

ESAME DI INGLESE TECNICO (3 cfu)
Psicologia e Processi Sociali Psicologia e Salute
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Scienze e Tecniche Psicologiche
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Il tempo concesso per l'esame è di 1 ora. **NON** sono ammessi dizionari/glossari, ecc.

Tot (B) _____

Nome e cognome _____ **Matricola** _____

Data _____ **Firma** _____

GRAMMATICA E SINTASSI

(A) Dove vanno 10 di queste 13 parole nel seguente testo? Inserire nella casella sotto la parola il numero che corrisponde allo spazio giusto. Per le parole che non vanno utilizzate, inserire lo 0. (Totale: 10 punti)

across	despite	especially	expected	exposed	highly	however	maintain	made	resilient	surrounded	varies	whereas

The immune system is a ...(1)... sophisticated defence mechanism that protects the body from harmful pathogens. It is ...(2)... up of various cells and proteins that work together to detect and eliminate threats. The strength of a person's immune response ...(3)... depending on genetic and environmental factors. Some individuals, ...(4)... those with chronic conditions or poor nutrition, may have weaker immune defences. ... (5)..., others with healthy lifestyles and balanced diets tend to show stronger immune activity.

As immune cells are often ...(6)... to unfamiliar substances, they learn to recognise and remember the substances. This adaptive ability allows the system to ...(7)... long-term protection against diseases. In children, the immune system is still developing, making them more vulnerable to certain infections, ...(8)... adults usually have more mature defences.

People who are ...(9)... by pollutants or stress may also experience reduced immune efficiency. Still, the human immune system is remarkably ...(10)..., capable of adapting to many challenges over time.

(B) Come continua il testo? Il testo seguente è incompleto. Dopo la frase iniziale e prima della frase finale, ci sono sei frasi mescolate. Metti nella sequenza giusta le righe, inserendo i numeri corrispondenti alle frasi nelle caselle in fondo. (Totale: 6 punti)

(Inizio) Anxiety is a frequent topic in modern psychology. Some people ...

1. addition, relaxation techniques such as deep breathing
2. experience it on a regular basis. This can interfere with
3. only feel anxious in specific stressful moments, while others
4. everyday tasks. Therapy is often useful to reduce anxiety. In
5. may also help. It's important not to hesitate to ask for support
6. their ability to concentrate, sleep well, and manage

(Fine) ... because dealing with anxiety alone can be very difficult.

La sequenza giusta è ...

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LETTURA E COMPRENSIONE

(C) Rispondere alle domande sotto in base al testo. Leggi il testo seguente e rispondi alle 10 affermazioni nella tabella sottostante, segnando per ciascuna: V = vero, F = falso, oppure N = non specificato nel testo. (Totale: 10 punti)

Memory is not a single, unified function, but a collection of processes that involve encoding, storing, and retrieving information. Different types of memory—such as short-term, long-term, and working memory—are associated with distinct neural systems.

The hippocampus plays a key role in the consolidation of long-term memories, especially those involving facts and events (known as declarative memory). Damage to the hippocampus can impair the ability to form new long-term memories while leaving old memories largely intact.

Working memory, which is essential for reasoning and decision-making, relies heavily on the prefrontal cortex. This type of memory allows individuals to temporarily hold and manipulate information, such as remembering a phone number while dialling it.

Emotional memories often involve the amygdala, which helps prioritise information that may be important for survival. Studies suggest that emotionally charged experiences are often remembered more vividly than neutral ones.

Interestingly, sleep has been shown to play a critical role in memory consolidation. During certain stages of sleep, the brain appears to reactivate and strengthen newly acquired memories.

Although memory can decline with age, cognitive training and a stimulating environment may help preserve memory functions in older adults.

10 Domande – Segnare V (vero), F (falso), oppure N (non specificato):

1. Memories cannot be retrieved from a damaged hippocampus.	☐ V ☐ F ☐ N
2. Working memory helps when making complex decisions.	☐ V ☐ F ☐ N
3. People with emotionally charged memories tend to live longer.	☐ V ☐ F ☐ N
4. Memory is not affected by age.	☐ V ☐ F ☐ N
5. Damage to the hippocampus impairs the ability to recall events from the distant past.	☐ V ☐ F ☐ N
6. Memory is a process that involves multiple stages and multiple areas of the brain.	☐ V ☐ F ☐ N
7. The prefrontal cortex is linked to working memory.	☐ V ☐ F ☐ N
8. Sleep prevents the decline in memory in old age.	☐ V ☐ F ☐ N
9. Older adults can preserve memory through stimulating activities.	☐ V ☐ F ☐ N
10. Gender differences affect memory capacity.	☐ V ☐ F ☐ N

SINONIMI (Totale: 4 punti)

Trovare le parole nel testo C che potrebbero essere sostituite dalle seguenti parole senza cambiare il significato del testo:

1. depends: _____

2. recently: _____

3. recalled: _____

4. decrease: _____