

**RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY  
DEPARTMENT OF SPANISH AND PORTUGUESE  
940:101 FINAL EXAM**

Nombre y apellido: \_\_\_\_\_ Instructor's name: \_\_\_\_\_

Reading Comprehension	____/15
Written Proficiency	____/37
Listening Comprehension	____/18
Oral Proficiency	____/30
<b>TOTAL</b>	<b>____/100</b>

**Context:** *You are working for a student health magazine and you are asked to read an article, respond messages and write a report.*

**I. Reading comprehension: Interpretative Assessment (15 points)**  
**Read carefully and answer all questions.**

**La buena siesta: no debe ser más de 30 minutos y siempre en el sofá... también en verano.**

- Una siesta demasiado larga puede provocar por la noche no tener sueño.
- La siesta es natural: tras comer, el organismo tiene sensación de cansancio.
- Puede favorecer la recuperación cardiovascular y la capacidad de aprendizaje

La siesta es sana. Sus beneficios van más allá de lo evidente; por ejemplo, la siesta puede favorecer la recuperación cardiovascular y también mejora la capacidad de aprendizaje.



Pero la siesta tiene su medida para resultar sana. La siesta que más beneficia a la salud es aquella que dura un máximo de 30 minutos y que se hace en el sofá o una silla cómoda no en la cama. Lo asegura el coordinador del grupo de trabajo de Salud Mental de la Sección del Sueño de la Sociedad Española de Médicos de Atención Primaria (SEMERGEN). "Es peor no dormir que no comer," recalca el doctor Zamorano insistiendo en la importancia que tiene realizar una siesta corta y no muy profunda.

La siesta es un ciclo natural del cuerpo. Después de comer, el organismo experimenta una sensación de cansancio que hace necesario, normalmente, tener que echar una pequeña siesta o tomar bebidas excitantes para poder seguir con el mismo ritmo de actividad.

Pero las siestas pueden ser también negativas. El experto recuerda que en el caso en el que la duración sea demasiado larga, de 40 minutos o más, puede provocar que por la noche no se tenga sueño: "Echarse la siesta es cuestión de poco tiempo y de no tener un sueño profundo porque, de lo contrario, puede provocar que no duermas por la noche". Por eso, no se aconseja siesta a las personas con insomnio.

**De España al mundo**

La [NASA](#) es el último organismo científico **en alabar los beneficios de la siesta**, subrayando que el bienestar que ofrece es incomparable a cualquier otra solución médica. Eso sí, la institución precisa no debe exceder de los 26 minutos. Los datos de la Junta de Seguridad en el Transporte de EE UU (NTBS) demuestran la mejora de la efectividad de los controladores aéreos. El estudio determina que un sueño de 26 minutos ayuda a mejorar un 34% en el rendimiento de estos trabajadores y reforzaría su estado de alerta un 54%. Y cada vez son más los que se suman al "invento español". **En Japón, [el Gobierno promociona las 'vacaciones siesta' entre funcionarios.](#)**

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Answer in English

1. Fill the blanks (1 pt)

The ideal nap should be \_\_\_\_\_ long and taken on a \_\_\_\_\_.

2. True or false (8 pts)

- |   |   |   |
|---|---|---|
| a. According to Enric Zambrano it is better for people to take a nap than to eat. | T | F |
| b. Napping could help eliminate insomnia.   | T | F |
| c. Napping has not improved productivity among air traffic controllers.           | T | F |
| d. Napping is encouraged in Japan among government workers.                       | T | F |

3. Complete the following chart (6 points)

"La siesta"	
Positive effects	Negative effects
a.	a.
b.	

## II. WRITTEN PROFICIENCY (37 points)

### A. Interpersonal Written (13 points)

**Estudiantes con problemas.** Review the messages that some students wrote asking for advice to solve their problems, and complete with the correct **present tense form of the appropriate verb**. (5 pts)

**dormir**

**poder**

**tener**

**hacer**

**ir**

**jugar**

Yo (1) \_\_\_\_\_ mucho deporte, nado, (2) \_\_\_\_\_ al tenis dos veces por semana y todos los días camino media hora. Pero mi alimentación no es muy buena. ¿Qué (3) \_\_\_\_\_ hacer? Tomás R.

Mi problema es el estrés. Trabajo 10 horas al día, (4) \_\_\_\_\_ mal y fumo 30 cigarrillos al día. El médico me dice que (5) \_\_\_\_\_ que hacer deporte. *Manuel J.*

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2. You are checking your email you have several messages from your Hispanic friends. Here are some questions you have received from them. Answer them briefly (2 sentences each) **IN SPANISH** using the appropriate tense of the verb. Pay attention to the verb in bold to identify the tense of the verb. **DO NOT REPEAT VERBS.** ( 8 pts: 2 pts. each sentence)

Hola,  
¿Qué tiempo **hace** en New Brunswick ahora? ¿Qué estación del año **es**?  
*Claudia*

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Hola,  
¿Qué actividades **estás haciendo** esta semana? ¿Cómo **estás** en esta semana? Hablamos.  
*Eduardo*

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**B. Presentational Assessment (24 points)**

The editor of the magazine asked you to be part of the orientation welcoming committee for incoming freshmen at Rutgers. You will be in charge of writing about a healthy life style (good diet and leisure activities) at Rutgers.

- [ ] Describe Rutgers students' regular routine and activities they do during the week and how frequent.
- [ ] Describe Rutgers students' lifestyle (leisure activities, hobbies, responsibilities, schedule). What do they do when they feel like having fun or feel like relaxing.
- [ ] A general description of the diet here at Rutgers
- [ ] Mention regular foods and drinks in each meals you like or do not like
- [ ] Describe in general what people are planning or are going to do in the future about their diet
- [ ] Give two suggestions what you can do in order to have a healthy lifestyle (what you have to do or should not do).

**Important: The recommendations should relate to nutrition, exercise, and social life.**

- [ ] Use **at least six** of the following verbs and expressions:

<b>Expresiones:</b>	con frecuencia	nunca	a veces	mucho	poco	siempre
<b>Verbos:</b>	gustar	hacer	oir	almorzar	servir	poder

- [ ] ask 2 questions to the audience
- [ ] extension **2 paragraphs (5 to 7 sentences each paragraph) in Spanish**

Remember to incorporate vocabulary, communicative functions, linking words

Space for notes:

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[illegible]

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**PRESENTATIONAL RUBRIC: 24 POINTS**

	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>A. CONTENT</b> Score: _____	You <b>fulfilled all</b> the requirements of the task in detail.	You <b>fulfilled most</b> of the requirements of the task with <b>some detail</b> .	You <b>fulfilled some</b> of the requirements of the task with <b>few details</b> .	You <b>fulfilled few</b> of the requirements of the task. Your task completion and details were <b>inadequate</b> .
<b>B. COMPREHENSIBILITY</b> Score: _____	Reader was able to understand <b>all</b> of what you were trying to communicate.	Reader was able to understand <b>most</b> of what you were trying to communicate.	Reader was able to understand <b>less than half</b> of what you were trying to communicate.	Reader was able to understand <b>little</b> of what you were trying to communicate.
<b>C. ACCURACY</b> Score: _____	You used language <b>correctly</b> almost all the time, including grammar (agreement, present tense, quantities, spatial and time references, etc), spelling and word order.	You have <b>few problems</b> with grammar (agreement, present tense, quantities, spatial and time references, etc), spelling, word order, and punctuation.	You have <b>some basic problems</b> with grammar (agreement, present tense, quantities, spatial and time references, etc), spelling, word order, and punctuation.	You have a <b>significant number</b> of grammar (agreement, present tense, quantities, spatial and time references, etc) spelling, word order, and punctuation errors.
<b>D. VOCABULARY</b> Score: _____	You have used a <b>wide range</b> of vocabulary from chapters 4, 5 and beyond.	You have used a <b>good range</b> of vocabulary from chapters 4 & 5.	You have used <b>less than the vocabulary expected</b> from chapters 4 & 5.	You have used an <b>inadequate</b> amount of vocabulary, fail to incorporate new vocabulary or included very few new words
<b>E. ORGANIZATION</b> Score: _____	Your presentation is <b>logical and effective</b> .	Your presentation is <b>generally logical and effective</b> with a <b>few minor problems</b> .	Your presentation is <b>somewhat illogical and confusing</b> in places.	Your presentation <b>lacks logical order and organization</b> .
<b>F. TEXT TYPE</b> Score: _____	You wrote a fairly coherent <b>paragraph</b> .	You have created with the language by using <b>strings of sentences</b> .	You have created with language by using <b>simple sentences and some strings of sentences</b> .	You have used <b>simple sentences, isolated words, and memorized phrases</b> .
<b>TOTAL: (A+B+C+D+E+F) _____/24</b>				

<b>STRENGTHS</b>	<b>OPPORTUNITIES</b>