



Pearson Edexcel International GCSE

English Language B

Paper 1

Tuesday 5 June 2018 – Morning

Extracts Booklet

Paper Reference

4EB0/01

Do not return this Extracts Booklet with the question paper.

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Text One

Happy Teens: what makes adolescents truly happy

adapted from an article by Blythe Grossberg



Even though the term 'happy teens' may seem like a contradiction, recent studies suggest that teenagers can be happy - in the right situations. Although the popular concept of the teenager is of a stormy adolescent in constant conflict with his or her elders, such an image may be more of a myth than a reality. As reported in *Psychology Today*, a study of 2,700 middle and high school students conducted by Students Against Destructive Decisions (SADD) showed that the majority of teenagers report being happy every day. In addition, the SADD study showed that the majority of respondents reported that they had positive relationships with their parents. Teens' positive relationships with their parents mean that, overall, they are less likely to drink or use drugs. So, while conventional wisdom holds that teens are disruptive and show risky behaviours such as alcohol and drug use, many teens are acting in positive, connected ways. What are some factors that help teens and how can parents raise happy teenagers?

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What Makes Teenagers Happy?

While each teen is different, there are some common factors of happy teenagers:

- Grateful teens are happy teens. According to research conducted by Giacomo Bono, a professor at California State University, being grateful gives many mental health benefits for teens. Dr. Bono's study of 700 people found that the most grateful 20% of teens were 15% more likely than the least grateful 20% to have a sense of meaning in their lives. They also had a 15% lower likelihood of having depressive symptoms. The study concluded that parents and teachers should help teens develop gratitude, which may bring with it vital skills such as cooperation and perseverance. Teens who are able to develop gratitude tend to feel better about their lives, and grateful teens are more connected to others.
- Healthy teens are happy teens. As reported in *Science Daily*, teens who cultivate healthy habits tend to be happier. One study by the Economic and Social Research Council (ESRC) looked at 5,000 young people in the United Kingdom between the ages of 10 - 15. The study found that teens who had never tried alcohol were four to six times as likely to report high levels of happiness than those who had tried alcohol.

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Teens who smoked were five times less likely to be happy. Also, higher consumption of fruits and vegetables and participation in sports were associated with higher levels of happiness. Therefore, raising happy teens means keeping them healthy and active.

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- Active teens are happy teens. According to another study reported in *U.S. News*, teens who participated in moderate to vigorous outdoor activities were happier than their peers who spent time in front of computer and video screens. While many teens enjoy playing video games and many private schools are using iPads in class, parents who are raising teens should take steps to reduce their teenagers' screen time and get them active outdoors. Happy teenagers tend to spend more time with others and spend more time outside than their less happy, inactive peers.

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The Importance of Happiness in Adolescence

The benefits of a happy adolescence go beyond the teenage years. Studies, such as one conducted by University College London and the University of Warwick, that looked at a survey of 10,000 Americans, have found that happy teens reported higher incomes by the time they reached age 29. In fact, very happy teens earned 30% more than their less happy peers, even considering other variables such as IQ and levels of education. While there is no doubt that adolescence can at times be difficult, there is enough evidence that it can be a time of creativity, compassion and connection to adults and peers. Studies also show that it is vital for teens to experience happiness for their future well-being.

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Interestingly, income had little effect on teens' happiness. While extreme poverty can affect children's happiness, teenagers do not need to be wealthy to feel happy. Teens tend to value the increased social activities that increased income can afford them, rather than valuing the increased income for its own sake. Teens are happiest when connecting to others, not necessarily when purchasing goods.

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Text Two

Why does happiness matter?

adapted from an article by Mark Williamson



Does happiness matter? People react to this question in surprisingly different ways. Some suggest that there are far more significant things to worry about; others see happiness as vitally important and something that every human being ultimately wants in life. To explore this puzzle, we need to start by looking at what happiness actually means.

Happiness relates to how we feel, but it is more than just a passing mood. We are emotional beings and experience a wide range of feelings on a daily basis. Negative emotions – such as fear and anger – help us to get away from danger or defend ourselves. And positive emotions – such as enjoyment and hope – help us to connect with others and build our ability to cope when things go wrong. 5

Trying to live a happy life is not about denying negative emotions or pretending to feel joyful all the time. We all encounter difficulties and it's completely natural for us to feel anger, sadness, frustration and other negative emotions as a result. To suggest otherwise would be to deny part of the human condition. Happiness is about being able to make the most of the good times – but also to cope effectively with the inevitable bad times, in order to experience the best possible life overall. 10 15

One popular misunderstanding about happiness is that happy people are somehow more likely to be lazy or ineffective. In fact research shows the opposite is true: happiness doesn't just feel good; it actually leads to a wide range of benefits for our performance, health, relationships and more.

Researchers at Wharton Business School found that companies with happy employees outperform the stock market year on year. Also a team at UCL has discovered that people who are happy as young adults go on to earn more than their peers later in life. In education, schools that focus on children's social and emotional wellbeing experience significant gains in academic attainment as well as improvements in pupil behaviour. Happiness has also been linked to better decision-making and improved creativity. 20 25

So, rather than success being the key to happiness, research shows that happiness could in fact be the key to success.

But it doesn't just help us function better: happiness also brings substantial benefits for society as a whole. For example, a review of more than 160 studies found 'clear and compelling evidence' that happier people have better overall health and live longer than their less happy peers. They are around half as likely to catch the cold virus and have a 50% lower risk of experiencing a cardiovascular event such as a heart attack or stroke. Happier people are also less likely to engage in risky behaviour – for example, they are more likely to wear seat belts and less likely to be involved in road accidents. Happier people are even more financially responsible, tending to save more and have more control over their expenditures. But perhaps most importantly of all, people who are happier are more likely to make a positive contribution to society. In particular, they are more likely to vote, do voluntary work and participate in public activities. They also have a greater respect for law and order and offer more help to others. There is even evidence that happiness is catching, so that happier people help others around them to become happier too. An extensive study in the British Medical Journal followed people over 20 years and found that their happiness affected others in their networks across 'three degrees of separation'. In other words, how happy we are has a measurable impact on the mood of our friends and also their friends.

So happiness does matter – the scientific evidence is compelling. The pursuit of happiness is not some fluffy nice-to-have or middle-class luxury; it's about helping people to live better lives and creating a society that is more productive, healthy and unified. As Aristotle said: 'Happiness is the meaning and the purpose of life, the whole aim and end of human existence.'

Perhaps the most powerful insight of all comes, not from the research, but from the responses I've heard from many hundreds of parents when asking them what they want above all for their children. Nearly all say something like: 'I really just want them to be happy'. Happiness is the thing we want most for the people we love the most. That's why it matters so much.



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Sources taken / adapted from:

Text One:

<http://privateschool.about.com/od/issues/a/Happy-Teenagers-Not-A-Myth.htm>

Text Two:

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**Pearson Edexcel
International GCSE**

Centre Number

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Candidate Number

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English Language B

Paper 1

Tuesday 5 June 2018 – Morning
Time: 3 hours

Paper Reference

4EB0/01**You must have:**

Extracts Booklet (enclosed)

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions in Section A and B and **one** question in Section C.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 100.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Dictionaries may **not** be used in this examination.

Advice

- Read each question carefully before you start to answer it.
- Check your answers if you have time at the end.
- You are reminded of the importance of clear English and careful presentation in your answers.

Turn over ►

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SECTION A

The following questions are based on Text One and Text Two in the Extracts Booklet.

You should spend about 40 minutes answering the questions in this section.

Read Text One in the Extracts Booklet, adapted from an article called 'Happy Teens: what makes adolescents truly happy'.

- 1 Using the first paragraph, state **one** point that the study by SADD made about teenagers.

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(Total for Question 1 = 1 mark)

- 2 In lines 15-23, the writer says grateful teens are happy teens.

State **two** ways that gratitude helps teenagers to be happy.

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(Total for Question 2 = 2 marks)

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5 Using lines 49-53, **in your own words**, explain what the writer says about how money can affect teenagers' happiness.

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(Total for Question 5 = 3 marks)

Now read Text Two, adapted from an article called 'Why does happiness matter?'

6 Name **one** positive emotion and **one** negative emotion that the writer identifies in lines 5-9.

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(Total for Question 6 = 2 marks)

7 From lines 10-15, identify **two** ways that happiness helps us.

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(Total for Question 7 = 2 marks)

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8 Using lines 20-27, **in your own words**, explain how happiness can affect performance at work or school.

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(Total for Question 8 = 3 marks)

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9 In lines 28-44, the writer makes some points about the benefits to society of happiness.

In **your own words**, identify **two** of his points and provide a quotation from the text to support **each** point.

(i) Point

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Quotation

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(ii) Point

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Quotation

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(Total for Question 9 = 4 marks)

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(Total for Question 10 = 6 marks)

TOTAL FOR SECTION A = 30 MARKS





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(Total for Question 11 = 35 marks)

TOTAL FOR SECTION B = 35 MARKS





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(Total for Question 12 = 35 marks)

TOTAL FOR SECTION C = 35 MARKS
TOTAL FOR PAPER = 100 MARKS

