



ANGLAIS

People who seek solitude may be more creative

1 Studies show that children who socially withdraw from peers are at greater risk for anxiety, low self-
2 esteem, poor interpersonal relationships and poor academic performance. Other studies have shown that
3 loneliness is associated with lower cognitive function, increased rates of smoking, depression, fatigue and
4 death. Researchers are starting to declare loneliness a public health issue.

5 However, people who seek out solitude may not be withdrawing from others only because they are shy
6 or because they dislike social contact. Rather, they may be doing so simply because they enjoy spending
7 time alone. A new study by a group of psychologists at SUNY Buffalo has found that not all forms of
8 social withdrawal are harmful. In fact, the study is the first to find a link between a particular type of
9 social withdrawal and a beneficial outcome - in **this case**, increased creativity.

10 In recent years, psychologists have become particularly interested in people who seek solitude simply
11 because they prefer it. These individuals may be considered shy; however they are not really so because
12 they do not necessarily avoid interacting with others. Sometimes, they also seek out a lot of interpersonal
13 contact. “They are antisocial”, author Julie Bowker said in a news release. “They avoid interaction in
14 order to be alone, and be able to enjoy that solitude.”

15 To show how these “unsociable” people are different from the shy or the truly antisocial, a study was
16 conducted by Julie Bowker and her colleagues on 295 university students (...). Although the study used
17 standard tools applied in the psychological literature, a couple of weaknesses are present. First, college
18 students are not representative of the nation as a whole, so these findings about educated young adults
19 may not generalize to the broader population. Second, with introspection data, there is always the risk that
20 people are not being completely honest with themselves.

21 Nevertheless, the students’ data yielded some noteworthy insights. People who were shy or antisocial
22 scored lower than average on the measure of creativity. But people who were «unsociable »- those who
23 sought out solitude – scored higher on creativity.

Adapted from Christopher Ingraham

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Epreuve du 1^{er} groupe

I- READING COMPREHENSION (8 marks)

A. Find in the text a synonym or equivalent of the word or group of words in the first column. The paragraph of this synonym is indicated in the last column. (2 marks)

Word or group of words	Synonym in the text	Paragraph
1. Fear	Paragraph 1
2. Look for	Paragraph 2
3. Results	Paragraph 4
4. Wider	Paragraph 4

B. Say whether the statement is true (T) or false (F) based on the text and justify with a short reference to the text. (2 marks)

5. (___) If you are shy, you're likely to have bad results at school.

6. (___) A person who looks for solitude is necessarily a shy person.

7. (___) There are no beneficial outcomes that we can link to social withdrawal.

8. (___) Julie Bowker is a psychologist working in a university in Buffalo.

C. Complete the gaps with terms or ideas, based on your understanding of the text. (2 marks)

The phenomenon of social withdrawal or (9) _____ has been known in society for a long time.

Nonetheless, it was often taken for granted and it is only now that experts are exploring it in their (10) _____. The (11) _____ of this exploration is now shedding new light on the phenomenon, and it has become clear that social withdrawal has so many negative (12) _____ on the individual. To the point that some now think that social withdrawal should be viewed as a public health matter.

D. Match the terms in the boxes with the main idea in the corresponding paragraph. (2 marks)

A-Creativity	B-Two types of solitude	C-The SUNY Buffalo study	D-Consequences of solitude	E-Weaknesses of the study
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Paragraph 1	Paragraph 2	Paragraph 3	Paragraph 4
13.	14.	15.	16.

Epreuve du 1^{er} groupe**II- LINGUISTIC COMPETENCE (8 marks)****E. Circle the option that best completes the gap. (2 marks)**

17. For the writing section, I _____ deal with topic 3; that's my preference.
a). had better b). wouldn't mind c). would rather d). ought to
18. Ahmadou used to be a very good friend _____.
a). of me b). to me c). for mine d). of mine
19. Don't worry; you won't be late; I will get you to the office _____.
a). with an hour b). within an hour c). for one hour d). into one hour
20. The line is busy. Please, _____ and try again later.
a). hang on b). hang up c). hang out d). hang down

F. Complete the gap with the right form of the verb in parenthesis. (2 marks)

21. If you invite me, I _____ (to come).
22. When I was a child, I was shy and never _____ out the company of other kids (to seek).
23. I loved so much reading books and I did not mind at all _____ with peers (to be).
24. The new pandemic _____ the world for months now (to ravage).

G. Transform the word at the beginning so that it completes the gap meaningfully. (2 marks)

25. EXPLAIN: The _____ he gave was not at all convincing, so the police arrested him.
26. HEALTH: Nutritionists have warned that eating too much sugar is not _____.
27. SHY: Many children will generally experience some degree of _____ during adolescence.
28. SURPRISE: The new study _____ showed that loneliness has positive effects.

H. Rewrite the following sentences correctly without changing the meaning. (2 marks)

29. The study was conducted by Julie Bowker and her colleagues.
Julie Bowker _____
30. Are you going to the basketball game this weekend?
He asked _____

III- WRITING (4 marks)

Choose ONE topic and write a text of approximately 200 words.

Topic 1: A friend of yours who is very shy has approached you to talk about his problem and seek advice. Write down your conversation.

Topic 2: "I am 18, and because I am shy, I have problems making friends, especially with people of the opposite sex. How can I get out of this situation?" This question has been sent to the animator of a magazine advice column. Write a letter in which you offer advice or suggest solutions.

Topic 3: In your life, you've known people who have impressed you positively or negatively. Write an account of who that person is and in what ways she or he has impressed you.