
**Examenul în vederea obținerii
Diplomei de acces general în învățământul superior german și a
Diplomei de bacalaureat
de către absolvenții secțiilor/școlilor speciale germane din România - 2024**

Proba orală - Limba engleză

Model

- **Toate subiectele sunt obligatorii.**

Biletul nr. ...

Read the text below and complete the tasks that follow.

If you're stuck in what seems like an endless cycle of procrastination, guilt and chaos, you might be wondering, "Why am I so lazy?" or "Why can't I just get myself together?" But despite the common perception, laziness usually isn't the reason behind procrastination, said Jenny Yip, a clinical psychologist and executive director of the Los Angeles-based Little Thinkers Center, which helps children with academic challenges. "Laziness is like, 'I have absolutely no desire to even think about this.' Procrastination is, 'It troubles me to think about this. And therefore, it's hard for me to get the job done.' That's a big difference."

Knowing why you procrastinate and learning how to combat it are the only ways to change your behaviour, according to experts. Psychologist Linda Sapadin sought to help this self-improvement effort with her book "How to Beat Procrastination in the Digital Age."

You could be the perfectionist, the dreamer, the worrier or the defier — these are all procrastination styles Sapadin lists in her book. While these procrastination types aren't specific diagnoses, and aren't backed by research, "they are psychological types or reasons why someone might procrastinate," said Yip, who is also a clinical assistant professor of psychiatry at the University of Southern California's Keck School of Medicine.

Procrastination can have practical consequences, such as falling behind at work, failing to achieve personal goals or to cross errands like grocery shopping or mailing a letter off your to-do list. But there are also emotional or mental impacts. It has been associated with depression, anxiety and stress, poor sleep, inadequate physical activity, loneliness and economic difficulties, according to a January 2023 study on more than 3,500 college students. "Particularly in America, where so much of our worth is tied up into what we do, how we work, what we produce — it can feel very shameful if you can't do that," said Vara Saripalli. "It can leave people feeling very defeated and feeling like there's no point in trying."

Knowing why you procrastinate can make you self-aware, but you still need strategies to break the habit. "Otherwise, we'll just keep repeating things," Saripalli said. "The strategy you're going to employ to beat procrastination is going to change based on the purpose procrastination is serving for you."

adapted from <https://edition.cnn.com/2023/01/17/health/procrastination-types-how-to-stop-wellness/>

SUBIECTUL I **(50 de puncte)**

- A.**
- | | |
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| 1. Identify the theme of the text. | 10 puncte |
| 2. Sum up the text and dwell on the ideas it contains. | 40 puncte |

SUBIECTUL al II-lea **(50 de puncte)**

- B.** Some people say that the secret of success is consistency of purpose. Do you agree? Why (not)?
Use relevant arguments and examples to support your opinion.