in a distraction-free room.

   (Prefer)

   ……

   ……

3. When we pause for a second, the mind too often gravitates towards our greatest sources of stress.

   Should……

   ……

4. With no changing mix of sensations, the certainty of your sadness persists.

   Unless……

   ……

5. Thanks to the researchers, a significant correlation between sensory engagement and mental health was discovered.

   But for

   ……

   ……

6. Many individuals do not engage with their authentic thoughts and feelings; therefore, their former enthusiasm is replaced by a mood of despondency. It is their behaviour of distracting themselves with futile activities that ultimately hinders mental health. (Use a cleft sentence starting with what for the last sentence)

   Were people……

   What……

7. This behavior ultimately hinders mental health, which can actually have disastrous consequences for our academic progress. (Use passive voice)

   Not only……

   ……

8. Individuals who are used to focusing on their sensory experiences, end up feeling more relaxed.

   (Use "so that" in your answer)

   It is high time more……

   ……

9. Keeping in touch with your emotional sensations may be a potent but overlooked resource for mental health.

   It is essential……

   ……

10. Individuals tend not to acknowledge their emotions during quiet moments, they would rather switch off and watch TikTok reels. (Use "care for" and "favour" in your answer)

    Rarely……

    ……

PART II
3. ESSAY WRITING (350 words in total, ± 10%)

Write an essay on ONE of the topics below:
Credit will be given to an orderly presentation and clear handwriting.

A. Opinion Essay:

- How is social media Impacting Our Mental Well-being? You might discuss how stigma, media representation, and cultural attitudes shape individuals' experiences and the impact of societal perceptions.

B. For and Against Essay:

- The Obsession with Happiness and material wealth: A Double-Edged Sword.
  Discuss the societal pressure to pursue happiness and material wealth as primary goals, which may lead to anxiety and disappointment instead of well-being.

Make sure you include:
- Complex structures (inversion of order, conditionals, passive voice, correct linkers)
- Relevant, topic-related vocabulary
- Meaningful and clear ideas to support your points/arguments.
- Well-ordered and cohesive paragraphs

START YOUR ESSAY HERE.
(Remember you cannot use any extra sheet of paper)

Student's Name: TEMA 1 Nº de Orden:

(TIL601)

TOTAL
…/50

Students write **HERE** TOTAL WORD COUNT: …….

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	
Repetition of ideas		Problems with reference	

(TIL601)

DRAFT (This is for you to write notes. It is to hand in, but it WILL NOT BE CORRECTED

Universidad de Buenos Aires
Facultad de Derecho

	Exercise Nº	Professor's Name	Mark
Part I	1. Reading Comp. 2. Paraphrasing	…… ……	…/20 …/30
		Total: Part I (Min. 26)	…/**50**
Part II	3. Essay	……	…/50
		Total: Part II (Min.26)	…/**50**

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION – NOVEMBER 2024 - TEMA 2

NOMBRE y APELLIDO: ……
N.º de ORDEN: (NO es el DNI) ………..

Please read the text below carefully and then choose the best answer. Remember: questions may not follow the order of the reading passage.

The big idea: how to use your senses to help beat depression

Our research suggests that it's not sadness per se that leads to poor mental health but shutting down input from the body. 'Sense foraging' offers a way out of the trap.

Norman Farb and Zindel Segal

Modern life seems designed to stop us from being alone with our thoughts and feelings. Our days are built from the bricks of work and play, mortared by media and intoxicants. It's understandable: glimpses behind the curtain can be deeply uncomfortable. When we pause for a second, the mind too often gravitates towards our greatest sources of stress – be they troubled relationships or our own critical stories about ourselves.

Scientists have even found that quite a few of us would rather give ourselves painful electrical shocks than wait in a distraction-free room for 15 minutes. Most people would agree that we need an occasional break from constant activity, but we seem unable to take advantage of our time off; rumination rushes in, spoiling what should be a period of respite. Distraction is one option – but why does taking time to "chill" now require Netflix?

And what if trying to busy yourself during those quiet moments did more harm than good? At this point, you may be thinking "Why not fill up my spare time with things I enjoy?" The problem is that keeping our brains busy isn't an effective form of relief. Instead, sensing the world – the sunlight on your skin, a gurgle in your belly, the thump of your heartbeat – without rushing back into thought and judgment, is what enriches and restores us. Before you label that emotion that seems to be bubbling up, ask: what does it feel like? Because when we are unable to stay with raw sensation, defaulting instead to ideas about those sensations, it can actually have disastrous consequences for our mental health.

That's what we've found in our research, which explored how the balance between thinking and sensing impacts wellbeing. First, we provoked uncomfortable feelings in people by having them view sad film clips while in an MRI scanner. As expected, those clips activated brain regions used for thinking and judging, as people busied themselves relating each scene back to their own experience. Perhaps surprisingly, however, we found that there was no relationship between the level of this conceptual activity and poor mental health. It's natural to explore and explain emotional experiences in your head. But another reaction *did* predict problems: in response to sadness many people shut down activity in sensory brain regions, particularly areas used for processing feelings from the body. And it turned out that the greater the level of sensory shutdown in a participant, the higher they scored on measures of depression.

This finding reveals something important about life's quiet moments. It isn't our ability to control internal judgments and narratives that determines our happiness. Instead, wellbeing depends on whether such thoughts are informed by new information, the source of which is the dynamic flow of sensation. We found this same pattern in a second study, one of the largest of its kind. This time, we focused on people with a history of depression and checked in with them for two years after

scanning their brains. People who shut down sensation in response to sad scenes were 25 times more likely to fall back into depression than their peers who kept sensation alive.

Why does this happen, exactly? It seems that muting input from the body can keep the lid on visceral sensations that you may want to avoid because of their association with previous unpleasant experiences. But there's a cost to this temporary relief, and it's feeling bad for longer. With no changing mix of sensations to shake things up, the certainty of your sadness persists on the cognitive level, like a piece of software you haven't updated.

So, keeping in touch with sensation, particularly in times of stress, may be a potent but overlooked resource for mental health. What we call "sense foraging," purposely shifting attention to the sensory world with a willingness to be surprised, is one way of practising doing this, and it's a skill that almost anyone can develop. If staying busy and distracting ourselves are both modes of largely automatic *thinking*, to truly give ourselves a break – and reduce the risk of becoming depressed – we need to switch into *sensing*, a fundamentally different mode that is receptive rather than agenda driven. By developing sensory "muscles," we get better at taking in new information, which stimulates new trains of thought. This provides relief from rumination, potentially bouncing you out of the mental rut you're stuck in.

Sense foraging does what we mistakenly expect distraction to do: it provides a restorative counterweight to a wearying focus on interpretation and reaction. It can be practised anywhere, anytime, because sensation is always available: a breeze on your face, the prickliness of a sweater on your skin, the pressure in your heels as you stand on the ground, or the smell of coffee wafting up from your mug. It's less about finding some special state, like fully emptying the mind or seeking out the perfect sunset, and more about dropping in to find what is already there – a taste, a texture or feeling, and being curious about what comes next.

If you are feeling low or preoccupied, you can start right now. Look around and give yourself a "point" for each thing you notice that you would normally ignore; eat popcorn with chopsticks; listen to a genre of music you don't like and try to hear it just as it sounds; get to know what the air feels like on your elbow or little toe. If it is something you can sense that you'd ordinarily avoid or ignore, you are on the right track.

The effect is to reawaken those neglected sensory regions of the brain, which can free you up to re-engage with life; a tonic to the insidious, sense-blunting effects of stress. With practice, the science suggests, feelings of hopelessness and burnout will abate, replaced by hopefulness and the recovered potential for discovery and meaning.

Norman Farb is a neuroscientist and Zindel Segal is a clinical psychologist. They are the authors of Better in Every Sense (Yellow Kite).

PART I (Minimum Passing Mark: 26 points) PAPER1

1. READING COMPREHENSION (2 points each)
(Choose the best option)

1- How does keeping in touch with sensation affect mental health during stress, according to the authors?

A) It prolongs feelings of sadness
B) It enhances cognitive control
C) It provides a restorative effect
D) It distracts from real problems

2- What is a potential consequence of muting sensory input?

A) Immediate relief from sadness
B) Heightened awareness of emotions
C) Longer-lasting feelings of sadness
D) Increased energy levels

3- What is the primary benefit of developing sensory "muscles," as mentioned in the text?

A) It helps you forget past traumas
B) It encourages new trains of thought
C) It improves physical strength
D) It guarantees happiness

4- What was a surprising finding regarding thoughts and mental health?

A) Overthinking is beneficial for well-being.
B) Sensory experiences are unrelated to happiness.
C) Shutting down sensory input correlates with depression.
D) Positive thinking guarantees mental health.

5- What outcome did the researchers associate with maintaining sensory awareness?

A) Increased feelings of hopelessness.
B) Improved resilience against depression.
C) Greater difficulty in processing emotions.
D) Less engagement with reality.

6- What is the main premise of the article?

A) Modern distractions and media consumption are the leading causes of poor mental health, and individuals should find ways to minimize their exposure.
B) The main barrier to overcoming depression is the tendency to eliminate sensory input, and engaging with our senses can enhance mental well-being.
C) Feelings of sadness are the primary contributors to mental health issues, and it is important to constantly analyze these feelings to understand them better.
D) Social activities and relationships are central to maintaining mental health, and individuals should focus on building a supportive community.

7- The research discussed in the text indicates that there is a strong correlation between a participant's ability to engage with sensory experiences and their mental health outcomes, particularly regarding depression.

A) True
B) False
C) Not stated

8- Sense Foraging: Meaning. Choose the correct definition.

A) Searching for physical objects in nature.
B) Engaging in activities to enhance sensory awareness and experience.
C) The process of collecting data for scientific research.
D) A method of distracting oneself from thoughts

9- Rumination: Meaning. Choose the correct definition.

A) A form of relaxation through meditation.
B) The act of repeatedly thinking about distressing events or feelings.
C) The process of engaging in creative problem-solving.
D) A method of enhancing cognitive function through reading.

10- What does the research suggest is a primary factor in poor mental health?

A) Experiencing sadness regularly
B) Shutting down sensory input from the body
C) Engaging in excessive physical activity
D) Social isolation

2. USE OF ENGLISH: PARAPHRASING (3 points each)

Use the given beginnings <u>and/or the words (if provided)</u> somewhere in the sentence. DO NOT change the meaning.

1- Many individuals do not engage with their authentic thoughts and feelings; therefore, their former enthusiasm is replaced by a mood of despondency. It is their behaviour of distracting themselves with futile activities that ultimately hinders mental health.
(Use a cleft sentence starting with what for the last sentence)

Were people……

What……

2- This behavior ultimately hinders mental health, which can actually have disastrous consequences for our academic progress. (Use passive voice)

Not only…..……

……

3- Individuals who are used to focusing on their sensory experiences, end up feeling more relaxed.

(Use "so that" in your answer)

It is high time more.……

……

4- Keeping in touch with your emotional sensations may be a potent but overlooked resource for mental health.

It is essential……..

……..

5- Individuals tend not to acknowledge their emotions during quiet moments, they would rather switch off and watch TikTok reels. (Use "care for" and "favour" in your answer)

Rarely…….…

……..

6- Although distraction is common, it often fails to provide lasting relief from emotional distress.

(You cannot use "The fact" in the paraphrasing)

Despite.……

……

7- Many people would rather give themselves painful electrical shocks than wait in a distraction-free room.

(Prefer)

……

……

8- When we pause for a second, the mind too often gravitates towards our greatest sources of stress.

Should……

……

9- With no changing mix of sensations, the certainty of your sadness persists.

Unless……

……

10- Thanks to the researchers, a significant correlation between sensory engagement and mental health was discovered.

But for……

……

PART II
3. ESSAY WRITING (350 words in total, ± 10%)

Write an essay on ONE of the topics below:
Credit will be given to an orderly presentation and clear handwriting.

a. **Opinion Essay:**

- How is social media Impacting Our Mental Well-being? You might discuss how stigma, media representation, and cultural attitudes shape individuals' experiences and the impact of societal perceptions.

B. For and Against Essay:

- The Obsession with Happiness and material wealth: A Double-Edged Sword.
  Discuss the societal pressure to pursue happiness and material wealth as primary goals, which may lead to anxiety and disappointment instead of well-being.

Make sure you include:
- Complex structures (inversion of order, conditionals, passive voice, correct linkers)
- Relevant, topic-related vocabulary
- Meaningful and clear ideas to support your points/arguments.
- Well-ordered and cohesive paragraphs

START YOUR ESSAY HERE.
(Remember you cannot use any extra sheet of paper)

Student's Name: TEMA 2 Nº de Orden:

(TIL601)

TOTAL
…/50

Students write **HERE** TOTAL WORD COUNT: …….

Poor/Inaccurate use of structures requested		Spelling mistakes	
Poor use of language/grammar		Punctuation mistakes	
Lack of Cohesion / Coherence		Poor contents/ poor ideas	
Repetition of ideas		Problems with reference	

(TIL601)

DRAFT (This is for you to write notes. It is to hand in, but it WILL NOT BE CORRECTED