**Leonardo da Vinci University-College**

**BURNY Pauline**

**Year 2023-2024**

**BINV2120-1**

**MOCK EXAM**

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| --- |
| * Make sure you write clearly. **Your answer won’t be taken into account if your handwriting is illegible (= illisible).** * You can take notes and highlight words/sentences if you need. * Make sure you use correct grammar. If you don’t use it properly, you will lose points. |
| * No mobile device is allowed. * No sheet or draft is allowed unless it was provided by your teacher. |
| * Don’t forget to sign the attendance list before you leave the room. |
| * “EBS” students have 20 more minutes to complete their exam. |

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| 1. 📖 Reading | /10 |
| 2. 🧠 Theory + Grammar | /40 |
| 3. 🖊️ Vocabulary | /20 |
| 4. Oral | /30 |
| **TOTAL** | /100 → **/20** |
| **FEEDBACK** |  |

**📖 PART 1: READING[[1]](#footnote-1) /10**

Technology has revolutionized the way we work, communicate and entertain ourselves. However, the constant use of devices like computers, tablets and smartphones has led to [a rise in health issues](https://extension.usu.edu/healthwellness/physical/electronic-use-and-your-physical-health) related to poor posture and spinal issues. Prolonged sitting, hunching over devices and carrying heavy bags can all contribute to muscle strain, neck pain, back pain and even spinal problems in the long run.  Join us here as we explore the spinal health concerns of using technology and provide tips on maintaining good spinal health in an increasingly technological world.

**How Technology Use Can Affect Your Spine Health:** One of the main ways that technology use impacts spinal health is through poor posture. Computer, laptop or tablet use typically occurs while seated. When we spend extended periods sitting or hunching over a screen, our body weight compresses the spine and puts pressure on the lower back. This pressure can lead to muscle strain, back pain and even spinal problems in the long run.

People may also experience posture issues from cell phone use. Hunching over devices like smartphones can strain the neck and shoulders, leading to a condition known as “text neck.” This condition can cause headaches, neck pain and even shoulder pain. Moreover, the small screen size of these gadgets can cause users to squint and strain their eyes, compounding headaches and neck pain.

Technology use can negatively impact spine health even when the screens aren’t directly in front of us. Transporting heavier devices like laptops and their accessories to and from work or school in bags or backpacks can stress the spine and supporting structures. Carrying heavy loads on one shoulder can cause our spines to curve unnaturally, leading to muscle strain and back pain.

**The Side Effects of Technology Use:** Technology is an integral part of our daily lives, and while it’s brought numerous benefits, it’s also led to various side effects. Prolonged technology use can negatively impact our physical and mental health, affecting everything from our posture to our sleep patterns.

**Spinal Problems:** The sedentary behavior and slouching often associated with technology use can affect our posture. But poor posture does more than look bad — it can contribute to spinal problems such as herniated discs and pinched nerves.

A herniated disc, sometimes called [a bulging or slipped disc](https://www.sciatica.com/spine-conditions/bulging-and-herniated-discs/), happens when a spinal disc’s gel-like center bulges outward through a hole in the tougher outside and compresses the spinal cord. Pinched nerves occur when bones, cartilage, muscles or tendons apply [too much pressure to a nerve](https://www.sciatica.com/spine-conditions/pinched-nerve/), causing pain, tingling, numbness or weakness.

**Eye Strain:** Technology use can also damage our eyesight. Staring at a screen for long periods [can strain the eyes](https://www.webmd.com/eye-health/computer-vision-syndrome), leading to blurry vision, eye fatigue and headaches. Moreover, screens emit blue light that can [disrupt our sleep patterns](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9179985/), making falling and staying asleep difficult.

**Social Isolation:** Another side effect of technology use is social isolation. While technology has made it easier to connect with others, that connection occurs through a screen rather than a face-to-face interaction. Some people have come to rely on this form of disconnected connection because there’s less pressure to look or act a certain way when the person you’re interacting with isn’t physically with you. Unfortunately, this social isolation can [lead to feelings of loneliness and depression](https://www.verywellmind.com/the-impact-of-social-isolation-on-mental-health-7185458), which can take a toll on our mental health.

**Addiction:** Finally, [technology use can be addictive](https://www.rutgers.edu/news/are-you-addicted-technology). The constant notifications and instant gratification provided by social media and other apps can lead to a compulsion to check devices even when we don’t need to. This compulsive behaviour can lead to stress, anxiety and decreased productivity. Poor posture, eye strain, social isolation and compulsiveness are just a few of the negative impacts of technology use. It’s important to be aware of these side effects and take steps to mitigate them so you can enjoy the benefits of technology while preserving your health and well-being.

**Tips for Maintaining Good Posture and Spinal Health:** Wondering how to keep your spine healthy while using a computer, laptop, tablet or smartphone? Check out our tips below!

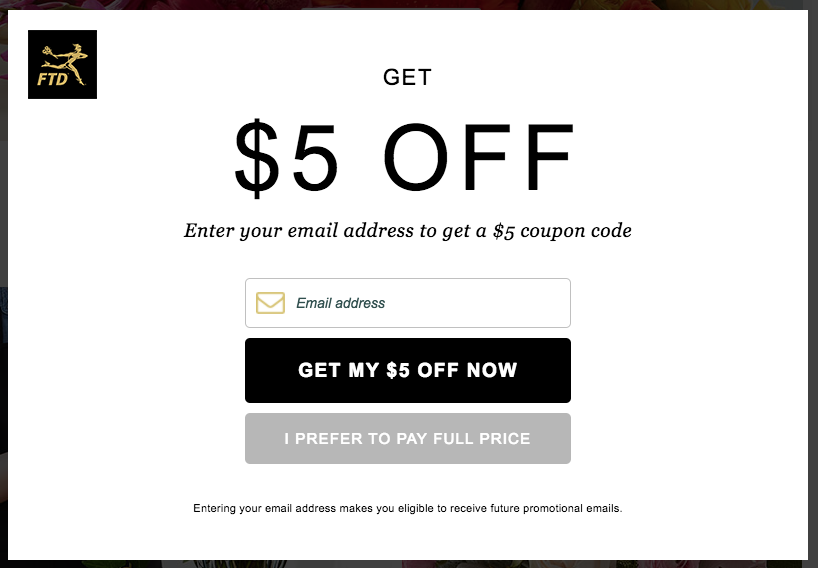
* Take breaks: Prolonged sitting can put undue pressure on the spine, leading to pain and discomfort. Take regular breaks from your screen to stand up, stretch and move around.
* Use ergonomic furniture: Invest in a supportive chair and an adjustable desk to help you maintain good posture while working. Make sure your computer screen is at eye level to avoid hunching over. You can also place a desk treadmill under your workstation and walk comfortably while you work.
* Carry backpacks correctly: When toting a backpack, use both straps and adjust them so that the bag rests comfortably on your back. Avoid carrying heavy loads on one shoulder, which can cause the spine to curve unnaturally.
* Exercise regularly: Exercise helps [keep your spine flexible and strong](https://www.sciatica.com/blog/best-exercises-to-help-with-back-pain/). Incorporate activities like yoga, Pilates or weightlifting into your routine to maintain good spinal health.
* Stretch: Stretching can help relieve muscle tension and improve flexibility. Add stretches into your daily routine, especially if you spend a lot of time sitting.
* Practice good posture: Sit up straight with your shoulders back and your feet flat on the ground. Avoid slouching or hunching over devices.
* Use a headset: If you spend a lot of time on the phone, use a headset to avoid cradling the phone between your ear and shoulder, which can [strain and pain the neck](https://www.sciatica.com/blog/12-treatment-options-for-neck-pain/).
* Maintain a healthy weight: Excess weight can strain the spine, leading to pain and discomfort. Maintain [a healthy weight through diet](https://www.sciatica.com/blog/how-to-alleviate-back-pain-with-an-anti-inflammatory-diet/) and exercise.
* Stay hydrated: Drinking plenty of water can help keep your spinal discs healthy and hydrated.
* Be mindful of your movements: Avoid sudden or jerking motions that can strain your spine. Lift heavy objects properly by bending your knees and keeping your back straight.

**EXPLAIN IN FRENCH.**Your answers won’t be taken into account if you write in English.

1. Quelles sont les conséquences de l'utilisation prolongée de la technologie sur la santé oculaire ?
2. Pourquoi la posture incorrecte peut-elle contribuer à des problèmes de santé de la colonne vertébrale ?
3. Quels sont les effets négatifs de l'utilisation excessive de la technologie sur la santé mentale ?
4. Quels sont les effets négatifs de l'utilisation excessive de la technologie sur l’addiction ?
5. Quels conseils sont donnés pour maintenir une bonne posture et une bonne santé de la colonne vertébrale lors de l'utilisation des appareils électroniques ? Choisis en 3 qui se trouvent dans la liste et que **TU** mets en pratique dans ta vie quotidienne. Explique (en utilisant les éléments du texte) en quoi ils consistent.

**🧠 PART 2: THEORY, ARGUMENTATION + GRAMMAR /40**

1. **QUESTION 1: What kind of Dark pattern is this? Explain. (Use 2 phrasal verbs and underline them).**



1. **QUESTION 2 : Your friend wants to improve his CV, but he needs your help! Give him 4 tips that can help him make a positive impression on potential employers. (Use 1 idiomatic expression and underline it!)**
2. **QUESTION 3 : How do you view the trade-off between aesthetics and ergonomics in computer hardware and furniture design? Should ergonomics always take precedence, or are there situations where aesthetics are more important? (Use 2 phrasal verbs and underline them!)**
3. **QUESTION 4 : What is the difference between Python and JavaScript in terms of paradigm, key features and common uses?**
4. **QUESTION 5 : What is an E-government app? Give 3 examples of use (Use 2 phrasal verbs and underline them!)**
5. **QUESTION 6 : Read the following texts. Tina, Georges and Alex fell victim to dark patterns. Identify which ones!**

Tina, a busy professional, was searching online for a new pair of running shoes. As she browsed through various websites, she came across a pop-up window offering a limited-time discount on a popular brand. Excited about the deal, Tina quickly clicked on the offer and proceeded to make her purchase. However, upon closer inspection, she realized that the discount was not applied, and she ended up paying the full price for the shoes. Feeling frustrated and deceived, Tina wondered how she fell for such a trap.

She fell victim to…

Georges, an avid gamer, was exploring a website to download a free trial version of a new video game. As he navigated through the download process, he encountered multiple confusing prompts and checkboxes. In a hurry to start playing the game, Georges quickly clicked through the screens without paying much attention. To his dismay, he later discovered that by doing so, he had unknowingly subscribed to a costly monthly membership plan. Feeling tricked and out of pocket, Georges regretted not reading the fine print more carefully.

Georges fell victim to…

Imagine Alex is exploring a popular online streaming service, considering whether to subscribe to their premium plan. As Alex navigates through the subscription process, a pop-up appears, asking if she wants to subscribe to the premium service for an enhanced streaming experience. However, rather than providing a straightforward option to decline, the pop-up says something like, "No, I prefer to miss out on exclusive content and amazing features. I love having a subpar experience."

Alex fell victim to…

**🖊️ PART 3: VOCABULARY /20**

**TASK 1 : Replace the underlined word with a phrasal verb**

1) She hesitated, but finally found the courage **to articulate her concerns** during the meeting.

2) Before submitting the report, let's **review** it one last time to ensure all the details are accurate.

3) Before finalizing the recipe, let's **add** some extra spices to enhance the flavor.

4) During the presentation, she made sure to **highlight** the key features of the product to the audience.

5) During the meeting, she made sure to **mention** the importance of addressing the current market trends.

6) They decided to **conclude** the meeting by summarizing the key points and confirming the next steps.

**TASK 2 : Make a sentence with the following words. Make sure the sentence shows that you understand the meaning of the word!**

Ex: Penguins are birds, but they can’t fly. ✔️ >< I love birds. ❌

1) to ramble

2) to skyrocket

3) a linter

4) joints (a joint)

5) the tilt

6) a report

**TASK 3: Define the following concepts using your own words:**

1) inheritance (in computer science)

2) to scope

3) In a nutshell

4) to be in the loop

5) to switch to

6) compelling

7) a con

8) to address someone

1. https://www.sciatica.com/blog/how-technology-use-can-affect-your-spine-health/#:~:text=Computer%2C%20laptop%20or%20tablet%20use,problems%20in%20the%20long%20run. [↑](#footnote-ref-1)