

1-16: For these questions, choose the best word or expression to fill the space.

1. Climate engineers claim that the ---- of conventional energy types in Africa leads to significant adverse effects, which is a disparity that has significant health implications on urban residents.
A) augmentation B) competence
C) demonstration D) establishment
E) exploitation

2. Mastering a musical instrument has its own learning ---- as well as the technical and physical demands of playing it, and it often requires a great time commitment outside of the regular educational tutorials.
A) ease B) sentiment
C) upkeep D) curve
E) account

3. When defining sustainable land management, the capacity of a soil to accommodate water and whether that water is ---- to plant roots is the key factor.
A) adaptable B) comparable
C) vulnerable D) applicable
E) accessible

4. Unlike fraternal twins, identical twins are two different humans that share the same genomes and usually the same sex, but often the greatest offense to identical twins is when their individual differences are ---- overlooked.
A) admirably B) credibly
C) entirely D) sufficiently
E) conclusively

5. Effects such as inflammatory skin rash and swelling that are thought to be caused by eczema may be ---- by moisturizers and antihistamines.
A) exceeded B) curtailed
C) revived D) released
E) ensured

6. Knowledge and skills constitute the cultural heritage of a social group and are ---- from generation to generation until they become permanent.
A) passed down B) stood out
C) carried away D) brought in
E) come over

7. Although potatoes evolved from the poisonous plant nightshade that ----to Europe from America, they ---- commonly cultivated vegetables once they were no longer feral.
A) have been brought / had become
B) were to be brought/ would become
C) are brought/ have become
D) had been brought/ became
E) would be brought/ were going to become

8. A study found that Nordic educational system rich in values such as autonomy, collaboration, sense of community and revolutionary assessment methods - ---- the school anxiety and ----students mentally more motivated.
A) reduced / should have kept
B) will reduce/ must have kept
C) reduces/ could keep
D) has reduced / need to keep
E) had reduced / might keep

9. Inspired by Charles Lindbergh hinting at the possibility of ----- an ocean via a solo-flight, the pioneering US aviator Amelia Earhart became the first female pilot ---- across the Atlantic ocean.

- A) having crossed/ to have flown
- B) crossing / to fly
- C) cross / to be flying
- D) being crossed / having flown
- E) having been crossed / flying

10. Containers that are used to ship external trade goods enter international ports first and then are drawn into local distribution centers, where they enter the national system ---- distribution to states -- -- the country.

- A) about / by
- B) for / throughout
- C) at / over
- D) under/ within
- E) into/ across

11. By extracting blood ----- a patient and spinning it in a centrifuge to separate platelets, doctors are able to produce 'plasma' (a natural source of medicine mixed with vitamins) that could flow easily through the veins after being injected back ----- the patient.

- A) for / with
- B) beyond/ into
- C) into / upon
- D) within / over
- E) from/ to

12. ---- electric cars are presented as a more environmental means of transport, if they are produced at places with insufficient infrastructure, the net environmental effect will be far worse than using fossil fuel.

- A) Since
- B) Just as
- C) As long as
- D) Unless
- E) Although

13. From the perspective of psychological studies, family is a key concept ---- it provides one of the most important contexts for psychology-focused research that enables insight into the minds of people.

- A) as if
- B) unless
- C) though
- D) because
- E) as soon as

14. ---- the artificial intelligence is still developing rapidly, it is difficult to say which particular skills, backgrounds, or training will become redundant when machines take over the employment in some areas in the future.

- A) As
- B) Just as
- C) Once
- D) Whether
- E) Only when

15. Resilience can be defined ---- as the process ---- the outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

- A) the more / the more
- B) such / that
- C) so / that
- D) both / and
- E) whether / or

16. In many companies, the number of female executives in corporate boards was low, but today the board members are becoming more balanced ---- gender since diversity enhances performance in the workplace.

- A) in terms of
- B) in case of
- C) as a result of
- D) as opposed to
- E) thanks to

17-21: For these questions, choose the best word or expression to fill the spaces in the passage.

The act of publicly criticizing and drawing attention to someone is considered unethical today, **(17)** ---- public humiliation or public shaming has been a form of judicial punishment for centuries. The main feature is dishonoring a person, usually an offender or a prisoner, especially in a public place. It was commonly practiced in previous centuries **(18)** ---- Europe and America. In general, a criminal sentenced to one of the many forms of this punishment could expect to be placed in a central, public, or open place so that his fellow citizens could easily watch the sentence. Many Europeans **(19)** ---- thousands of women's head shaving in front of cheering crowds in the wake of World War II, as punishment for associating with occupying Nazis during the war. Forcing people to go barefoot has long been used as a **(20)** ---- effortless and more subtle form of humiliation in both past and present cultures. In this punishment, the standard form of appearance of the offender becomes unavailable, creating some level of physical discomfort. **(21)** ---- the so-called improvement in civilizations in terms of human rights, the exposure of bare feet still serves as an indicator for imprisonment and slavery today in some cultures.

17.

- | | |
|---------------|--------|
| A) if | B) so |
| C) given that | D) but |
| E) just as | |

18.

- | | |
|-----------|--------|
| A) with | B) at |
| C) across | D) for |
| E) about | |

19.

- | | |
|-------------------------|-------------------|
| A) have witnessed | B) had witnessed |
| C) were to witness | D) are witnessing |
| E) would have witnessed | |

20.

- | | |
|-----------------|-------------------|
| A) permanently | B) conventionally |
| C) conclusively | D) relatively |
| E) inevitably | |

21.

- | | |
|--------------------|------------|
| A) By means of | B) Despite |
| C) In addition to | D) Due to |
| E) With the aim of | |

22-26: For these questions, choose the best word or expression to fill the spaces in the passage.

Mammoths were first described by German scientist Johann Friedrich Blumenback in 1799. **(22)** ---- the few-million-year-old skeleton, both Blumenback and Baron Georges Cuvier of France concluded, independently, that the bones belonged to an extinct species. The bones belonged to the woolly mammoth, later considered to be a **(23)** ---- genus, and so renamed *Mammuthus primigenius*. These mammoths lived in northern Africa and disappeared about 3 or 4 million years ago. Descendants of these mammoths moved north and eventually covered most of Eurasia dramatically increasing the population of land animals there. In the early Pleistocene, about 1.8 million years ago, Mammoths took advantage of low sea levels (during an Ice Age) and **(24)** ---- many other prehistoric animals crossed into North America via a temporary land bridge across the Bering Strait. It **(25)** -- -- that mammoth disappeared because of a change in climate, disease and hunting by humans. Perhaps some combination of these might have led to the disappearance. **(26)** ----, palaeontologists working on the issue still assume there might have been another factor of a mystery.

22.

- | | |
|------------|----------|
| A) Along | B) Over |
| C) From | D) Among |
| E) Towards | |

23.

- | | |
|----------------|-------------|
| A) theoretical | B) random |
| C) temporary | D) distinct |
| E) slight | |

24.

- | | |
|----------------|---------------|
| A) in terms of | B) as to |
| C) in spite of | D) except for |
| E) along with | |

25.

- | | |
|------------------------|----------------------|
| A) had to be believed | B) must be believed |
| C) used to be believed | D) might be believed |
| E) should be believed | |

26.

- | | |
|--------------|------------------|
| A) At least | B) To illustrate |
| C) Therefore | D) Otherwise |
| E) Even so | |

27-36: For these questions, choose the best option to complete the given sentence.

27. Though we often hear that the best way to handle a conflict is to compromise, -----.

- A) there is need for a wide scale research on ways to convince people to compromise more easily since everyone reacts differently in specific situations
- B) a study from Finland strikingly demonstrates conflicts occur more often in areas where both parties come from low educated backgrounds
- C) the compromising style isn't a win/win solution; it is a partial win/lose because in essence, when we compromise, we give up some or most of what we want.
- D) one might be shocked to notice how hard it is to lead a discussion without causing the conflict to become more violent
- E) conflicts are the main developmental challenges in one's vocational and personal life, which means compromise is essential in handling the conflict

28. Although hormonal therapy has been used for almost 40 years in the management of patients with prostatic cancer,

- A) hormones are released into the bloodstream whereby they travel to organs they affect
- B) pharmaceutical companies are suppressing a currently found cancer cure to financially benefit their companies.
- C) located at the base of the brain, the pituitary gland produces many hormones that regulate the organs
- D) hormone production by an endocrine organ is regulated by complex interactions
- E) there is no consensus on whether this treatment prolongs life in these men.

29. While they may not be much fun in the moment, -----.

- A) infants demand a great amount of care-giving and interest in order to build a healthy psychology
- B) vaccinations are a critical step in keeping an infant safe and healthy
- C) your comfort level with the vaccine experience may influence how your child reacts
- C) validating the concerns of children before their vaccination appointment could turn out to be fun
- E) depending on their age and maturity, one way to prepare your child is to provide honest, simple information about the vaccine

30. Although post-graduate studies give students the prospect of one day entering the employment world with additional skills and understanding, ----.

- A) graduating from a post-graduate program eventually enriches one's abilities and talents.
- B) it does not require the attendants to take mandatory exams or prepare graduation projects
- C) graduation from such a program is considered to be the best predictor of whether people will find a better job.
- D) the students need to know exactly what it is that they hope to get out of this qualification.
- E) they need a graduation from an approved program and/or completion of the national board exam.

31. Though archaeologists have long acknowledged the work of social anthropologists, -----.

- A) archaeology's rigorous approach to evidence offers valuable benefit enriching anthropological thinking.
- B) archaeology can be considered both a social science and a branch of the humanities.
- C) an anthropology degree sets you up with a range of skills that can take you into a variety of careers
- D) anthropologists have been much less eager to repay the compliment
- E) a high proportion of anthropology and archaeology graduates work in the not-for-profit sectors.

32. Sometimes an issue arises that is so compelling that chiefs and sheriffs need to stand up and demonstrate outrage, ----.

- A) because the situation calls for it and this reaction also helps to maintain peace and prohibit the crimes
- B) as far as there are inspiring examples of police leaders stepping up and speaking out on fundamental issues
- C) just as successful chiefs and sheriffs tend to be fairly reserved when speaking to the public
- D) since concern about the possible political fallout can discourage police leaders from speaking blunt truths
- E) so that the victims can be identified and each can be compensated for their losses

33. In the world of verbal communication there is always a high risk of misinterpretation because words will find their own meaning, ----.

- A) given that many people tend to underestimate the power of oral communication
- B) supposing that there is emerging evidence of written communication being less effective
- C) no matter how well intentioned and inoffensive the speaker is
- D) while research suggests that the number of words used in daily communication is declining
- E) as far as researchers investigate if communication based on spoken language is preferred more often

34. Fear of judgement and preconceived beliefs might make it hard for one to start therapy ----.

- A) because its effectiveness depends on the individual and his willingness to continue
- B) whether the therapist is successful and determined to help the patient
- C) while one may underestimate the success of therapy in healing people
- D) even though therapy is intended to be a safe and confidential space for you to explore your thoughts and feelings
- E) since escaping from therapy will make it more uncomfortable to face the fact that you need it

35. ----, the readings, which measures the amplitude of the wave forms, or how much fault is moving, on the seismograph are not enough to tell the full story of the strength of the earthquake.

- A) By the time one of the first scales developed to measure the true magnitude was invented
- B) Although it is obvious that the earthquake had a significant magnitude
- C) Just as geologists can correctly estimate the magnitude of an earthquake
- D) Because the land has been worn out due to many earthquakes in history
- E) In case seismologists fail to calculate the effects of a possible earthquake

36. It is very important to assess and evaluate a student's performance accurately ----.

- A) unless the socio-economic status is having an impact on an individual's academic record
- B) although the number of high achievers and low achievers in a class vary due to different factors
- C) in case behavioural problems deviate the school success of a student
- D) even if there is no guidance to help you understand the measures used to assess school performance
- E) since academic achievement is the only entity which depicts a student's overall performance in his schooling

37-42: For these questions, choose the most accurate Turkish translation of the sentences in English, and the most accurate English translation of the sentences in Turkish.

37. According to a study, keeping the brain active may help you to be protected against Alzheimer's disease by boosting tissue density and warding off cognitive decline.

- A) Bir araştırmaya göre, doku yoğunluğu desteklenen beynin aktif kalması bilişsel zayıflamayı önlediği için Alzheimer hastalığından korunmaya yardımcı olabilir.
- B) Bir araştırmaya göre, beyni aktif tutmak doku yoğunluğunu destekleyerek ve bilişsel zayıflamayı önleyerek Alzheimer hastalığından korunmanıza yardımcı olabilir.
- C) Bir araştırmaya göre, beyin aktifken doku yoğunluğu desteklenir ve bilişsel zayıflama önlenir ve bu da sizi Alzheimer hastalığından koruyabilir.
- D) Bir araştırmaya göre, doku yoğunluğunu desteklemek ve bilişsel zayıflamayı önlemek beyninizi aktif tutarken Alzheimer hastalığına karşı korunmanızı sağlar.
- E) Bir araştırmaya göre beyni aktif tutmak doku yoğunluğunu sağladığı için bilişsel zayıflamayı önler ve sizi Alzheimer hastalığına karşı koruyabilir.

38. People who are aware of their own extroversion seem to make memorable first impressions, which can be an advantage during job interviews or first dates, but one who usually overemphasizes his impression on people may turn into a people pleaser in the long run.

- A) Kendi dışa dönüklüğünün farkında olan insanlar hatırdan kalır ilk izlenimler yaratıyor gibi görünürler ki bu da iş görüşmelerinde veya ilk randevularda bir avantajdır ancak insanlar üzerindeki etkisini gereğinden fazla vurgulayan kişiler uzun vadede herkesi memnun etmeye çalışan kişilerle dönüşebilirler.
- B) Kendi dışa dönüklüğünün farkındalığındaki insanlar hatırdan kalır ilk izlenimler bırakırlar ve iş görüşmelerinde ve ilk randevularda avantajlı olsalar da uzun vadede herkesi memnun etmeye çalışan kişiler olabilirler.
- C) İş görüşmeleri ve ilk randevularda dışa dönük karakterlerinin farkında olan ve hatırdan kalır ilk izlenimler bırakan kişiler uzun vadede insanlar üzerindeki etkisini fazla önemseyebilirler ve herkesi memnun etmeye çalışabilirler.
- D) Kendi dışa dönüklüğünün farkında olan insanlar bunun hatırdan kalır bir izlenim yaratmakta, iş görüşmelerinde ve ilk randevularda bir avantaj olduğunu görebilirler ama insanlar üzerindeki etkisini fazla vurgulayan birisi uzun vadede herkesi memnun etmeye çalışan birine dönüşebilir.
- E) İş görüşmeleri ve ilk randevularda kendi dışa dönüklüğünün farkında olmak hatırdan kalır bir ilk izlenim yaratmamıza yardımcı olsa da insanlar üstündeki etkimizi fazla önemsemek bizi uzun vadede herkesi memnun etmeye çalışan birine dönüştürebilir.

39. The researchers discovered that stuttering is linked to reduced cerebral blood flow in the Broca's area found in the frontal lobe of the brain regardless of external factors such as anxiety and stress.

- A) Kekemeliğin, anksiyete ve dış faktörlere bakılmaksızın, beynin ön lobunda bulunan Broca alanına giden serebral kanın azalmasıyla bağlantılı olduğu araştırmacılar tarafından bulundu.
- B) Araştırmacılar kekemeliğin beynin ön lobunda bulunan Broca alanına giden serebral kanın azalması sebebiyle olduğunu buldular ancak anksiyete ve stres gibi faktörlere bakmadılar.
- C) Kekemeliğin beynin ön lobunda bulunan Broca alanına giden azalmış serebral kanla bağlantılı olduğunu bulan araştırmacılar anksiyete ve stres gibi faktörlere bakmadılar.
- D) Araştırmacılar, anksiyete ve stres gibi dış faktörlere bakmaksızın, kekemeliğin beynin ön lobunda bulunan Broca alanına giden serebral kanın azalmasıyla bağlantılı olduğunu buldu.
- E) Kekemeliğin beynin ön lobundaki Broca alanındaki kanın azalması ile bağlantılı olduğunu bulan araştırmacılara göre anksiyete ve stres gibi dış faktörler önemli değildi.

40. Bazen konuşma terapisi de denen psikoterapi bireyin problemleri duygularını, düşüncelerini ve davranışlarını tanımlamasını ve değiştirmesini hedefleyen çeşitli tedavilere karşılık gelir.

- A) Psychotherapy which aims to help a person identify and change troubling emotions, thoughts and behaviors refers to a variety of treatments and is sometimes referred as talk therapy.
- B) Psychotherapy refers to a variety of treatments which are sometimes called talk therapy aiming to help a person identify and change troubling emotions, thoughts, and behaviors.
- C) Talk therapy, sometimes also called psychotherapy, refers to a variety of treatments that aim to help a person identify and change troubling emotions, thoughts and behaviors.
- D) Psychotherapy, sometimes called talk therapy, refers to a variety of treatments that aim to help a person identify and change troubling emotions, thoughts, and behaviors.
- E) What is referred to by psychotherapy is a variety of treatments, sometimes called talk therapy, aiming to help a person identify and change troubling emotions, thoughts and behaviors.

41. Popüler kültürde resmedildiklerinin aksine, seri katiller her zaman problemleri altyapıları olan ailelerden veya yozlaşmış mahallelerden çıkmazlar.

- A) Despite the way they are depicted in popular culture, serial killers not necessarily come from problematic families or corrupted neighborhoods.
- B) As opposed to the way popular culture depicts them, serial killers do not always come from families with problematic backgrounds in corrupted neighbourhoods.
- C) Contrary to the way they are depicted in popular culture, serial killers do not always come from families with problematic backgrounds or corrupted neighbourhoods.
- D) In contrast with their depiction in popular culture, serial killers who come from families with problematic backgrounds do not always leave their corrupted neighbourhoods.
- E) Regardless of their depiction in popular culture, the families with problematic backgrounds are not always in corrupted neighbourhood of serial killers.

42. Bir oyunu etkili bir şekilde yönetebilen oldukça yetenekli bir oyuncu olduğu için meşhur emsalleri tarafından övülse de, basketbolcu Scottie Pippen zamanında hakettiği takdiri nadiren almıştır.

- A) Scottie Pippen rarely received the appraisal he deserved although he could orchestrate a game effectively and was praised by his eminent peers.
- B) No matter how much Scottie Pippen was praised by his eminent peers, he did not receive the appraisal he deserved back then for orchestrating a game effectively.
- C) Despite orchestrating a game effectively and being praised by his eminent peers, Scottie Pippen was rarely given the appraisal he deserved back then.
- D) Though praised by his eminent peers for being a highly capable player who could effectively orchestrate a game, the basketballer Scottie Pippen was rarely given the appraisal he deserved back then.
- E) Even if Scottie Pippen was praised by his eminent peers and was capable of orchestrating a game effectively, he was rarely given the appraisal he deserved back then.

43-46: Answer these questions according to the passage below.

The links between climate change and mental health exist on multiple levels. One of the repercussions of climate change is an increasing number of extreme weather events such as droughts, heatwaves, and hydrological disasters. Earthquakes, hurricanes, floods, and wildfires often involve very intense sights, sounds, smells, and sensations that can be traumatic by their very nature. Such events can also cause heavy infrastructural damage and leave people with limited access to basic needs such as food, water, shelter, sanitation, and social support. Such experiences can lead to long-term mental health challenges such as anxiety, depression, insomnia, and somatic symptoms. Local governments and communities can take action without waiting for action at the federal and state level. Not only can they do things to directly mitigate climate change, but they can also take action that specifically alleviates the toll that climate change takes on a community's mental health. For example, organizations can devote resources to equip social workers with disaster mental health preparedness training so that they can provide critical mental health services in the aftermath of disasters and extreme weather events. Since climate change is not a one-time event, and the effects of it will likely continue for the foreseeable future, organizations can also provide social workers with disaster crisis counselling strategies that can help people adjust to long-term climate instability.

43. Which of the following is true about the consequences of climate change?

- A) Droughts and heatwaves are an indirect cause for wildfires.
- B) The intense sights and sounds of the earthquakes can be sensed beforehand
- C) People with a traumatic nature are more effected by climate crisis
- D) Climate change and mental health are not directly linked
- E) Extreme weather events create an aftermath that is not usual for our senses

44. Anxiety, depression, insomnia and somatic symptoms ----.

- A) can be mitigated by the help of federal and state level action
- B) leave people with limited access to basic needs such as sanitation, and social support.
- C) require long-term solutions and counselling strategies
- D) should be handled by local governments and communities instead of federal and state level action
- E) cannot be dealt with before the basic needs such as food and water are provided

45. Which of the following is true regarding the assistance of social workers?

- A) Social workers can devote their financial resources to people affected by natural disasters.
- B) Assistance of social workers will be redundant once the governments step in.
- C) Social workers' assistance will be necessary right after the disasters, not in the long-term solutions.
- D) Social workers could be educated in terms of mental health preparedness.
- E) Climate instability will make social workers assistance inefficient.

46. Which of the following is true about the author's main intent?

- A) The author appears mildly confused by the complexities involved in how natural disasters are handled.
- B) The author is critical of the governments on the basis of their practices that cause the climate crisis.
- C) The author explicitly tries to persuade the audience to take action towards mental health problems linked to climate change.
- D) The author impartially describes the toll that climate change takes on a community's basic needs.
- E) The author supports the policies introduced by the federal laws at times of disasters.

47-50: Answer these questions according to the passage below.

Many often confuse dead languages with extinct languages, but I think it's worth spending a moment to differentiate the two. A dead language is a language that is no longer the native language of a community, even if it is still used in other contexts. Its uses tend to only exist in specific situations – perhaps academia or amongst individuals or in special circumstances – such as the use of Latin in the Vatican City. In contrast, extinct languages are those that are no longer in current use and that do not have any speakers. While scholars have tried to draw a clear line between the two, the division is still a little ambiguous because both languages underwent the same process and no longer have any native speakers. The difference is that dead languages may still have communities that speak the language. According to various sources, there are thousands of dead languages. Maybe as many as hundreds of thousands. There's a lot of history on that list. What caused so many of the languages once spoken around the world to die? Language death happens either when a language absorbs another language – usually a major language absorbing a minor – or the language loses its last native speaker. This typically happens over a long period of time, but there are exceptions. Sometimes there are radical language deaths where the native speakers stop speaking the language, whether by force or choice.

47. According to the text, a dead language ----.

- A) does not necessarily become redundant when all the speakers die
- B) is difficult to distinguish from an extinct language since they are both used academically
- C) can become the spoken language of another community only when the initial community abandons it
- D) becomes dead because of the ambiguity in its expressions and language use
- E) is not in need of further investigation since it is not in use

48. Which of the following is mentioned in the passage about an extinct language?

- A) It is preferred by academicians or other individuals as a means of communication.
- B) Scholars prefer to study dead languages over extinct languages.
- C) It can be separated from a dead language with certain lines due to the process they both have been through.
- D) A language might become extinct if the community decides not to use it anymore.
- E) Extinct languages are quite high in number; maybe more than thousands.

49. It can be inferred from the passage that ----.

- A) there will be more than thousands of extinct languages in the near future
- B) when a strong civilization conquers land, the people of that land might have to abandon their native language
- C) Historians prefer to work on extinct languages more than dead languages
- D) Radical language deaths occur exceptionally more often than slow death of a language
- E) Scholars are not successful enough to find out the causes of language deaths

50. What is the main purpose of the author?

- A) To give information about the development of various languages
- B) To compare and contrast dead languages of different communities
- C) To highlight that dead languages and extinct languages are not the same concept
- D) To provide a brief history of how linguistic scholars work
- E) To explain how a major language absorbs a minor one

76-80: For these questions, choose the irrelevant sentence in the passage.

76. (I) Current measurements are important to shipping, commercial fishing, recreational boating, and safety. (II) By using predicted, real-time and short-term forecasted currents, people can safely dock and undock ships, manoeuvre them in confined waterways and safely navigate through coastal waters. (III) Coastal waters are those parts of the ocean closest to the land such as bays, inlets, coves and harbours. (IV) With this information, merchandise and people can arrive on schedule. (V) Lack of this knowledge can lead to collisions and delayed arrivals.

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

77. (I) Jade carving is an advanced craft invented by Neolithic people. (II) Status objects like elaborate pottery and carved jades were placed in tombs during the Neolithic period. (III) This practice suggests two things: Neolithic people's belief in the afterlife and the emergence of social classes. (IV) Only important and wealthy individuals had the privilege of being buried with these precious objects, especially jades, which were luxuries. (V) They required large amounts of raw materials and skilled labour to produce and were therefore accessible only to the ruling class, thus showing the existence of a surplus of wealth and labour in society.

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

78. (I) Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. (II) It has become increasingly common for mindfulness to be combined with psychotherapy, especially cognitive behavioural therapy. (III) It is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. (IV) Being mindful makes it easier to savour the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. (V) By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past.

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

79. (I) The traditional Indian costume "sari" evolved from a popular word 'sattika' which means women's attire finds its mention in early Jain and Buddhist scripts. (II) Sattika was a three-piece ensemble comprising the Antriya - the lower garment, the Uttariya - a veil worn over the shoulder or the head and the Stanapatta which is a chest band. (III) Mentioning of this ensemble can be traced to Sanskrit literature and Buddhist Pali literature during the 6th century BC. (IV) Sanskrit Buddhist literature refers to Buddhist texts composed in classical Sanskrit, (V) The three-piece set was known as Poshak, the Hindi term for costume.

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

80. (I) As their name implies, mountain gorillas live in forests high in the mountains, at elevations of 8,000 to 13,000 feet. (II) They have thicker fur, and more of it, compared to other great apes. (III) In 1975 England passed the Convention on International Trade in Endangered Species, which stipulates that any gorilla fur item acquired after 1947 requires a permit for use, and that trading gorilla fur is considered illegal. (IV) The fur helps them to survive in a habitat where temperatures often drop below freezing. (V) But as humans have moved more and more into the gorillas' territory, the gorillas have been pushed farther up into the mountains for longer periods, forcing them to endure dangerous and sometimes deadly conditions.

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