

Class: \_\_\_\_\_ Number: \_\_\_\_\_ Name: \_\_\_\_\_

### A. Inequality and Anxiety (20%)

#### 1. What kind of threat most affects stress hormone levels? (3%)

- (A) Physical danger.
- (B) Financial instability.
- (C) Social evaluative threat.
- (D) Workplace stress.

#### 2. How does inequality affect people's levels of status anxiety across income groups? (3%)

- (A) Status anxiety is lower in more unequal societies.
- (B) Status anxiety is higher in more equal societies.
- (C) Status anxiety is similar across all societies.
- (D) Status anxiety is higher in more unequal societies.

#### 3. What impact does inequality have on social relationships, community life, and violence? (3%)

- (A) Inequality strengthens social relationships.
- (B) Inequality increases social distance and triggers more violence.
- (C) Inequality reduces the importance of social status.
- (D) Inequality leads to more peaceful societies.

#### 4. What are two common responses people have when they feel judged or inferior in unequal societies? (3%)

- (A) They seek help or become more charitable.
- (B) They withdraw socially or become narcissistic.
- (C) They improve their status or avoid others.
- (D) They become angry or anxious.

### 5. Vocabulary (8%)

Word to Know	Chinese
candid	
haggard	
overwhelmed	
status anxiety	
hierarchy	
superiority	
inferiority	
narcissistic	

**B. Eco-anxiety (20%)**

**Fill in the Blank (8%)**

(A) poses	(B) transform	(C) underscored	(D) addressing
(E) manifests	(F) concluded	(G) uncertainty	(H) verifying

The UNESCO Campus event brought together students from various schools in France, the Democratic Republic of Congo, and Morocco to explore environmental challenges, focusing on climate change and eco-anxiety. Jay Ralitera, a UNESCO expert, began by 6. the spread of scientific disinformation, emphasizing the distinction between disinformation (deliberate falsehoods) and misinformation (unintentional errors). She warned that scientific disinformation, particularly about climate change, 7. serious risks by minimizing its dangers. Ralitera recommended strategies to fight against disinformation, such as 8. sources and cross-checking information, while also emphasizing the importance of media literacy and climate education.

Simon Klein, a science mediator at the Office for Climate Education (OCE), discussed the growing issue of eco-anxiety, especially among young people. He defined eco-anxiety as a natural emotional response to the 9. of the future due to global warming and biodiversity loss. This anxiety often 10. as fear, sadness, and frustration, particularly in response to perceived governmental inaction on climate issues. Klein stressed that, while these emotions are understandable, they should not lead to fatalism. Instead, he encouraged individuals to 11. their eco-anxiety into positive action by adopting environmentally responsible behaviors, joining collective efforts, and reconnecting with nature to alleviate stress.

This event 12. the importance of media literacy and ecological commitment, highlighting UNESCO's dedication to equipping young people to face modern environmental challenges. An interactive game 13. the session, allowing students to share their ideas on combating climate change and disinformation.

Question	Answer	Question	Answer
6.		10.	
7.		11.	
8.		12.	
9.		13.	

**Discourse (12%)**

14. Since the devastating floods of 2022, which affected 33 million people and caused over \$15 billion in damages, the country has struggled to recover. In 2024, flash floods hit Gwadar, and the summer brought extreme heat, leading to thousands suffering from heatstroke and overwhelming healthcare services.

While the economic and physical damage is clear, Pakistanis are also experiencing the less visible mental health impact, specifically eco-anxiety. Eco-anxiety refers to the fear, sadness, and frustration people feel about the ongoing climate crisis and its effects on their lives. 15. Many Pakistanis are

anxious about how constant climate disasters will affect their future, their families, and their communities.

In the Sohbatpur district of Balochistan, residents living in climate-resilient houses designed to shelter victims of natural disasters shared their experiences. Women and young people are especially affected by eco-anxiety. For women, climate events disrupt community support systems, leading to isolation and anxiety. \_\_\_\_16.\_\_\_\_

Mental health is already a stigmatized issue in Pakistan, making it harder to address the mental health impacts of climate change. \_\_\_\_17.\_\_\_\_ Bridging the generational gap on climate action and mental health is essential, as younger people are eager to take action while older generations often view climate disasters as inevitable.

- (A) Despite contributing little to global emissions, communities like Sohbatpur face the worst climate impacts.
- (B) For young people, the closure of schools due to floods has raised concerns about falling behind in their education and future job opportunities.
- (C) This anxiety is especially strong in places like Pakistan, one of the countries most affected by climate change.
- (D) Older generations, in particular, are less familiar with mental health, while younger people face social taboos against seeking help.
- (E) Pakistan is facing severe climate disasters, with floods and extreme heat causing widespread damage and loss.

14.	15.	16.	17.

C. Disasters and Grief (20%)

1. What is PTSD? What are the differences between PTSD and grief? (10% 本題可以中文回答)
2. Why do people who are not involved in the disaster also experience depressive feelings? What social factors contribute to the phenomenon? (10% 本題可以中文回答)

### D. Refugees and Alienation (20%)

- 1. Why do so many refugees experience trauma and mental health challenges? (10% 本題可以中文回答)**
- 2. How might alienation impact a teenager's ability to interact with friends, family, or classmates? (10% 本題可以中文回答)**

### E. Resilience (20%)

- 1. According to the movie *Soul* (2020), why did 22 think that she didn't have a "spark"? How did she change after experiencing life? (10% 本題可以中文回答)**
- 2. How did Joe and 22 say to themselves at their lowest points? What happened then? (10% 本題可以中文回答)**