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English A: language and literature – Standard level – Paper 1
Anglais A : langue et littérature – Niveau moyen – Épreuve 1
Inglés A: Lengua y Literatura – Nivel Medio – Prueba 1

6 November 2025 / 6 novembre 2025 / 6 de noviembre de 2025

Zone A afternoon	Zone B afternoon	Zone C afternoon
Zone A après-midi	Zone B après-midi	Zone C après-midi
Zona A tarde	Zona B tarde	Zona C tarde

1 h 15 m

Instructions to candidates

- Do not open this examination paper until instructed to do so.
- Write a guided analysis of text 1 or 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 **[20 marks]**.

Instructions destinées aux candidats

- N'ouvrez pas cette épreuve avant d'y être autorisé(e).
- Rédigez une analyse dirigée du texte 1 ou 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 **[20 points]**.

Instrucciones para los alumnos

- No abra esta prueba hasta que se lo autoricen.
- Escriba un análisis guiado del texto 1 o 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 **[20 puntos]**.

Write a guided analysis of **one** of the following texts.

1.

Removed for copyright reasons

Removed for copyright reasons

2. This fact sheet is from a marketing campaign produced by the National Road Safety Partnership Programme. This is a programme that promotes and encourages road safety.

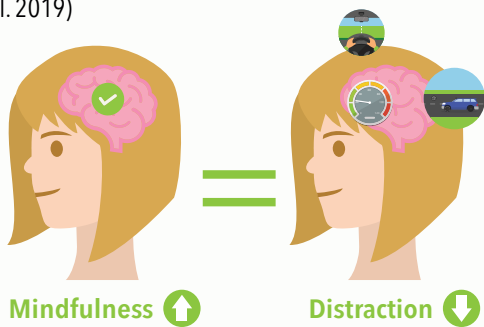
Distracted driving and Mindfulness

What is mindfulness?

It's about being present and fully engaged in what we're doing at the moment – free from distraction and judgement, and aware of our thoughts and feelings without getting caught up in them.

Mindful people are more task focused

Studies have shown that when mindfulness is increased, time spent doing potentially distracting tasks when driving decreases. (Young et al. 2019)

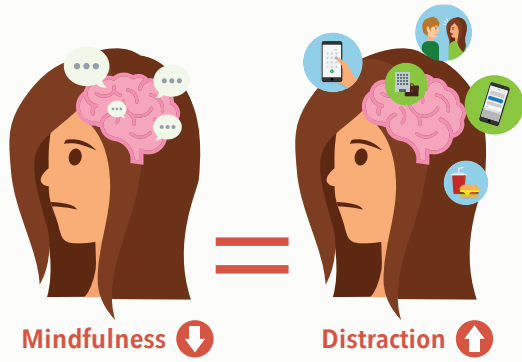


Distracted driving and mindfulness: where is the connection?

Focused attention, one of the 8 aspects of mindfulness, is especially important in driving, where we need to keep our attention on the road and driving safely.



Keep your **eyes** and **mind** on the **road!**



Mindfulness increases **attention** and **awareness** to the driving task, making it less likely that drivers will engage in distracting activities.

Mindfulness can address a whole range of potential distractions in one hit and can **change people's mindset on attention.**



Mindfulness tips for driving

Here are some tips you can incorporate into your driving routine:

- Before you even get on the road, take a minute or two to sit. Focus on your breathing and take the time to rest, be aware of how you are feeling.
- Follow your usual driving routine with the aim of focusing your attention on driving safely. When you realise the mind has wandered off, bring it back to what you're doing at the present moment.
- On quieter parts of the journey, you might like to notice how hard you're gripping the steering wheel. At times this can help indicate what's going on in the mind. By noticing this, you may find that the pressure will increase or decrease.
- Keep in mind that on the road, everyone is sharing the same space and hopefully doing our best. Despite how irritating we may find others on the roads, they may feel the same way towards us.

Source: Headspace, 2014

- How and to what effect are text and images used to convey the message in this campaign?

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References/Références/Referencias:

2. National Road Safety Partnership Program, 2020. *Distracted driving and mindfulness*. [pdf]. Available at: <https://www.nrspp.org.au/product/whats-on-your-mind-no-distraction/>. [Accessed 23 August 2024]. Source adapted.