

© International Baccalaureate Organization 2023

All rights reserved. No part of this product may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without the prior written permission from the IB. Additionally, the license tied with this product prohibits use of any selected files or extracts from this product. Use by third parties, including but not limited to publishers, private teachers, tutoring or study services, preparatory schools, vendors operating curriculum mapping services or teacher resource digital platforms and app developers, whether fee-covered or not, is prohibited and is a criminal offense.

More information on how to request written permission in the form of a license can be obtained from <https://ibo.org/become-an-ib-school/ib-publishing/licensing/applying-for-a-license/>.

© Organisation du Baccalauréat International 2023

Tous droits réservés. Aucune partie de ce produit ne peut être reproduite sous quelque forme ni par quelque moyen que ce soit, électronique ou mécanique, y compris des systèmes de stockage et de récupération d'informations, sans l'autorisation écrite préalable de l'IB. De plus, la licence associée à ce produit interdit toute utilisation de tout fichier ou extrait sélectionné dans ce produit. L'utilisation par des tiers, y compris, sans toutefois s'y limiter, des éditeurs, des professeurs particuliers, des services de tutorat ou d'aide aux études, des établissements de préparation à l'enseignement supérieur, des fournisseurs de services de planification des programmes d'études, des gestionnaires de plateformes pédagogiques en ligne, et des développeurs d'applications, moyennant paiement ou non, est interdite et constitue une infraction pénale.

Pour plus d'informations sur la procédure à suivre pour obtenir une autorisation écrite sous la forme d'une licence, rendez-vous à l'adresse <https://ibo.org/become-an-ib-school/ib-publishing/licensing/applying-for-a-license/>.

© Organización del Bachillerato Internacional, 2023

Todos los derechos reservados. No se podrá reproducir ninguna parte de este producto de ninguna forma ni por ningún medio electrónico o mecánico, incluidos los sistemas de almacenamiento y recuperación de información, sin la previa autorización por escrito del IB. Además, la licencia vinculada a este producto prohíbe el uso de todo archivo o fragmento seleccionado de este producto. El uso por parte de terceros —lo que incluye, a título enunciativo, editoriales, profesores particulares, servicios de apoyo académico o ayuda para el estudio, colegios preparatorios, desarrolladores de aplicaciones y entidades que presten servicios de planificación curricular u ofrezcan recursos para docentes mediante plataformas digitales—, ya sea incluido en tasas o no, está prohibido y constituye un delito.

En este enlace encontrará más información sobre cómo solicitar una autorización por escrito en forma de licencia: <https://ibo.org/become-an-ib-school/ib-publishing/licensing/applying-for-a-license/>.



**English A: language and literature – Higher level – Paper 1**  
**Anglais A : langue et littérature – Niveau supérieur – Épreuve 1**  
**Inglés A: Lengua y Literatura – Nivel Superior – Prueba 1**

3 May 2023 / 3 mai 2023 / 3 de mayo de 2023

<b>Zone A</b> afternoon	<b>Zone B</b> morning	<b>Zone C</b> afternoon
<b>Zone A</b> après-midi	<b>Zone B</b> matin	<b>Zone C</b> après-midi
<b>Zona A</b> tarde	<b>Zona B</b> mañana	<b>Zona C</b> tarde

2 h 15 m

**Instructions to candidates**

- Do not open this examination paper until instructed to do so.
- Write a guided analysis of text 1.
- Write a guided analysis of text 2.
- Use the guiding question or propose an alternative technical or formal aspect of the text to focus your analysis.
- The maximum mark for this examination paper is **[40 marks]**.

**Instructions destinées aux candidats**

- N'ouvrez pas cette épreuve avant d'y être autorisé(e).
- Rédigez une analyse dirigée du texte 1.
- Rédigez une analyse dirigée du texte 2.
- Utilisez la question d'orientation ou proposez une autre manière d'aborder le texte en choisissant un aspect technique ou formel sur lequel concentrer votre analyse.
- Le nombre maximum de points pour cette épreuve d'examen est de **[40 points]**.

**Instrucciones para los alumnos**

- No abra esta prueba hasta que se lo autoricen.
- Escriba un análisis guiado del texto 1.
- Escriba un análisis guiado del texto 2.
- Utilice la pregunta de orientación o proponga otro aspecto técnico o formal del texto en el que centrar su análisis.
- La puntuación máxima para esta prueba de examen es **[40 puntos]**.



Write a guided analysis of the following text.

1. The following transcript is from the podcast, *The Happiness Lab*, hosted by Dr Laurie Santos, professor of psychology at Yale University.



## The War For Kindness

The Happiness Lab with Dr. Laurie Santos

Feeling you belong to a group can be great - but it also has a darker side, leading us down an unhappy path of hatred and violence towards people with different identities and backgrounds. Dr. Laurie Santos talks to Jamil Zaki about how we can fight hatred with empathy, kindness and difficult conversations.

[00:16:09]

**SANTOS:** This is my friend Jamil Zaki, a professor of psychology at Stanford University. Jamil Zaki has just written an important new book called *The War for Kindness: Building Empathy in a Fractured World*.

5 [00:16:19]

**ZAKI:** I started writing it in 2015 and I don't know, around late 2016, early 2017, I can't quite put my finger on what it was, but something changed in our in our culture. I felt like things were getting crueler and less connected, and people were getting really exhausted trying to connect with each other and were really embracing social division in a way that I hadn't seen in my adult life. I felt like I was being a Pollyanna<sup>2</sup> just writing this kind of positive, hey, you know, you can choose empathy, when all around me it seemed like this giant tire fire—people just hated each other more than ever.

10

[00:17:01]

**SANTOS:** If you've paid any attention to the news in the last few years, you understand that Jamil's war for kindness is becoming more and more of an uphill battle. A growing body of work shows that our empathy in general seems to be decreasing over time. In one study, in 1979, the average American scored like a 4 out of 5 on an empathy scale, which doesn't sound terrible. But by 2009, the average American had dropped down to a 3.5 out of 5. This rising level of disconnection means that more and more of us are missing out on a potential boost to our well-being.

15

[00:18:42]

**ZAKI:** It's surprising to a lot of people that empathy is good for us. We typically think of empathy almost like a transfer, like I give up my money or time or emotional peace in order to help you have more of it. It's sort of the quintessential act of self-sacrifice. It turns out, though, that the data point almost exactly in the opposite direction, that caring for others is one of the most important ways we can care for ourselves.

20

25 People who experience a lot of empathy also tend to be happier, less stressed, and experience less depression. They find it easier to make new friends and to maintain important relationships like their marriages. Seventh graders who are able to understand what others feel are also better able to survive seventh grade, which is not easy.

[00:23:22]

- 30 **SANTOS:** It turns out that, in fact, empathy is like a skill and there are lots of things that we can do to cultivate empathy in ourselves and others. When Jamil taught his “Becoming Kinder” class at Stanford, he gave his students a super hard assignment, an empathy challenge that demonstrated this.

[00:23:45]

- 35 **ZAKI:** I told my students, instead of yelling at each other, judging each other, or even debating, I want you to try to cultivate curiosity about each other. Ask the other person how they came to have their opinion in the first place and share with them the story of how you came to have your opinion in the first place. Students then embarked on hard conversations with racist Facebook-posting uncles and frank discussions about sexuality with their less-than-progressive parents.
- 40 They predicted that these exchanges would end in frustration or even tears. But in nearly all cases, those story-sharing conversations went better than expected.

- 45 When you start with narratives, instead of either calling people out or saying how wrong they are, you get to a new type of discussion right away, one in which it actually doesn’t matter as much if you would agree on every point. But something just as important or maybe even more important also happens, which is that you grow to appreciate the people you disagree with. No one should feel like they’re obligated to connect with or empathize with somebody who’s saying awful things. No one has to do this. It’s not anybody’s job. But when we do, it’s remarkable how powerful that can be, because sometimes what you realize is that people on the other side are also waiting for a chance to be human.

---

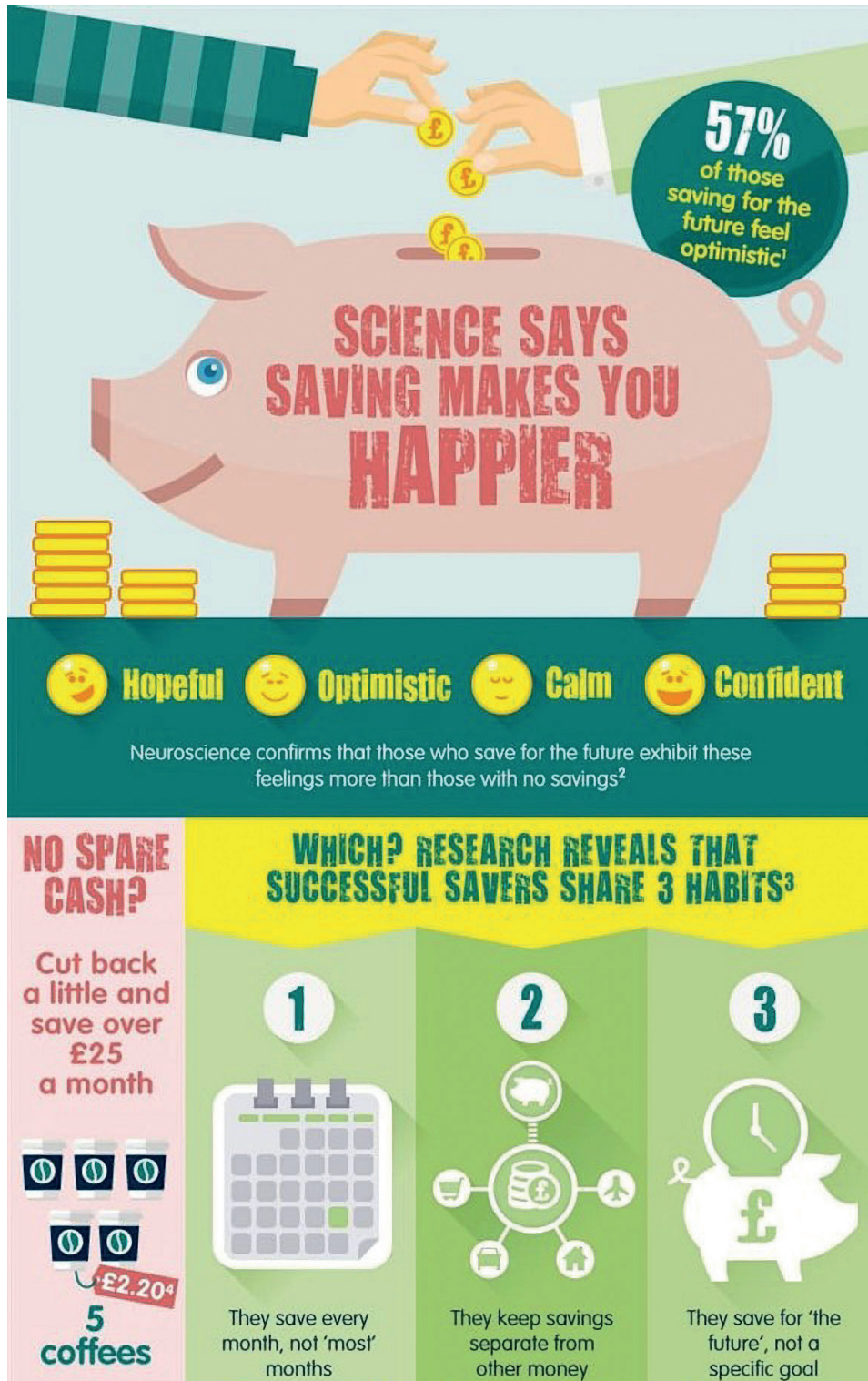
<sup>1</sup> Pushkin: Pushkin Industries is a podcast and audiobook production company

<sup>2</sup> Pollyanna: a term derived from a children’s book by the same name, has come to mean an excessively or blindly optimistic person

– How and to what effect is empathy presented in the text?

Write a guided analysis of the following text.

2. The following infographic is taken from the Foresters Friendly Society\* website, which promises “Straightforward financial solutions with a human touch”.





**Why it works**

- It makes a significant difference to the amount you build up
- You're less likely to dip into it unless you really need to
- If you save for a specific purpose, you'll stop saving when you reach your goal. And you'll spend the money

**Why not try**

- Creating a direct debit from your current account to a savings account
- Opening a 'rainy day' savings account
- Focusing on the emotional benefits, rather than tangible ones: a savings buffer gives you peace of mind
- Timing it to go out as soon as you're paid – you'll soon get used to living without it
- Moving any money left at the end of the month into it straight away so you don't spend it
- Saving for specific shorter term goals alongside your longer term pot for the future

**1 takeaway** + **1 bottle of wine**

**Saving even a small amount every month can add up over time and could earn interests or bonuses too. Not only that, you'll feel more positive – it's a win/win strategy!**

Sources: <sup>1,2</sup> Standard Life Saving in Mind. <sup>3</sup> Which: The three habits of successful savers  
<sup>4</sup> Daily Telegraph. <sup>5</sup> VoucherCodes.co.uk. <sup>6</sup> Cost of living in the UK Jan 2015, Numbeo  
 Foresters Friendly Society is the trading name of The Ancient Order of Foresters Friendly Society Limited which is an Incorporated Friendly Society (Registration No. 511F) and is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Registration No. 110029).



Got you thinking about where to put your extra savings?

There are two ways to become a

## Foresters member

**Take out one of our financial products**

FREE membership included

You might want to put something away for your children. Or save up for your future. Every one of our products includes free membership with access to a range of benefits.

[VIEW OUR PRODUCTS](#)

**Membership subscription**

£25 per year

Don't need a financial product? Don't worry. You'll also be welcomed as a member by taking out an annual subscription. For only £25 every year you can enjoy all the benefits of Foresters Extras, including financial support, practical help, as well as social and community events.

[APPLY TODAY](#)

\* Foresters Friendly Society: A UK based mutual savings and investment provider.

– Explore how the text and images interplay to appeal to a range of audiences.

**Disclaimer:**

Content used in IB assessments is taken from authentic, third-party sources. The views expressed within them belong to their individual authors and/or publishers and do not necessarily reflect the views of the IB.

**References:**

1. Santos, L. and Zaki, J., 2020. The war for kindness - The happiness lab, Pushkin Industries. [podcast]. Available at: <https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/the-war-for-kindness> [Accessed 20 August 2021]. Source adapted.
2. Science says saving makes you happier, *Foresters Friendly Society*, a UK based mutual savings and investment provider. [infographic online] Available at: <https://www.forestersfriendlysociety.co.uk/simple-savings-tips-to-make-you-happier/> [Accessed 20 August 2021].