

5



*Aeronautica Militare*

**Commissione Esaminatrice**

*Concorso straordinario, per titoli ed esami, per il reclutamento di 07 (sette) Sottotenenti in servizio permanente nel ruolo speciale del Corpo Sanitario Aeronautico*

**PROVA ORALE 7  
PSICOLOGIA**

1. I processi cognitivi: memoria e apprendimento
2. Lo stress management.
3. L'attribuzione causale
4. La formazione nell'apprendimento dell'adulto

5



*Aeronautica Militare*

**Commissione Esaminatrice**

*Concorso straordinario, per titoli ed esami, per il reclutamento di 07 (sette) Sottotenenti in servizio permanente nel ruolo speciale del Corpo Sanitario Aeronautico*

**PROVA ORALE 7  
PSICOLOGIA**

1. I processi cognitivi: memoria e apprendimento
  2. Lo stress management.
  3. L'attribuzione causale
  4. La formazione nell'apprendimento dell'adulto
-

5

## COMMISSIONE ESAMINATRICE

*Concorso straordinario, per titoli ed esami, per il reclutamento di 07 (sette) Sottotenenti in servizio permanente nel ruolo speciale del Corpo Sanitario Aeronautico - [Portale unico del Reclutamento (InPA)].*

### Tesina Lingua Inglese N.6

#### Could living near a park make you 'younger' than your actual age?

Euronews

By **Charlotte Elton** • Updated: 30/06/2023

Searching for a fountain of youth? Stop wasting your money on costly cosmetics and spend more time in parks. A new study has shown that having access to parks and community gardens in your neighbourhood can slow biological ageing.

A joint Spanish and American research team found that people living near green spaces are on average 2.5 years biologically younger than those who do not. "Living near more greenness can help you be younger than your actual age," said Kyeezu Kim, the study's lead author and a postdoctoral scholar at Northwestern University's Feinberg School of Medicine. "We believe our findings have significant implications for urban planning in terms of expanding green infrastructure to promote public health and reduce health disparities."

This new study investigated the impact of parks on biological age. The team analysed a type of DNA chemical modification known as "methylation". "Methylation" is a chemical process that occurs in our DNA.

Certain patterns of DNA methylation tend to change as we age, and these changes can be used to estimate a person's biological age on a molecular level - something known as an "epigenetic clock." By checking this clock, scientists can predict someone's chances of a heart attack, cancer, or cognitive decline.

Dr Kim and his team analysed the home addresses of 924 people across four US cities over 20 years - from 1986 to 2006 - to determine how close they lived to vegetation and parks.

They paired this data with blood samples taken during the same time period, controlling for other variables like education, income, and risk factors like smoking.

The results are stark. One group of respondents lived at addresses surrounded by 20 per cent green cover within a 5km radius. They were around 2.5 years biologically older than those whose homes were surrounded by 30 per cent green cover.

According to a Finnish study published in January this year, visiting green spaces reduces the chances of a city resident having to take asthma or high blood pressure medication by a third and a quarter, respectively. Frequenting the park can also dramatically lower the use of mental health medication, causing it to plunge by 33 per cent.



## **El lujo de conciliar con hijos en verano: “Es un puzle difícil de encajar”**

Los padres deben encontrar alternativas para el cuidado de sus hijos si no pueden disfrutar de vacaciones en el mismo periodo que ellos. El verano es sinónimo de vacaciones, pero no es solo eso.

Para muchos padres, las vacaciones escolares son una pesadilla financiera y logística y uno de los momentos más estresantes del año. Para muchos niños, son meses de calor, aburrimiento, móviles y videojuegos, e incluso soledad.

Hay padres que tienen más tiempo libre, padres que cuentan con una red familiar que se puede hacer cargo de los niños, y padres que acuden a servicios como campamentos, colonias, clases de verano, estancias en el extranjero y demás. Hay otros que simplemente se ven obligados a dejar a sus hijos solos.

En definitiva, el verano puede ser un problema en términos de conciliación familiar.

