



Modèle CCYC : ©DNE

Nom de famille (naissance) :


(Suivi s'il y a lieu, du nom d'usage)

Prénom(s) :

N° candidat :  N° d'inscription :

(Les numéros figurent sur la convocation.)

Né(e) le :  /  /



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## Compréhension de l'oral, de l'écrit et expression écrite

L'ensemble du sujet porte sur l'axe 6 du programme : **Innovations scientifiques et responsabilité.**

Il s'organise en trois parties :

1. Compréhension de l'oral ;
2. Compréhension de l'écrit ;
3. Expression écrite.

Afin de respecter l'anonymat de votre copie, vous ne devez pas signer votre composition, ni citer votre nom, celui d'un camarade ou celui de votre établissement.

Vous disposez tout d'abord de **cinq minutes** pour prendre connaissance de **la composition** de l'ensemble du dossier et des **consignes** qui vous sont données.

Vous allez entendre trois fois le document de la partie 1 (compréhension de l'oral).

Les écoutes seront espacées d'une minute.

Vous pouvez prendre des notes pendant les écoutes.

À l'issue de la troisième écoute, vous organiserez votre temps (**1h30**) comme vous le souhaitez pour rendre compte **en français** du document oral et pour traiter **en anglais** la compréhension de l'écrit (partie 2) et le sujet d'expression écrite (partie 3).

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## Les documents :

- Document vidéo

**Titre :** *How social media affects adolescent brains*

**Source :** *CBS News This Morning*, 10 December 2018

- Texte

### Is social media making me miserable?

Back in 1970, technology writer Alvin Toffler published a book called *Future Shock*, about how humans struggle with too much technological change in too short a time—and it's all-too relevant today. Social media now dictates how people interact with friends, read the news and navigate their day-to-day existence.

- 5 One recent study examined the links between Facebook use and wellbeing. “We found that the more you use Facebook over time, the more likely you are to experience negative physical health, negative mental health and negative life satisfaction,” says study author Holly Shakya, assistant professor and social media researcher at the University of California, San Diego.
- 10 Social media also appears to be stressing people out. Another 2017 study looked at 18- to-22-year-olds and how social media impacted their anxiety levels. The more time they spent on it per day, “the greater the association with anxiety symptoms and the greater likelihood of an anxiety disorder,” says Anna Vannucci, coauthor of the study and a research associate at Connecticut Children’s Medical Center. “We think
- 15 social media use may exacerbate stress.”

Some experts challenge the cause-and-effect relationship between social media and negative mood, arguing that people who are prone to anxiety or isolation may be more likely to spend a lot of time on social media.

- 20 While that’s probably true, Vannucci says the relationship seems to flow both ways—meaning people with anxiety or mood disorders are more likely to use social media compulsively, but that compulsive use may also promote these sorts of negative emotional states.

- 25 Quitting social media seems to improve mood. Last year, a study team from Denmark split more than a thousand Facebook users into two groups and asked one of those groups to take a week-long break from the social site. Compared to those who

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kept using Facebook as usual, the people who took a break experienced big jumps in life satisfaction and positive emotions. The more a person had used Facebook before taking a break, the greater his happiness boost after giving it up, the study data show.

30 None of this is to say social media used in moderation is harmful, says Christine McCauley, associate professor of pediatrics and psychiatry at the University of Connecticut Medical School. But defining “moderate use” is difficult; it depends on the person and the platform.

35 Spending time on multiple social media networks also seems to be problematic. “People have so many different accounts now, and they feel a lot of pressure to stay connected,” Vannucci says. Trimming<sup>1</sup> your social habit down to just one platform may lighten your brain’s load.


The same advice can help teens and adolescents. But kids may have a harder time monitoring their emotions and keeping their usage under control.

40 Figuring out what makes people happy or unhappy is always messy, and much of the existing research is incomplete. But, based on what experts know today, taking time away from social media seems more likely to brighten your day than bum you out<sup>2</sup>.

Markham Heid, *Time*, August 2, 2017

<sup>1</sup> to trim: to decrease.

<sup>2</sup> to bum someone out (*familier*): to make someone feel anxious and stressed.

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### 1. Compréhension de l'oral (10 points)

En rendant compte, **en français**, du document, vous montrerez que vous avez identifié et compris :

- la nature et le thème principal du document ;
- la situation, les événements, les informations ;
- les personnes, leur fonction ou leur rôle et, le cas échéant, leurs points de vue ;
- les éventuels éléments implicites.

### 2. Compréhension de l'écrit (10 points)

Answer the following questions **in English**, using your own words:

- a) After reading the text, what can you say about
  - the main topic of the text?
  - the results of the study conducted in Denmark in 2016?
  - the reasons why young people are more seriously affected?
- b) Comment on the following passage:

“While that’s probably true, Vannucci says the relationship seems to flow both ways—meaning people with anxiety or mood disorders are more likely to use social media compulsively, but that compulsive use may also promote these sorts of negative emotional states.”

- c) Explain what the goal of this document is.

### 3. Expression écrite (10 points)

Vous traiterez **en anglais et en 120 mots au moins**, l'un des deux sujets suivants au choix :

- Sujet A

Although it was quite difficult, you have managed to stop using social media and are very happy about it. You want to share your experience with a friend by e-mail. Write your e-mail.

- Sujet B

According to some people, social media can help to make the world better. Illustrate with a few examples to show how.