

IRRELEVANT SENTENCE

Paragrafta akışı bozan cümle soruları çözerken dört ana uyum aranır.

1. Özne , zamir, referans kelime uyumu.
2. Zaman uyumu ve zaman mantığı
3. Bağlaç ve kalıp uyumu
4. Konu ve odak noktası uyumu

Sorular:

1. (I) Mental health includes our emotional, psychological, and social well-being. (II) It affects how we think, feel, and act, especially in how we handle stress and relate to others. (III) Conditions like anxiety and depression can severely impact a person's quality of life. (IV) Many people, however, do not seek help due to the stigma surrounding mental health issues. (V) For example, cardiovascular exercise strengthens the heart and improves overall physical endurance as well as mental health.

- A) I B) II C) III D) IV E) V

2.

(I) Proper nutrition plays a critical role in maintaining overall health and preventing disease, as it supplies the body with the essential nutrients needed for growth, repair, and energy. (II) A deficiency in key nutrients such as iron, vitamin D, or calcium can lead to serious health issues including anemia, weakened bones, and a compromised immune system. (III) For this reason, health organizations around the world emphasize the importance of consuming a variety of whole foods like fruits, vegetables, whole grains, and lean proteins. (IV) Some cultures, particularly in warmer climates, rely heavily on spices such as turmeric, cumin, and cardamom in their traditional recipes. (V) Moreover, poor dietary habits over time are closely linked to the development of chronic illnesses such as obesity, type 2 diabetes, and cardiovascular diseases.

- A) I B) II C) III D) IV E) V

3. (I) Aggression refers to any act that is intended to cause pain, suffering, or damage to another person. (II) While aggression is primarily thought of as physical, verbal attacks aimed at causing psychological harm also constitute aggression. (III) The key component in aggression is that it is deliberate. (IV) Theories about the nature and causes of aggression vary widely in their emphases. (V) Accidental injuries are not forms of aggression.

- A) I B) II C) III D) IV E) V

4. (I) Large mammals have slow heartbeats and long lives and small ones have short lives and fast heartbeats. (II) But not all mammals are large - they range in size from tiny shrews and bats to elephants and whales. (III) Because of this, no matter what size a mammal is, it has the same average number of heartbeats in a lifetime - about half a billion. (IV) This is known as "the rate of living hypothesis" and it applies to all mammals except humans. (V) Improvements in medicine and hygiene have extended our life expectancy so that we now get through more than five times as many heartbeats in a lifetime than all other mammals.

A) I B) II C) III D) IV C) V

5. (I) Earwax is generally considered something to get rid of, but we are now discovering that it is more than just another bodily secretion, with a surprising advantage. (II) Earwax has waxy compounds that clean the ear canal and protect it from drying out, as well as killing bacteria and trapping foreign bodies like dust and fungal spores. (III) All sorts of secrets about you are collected in earwax, so it can be used to identify a person. (IV) With enough detailed probing of the earwax, it could be possible to reveal not only someone's identity, but information about where they have been, what they have eaten and what they were exposed to. (V) From drug tests to disease diagnosis, the potential of its unique chemical signature is starting to be put to good use.

A) I B) II C) III D) IV E) V

6. (I) Dust storms have played a role in shaping historical migration patterns across arid regions. (II) Indoor dust can accumulate harmful substances like heavy metals, pesticides, and allergens, posing a threat to human health. (III) Prolonged exposure to dust particles, especially in poorly ventilated areas, can aggravate respiratory diseases such as asthma and bronchitis. (IV) Children and the elderly are particularly vulnerable to the negative health effects of dust due to their weaker immune systems. (V) Regular cleaning, proper ventilation, and use of air purifiers can significantly reduce indoor dust levels and improve air quality.

A) I B) II C) III D) IV E) V

11. (I) Many people think of memory as a place in which information is stored until it is needed, much like a library. **(II)** Unfortunately, this metaphor is misleading because it implies a static process. **(III)** Nothing really happens to library books while sitting on the shelf: once one has the book, the contents are identical to the last time the book was consulted. **(IV)** Memory works like other cognitive processes: people use whatever cues and information are available to achieve a sensible interpretation. **(V)** In contrast, human memory is a dynamic, reconstructive set of processes that enable previously encoded information to affect current and future performance.

A) I B) II C) III D) IV E) V

13. (I) Although excessive exercise can cause short-term fatigue, long-term tiredness is associated with too little activity. **(II)** A University of Georgia review of research found that 90 percent of studies conclude that people who regularly exercise report less fatigue than those who do not. **(III)** Tired people increase their effort to make up for their diminished capability when they want to accomplish a task. **(IV)** Exercise increases levels of energy-promoting and mood-enhancing neurotransmitters such as dopamine, norepinephrine and serotonin. **(V)** It also resets the SCN, the part of the brain that regulates sleep and wakefulness hormone, and it also reduces fat stores, which seem to be associated with long-term fatigue.

A) I B) II C) III D) IV E) V

14. (I) Prodigies are defined by their childhood ability to perform at adult professional levels in a particular area. **(II)** Some experts argue that prodigies benefit from years of intense, early practice, usually encouraged by ambitious parents. **(III)** Many parents, in vain, make academic success programmes for their children with hopes that they may turn out to be a prodigy. **(IV)** Others highlight prodigies' innate abilities such as a heightened attention to detail and exceptional working memory. **(V)** Prodigiousness seems to arise from a combination of this cognitive profile described also by psychologists.

A) I B) II C) III D) IV E) V

15. (I) Groups in conflict can try to improve intergroup relations by communicating directly about the conflict and attempting to resolve it, and this can be done through several strategies. **(II)** For example, to break the deadlock, a third party can be brought in for mediation between the groups. **(III)** To be effective, mediators should have power and must be seen by both groups to be impartial, and the groups should already be fairly close in their positions. **(IV)** Although mediators have no power to impose a settlement, they can help in several important ways. **(V)** Biased mediators are ineffective because they are not trusted, and weak mediators are ineffective because they exert little pressure on intransigent groups to be reasonable.

A) I B) II C) III D) IV E) V

17. (I) The American middle child can be deemed an endangered species, like the white rhinoceros in Africa. **(II)** This is because people born in 1980s and 1990s are waiting longer to get married and have children. **(III)** As a result, today, nearly two-thirds of women with children have only one or two. **(IV)** Middle children, the most populous birth-order demographic throughout most of history, will soon be the tiniest. **(V)** The list of famous middle children includes figures as diverse as Warren Buffett and Jennifer Lopez.

A) I B) II C) III D) IV E) V

PARAGRAPH COMPLETION

PARAGRAF TAMAMLAMA SORULARI:

Bu soruları çözerken dört ana uyum aranır.

1. Özne , zamir, referans kelime uyumu.
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Paragrafta Son cümleyi tamamlamak

1. In recent decades, healthcare professionals have increasingly recognized the importance of addressing not just physical symptoms, but also the emotional and psychological well-being of their patients. As a result, medical training programs now include courses on communication skills, empathy, and cultural sensitivity. This shift reflects a broader understanding that healing involves more than just prescribing medication or performing procedures. In modern hospitals and clinics, doctors and nurses listen carefully, explain treatment options clearly, and involve patients in decision-making processes. ----
 A) They also form strong partnerships with other specialists to ensure patient-centered care.
 B) These hospitals now promote regular workshops that improve clinical communication skills.
 C) Medical researchers continue to explore new methods that enhance patient participation.
 D) Training programs place equal importance on ethical awareness and emotional resilience.
 E) Healthcare teams often develop personalized plans that address both body and mind.
2. The rapid advancements in medical science during the 20th and 21st centuries have transformed the way diseases are diagnosed, treated, and even prevented. From the discovery of antibiotics to the development of complex surgical techniques and personalized medicine, modern healthcare has continuously evolved to meet the growing needs of global populations. Alongside these advancements, there has been a notable shift in the medical profession's ethical responsibilities and patient-centered care. Medical professionals today are expected not only to apply their scientific knowledge but also to communicate effectively with patients, respect their autonomy, and ensure their dignity. Furthermore, global health challenges such as pandemics, antibiotic resistance, and mental health crises have prompted healthcare systems worldwide to adopt a more collaborative and holistic approach to medicine. ----
 A) These changes must have led to increased investments in artificial intelligence and robotic surgery.
 B) Many universities now include medical humanities in their curricula to help future doctors understand the human side of medicine.
 C) In the past, doctors were viewed as the sole authority, and patients rarely questioned their decisions.
 D) As a result, the focus has shifted from merely curing illness to promoting overall well-being and prevention.
 E) On the other hand, developing countries continue to struggle with basic access to medical services.

3. Florence Nightingale is widely considered the founder of modern nursing. Before her efforts, hospitals were often disorganized, unhygienic, and dangerous places for the sick. During the Crimean War, she implemented rigorous sanitary measures and maintained detailed records to track patient outcomes. ----
- A) She developed these ideas while studying public health and hospital systems in Europe.
B) Her methods became part of standard military medical procedures after the war.
C) No one before her had applied such scientific and statistical methods to hospital care.
D) Her background in mathematics helped her organize nursing teams more effectively.
E) She inspired many women across Europe to pursue careers in health and nursing.
3. Different cultures around the world have developed unique approaches to health and healing. In many Western societies, medical treatment is based on scientific research, pharmaceuticals, and advanced technology. In contrast, other cultures may emphasize natural remedies, spiritual healing, or community-based care in the east. For instance, traditional Chinese medicine relies heavily on balancing energy forces in the body through techniques like acupuncture and herbal medicine. ----
- A) No one before the Western societies had combined natural and spiritual elements in such a structured system.
B) These traditional methods are sometimes used alongside modern treatments for better outcomes.
C) Hospitals in urban areas are often overcrowded, especially in the Western societies.
D) Scientists continue to debate the effectiveness of alternative therapies in clinical studies.
E) In these societies, patients often face challenges when accessing modern healthcare systems.

Paragrafta ilk cümleyi tamamlamak

1. ---- However, this definition is often considered too simplistic by mental health professionals. While feeling sad is a natural response to life's challenges, clinical depression is a serious medical condition that involves a range of emotional, cognitive, and physical symptoms. These may include persistent sadness, loss of interest in activities, difficulty concentrating, changes in appetite or sleep, and even thoughts of self-harm. Understanding this distinction is crucial for accurate diagnosis and treatment.
- A) Most people experience moments of sadness or low energy during stressful times.
B) Depression is often triggered by external events such as loss or trauma.
C) Many people assume that depression is simply another word for sadness.
D) Antidepressant medications can help balance brain chemicals in affected individuals.
E) A wide variety of treatments exist to manage the symptoms of depression effectively.
2. ---- The first is that good health simply means the absence of disease. This view focuses primarily on physical symptoms and overlooks mental and emotional well-being. The second assumption is that health is solely the responsibility of the individual. According to this view, people are entirely in control of their health outcomes through diet, exercise, and lifestyle choices. However, many experts argue that social, economic, and environmental factors play a crucial role in determining overall health.
- A) The definition of health has evolved significantly over the last few decades.
B) These ideas reflect a narrow and outdated view of what it means to be healthy.
C) There are two assumptions that have traditionally shaped how health is understood.
D) Medical professionals often disagree on the causes of poor health in populations.
E) It is important to recognize the impact of culture and tradition on health behaviors.

3. ---- The first group includes antibacterial agents, which target and destroy bacteria causing infections such as pneumonia, strep throat, and tuberculosis. These drugs, like penicillin and amoxicillin, are specifically designed to interfere with bacterial cell functions without harming human cells. The second group includes antiviral agents, which are used to treat diseases caused by viruses such as influenza, HIV, and hepatitis. Unlike antibiotics, antivirals do not kill the pathogen directly but inhibit its ability to multiply and spread within the body.
- A) Many infectious diseases have been controlled with proper vaccination programs.
B) Modern medicine has developed a wide range of therapies for chronic diseases.
C) There are two main types of therapeutic agents used to fight infectious diseases.
D) Doctors often struggle to identify whether an illness is viral or bacterial in origin.
E) The discovery of antibiotics marked a turning point in medical history.
4. ---- This is not the case, and evidence for early learning and remembering comes from several studies. In one, infants only a few hours old learned to turn their heads right or left, depending on whether they heard a buzzer or a tone. In order to taste a sweet liquid, the baby had to turn to the right when a tone sounded and to turn to the left when the buzzer sounded. In only a few trials, the babies were performing without error.
- A) It was once thought that infants could neither learn nor remember.
B) Infants can discriminate differences in taste shortly after birth.
C) Newborn infants could distinguish human voices from other sounds.
D) Newborn babies may not remember what they have just learned.
E) Pre-birth experiences in the uterus help infants to learn and remember.

Paragraf içinde boş bırakılan cümleyi tamamlamak

1. **The history of surgery stretches back thousands of years. Ancient civilizations such as Egypt and India practiced forms of surgery long before the development of modern medical science. ---- For example, Indian physicians were performing astonishing skin grafts and cataract operations as early as 600 BCE. Likewise, in ancient Egypt, surgical papyri describe wound suprising treatment, bone setting, and even brain surgery. These early practices, though limited by the lack of anesthesia and antiseptics, represent a remarkable beginning in the evolution of surgical knowledge.**
 - A) Surgery is now performed with the help of robots and advanced imaging techniques.
 - B) These early procedures were usually fatal due to infection and blood loss.
 - C) Their knowledge was passed down orally rather than through written records.
 - D) Early physicians learned their skills mainly through trial and error.
 - E) What is most surprising is the level of detail and precision they achieved.
2. **Surgical practices have existed since ancient times, though they were vastly different from the methods used today. Surgeons in early societies often operated without anesthesia or proper sterilization, leading to high risks of infection and death. ---- They also developed a surprising range of procedures to treat injuries and illnesses despite these limitations.**
 - A) For example, ancient Indian and Egyptian physicians performed surgeries such as cataract removal, skull trepanation, and even skin grafting.
 - B) In contrast, modern surgical teams operate in fully sterile environments with advanced tools and anesthesia to ensure patient safety.
 - C) As a result, many of these early practices are seen as remarkable achievements despite the lack of modern medical knowledge.
 - D) Moreover, archaeological findings have revealed detailed surgical tools made from bronze and obsidian used thousands of years ago.
 - E) Nevertheless, early surgeons are often admired for their courage and innovation in performing life-saving procedures under harsh conditions.
3. **In an age of science, you might expect all of the medicines and clinical procedures prescribed by doctors to be based on sound scientific evidence. ---- Now, reason is taking over, thanks to easy access doctors have to data from clinical trials and records of the experiences of other doctors around the world. The drive to assess the effectiveness of different treatments scientifically is known as evidence-based medicine.**
 - A) And yet up until recently, many doctors would still make their decision based on personal preference.
 - B) Clinical trials are carried out on much larger scales, assessing the effects of new candidate drugs and treatments.
 - C) However, many aspects of alternative medicine are rooted in ancient systems of healing, such as those of China, India and Tibet.
 - D) Clinical experience of doctors can also be supported by the results of various clinical trials.
 - E) In 1747, Scottish naval surgeon James Lind conducted the first clinical trial.

PARAGRAF TAMAMLAMA E-yds SORULARI

1. Almost all new-born children have some sort of birthmark, which could be any size or shape and have different colours, such as black, brown, red, pink, or purple. In some cases, they can be related to specific conditions caused by a gene mutation, though not a mutation passed on from a parent; they are not hereditary. ---- Clusters of overgrown pigmented cells may also account for the existence of birthmarks.

- A) Treatment options depend on several factors, including the location and severity of the birthmark.
- B) They generally appear because of abnormal blood vessels or the nerves controlling the widening or narrowing of the blood vessels.
- C) They are often present at birth or develop soon afterwards, and some remain the same, while others get bigger over time.
- D) Many folk tales and myths exist about the causes of birthmarks, but none of these stories have been proven to explain the true causes of birthmarks.
- E) The vast majority of birthmarks pose no long-term health problems to the child; many of them eventually fade away.

2. Rabies in Nepal is a serious issue. About 200 people die of rabies every year in Nepal, which is considered a highly underestimated official number. Canine vaccination is a key constituent of any rabies elimination strategy, and according to World Health Organization guidelines, at least 70 percent of dogs in an area must be covered. Regular revaccination is also needed as unprotected animals migrate into areas. There are several animal welfare organizations and societies in Nepal that have undertaken vaccination campaigns. ---- Also, there is no legal requirement to report rabies to government authorities in Nepal, making surveillance difficult.

- A) The second best solution in Nepal is to be properly vaccinated with human rabies vaccines available in hospitals in Kathmandu.
- B) A further goal is collaboration with relevant organizations to share information on canine and human rabies cases.
- C) However, there is no way of easily knowing who has vaccinated dogs, where and when.
- D) Therefore, a website has been created to record dog vaccinations in different locations in Nepal.
- E) In Kathmandu and other parts of Nepal, bites from stray dogs are the most common way that people get rabies.

6. Until the final quarter of the 20th century, the relationship between gender and technical change was included in the simple equation of masculinity with machinery. The prevailing view was that men's physical strength equipped them to adopt machinery more readily than women. ---- After all, machinery tends to be introduced to reduce physical effort in the production process, thus making it ideal for female use.

- A) Although they were competent in various areas, women were regarded as peripheral to the core of the labour market.
- B) Therefore, industries that employed relatively low-cost and abundant female labour faced little incentive to invest in expensive labour-saving technologies.
- C) Thus, the ideology of women as home makers paved the way for the introduction of industrial technologies into the home.
- D) However, such biological reasoning failed to account for the social shaping of technology by existing ideologies of gendered work.
- E) Women were subject to systematic discrimination in pay and access to skilled occupations, even in industries where they predominated.

9. The world has struggled with how to deal with aggressive behaviour for centuries. The crucial problem is to get people to not respond to others' aggression with their own aggression, because more likely than not, doing so will simply intensify conflict. ---- Only when we act in a calm manner, adopt a tolerant attitude toward others and promote friendship and warmth can we achieve the kind of peaceful society that we desire. Establishing supportive and caring interpersonal relations requires that people have skills for dealing with others' aggressive behaviour without escalating it.

- A) At the same time, some of us can be more aggressive than others because of our age, gender, and personal experiences.
- B) In fact, aggressive behaviour is an inherent part of human nature, and we are programmed at birth to act in that way.
- C) Instead, we need to cultivate forbearance, forgiveness, and patience as fundamental features of our culture to combat aggression.
- D) Thus, the victims of aggression often have less power or are disadvantaged: the very young, the old, the sick and etc.
- E) On the other hand, aggression can be learned - exposure to aggressive individuals may lead us to imitate them.

10. ---- Simply put, language is who you are. In 1959, the well-known sociologist Erving Goffman introduced the theoretical construct of the 'presentation of self in everyday life'. Though anticipated by Shakespeare four centuries earlier, Goffman argued that the whole world is a stage and much of our social life is spent managing how we want others to see us. He further claimed that our speech is the most excellent presentation of ourselves.

- A) How we communicate with others depends on various factors, such as the social status of the person spoken to.
- B) There are many differences between everyday speech and the language we use in the workplace or at school.
- C) The use of language is perhaps the most important reflection of one's personal and social identity.
- D) Identity is a multi-faceted assemblage of racial, ethnic, linguistic, social and cultural properties.
- E) Speech behaviour of people demonstrates differences in terms of their favoured topics.

13. When we are sleeping well, most of us do not think about what factors contribute to a good night's sleep. ---- A common piece of advice, found in magazine articles, TV, the Internet, or from doctors, is to improve one's sleep hygiene. Sleep hygiene is defined as the control of behavioral and environmental factors that precede and may interfere with sleep. Although this broad definition can encompass nearly everything one might engage in or be around prior to sleep, factors such as sleep schedules, napping, physical exercise, alcohol, caffeine and energy drink intake, are worth mentioning.

- A) However, as soon as sleep difficulties emerge, we naturally start looking for solutions.
- B) Furthermore, sleep deprivation has been associated with high levels of anxiety and stress.
- C) Consequently, the quality of sleep affects a wide range of everyday activities.
- D) Thus, a consistent sleep schedule is often considered to be the best single thing to do.
- E) In addition, the importance of sleep has been long recognised by health experts.

16. Humans have been adorning and modifying their bodies for thousands of years. People from all cultures around the world have made efforts to change their bodies in different ways in an attempt to meet their standards of beauty as well as their religious or social obligations. ---- Scholars who have studied the ways in which humans mark their bodies note that bodily displays create, communicate, and maintain individuality and distinctiveness. Today, tattooing, piercing, and other forms of permanent and temporary body modification are seen by many as visible markers of self-expression.

- A) Extreme modifications such as heavy tattooing and multiple piercings might be seen as outrageous and criticised by others.
- B) On the other and, human bodies are never unmarked, even when not explicitly marked through adornment, because bodies can be fat or thin, male or female, and young or old.
- C) However, body painting has probably been practised since the Palaeolithic Era as archaeological evidence indicates.
- D) In addition, people modify and adorn their bodies as part of the complex process of creating their personal identities.
- E) Adornments such as jewellery have been found in the earliest human graves, and bodies unearthed from 5,000 years ago show signs of intentional head shaping.