

Prova de Inglês

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EXAME ONLINE DE PROFICIÊNCIA EM LEITURA E COMPREENSÃO DE TEXTOS ACADÊMICOS EM
LÍNGUA ESTRANGEIRA (INGLÊS)

***Obrigatório**

1. E-mail *

OBSERVAÇÕES

1. Este formulário contém dois textos em Língua Inglesa.
2. Para a realização da prova, o candidato terá o tempo máximo de 02 (duas) horas.

Texto 01

HEALTH & MEDICINE

February 17, 2021

Young adults hardest hit by loneliness during pandemic Robust social network is key to easing pain, avoiding downward spiral, study says

As psychologists worry that the coronavirus pandemic is triggering a loneliness epidemic, new Harvard research suggests feelings of social isolation are on the rise and that those hardest hit are older teens and young adults

In the recently released results of a study conducted last October by researchers at Making Caring Common, 36 percent of respondents to a national survey of approximately 950 Americans reported feeling lonely “frequently” or “almost all the time or all the time” in the prior four weeks, compared with 25 percent who recalled experiencing serious issues in the two months prior to the pandemic. Perhaps most striking is that 61 percent of those aged 18 to 25 reported high levels.

“I was surprised at the degree of loneliness among young people,” said Richard Weissbourd, a psychologist and senior lecturer at the Harvard Graduate School of Education (HGSE) who helped lead the research. “If you look at other studies on the elderly, their rates of loneliness are high, but they don’t seem to be as high as they are for young people.”

The unsettling statistic is even more troubling when combined with June data from the Centers for Disease Control and Prevention showing that 63 percent of young people reported experiencing substantial symptoms of anxiety and depression. “It’s a group that we are really concerned about,” said Weissbourd, who suspects several factors are at work.

Older teens and young adults may be particularly susceptible because they are often transitioning from their “inherited families to their chosen families,” said Weissbourd, meaning they lack important connections to those who can “be critical guardrails against loneliness.” Students in college may be struggling to fit in and feel homesick, while those not in school can feel disconnected from important social groups or communities. Young people are also often making critical decisions about their professional and personal lives and relationships, which can add to the stress and sense of isolation, he said.

The new report also points to the way such feelings can lead to a downward spiral. Many young people who reported serious loneliness also said they felt as if no one “genuinely cared” about them. The survey also suggests that lonely people often feel they’re reaching out or listening to other people more than other people are reaching out or listening to them. “These things can become self-defeating,” said Weissbourd. “When you feel like you’re trying hard while other people are not trying hard, or you feel like you’re going to get rejected again, you withdraw, which increases your loneliness and your anxiety about social situations.”

Weissbourd and his team argue that eliminating loneliness requires a robust social infrastructure. Schools can be important points of intervention, they suggest, where teachers can be trained to connect parents to each other and to ensure every student is connected to a school adult. Doctors should also be asking about loneliness during annual physicals, helping connect patients who are struggling with social supports; high schools, colleges, and senior centers should focus on connecting young people with the elderly; and employers should check in with employees about whether they are lonely and provide them with resources that support connection. To further reduce the stigma associated with loneliness, the authors also recommend the creation of national, state, and local campaigns that stress the importance of maintaining social ties, and reassure those suffering that it’s OK to seek help.

“We need public education that removes the stigma of loneliness and really tries to alleviate the shame,” said Weissbourd, “because shame can also be self-defeating and cause you to avoid social situations or hide your true feelings in ways that make meaningful connections with others very hard.”

Weissbourd said he and his colleagues consider combating loneliness a moral imperative in an increasingly “hyper-individualistic society,” where many people often choose to focus on the well-being of their small circle of family and friends.

“We’re making the case that there’s a moral matter in terms of our community health, and that those of us who are in a position to do so should try to reach out to people who may be lonely. If every person who’s in pretty good shape can make a commitment to reaching out to one person they are concerned might be lonely once a week, that would be a good thing.”

Adapted from: <https://news.harvard.edu/gazette/story/2021/02/young-adults-teens-loneliness-mental-health-coronavirus-covid-pandemic/>

2. QUESTÃO 1 - Por que o aumento do estresse, e da sensação de isolamento podem levar ao que o texto chama de downward spiral (espiral descendente)? *

Marcar apenas uma oval.

- ☐ a) A maioria quer ficar mais sozinha durante a pandemia.
- ☐ b) Apesar de estar disposta a ouvir os outros, é como se a pessoa não estivesse sendo ouvida de verdade, e assim o sentimento de isolamento aumenta.
- ☐ c) As pessoas mais jovens se importam mais com os idosos na pandemia.
- ☐ d) As pessoas se sentem cada vez menos sozinhas com o passar do tempo.
- ☐ e) Os jovens se sentem cada vez mais ouvidos por seus amigos e familiares.

3. QUESTÃO 2 – Segundo Weissbourd e sua equipe, o que é preciso para eliminar o sentimento de solidão? *

Marcar apenas uma oval.

- ☐ a) Uma rede de amigos íntimos robusta.
- ☐ b) Uma infraestrutura social robusta.
- ☐ c) Uma rede hospitalar robusta.
- ☐ d) Uma rede de educação pública robusta.
- ☐ e) Uma rede de colegas de trabalho robusta.

4. QUESTÃO 3 – Como o ambiente de trabalho pode ajudar a rede de combate à solidão? *

Marcar apenas uma oval.

- ☐ a) Os empregadores devem criar campanhas para o combate à solidão dos funcionários.
- ☐ b) Os empregadores devem frequentemente solicitar exames de rotina dos seus funcionários.
- ☐ c) Os empregadores devem fazer reuniões semanais para debater o tema solidão.
- ☐ d) Os empregadores devem considerar “dar um aumento” aos funcionários.
- ☐ e) Os empregadores devem verificar com os funcionários se eles estão se sentindo sozinhos e fornecer-lhes recursos que apoiem a conexão.

5. QUESTÃO 4 – Para os pesquisadores, nós vivemos em uma sociedade extremamente... *

Marcar apenas uma oval.

- ☐ a) consumista.
- ☐ b) empática.
- ☐ c) altruísta.
- ☐ d) egoísta.
- ☐ e) carente.

6. QUESTÃO 5 – Em termos de comunidade, o que cada pessoa em boas condições (físicas e mentais) poderia fazer para atuar no combate à solidão? *

Marcar apenas uma oval.

- ☐ a) Comprometer-se em ajudar essas pessoas que sentem solidão.
- ☐ b) Comprar algo para alguém que se sente só.
- ☐ c) Pagar as contas de uma pessoa que mora sozinha.
- ☐ d) Viajar com quem se sente só.
- ☐ e) Comprometer-se totalmente com alguém que sente solidão.

Texto 02

UN environment program

News and story

Ecosystems and Biodiversity

Kenya emerges as a leader in fight against plastic pollution

18 FEB 2021

Kenya is emerging as a leader in the fight against plastic pollution and is among the first countries in East Africa to limit single-use plastics and sign the Clean Seas initiative to rid waterways of plastic waste.

Juliette Biao, the United Nations Environment Programme (UNEP) Regional Director for Africa lauded the country for banning plastic bottles, cups and cutlery in its national parks last year, a move that followed a country-wide prohibition on plastic bags. She also called the country's efforts to stem the flow of plastic into its waterways an important step in reducing marine litter.

"Kenya has invested heavily in both policies and law enforcement to win the fight against plastic pollution. The result of this investment is today boosting Kenya's environmental stewardship in Africa and the world," said Biao.

Her comments came during the virtual convening of the fifth session of the UN Environment Assembly, the planet's top environmental decision-making body. Every two years, the assembly unites the UN's 193 Member States, policy-makers, civil society, scientists and the private sector to take action on urgent environmental issues. The virtual session in February 2021 will be followed by an in-person meeting in Nairobi in 2022.

Like many countries, Kenya has long struggled with plastic waste, which dots its Indian Ocean coast and often abounds in its lakes. In Mombasa, the country's second-largest city with some 2 million residents, 3.7 kilos of plastic per capita leach into bodies of water annually.

Turning the tide

Working closely with communities and in partnership with the private sector as well as UNEP, Kenya's national and devolved county-level governments are establishing a plastic waste management programme – one that could be scaled and replicated across the East African community and beyond.

Kenya grabbed headlines in 2017 when it banned single-use plastic bags. That was preceded by the country's decision to sign on to the Clean Seas initiative, making it one of the first African nations to commit to limiting plastic in its waterways.

And, as of June 2020, visitors to Kenya's national parks, beaches, forests and conservation areas are no longer able to carry plastic water bottles, cups, disposable plates, cutlery, or straws into protected areas.

It's not just its fight against plastic that makes Kenya a green pioneer: the country was also an early adopter of the Green University Initiative. For over a decade, universities around the country have focused on greening their campuses, while enhancing student engagement and learning. Higher education offerings in environmental science, management and policy are also available at both public and private institutions.

The green dividend

By expanding its efforts to green its economy, Kenya could use sustainability to power economic growth, create jobs and lift people out of poverty.

"Since the commencement of our engagement with polythene bags and PET bottles, Kenya has witnessed increased investment in plastic recycling and several new players have come onboard. We have upscaled environmental awareness on plastic pollution together with our partners and are proud of initiatives such as the FlipFlopi, which has demonstrated successful recycling of plastics," said Chris Kiptoo, Principal Secretary, Ministry of Environment and Forestry, Kenya at the UN Environment Assembly.

Two of the country's largest industries – agriculture and tourism – could also provide sources of environmental innovation and job creation.

Sea of economic opportunity

Such ambition extends beyond the country's shores and back into the waters, as the upcoming second expedition by the recycled plastic lumber dhow the Flipflop aims to demonstrate. Kenya also has an opportunity to drive growth by creating a sustainable blue economy, using its maritime resources to create jobs and spur economic growth while ensuring the health of the ocean ecosystem.

Addressing Africa's first Sustainable Blue Economy conference in Nairobi in 2018, Kenyan President Uhuru Kenyatta committed to putting in place policies that harness the economic potential of Kenya's oceans and coastline. He called for strong action to reduce the waste and plastic pollution that threaten food security, public health, and marine life.

Adapted from: <https://www.unep.org/news-and-stories/story/kenya-emerges-leader-fight-against-plastic-pollution>

7. QUESTÃO 1 – No ano de 2020 e de acordo com Juliette Biao, presidenta do Programa das Nações Unidas para o Meio Ambiente, que ação precedeu a proibição de garrafas plásticas, copos e talheres descartáveis nos parques nacionais do país? *

Marcar apenas uma oval.

- ☐ a) Luta contra a proibição do uso de materiais plásticos.
- ☐ b) Uso ilimitado de descartáveis.
- ☐ c) Assinatura do acordo de “Limpeza dos mares”.
- ☐ d) Proibição de sacolas plásticas em nível nacional e internacional.
- ☐ e) Proibição de sacolas plásticas unicamente em nível nacional.

8. QUESTÃO 2 – Qual foi o resultado do alto investimento do país em políticas e no cumprimento das leis para derrotar a poluição plástica? *

Marcar apenas uma oval.

- ☐ a) Diminuição do controle ambiental do país na África e no mundo.
- ☐ b) Ainda não houve resultados significativos.
- ☐ c) Redução do lixo dos mares.
- ☐ d) Aumento dos esforços para impedir o fluxo do plástico nas águas.
- ☐ e) Atual estímulo na administração ambiental do Quênia, na África e mundialmente.

9. QUESTÃO 3 – Quais são os membros que compõem a Assembleia do Programa das Nações Unidas para o Meio Ambiente? *

Marcar apenas uma oval.

- ☐ a) Corpo decisor supremo ambiental do Quênia.
- ☐ b) Somente os Membros de Estado.
- ☐ c) Membros de Estado e sociedade civil.
- ☐ d) Membros de Estado, Membros do Legislativo e simpatizantes.
- ☐ e) Membros de Estado, Membros do Legislativo, sociedade civil, cientistas e representantes do setor privado.

10. QUESTÃO 4 – De que formas o país pretende expandir seus esforços para tornar sua economia sustentável? *

Marcar apenas uma oval.

- ☐ a) Promover práticas sustentáveis para estimular o crescimento econômico, por meio da criação de empregos e da exclusão das pessoas da pobreza.
- ☐ b) Proibição do uso de sacolas de polietileno.
- ☐ c) Liberação do uso de garrafas PET.
- ☐ d) Redução no investimento em reciclagem.
- ☐ e) Elevação da consciência ambiental em relação à poluição por plástico sem auxílio externo.

11. QUESTÃO 5 – Em relação às oportunidades de crescimento econômico, que ações são propostas para a criação de uma economia sustentável? *

Marcar apenas uma oval.

- ☐ a) Recursos tecnológicos.
- ☐ b) Recursos marítimos para geração de empregos e estimular o crescimento econômico.
- ☐ c) Recursos marítimos para geração de empregos e estimular o crescimento econômico ignorando a saúde do ambiente marinho.
- ☐ d) Recursos que não preveem uma preocupação sustentável mas essencialmente econômica.
- ☐ e) Recursos de iniciativas como a FlipFlopi.

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