DEPARTAMENTO DE LINGUÍSTICA, LETRAS E ARTES

PROVA DE PROFICIÊNCIA EM LÍNGUA INGLESA

2026

Nome: _____ Data: ___/___/_____

Nota: [ ]

( ) Proficiente

( ) Não Proficiente

Instruções:

1. Esta prova consta de oito questões objetivas e duas questões discursivas.
2. Há apenas uma alternativa correta para cada questão objetiva.
3. Atribuir-se-á 1 (um) ponto para cada questão objetiva e 1(um) ponto para cada questão discursiva.
4. Só é permitida a utilização de dicionário impresso.
5. Trocas ou empréstimos de dicionários são expressamente proibidos, bem como utilização de equipamentos eletrônicos, como dicionários, tradutores e celulares.
6. A prova deverá ser respondida à caneta, azul ou preta.
7. A duração da prova é de três horas; não haverá prorrogação para o horário da mesma.
8. Na última página desta prova você encontrará uma grade de respostas que deverá ser preenchida com letra **maiúscula**. A grade de respostas é importantíssima, pois a correção das questões objetivas será efetuada diretamente nela.
9. Serão considerados aprovados os candidatos que demonstrarem, no mínimo, 70% de compreensão dos textos, envolvendo as questões objetivas e as discursivas.

Read text A and answer questions 1 and 2.

Text A

Five Tips to Help Manage Burnout

According to the American Institute of Stress, nearly 83% of United States workers experience work-related stress. This stress causes approximately 1 million employees to miss work each day and can lead to decreased productivity, and even symptoms of anxiety and depression.
Burnout — a state of exhaustion and reduced effectiveness due to chronic stress, especially at work — has become the norm for many teams.

- **71%** of workers report feeling burned out.
- **65%** report struggling with employer demands on their productivity.
- **1 in 3** say they will likely quit their job in the next six months because of burnout or being overworked.

Burnout builds up over time, driven by constant demands, blurred boundaries between work and personal life, and the expectation to always be "on." In many workplaces, this unsustainable level of pressure has become the norm.
It's vital to recognize how you — and your coworkers — are feeling, and take time to protect your mental health, practice self-care and make small changes to how work gets done.

Five Tips to Help Manage Burnout. **Mental Health First Aid.** Disponível em: https://mentalhealthfirstaid.org/news/four-tips-to-help-manage-burnout/. Acessado em Set, 17, 2026.

1. Which statement accurately reflects the impact of work-related stress and burnout on employees in the United States?
   A. ( ) Exactly 83% of U.S. employees quit their jobs every six months because of work-related stress.
   B. ( ) Productivity demands affect 71% of workers, and 29% report burnout.
   C. ( ) Over half of all U.S. workers miss work daily due to anxiety and depression.
   D. ( ) Roughly one-third of surveyed workers consider leaving their positions soon because of overwork or burnout.

2. Read the following excerpt from the text:
   "Burnout builds up over time, driven by constant demands, blurred boundaries between work and personal life, and the expectation to always be 'on'."
   What can be inferred from the excerpt about the development of burnout?
   A. ( ) It is an instantaneous event triggered solely by sudden technological shifts in the workplace.
   B. ( ) It develops gradually, fueled by a lack of clear separation between personal time and professional responsibilities.
   C. ( ) It stems primarily from an individual employee's inability to maintain personal motivation.
   D. ( ) It is a temporary phase that resolves itself without requiring any adjustments to work habits.

Text B

The Secret to Happiness Is Helping Others

There is a Chinese saying that goes: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others.
And so we learn early: It is better to give than to receive. The venerable aphorism is drummed into our heads from our first slice of a shared birthday cake. But is there a deeper truth behind the truism?
The resounding answer is yes. Scientific research provides compelling data to support the anecdotal evidence that giving is a powerful pathway to personal growth and lasting happiness. Through fMRI technology, we now know that giving activates the same parts of the brain that are stimulated by food and

sex. Experiments show evidence that altruism is hardwired in the brain—and it's pleasurable. Helping others may just be the secret to living a life that is not only happier but also healthier, wealthier, more productive, and meaningful.

[…]

Our passion should be the foundation for our giving. It is not *how much* we give, but *how much love* we put into giving.

[…]

The gift of time is often more valuable to the receiver and more satisfying for the giver than the gift of money. We don't all have the same amount of money, but we all do have time on our hands, and can give some of this time to help others—whether that means we devote our lifetimes to service, or just give a few hours each day or a few days a year.

[…]

The key is to find the approach that fits us. When we do, then the more we give, the more we stand to gain purpose, meaning and happiness—all of the things that we look for in life but are so hard to find.

SANTI, Jenny. The Secret to Happiness is helping others. **Time**. Disponível em: https://time.com/collections/guide-to-happiness/4070299/secret-to-happiness/. Acessado em: Set, 17, 2026.

3. Com base no texto "Text B: The Secret to Happiness Is Helping Others," selecione a alternativa que descreve corretamente a relação entre ajudar outras pessoas e o bem-estar pessoal:
   A. ( ) Pesquisas científicas indicam que a doação financeira é a única via confirmada para a felicidade duradoura e o desenvolvimento pessoal.
   B. ( ) Estudos utilizando tecnologia de imagem funcional (fMRI) mostram que o comportamento altruísta ativa regiões cerebrais associadas ao prazer, de maneira análoga a estímulos essenciais como a alimentação.
   C. ( ) O texto sugere que a instrução de provérbios sobre generosidade na infância é o fator mais decisivo para assegurar uma vida saudável na vida adulta.
   D. ( ) Doar valores financeiros elevados é mais recompensador para o doador do que dedicar o próprio tempo para auxiliar outros.

4. Considere o seguinte trecho extraído do último parágrafo do texto:
   *"We don't all have the same amount of money, but we all do have time on our hands, and can give some of **this time** to help others—whether that means **we** devote **our** lifetimes to service, or just give a few hours each day or a few days a year."*
   Ao considerar a coesão textual e os elementos de referência, identifique a opção que descreve corretamente o uso dos pronomes e elementos sublinhados:
   A. ( ) O pronome demonstrativo **"this time"** retoma a ideia expressa anteriormente em *"a few days a year"*.
   B. ( ) O pronome pessoal **"we"** refere-se exclusivamente aos pesquisadores que conduziram os estudos de fMRI mencionados no texto.
   C. ( ) O adjetivo possessivo **"our"** estabelece uma referência inclusiva, englobando a humanidade em geral e os leitores do texto.
   D. ( ) Os pronomes **"we"** e **"our"** referem-se estritamente aos receptores da doação (*"the receiver"*).

5. Considere a palavra em destaque no seguinte excerto do texto:
   *"Scientific research provides **compelling** data to support the anecdotal evidence that giving is a powerful pathway to personal growth and lasting happiness."*
   Considerando o trecho anterior, o adjetivo "compelling" indica algo irrefutável, convincente ou marcante. Selecione a alternativa cujo sinônimo substitui "compelling" sem alterar o sentido original do texto:
   A. ( ) Persuasive
   B. ( ) Unconvincing
   C. ( ) Irrelevant
   D. ( ) Ambiguous

6. Given the context of the passage, select the statement that accurately describes the terms "lasting" and "wealthier":
   A. ( ) The term **"lasting"** implies a momentary, short-lived feeling of joy, while **"wealthier"** strictly limits the benefits of altruism to financial gain.
   B. ( ) The word **"wealthier"** contradicts the main theme of the passage by suggesting that generosity is practiced exclusively by high-income individuals seeking continuous (**"lasting"**) fulfillment.
   C. ( ) Both terms carry a strictly material connotation: **"lasting"** refers to preserving inherited property and **"wealthier"** refers to success in business ventures.
   D. ( ) The term **"lasting"** emphasizes the enduring nature of happiness gained through giving, while **"wealthier"** is used broadly to describe an enriched, fuller life beyond mere financial riches.

7. "In terms of text cohesion and meaning construction, the correlative pair 'whether ... or' is used by the author to:"
   A. ( ) Introduce alternative possibilities, asserting that any time donated is a valid form of help, regardless of its length.
   B. ( ) Establish a strict condition: helping others is effective only if a person dedicates their entire lifetime to service.
   C. ( ) Express a cause-and-effect relationship, indicating that giving a few hours daily automatically results in a lifetime of dedicated service.
   D. ( ) Present a contrast between two opposing ideas, arguing that monetary donations are preferable to small time contributions.

8. In the statement "Helping others may just be the secret to living a life that is **not only** happier **but also** healthier**,** wealthier, more productive, and meaningful." the expression "**not only ... but also**" is used in the sentence to:
   A. ( ) indicate a contrast between a happier life and a healthier life.
   B. ( ) indicate a cause-and-effect relationship between helping others and happiness.
   C. ( ) introduce additional information and underscore the multiple benefits of assisting others.
   D. ( ) compare different ways of achieving success.

QUESTÕES DISCURSIVAS.

As respostas devem ser em língua portuguesa.

Smartphones have become an integral part of modern life, offering much richer possibilities for communication than the voice calling offered by earlier generations of telephones or mobile phones. Smartphones enable video calls and Internet access for listening to music, watching videos, shopping and accessing information—all in a format more portable and flexible than a desktop computer or even laptop.
[…]
The growing dependence on smartphones has led to the so-called “heads-down” generation, whose physical and mental well-being may be harmed in several ways (…). Excessive smartphone use, also referred to as “mobile phone dependency”, “mobile phone addiction”, or “problematic mobile phone use” can lead to various psychological, physiological, and social impairments.
[…]

Zhu, W; Zhang, Y; Lan, Y; Song, X. Smartphone dependence and its influence on physical and mental health. **PubMed Central.** Disponível em https://pmc.ncbi.nlm.nih.gov/articles/PMC12401922/. Acessado em: Set. 24, 2026.

9. Com base no primeiro parágrafo do texto, identifique o que diferencia os *smartphones* das gerações anteriores de telefones e de dispositivos como computadores de mesa (*desktops*) ou *laptops*.

10. No segundo parágrafo, o texto menciona a "geração de cabeça baixa" (*heads-down generation*). Explique o que esse termo representa e quais são as consequências potenciais do uso excessivo dos *smartphones* destacadas pelo autor.

GRADE DE RESPOSTAS

(Preencher sem rasuras e em letras maiúsculas)

Questão	1	2	3	4	5	6	7	8
Letra da resposta (maiúscula)								