



EXAME DE PROFICIÊNCIA EM LÍNGUA ESTRANGEIRA

Prova de Inglês - Manhã

25/06/2023

Texto para as questões 1 a 5

Comics have been used in treatments since the late 1980s. But in recent years they have increasingly caught the attention of doctors, therapists and even government agencies. In 2017 the National Health Service authorities in Manchester, England, funded the publishing of comic-type workbooks on panic attacks and insomnia.

Katharine Houpt, an art therapist, explains that the drawing of comics gives people agency in their stories. The imagery and malleable conventions—such as thought bubbles, perspective shifts and the personification of inanimate concepts—can help convey thorny ideas and experiences. Getting patients to draw a daily six-panel strip, and other such exercises, can reveal cognitive patterns and potential triggers for distress.

Draughtsmen can dissociate themselves from their ailments by portraying them as separate characters. Take insomnia: a child was encouraged to draw a comic about why she had trouble sleeping. The child conceived of “Wornight”, a monster that filled her head with worries at night. It shifted the problem away from her and put it onto something that was external.

Engaging with comic-book characters can also prod patients to go easier on themselves. John Pollard, who researched the use of comics in psychotherapy as part of his training as a counsellor in Britain, notes that readers develop empathy with, say, superheroes as they endure and overcome trials. So why, patients can gently be asked, “can’t you experience that same level of compassion for yourself?” In a similar way, “pathographies”, usually autobiographical accounts of illnesses such as bipolar disorder or depression, can coax people to be kinder to themselves.

The roles of comics are multiplying. They can simplify medical information, making arcane concepts more accessible to children and people with learning disabilities or language barriers. Examples include helping patients to grasp the notion of informed consent, understand how electronic health records work or negotiate handovers between carers. Government health agencies are harnessing the medium for public education.

Behind this burst of activity is a group of enthusiastic medical professionals and artists. In 2007 Ian Williams, a Welsh doctor-turned-artist, made a website to gather those interested in what he called “graphic medicine”. The name stuck.

It is still a young field. But a growing body of evidence attests to the art form’s uses, and new textbooks are codifying its applications.

The Economist. May 18, 2022. Adaptado.



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01. Segundo o texto, o uso de Histórias em Quadrinhos, com finalidade terapêutica, assume várias funções, entre as quais, inclui-se

- a) avaliar a conduta de médicos com pouca empatia, quanto ao sofrimento dos doentes.
- b) informar ao paciente sobre o processo de autorização para qualquer intervenção médica.
- c) angariar adesão de web-designers na produção de sites sobre medicina gráfica.
- d) contestar, em ambientes institucionais, modelos biomédicos dominantes de atendimento.
- e) atuar na mediação de eventuais conflitos em grupos de enfermeiros.

02. De acordo com o texto, na avaliação da arteterapeuta Katharine Houpt, um benefício gerado pelo exercício de desenhar tirinhas envolve

- a) questionar as bases que sustentam padrões pré-concebidos sobre normalidade e bem-estar.
- b) aliviar a rotina de idosos vivendo em instituições de longa permanência.
- c) aprimorar habilidades de pessoas com baixa autoestima, por meio de projetos visuais.
- d) personificar e dar voz à complexidade das experiências vividas pelo paciente.
- e) desarmar potenciais gatilhos desencadeadores de sentimento de rejeição.

03. Conforme o texto, John Pollard, em suas pesquisas sobre o uso de Histórias em Quadrinhos em psicoterapia, observou que pacientes

- a) se encantam com as aventuras vividas por personagens vilões.
- b) superdimensionam suas enfermidades, em processo de vitimização.
- c) tendem a desenvolver sentimentos de autoaceitação e flexibilidade.
- d) criticam os traços de personalidade dos super-heróis.
- e) adquirem maior compreensão de suas limitações físicas.

04. No texto, o termo mais apropriado para expressar sentido de persuasão é

- a) "ailments" (3º parágrafo).
- b) "conceived" (3º parágrafo).
- c) "empathy" (4º parágrafo).
- d) "coax" (4º parágrafo).
- e) "harnessing" (5º parágrafo).

05. Considerado o contexto, o termo "thorny" (2º parágrafo) tem sentido equivalente a

- a) upsetting.
- b) boastful.
- c) blunt.
- d) hollow.
- e) bigoted.



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Texto para as questões 6 a 10

ChatGPT is the latest iteration of GPT (Generative Pre-Trained Transformer), a family of text-generating AI (Artificial Intelligence) programs.

The GPT tools can read and analyze swathes of text and generate sentences that are similar to how humans talk and write. They are trained in a process called unsupervised learning, which involves finding patterns in a dataset without being given labeled examples or explicit instructions about what to look for.

More than a million people have signed up to use ChatGPT. Social media has been abuzz with users trying fun, low-stakes uses for the technology. Some have shared its responses to obscure trivia questions. Others marveled at its sophisticated historical arguments, college “essays,” pop song lyrics, meal plans that meet specific dietary needs and solutions to programming challenges.

One potential use case is as a replacement for a search engine like Google. Instead of scouring dozens of articles on a topic and firing back a line of relevant text from a website, it could deliver a bespoke response. It could push automated customer service to a new level of sophistication, producing a relevant answer the first time so users aren’t left waiting to speak to a human. It could draft blog posts and other types of content for companies that would otherwise require the help of a copywriter.

The answers pieced together by ChatGPT from second-hand information can sound so authoritative that users may assume it has verified their accuracy. What it’s really doing is spitting out text that reads well and sounds smart but might be incomplete, biased, partly wrong or, occasionally, nonsense. The system is only as good as the data that it’s trained with. Stripped from useful context such as the source of the information, and with few of the typos and other imperfections that can often signal unreliable material, the content could be a minefield for those who aren’t sufficiently well-versed in a subject to notice a flawed response.

As machine intelligence becomes more sophisticated, so does its potential for trickery and mischief-making. Microsoft’s AI bot Tay was taken down after some users taught it to make racist and sexist remarks. OpenAI, the research laboratory where ChatGPT was developed, has tried to train it to refuse inappropriate requests, limiting its ability to spout hate speech and misinformation. Altman, OpenAI’s chief executive officer, has encouraged people to “thumbs down” distasteful or offensive responses to improve the system. But some users have found work-arounds.

The Washington Post. January 23, 2023. Adaptado.



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06. De acordo com o texto, as respostas geradas pelo ChatGPT, a partir das solicitações dos usuários, entre outros aspectos,

- a) têm como característica o emprego de sentenças curtas.
- b) causam impressão inicial de precisão e confiabilidade.**
- c) evitam afirmações categóricas sobre assuntos sensíveis.
- d) produzem traduções de línguas pouco conhecidas.
- e) servem com eficácia a especialistas nos temas pesquisados.

07. Conforme o texto, o uso potencial das ferramentas do ChatGPT pode ter reflexo na modalidade de atendimento automático ao cliente, com destaque para

- a) a criação de perfis com dados dos consumidores, desde a primeira interação.
- b) o incremento dos campos de busca nos *sites* das empresas.
- c) a produção de interlocução oportuna, sem envolvimento humano.**
- d) a centralização dos canais da companhia em uma única plataforma.
- e) a redução de funcionários especializados na assistência de número específico de produtos.

08. No que tange à dimensão ética do uso de Inteligência Artificial, o texto informa que algumas fontes de preocupação estão relacionadas

- a) à segurança do armazenamento dos dados coletados e seu emprego futuro.
- b) às falhas técnicas de difícil correção em tarefas essenciais.
- c) ao número de usuários desinformados, quanto ao funcionamento dos programas.
- d) ao alcance de dispositivos cibernéticos com riscos à privacidade de figuras públicas.
- e) ao desenvolvimento do sistema de IA e de sua exploração para fins maliciosos.**

09. No segmento do texto “But some users have found work-arounds.” (6º parágrafo), a expressão “work-arounds” indica que alguns usuários do ChatGPT

- a) se valeram de soluções improvisadas.**
- b) negaram envolvimento com discursos de ódio.
- c) acessaram protocolos de segurança cibernética.
- d) reivindicaram fluxo de notícias personalizadas.
- e) alertaram para a falta de transparência do sistema.

10. No texto, o excerto “The system is only as good as the data that it’s trained with.” (5º parágrafo), em relação ao ChatGPT, significa que

- a) the system is under close supervision twenty-four hours a day.
- b) the input which feeds the system prevents it from wavering.
- c) the system is limited by memory requirements and time constraints.
- d) the quality of the system depends on the quality of the data.**
- e) only the data selected by the system can go through training.



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Texto para as questões 11 a 15

“If you are ambitious to found a new science, measure a smell,” said Alexander Graham Bell to a graduating class in 1914. A century later, scientists are still working on it. But it’s not just smell that remains difficult to define and categorise. Humans can calculate pi to trillions of digits, but can we agree on what the colour teal is? Or whether coriander tastes nice? Or when pleasant stroking becomes annoying tickling? The mildly unnerving point is that much of the information we learn through our senses cannot be objectively measured.

In the book *Sensational: A new story of our senses*, Ashley Ward, also the author of *The Social Lives of Animals* and a professor in animal behaviour at the University of Sydney, uses a rollercoaster combination of science, cultural history, romance, philosophy and schoolboy humour. Whether or not you like coriander depends on which variation you have of a single gene, OR6A2. If you want to know what teal looks like you should ask a woman – they have “a greater ability to distinguish between closely matched colours” than men. The ideal rate of stroking is 3cm to 5cm a second – according to recent research using robots with paint brushes – at which our heart rate slows, our blood pressure drops, and our brains release natural painkillers and opioids.

Ashley Ward explores one sense at a time, looking at its evolution, biology, and cultural associations. He devotes an equal amount of space to each of the well-known five, but it’s clear that his sympathy lies with the underdog senses, touch, “our most profound sense”, and the ever-so-ethereal smell. Sight may be regarded as “the ultimate arbiter of truth,” he says, but “sight is the sense most prone to being tricked”.

That said, all our senses fool us, much of the time, especially when they give us conflicting information. A famous experiment by Frédéric Brochet, a PhD candidate at the University of Bordeaux, “tricked a large group of wine experts by adding red food dye to white wine”. Even sound can affect our experience of taste. “Lively, higher-pitched music tends to increase the perception of acidity, while more mellow tunes accentuate wine’s fruitiness.”

One of the messages of this book is that we should be willing to take our perceptions with a pinch of salt and accept that other people’s realities may be quite different, and equally true.

The Guardian. January 12, 2023. Adaptado.



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11. De acordo com o texto, figura entre os exemplos relativos à dificuldade de definição e categorização dos sentidos humanos

- a) reconhecer de modo indiscutível tons de grafite do petróleo.
- b) identificar sabores amargos, na ausência da imagem do alimento.
- c) perceber a limitação humana para atribuir dígitos em cálculos do número Pi.
- d) estabelecer fronteiras claras entre sentimentos que guardam pontos em comum.
- e) distinguir entre carícias agradáveis e aquelas que se tornam cócegas irritantes.

12. No texto, o termo “rollercoaster” (2º parágrafo), empregado com referência à combinação de campos do saber adotada pelo professor Ashley Ward, funciona como metáfora para indicar

- a) tradição metodológica.
- b) mudança repentina.
- c) abordagem antiética.
- d) progresso desejável.
- e) hipótese improvável.

13. Considerado o contexto, o termo “underdog” (3º parágrafo) designa o tato e o olfato como sentidos

- a) independentes.
- b) subestimados.
- c) calculados.
- d) objetivos.
- e) desordenados.

14. Conforme o texto, o experimento conduzido por Frédéric Brochet, com especialistas em vinho, mostra que

- a) a degustação de bebidas fermentadas é atividade sem fundamento científico.
- b) vinhos brancos e tintos têm compostos aromáticos idênticos.
- c) na hierarquia da percepção humana, o olfato tem precedência.
- d) vinhos jovens sofrem alterações significativas em sua composição físico-química.
- e) pistas visuais podem substituir sentidos de paladar e olfato.

15. Considerado o contexto, o termo “unnerving” (1º parágrafo) pode ser substituído, sem prejuízo de sentido, por

- a) disparaging.
- b) alarming.
- c) grasping.
- d) compelling.
- e) unfeeling.



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Texto para as questões 16 a 20

According to Gallup, “quiet quitters,” workers who are detached and do the minimum required as part of their roles, make up at least 50% of the U.S. workforce.

Unengaged employees create new security risks for enterprises as it only takes small mistakes, such as clicking on an attachment in a phishing email or reusing login credentials to enable a threat actor to gain access to the network.

While quiet quitting and under-engaged employees constitute an insider risk, they’re not necessarily a threat. The technological research and consulting firm Gartner draws a distinction between the two by arguing that “not every insider risk becomes an insider threat; however, every insider threat started as an insider risk.”

Under Gartner’s definition, every employee can be considered an insider risk if they have credentials to access to corporate systems and resources, because they have the ability to leak sensitive information and intellectual property. As a result, organizations need to be prepared to prevent insider risks from growing into threats that leak regulated data.

“Leading indicators for quiet quitting include an individual becoming more withdrawn becoming apathetic towards their work. If those feelings simmer long enough, they turn into anger and resentment, and those emotions are the dangerous leading indicators of insider risk activity like data leaks and/or sabotage,” said analyst Jeff Pollard.

When addressing quiet quitting, it’s important to remember that it’s often difficult to draw the line between employees who are pursuing greater work-life balance, and those that have checked out and are acting negligently.

While the term [quiet quitting] is conveniently alliterative and ripe for buzzworthiness, underneath it’s problematic and requires further definition. Are employees who are content with their current position and maintaining reasonable work-life boundaries quitting?

A large portion of “quiet quitters” may actually be some of our safest and most reliable employees, so let’s redefine “quiet quitters” as only those who are wilfully disengaged and apathetic but staying just above the thresholds that would potentially lead to their dismissal.

When looking to mitigate the threats caused by disengaged and apathetic employees, it’s important not to assign blame, but to consider that their working environment itself could be toxic, with unreasonable expectations and deadlines or even workplace bullying and harassment.

Disponível em <https://venturebeat.com/>. November 25, 2022. Adaptado.



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16. Conforme o texto, em relação ao funcionário com pouco engajamento, um exemplo que ilustra potencial risco de segurança para as empresas é

- a) o uso de endereços de e-mail pessoais para assuntos profissionais.
- b) o descuido com relatórios confidenciais expostos na tela do computador.
- c) o compartilhamento de senhas fracas, com mais de um colega no mesmo setor.
- d) a navegação em *sites* sem relação com as tarefas em execução.
- e) o acesso a sistemas corporativos e divulgação indevida de dados.

17. O texto questiona os limites da definição do termo “quiet quitting” (“desistência silenciosa”), argumentando, entre outros aspectos, que um funcionário sob essa designação pode

- a) contribuir para o enaltecimento dos adeptos do workaholismo.
- b) estender a jornada além do expediente, por temer a chance aumentada de demissão.
- c) estar satisfeito com sua condição, mantendo limites sensatos entre vida profissional e pessoal.
- d) culpar as chefias, sem considerar que elas estão sujeitas a sobrecargas de funções.
- e) ter de enfrentar desafios impostos pela consagração do trabalho remoto ou híbrido.

18. Com o intuito de minimizar efeitos negativos associados a funcionários desengajados, o texto recomenda considerar

- a) a qualidade do ambiente de trabalho.
- b) a inadequação da infraestrutura logística.
- c) a escolha equivocada da profissão.
- d) a falta de reconhecimento financeiro.
- e) o grau de responsabilidade das equipes.

19. Considerado o contexto, o termo “simmer” (5º parágrafo) significa

- a) to keep energy for future use.
- b) to grow slowly stronger and serious.
- c) to get bent out of shape.
- d) to encounter indifference in the way.
- e) to show lack of due respect.

20. No texto, o termo “withdrawn” (5º parágrafo), com relação à expressão “quiet quitting”, significa

- a) polêmico.
- b) retraído.
- c) prolixo.
- d) arrogante.
- e) crítico.



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Texto para as questões 21 a 25

After a few years of forced isolation, you could find yourself at a fork in the friendship road, choosing between a whittled-down social circle or becoming overextended trying to make up for lost time with everyone on the outer reaches of your network. People may feel renewed in their efforts to revive their networks due to the anxiety-inducing realization that their friend group has shrunk to an all-time minimum. Realizing the potential of fostering just a few intimate relationships, however, can be empowering. Having lots of friends does have benefits: acquiring a large quantity of friends in your 20s can help inform the quality of friendships you'll have in your 30s. "People in their 20s tend to want to build a big roster of friends, because their motive is to expand their sense of identity, and you can do that through different types of people," says psychologist Marisa Franco. People who regularly interacted with 10 or more friends in midlife have higher levels of psychological well-being than those who had fewer than 10.

But you don't need a roster which is dozens deep to enjoy the fruits of friendship. Franco says even having one friend is a net positive. "The biggest return we get in friendship is going from zero to one friend in terms of its impact on our mental health and well-being. If you can get that deep with one person, it's going to be powerful and it's going to be impactful, and you don't need to have a ton of friends." Humans have a limit on how many deep friendships they're able to sustain. In the 1990s, psychologist Robin Dunbar published a study claiming that humans can cognitively handle up to 150 meaningful social relationships at any point. Not all 150 contacts are created equally, though. Out of dozens of connections, the number of close friendships people have, Dunbar found, is five. Similarly, a 2020 study found that having three to five close friends is enough to feel fulfilled. Instead of stretching yourself thin trying to keep in contact with everyone you've ever met or feeling pressured to make new friends, it's worth considering the value of a few close confidants.

Disponível em <https://www.vox.com/>. Adaptado.



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21. O texto afirma que a ampliação do círculo de amigos pode

- a) contribuir para a expansão do sentido de identidade.
- b) determinar o sucesso da vida financeira e profissional.
- c) diminuir o tempo disponível para atividades de lazer.
- d) criar maior sensibilidade para diferenças culturais importantes.
- e) impedir graves problemas de saúde na vida adulta.

22. Na frase “overextended trying to make up for lost time with everyone on the outer reaches of your network” (1º parágrafo) a expressão “make up for” poderia ser substituída, sem prejuízo de sentido, por

- a) downgrade to.
- b) put up with.
- c) insist on.
- d) look up to.
- e) compensate for.

23. Considerando o contexto, um sinônimo do termo “whittled-down” (1º parágrafo) é

- a) improved.
- b) reduced.
- c) troubled.
- d) shared.
- e) admired.

24. Conforme o texto, o número de relações sociais significativas que alguém pode manter simultaneamente

- a) indica a habilidade de lidar com níveis diferentes da linguagem.
- b) aumenta em proporção direta com o desenvolvimento profissional.
- c) encoraja as faculdades intelectuais durante o processo de educação formal.
- d) tem impacto na vida amorosa e na noção de vida familiar.
- e) encontra limites impostos pela capacidade cognitiva humana.

25. Na frase “instead of stretching yourself thin trying to keep in contact with everyone you’ve ever met” (2º parágrafo), a expressão “stretching yourself thin” indica

- a) cálculo.
- b) indiferença.
- c) astúcia.
- d) esforço.
- e) dependência.



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Texto para as questões 26 a 30

If dreams were movies, they wouldn't make a dime. They're often banal, frequently fleeting and they're screened for an audience of just one. You're in a supermarket, only it's also Yankee Stadium, shopping with your second-grade teacher. Then you both shoot a bear in the cereal aisle. Somebody call rewrite. But dreams are vastly more complex than that. The ancient Egyptians thought of dreams as simply a different form of seeing, with dreamers serving as seers to help plan battles and make state decisions. The ancient Greeks believed that dreams were equal parts predictions of future events and visitations by the dead. Sigmund Freud considered dreaming an expression of repressed conflicts or desires, which were often sexual in nature. Modern neurologists, armed with imaging equipment including PET scans, have taken things to a more technical level, speculating that dreaming is the brain's way of dumping excess data, consolidating important information, and keeping us alert to danger.

But why do dreams take the particular shape they do? Why do you dream about flying, or being chased by an animal, or showing up at that always-embarrassing party with your absent pants? And why are there dreams so stark or perverse that you will carry them to your grave rather than revealing a single detail about them to anyone in the world? Most of this evanescent imagery we don't recall, which is consistent with the idea of dreaming as purging. "We dream to forget," wrote Nobel laureate Francis Crick in 1984.

Crick, who is best known as the co-discoverer of DNA, became something of a leading thinker in dream theory, and what was colloquially known as his "garbage disposal theory" of dreaming attracted a lot of believers. But most contemporary dream theorists believe things are not quite so simple. For starters, a century of experience with talk therapy has shown that far from benefitting from forgetting all of our dreams, we often get a great deal out of reflecting on them. The least glamorous explanation for any dream is that it serves as a clearing of the day's useless memories and a caching of the valuable ones. A far more productive function of dreaming is problem-solving, as the sleeping brain continues to work on jobs the waking mind handled during the day.

Disponível em <https://time.com/>. Adaptado.



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26. De acordo com o texto, sonhos e filmes divergem na

- a) exigência de pesquisas complexas.
- b) geração de potencial de lucro.
- c) repressão de conteúdos emocionais.
- d) atração do interesse dos cientistas.
- e) censura da memória afetiva.

27. Conforme o texto, os enredos típicos dos sonhos

- a) inspiram a radicalidade do trabalho de artistas de vanguarda.
- b) mesclam memórias criadas em partes distintas do cérebro.
- c) tomam como base eventos traumáticos da infância.
- d) desobedecem às regras de unidade de tempo e ação no encadeamento dos eventos.
- e) têm efeito mínimo sobre o desenvolvimento da personalidade.

28. De acordo com o contexto, na frase “dreaming is the brain’s way of dumping excess data” (1º parágrafo), a palavra “dumping” poderia ser substituída, sem prejuízo de sentido, por

- a) facing up to.
- b) putting up with.
- c) getting rid of.
- d) moving on to.
- e) looking down on.

29. Segundo o texto, a teoria de que os sonhos têm a função de facilitar o esquecimento é atualmente considerada

- a) glamorosa.
- b) questionável.
- c) produtiva.
- d) lucrativa.
- e) insondável.

30. Considerando o contexto, na frase “the sleeping brain continues to work on jobs the waking mind handled during the day” (3º parágrafo), a palavra “handled” poderia ser substituída, sem prejuízo de sentido, por

- a) threw away.
- b) added to.
- c) broke off.
- d) longed for.
- e) dealt with.