Jurys de l’enseignement secondaire –
CESS général, technique et artistique de transition

Langue moderne I : Anglais
Cycle 2023-20243/1

Articles servant de base à l’évaluation de l’expression orale

NB : les cinq articles doivent être lus et préparés. Deux seront tirés au sort lors de l’examen oral

1. Virgin Galactic: Mum, daughter and Brit, 80, count down to space flight

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1. **Virgin Galactic: Mum, daughter and Brit, 80, count down to space flight**


A rocket plane is due to fly from New Mexico carrying an 80-year-old British former Olympian, an Aberdeen student and her mother into space.

Anastatia Mayers and her mother Keisha Schahaff won the tickets to board the Virgin Galactic flight in a competition. Jon Goodwin, from Newcastle-under-Lyme, will become the second person with Parkinson's disease to go to space. The mission will be seen as another test of how viable space tourism is.

The launch window for the Virgin Galactic 02 flight opens at 08:30 local time (15:30 BST). It is Virgin Galactic's second commercial flight. The first was in June when the Italian Air Force and scientists conducted experiments in weightless conditions on a 70-minute mission. The Unity rocket plane is carried on the first stage of its journey slung underneath a carrier jet, known as Eve. Unity will then aim to ignite its engine and travel to an altitude of 279,000ft (85km).

The advertised price for a place on a Virgin Galactic flight has been as high as $450,000 (£350,000). Mr Goodwin, who competed in the 1972 Olympics as a canoeist, paid $250,000 for his ticket in 2005 but had feared his diagnosis would mean he could not take part. He said he wanted to prove that his condition - Parkinson's disease is a condition in which parts of the brain become progressively damaged - did not define him. Around 100 people will watch him travel into space at a party in Stoke-on-Trent organised by Parkinson's UK.

Ms Schahaff, from Antigua, was flying to the UK to sort out her daughter's visa when she entered a competition to join the spaceflight. She found out months later that she had won two spaceflight seats in the draw. "Suddenly, who's walking into my yard? Richard Branson. The whole team just swarmed into my house saying 'you're the winner, you're going to space,'" she said.

Her daughter Anastatia will become the second-youngest person to go to space, and says she hopes to inspire others. "That would be very important to me, both in Scotland and Antigua and anywhere else I have any ties," she says. "My intention is to just break any barriers that we set for ourselves or that the world sets for us."

The flight will aim to reach the edge of space, around 53 miles (85km) above Earth, where the passengers will have a few minutes to experience weightlessness. The spaceship does not have the velocity to complete a full orbit of the globe. Jon Goodwin is the first on a list of 800 or so individuals who have bought tickets for a ride on the Unity rocket. Some of them have been waiting over a decade to get their chance, and most will have a long wait still.
US multi-millionaire Dennis Tito became the world's first ever space tourist in 2001, paying a reported $20m. Recently, Amazon CEO Jeff Bezos' space company Blue Origin beat Virgin Galactic in the race to become the first company to take paying passengers into space. Both companies say their missions further science as well as catering to the very rich, but space tourism has been criticised for its cost and environmental impact.
2. Yes, AI could profoundly disrupt education. But maybe that’s not a bad thing

Rose Luckin, 14/07/2023, https://www.theguardian.com

Education strikes at the heart of what makes us human. It drives the intellectual capacity and prosperity of nations. It has developed the minds that took us to the moon and eradicated previously incurable diseases. And the special status of education is why generative AI tools such as ChatGPT are likely to profoundly disrupt this sector.

We are being duped into believing these AI tools are far more intelligent than they really are. A tool like ChatGPT has no understanding or knowledge. It merely collates bits of words together based on statistical probabilities to produce useful texts. It is an incredibly helpful assistant. But it is not knowledgable, or wise.

AI could be a force for tremendous good within education. It could release teachers from administrative tasks, giving them more opportunities to spend time with students. However, we are woefully equipped to benefit from the AI that is flooding the market. It does not have to be like this. There is still time to prepare, but we must act quickly and wisely.

AI has been used in education for more than a decade. AI-powered systems, such as Carnegie Learning or Aleks, can analyse student responses to questions and adapt learning materials to meet their individual needs. AI tools such as TeachFX and Edthena can also enhance teacher training and support. To reap the benefits of these technologies, we must design effective ways to roll out AI across the education system, and regulate this properly.

Staying ahead of AI will mean radically rethinking what education is for, and what success means. Human intelligence is far more impressive than any AI system we see today. We possess a rich and diverse intelligence, much of which is unrecognised by our current education system.

We are capable of sophisticated, high-level thinking, yet the school curriculum, particularly in England, takes a rigid approach to learning, prioritising the memorising of facts, rather than creative thinking. Students are rewarded for rote learning rather than critical thought.

Our education system should recognise the unique aspects of human intelligence. At school, this would mean a focus on teaching high-level thinking capabilities and designing a system to supercharge our intelligence. Literacy and numeracy remain fundamental, but now we must add AI literacy. Traditional subject areas, such as history, science and geography, should become the context through which critical thinking, increased creativity and knowledge mastery are taught. Rather than teaching
students only how to collate and memorise information, we should prize their ability to interpret facts and weigh up the evidence to make an original argument.

Failure to change isn’t an option. Now these technologies are here, we need humans to excel at what AI cannot do, so any workplace automation complements and enriches our lives and our intelligence.

This should be an amazing opportunity to use AI to become much smarter, but we must ensure that AI serves us, not the other way round. This will mean confronting the profit-driven imperatives of big tech companies and the illusionist tricks played by Silicon Valley. It will also mean carefully considering what types of tasks we’re willing to offload to AI. Some aspects of our intellectual activity may be dispensable, but many are not.
3. The promise and problems of being “woke”

Mike Brooks, June 30, 2020, https://www.psychologytoday.com (shortened and adapted version)

It's undeniable that society has a long history of bigotry, sexism, racism, discrimination, homophobia, and related ills. In humanity's checkered past, most people have not been treated fairly, equally, or even humanly. There have always been certain groups of people who claim that they are superior to others by sex, religion, ethnicity, family name, and so on. This perceived superiority by groups in power has frequently justified their maltreatment of other minority and/or disempowered groups. It's easy to treat others as less than equals if you believe they are inferior.

While frustration and righteous anger over various types of discrimination and mistreatment has been around as long as civilization itself, it seems like things are coming to a head. With the recent killing of George Floyd by Minneapolis police officers, we are seeing protests against racism and discrimination not just in the United States, but across the world.

Many people, especially the youth, have a heightened awareness of our troubled past and, understandably, seek to correct our collective wrongs. This is where the term "woke" comes into play. It is defined as, "aware of and actively attentive to important facts and issues (especially issues of racial and social justice)." Given that we have a long history of racial and social injustices, it seems like being "woke" to such problems is a very good thing. But is that really so?

It seems that, perhaps, for some people, the long-overdue correction of wokism is, sometimes, leading to an over-correction of sorts. This can happen when people who are "woke" call out or cancel those they perceive not to be woke (or woke enough). "Canceling" someone occurs when one person says or does something to which others, who are woke, object and then that person gets roundly shamed and criticized, usually on social media. That person's reputation is sometimes ruined, and he or she might not ever be able to recover from being canceled. We must then proceed mindfully so that wokism doesn't have unintended consequences.

The fear of being called out or canceled can restrict free speech and honest differences of opinion. Also, our sneaky ego is always looking for a way to judge ourselves as superior to other people and other groups. When we judge ourselves to be "woke" and others to be..."not woke" "unwoke," or perhaps "asleep," that is, in effect, putting ourselves in a superior position to them.

If we think of "woke" as having its roots in "awakening," that has a very deep, and even spiritual, meaning. In a manner of speaking, to be awakened means we have an enlightened state of consciousness. If we feel the need to show and tell everyone how enlightened we are and criticize others we perceive not to be, are we really enlightened?
If you can't think of one thing you've said or done in the past that was stupid, ignorant, mean-spirited, demeaning, callous, insensitive, or perhaps even racist, sexist, well, either you are in denial, have a horrible memory, or are Jesus. Let's face it, we all have. What if this thing you did or said was totally taken out of context and not representative at all of your true views or feelings?

When someone does or says something hurtful or offensive, avoid assuming they are a "bad" person. Like all of us, they are flawed. Like all of us, they want to be a "good" person and to be liked by others. Remember, they are not their shortcomings. Look for the good in them. It's in there. I promise.
4. **We hold the pen of History**

*By Christina Figueres, Time, January 30/February 6*

More than at any other time in the history of human presence on this planet, we are now deciding what our own future will be.

Since the last ice age, some 12,000 years ago, humans have been able to develop civilization as we know it thanks to the stability of the earth’s interconnected ecosystems, which cradled life and supported our expansion. During this era, the *Holocene*, humans flourished but nature reigned. We were the thriving recipients of a favorable environment unique in the history of the planet.

But around 1950, the situation changed. We moved from being the passive recipients to being the direct driving force behind transformation in our natural environment, and not for the better. We now exercise such control over the planet that we have catapulted it and ourselves into a new geological era, known as the *Anthropocene*: the human-shaped epoch, in which the pen of history has been passed from nature to humanity, and we are the ones determining what will be written.

In just 70 short years, we collectively ignored all the scientific warnings about the dangers that would ensue. Decades of extraction and overconsumption, the accumulation of great wealth in small pockets of society, and general disregard for our role as guardians of the global commons have altered the earth’s atmosphere, land, and oceans so substantially that we are literally living ourselves out of our life-providing environment. This is the most perilous moment in human history.

That is the clear message from the latest scientific reports, which are categorical in warning us of looming, radical changes in the earth systems that have so far been keeping us safe. Our planet will of course continue on her evolutionary path, started 4.5 billion years ago, but the human effects of those tripping points would render many parts of our globe uninhabitable to the human race, with all the attending economic, social, health, political, and security consequences. The resulting turbulence would be unprecedented-and irreversible.

Facing this stark reality with our eyes wide open, we must make an immediate choice. Most of us can feel deep in our bones that transformational change is needed, and science has made abundantly clear what it must entail. To protect ourselves, we have to protect 1.5 °C as our maximum global average temperature increase.

That means we have to make two things happen this decade: First, we have to cut our global greenhouse-gas emissions in half by 2030. And second, we have to safeguard all remaining healthy ecosystems, regenerating those we have depleted.
If we don’t meet this dual challenge, we basically condemn ourselves and our descendants to a world of ever increasing climate chaos, spiraling destruction, and deepening human misery.

However, if we do choose to cut our emissions by 50% by 2030- which is technically entirely feasible- and act decisively to protect nature, we open the portal to a world that not only averts the worst of climate change, but is actually a much better one than we have right now, with better public health, more livable cities, more-efficient transport, and more-productive land.

Without a doubt, we are in the decisive decade. We must be guided by the firm conviction that humans can meet this challenge. We must change the unfolding story of the Anthropocene from one of overconsumption, inequality, and destruction to one of repair, regeneration, and reconnection.

We must constantly remind ourselves that we are holding the pen. We must stand tall in our unwavering faith in human ingenuity and compassion, reminding ourselves of our individual and collective agency. Carving a better future does not happen on its own. We have to be intentional, purpose driven - frankly, downright stubborn - about our objective. Only that determination will give us a fighting chance.
5. Why you should go to sleep at the same time all week

By Philippa Roxby

Small differences in sleeping habits between work and rest days could lead to unhealthy changes to the bacteria in our guts, a study suggests. Heavily-disrupted sleep, particularly shift work, is known to have a negative impact on health. Keeping bed times and wake times consistent and eating a balanced diet may help reduce our risk of disease.

Going to sleep and waking up at very different times during the week, compared to the weekend, is known as having social jetlag. It is thought to affect more than 40% of the UK population, the study says, and is most common in teenagers and young adults, then tapers off as we age.

The study of nearly 1,000 adults by Kings College London scientists found that even a 90-minute difference in the midpoint of your night's sleep over the course of a normal week could influence the types of bacteria found in the human gut. Having a wide range of different species of bacteria in your digestive system is really important. Some are better than others, but getting the right mix is key to preventing a number of diseases.

"[Social jetlag] can encourage microbiota species which have unfavourable associations with your health," said Kate Bermingham, study author and senior nutrition scientist at health science company Zoe.

Participants in this study, in the European Journal of Nutrition, had their sleep and blood analysed, stool samples collected and recorded everything they ate in a food questionnaire. Those who had social jetlag (16%) were more likely to eat a diet laden with potatoes, including crisps and chips, plus sugary drinks, and less fruit and nuts.

Previous research showed people with social jetlag ate less fibre than those with more consistent sleeping times. Other studies found social jetlag was linked to weight gain, illness and mental fatigue. "Poor quality sleep impacts choices - and people crave higher carb or sugary foods," says Dr Bermingham. An unhealthy diet can then affect levels of specific bacteria in the gut.

The researchers found that three out of the six microbiota species which were more plentiful in the guts of the social jetlag group are linked to poor diet quality, obesity and higher levels of inflammation and stroke risk. The relationship between sleep, diet and gut bacteria is complicated and there is still a lot more to find out, the research team says.

In the meantime, their advice to keep things consistent, if you can, over the course of a week. "Maintaining regular sleep patterns, so when we go to bed and when we wake
each day, is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut microbiome for the better,” says Dr Sarah Berry, from King's College London.

The NHS website recommends you try to:
- eat at least five portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives, and go for lower-fat or lower-sugar where possible
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least six to eight glasses a day)