



DATOS DEL ASPIRANTE	
APELLIDOS:	
NOMBRE:	D.N.I./N.I.E.:

### The Pursuit of Happiness

The Pursuit of Happiness is an essential human right. Both Confucius and Socrates implied that happiness and personal growth were a major purpose of life, and a central goal of education. But our schools and universities don't focus on these goals. We are so busy cultivating our intellectual skills in the pursuit of wealth and status, that we have neglected the pursuit of happiness. Thanks to the emergence of Positive Psychology and the new "Science of Happiness" the tools to explore this great goal are now available.

On the other hand, depression is the most disabling disease in the world. Traditionally psychologists have focused their attentions on depressed people. Now they are asking: "What makes happy people happy?" This has given rise to the new "science of happiness", with experts such as Ed Diener and Martin Seligman. They studied how "very happy people" live, analyzing their lifestyles and personalities through questionnaires and interviews. They found that happiness has three dimensions that can be cultivated:

- "The pleasant life" is realized if we learn to savor and appreciate such basic pleasures as companionship, the natural environment and our bodily needs.
- We can stay here or we can go on to experience "the good life," which is achieved by discovering our unique virtues and strengths and employing them creatively to enhance our lives.
- The final stage is "the meaningful life," in which we find a deep sense of fulfillment by mobilizing our unique strengths for a purpose much greater than ourselves.

The genius of Seligman's theory is that it unites two views of human happiness – the individualistic one and the altruistic one.

(Adapted from the website The Pursuit of Happiness, <https://www.pursuit-of-happiness.org/>)

#### **1. Read the text and answer these questions with full sentences.**

**(2 marks)**

a) What is the difference between traditional psychology and the science of happiness?

b) Do schools and universities teach students how to be happy?



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3. Everybody \_\_\_\_\_ to the concert when I entered the room.
- a) was listening                                      b) listen                                      c) were listening
4. My wife \_\_\_\_\_ like going to the beach.
- a) isn't    b) doesn't                                      c) don't
5. I usually go to the gym \_\_\_\_\_ Wednesdays.
- a) on    b) at    c) the
6. Children love \_\_\_\_\_ games all the time at schools.
- a) play    b) playing    c) played
7. Donald Trump \_\_\_\_\_ in New York City.
- a) born    b) was born    c) borned
8. My father \_\_\_\_\_ 56 years old.
- a) have    b) is    c) has
9. Teenagers like going out with \_\_\_\_\_ friends every Saturday.
- a) his    b) their    c) her
10. We have lived in the UK \_\_\_\_\_ 2014.
- a) just    b) for    c) since
11. She wanted something to drink, as she was very \_\_\_\_\_.
- a) hungry    b) thirsty    c) angry
12. If my family \_\_\_\_\_ to the beach I will go too.
- a) go    b) goes    c) going



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- c) \_\_\_\_\_ for another flat because they'll have a baby next summer. (*They /look*)
- d) What \_\_\_\_\_ for lunch today? (*We /have*)
- e) \_\_\_\_\_ his parents every Sunday (*He /visit*)

**5. Complete each sentence using the superlative or the comparative form of an adjective from the box: (1 mark)**

poor	bad	fat	good	generous	comfortable
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Example: *This new sofa's the most comfortable we've ever had, it's great!*

- a) This computer doesn't work well, it's \_\_\_\_\_ computer in the office.
- b) Ethiopia is one of \_\_\_\_\_ countries in the world.
- c) You're \_\_\_\_\_ than your brother, at least 5 kg or more.
- d) My brother is \_\_\_\_\_ person in the family, he always buys presents for everybody.
- e) Last year the company dinner was \_\_\_\_\_ than this year, this food is terrible.

**6. Ask the right questions for these sentences. The underlined words are the answers that you don't know. (1 mark)**

Example:

*I'm 18 years old*

*How old are you?*

1. I got home yesterday at 11pm.

\_\_\_\_\_?

2. She spent 200 euros to buy that red dress.

\_\_\_\_\_?



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3. There are three airports in this city.

\_\_\_\_\_?

4. Peter goes dancing twice a week.

\_\_\_\_\_?

5. We bought this camera in London.

\_\_\_\_\_?

**7. Write a paragraph of 40 or 50 words about a happy experience that you have lived (a special day, occasion, holiday, etc.) (2 marks)**