

Answer **all** questions.

Your answers should be:

- written **in your own words as far as possible**. Where you select the appropriate material from the passage in your answer, you must still use your own words to express it.
- written in **continuous prose**.

From Passage 1

- 1 Explain the use of the phrase 'extolled as a virtue' in line 1.

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..... [2]

- 2 How do the examples in lines 5–8 convey the author's view that independence is not always positive?

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..... [2]

- 3 From paragraph 2, what are **three** consequences the author sees arising from the ingrained cultural belief that 'we must do without support' (line 9)?

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..... [3]

- 4 What does the word 'pathologises' (line 24) suggest about society's perception of being dependent?

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..... [1]

- 5 What does the phrase 'expose the lie of being self-made' (line 35) suggest about the wealthiest people?

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..... [2]

- 6 Identify **one** way in which the final sentence provides an effective conclusion to the passage.

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..... [1]

Write your summary in **no more than 120 words**.

[8]

[8]

From all the passages

- 8** Passage 1 states that 'to achieve mental well-being ... requires social connection' (lines 15–17).

Identify **one** specific idea from Passage 3 which can be used to undermine this statement. Justify your answer.

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..... [2]

- 9** Passage 2 states that with independence, we 'are not held back by our current circumstances' (lines 16–17).

Identify **one** specific idea from Passage 3 which can be used to support this statement. Justify your answer.

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..... [2]

To what extent is independence valued?

- the ideas and opinions from **at least** one of the reading passages
- examples drawn from your own experience and that of your society

[illegible]

[12]

Passage 1. *An author writes about the art of dependence.*

- 1 From a child's earliest age, independence has always been extolled as a virtue and proof of maturity. I celebrated my daughter when she was young for picking out her books and learning to make her own choices. When she was twelve, I cheered her for overcoming her fears and taking herself home from school on the train. Certainly, some independence is worth honouring, but other strains are not as positive. For instance, being required to be 'independent' when we are ill and without adequate health insurance coverage is not to be recommended. And going into debt for simply covering the cost of our own or our children's college education is far from salutary. 5
- 2 The notion that we must do without support is so ingrained in our nation's culture that we often force ourselves to slog through these – and other crucial human experiences – in solitude. And when we do get assistance, we may feel we must play down the help we receive from our government, our families or our neighbours. We see even asking for help as something to avoid at all costs, contributing to the rising suicide rates of older men in this country who are some of the least likely to ask for psychological assistance. We are regularly told by self-help manuals that we need to look only to ourselves to achieve mental well-being, even though that state inevitably – and biologically – requires social connection. 10 15
- 3 It is time to value another facet of life: the power and skill of being dependent. I call it the art of dependence. This entails accepting aid with grace and, crucially, recognising the importance of others. It takes dignity and skill to lean on friends, loved ones and colleagues – and even on the state. Resourcefulness is required for collaboration. We sometimes work hard to get what we demand; to secure aid from social services often requires what is known as the administrative burden – the effort, knowledge and sheer time it takes for citizens to obtain benefits. In a society that pathologises dependence – even as every human being is born into it – being vulnerable takes courage. 20 25
- 4 Indeed, needing support, be it physical or mental, or even making your way through complex forms to get unemployment money or student financial aid, is part of engaging with society. Asking for help and working with others demands patience, humility and organisation in some cases, and social skills in others. It takes craft and skill to feed a family of five on minuscule monthly food benefits, or navigate street crossings in a wheelchair. Many of us may imagine we are the masters of our own lives, but we too are not exempt from dependency. If we are privileged, we rely on tax breaks, health insurance, colleagues and social connections. Part of acknowledging the art of dependence means we release people from shame about their need for others, and expose the lie of being self-made that is propagated publicly by the wealthiest people. 30 35
- 5 Everyone is dependent on the support of others, and coming to accept and appreciate that should help us to identify with those who are more obviously dependent. We can start by rewriting our narratives about achievement and attainment. We can each question how we, both publicly and privately, tend to attribute our successes to our abilities alone. The original etymology of the word 'dependence' from both Old French and Medieval Latin is 'hanging from' another. Learning this helped me appreciate the value of dependence even more because it is, if we think of it, a form of connection and social cohesion. It brings us closer to others, which at this moment in the world might be the thing we need most. 40

Passage 2. *An author extols the benefits of being independent.*

- 1 Recognising the necessity of assistance is a universal aspect of the human experience. Certainly, it is not wrong to need help, but doing it alone builds resilience, critical for navigating the complexities of life. Much like a seasoned captain keeping the ship and the crew safe, being independent not only protects oneself, but also others. People turn to us as a beneficial resource and a reliable source of assistance. Instead of being millstones around others' necks, we lighten their load. 5
- 2 Granted the government and families have a role to play in supporting society, but fighting our own battles helps us realise our strengths as individuals so that we can strive to nurture those strengths. While our flaws do not disappear, we now know that the innumerable cracks that thread their way through us are a part of our core personality. Through these personal struggles, we build trust in ourselves, cultivating a more positive outlook on life in general. 10
- 3 Relying more on ourselves also increases the likelihood of things getting done. While it may seem daunting initially, exercising our independence is akin to working on a muscle over time to strengthen it. Independence soon becomes a way of life rather than a habit. We are able to freely act, move, and operate as we see fit, and are not held back by our current circumstances. We are no longer inhibited and are free to meet new people and try new things. Perhaps we were once prevented from ever discovering passions that could have enriched our lives, but being independent opens the door for us to leave family and friends (at least for a while) to search for ourselves. 15
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- 4 Lastly, being emotionally independent allows us to make personal decisions without necessarily dragging other people into them. A continual need for support and reassurance breeds feelings of resentment, frustration, and eventual burnout in the other party, placing a significant strain on a relationship. Without this dependence, we also shield ourselves from disappointment from having unnecessary expectations of others. 25

Passage 3. *An author writes about her move towards independence.*

- 1 After I moved to London from Karachi to go to university, I decided to try something different: I decided to go to the Imperial War Museum alone and very excitedly termed it a 'date with myself'. After growing up in a traditional family in which I was rarely ever alone even in the house, much less outside of it, my day at the museum felt quite the adventure. Being on my own in the sea of strangers, the silence seemed deafening. I kept thinking of the awkwardness of being alone, but slowly the discomfort began to ease. I had a list of specific activities I wanted to try in London – and after that first time when I went out alone without having to fit in with anyone else's schedule, or coordinate plans, something just clicked. I did not have to find someone to do things with; I just did them myself. 5
- 2 When I moved back to Pakistan, I found that what I had learned in London had changed my approach for good. Going out alone for leisure in Pakistan is not common, so I was definitely more conscious taking that step here. The occasional questioning glance could get disconcerting, but oddly, also rather thrilling. I'd always struggled with confidence, but time with myself has changed the way I see myself. I admired myself a lot more because most of all, I stopped relying on other people to make plans – and as a woman in Pakistan, that's no small thing. 10 15