

ADJECTIVES TABLE 10

A. ZAYIF, KIRILGAN & SAVUNMASIZ	B. TOPLU, ORTAK		C. İSTEKLİ	D. KAPSAMLI & GENİŞ ÇAPLI
1. weak	1. collective		1. eager	1. all-inclusive
2. feeble	2. common	1. mutual	2. willing	2. comprehensive
3. frail	3. combined	2. reciprocal	3. keen on sth / keen to do sth	3. extensive
4. fragile	4. public	3. reciprocated	3.b. keen: keskin	4. inclusive
5. delicate	5. communal	4. give-and-take	4. enthusiastic	5. thorough
6. vulnerable to	6. joint		5. passionate	6. large-scale
7. susceptible to	7. cooperative		6. avid	7. sweeping
8. open to	8. unanimous		7. ardent	8. wide-ranging
9. defenceless	9. shared		8. devoted	9. sophisticated
			9. dedicated	10. complicated
10. prone to			10.committed	11. far-reaching
11. inclined to				12. elaborate
12. have a tendency to				13. intricate
13. be likely to				14. complex

Text 1 Set 1

1. Attention Deficit Hyperactivity Disorder (ADHD), a complex condition that affects millions globally, ---- in various ways, from inattentiveness to impulsivity and hyperactivity.

A) prevents

✓ B) manifests

= shows itself

2. ---- ADHD is often treated as a childhood disorder, it continues to impact individuals into adulthood.

A) While / Although

B) When

3. It leaves them **vulnerable** ---- a wide range of challenges, such as **difficulties** is managing time, regulating emotions, and maintaining focus on tasks.

A) **to** / by

✓ B) **to** / in

4. Individuals with ADHD **are often more susceptible to mental health issues like anxiety or depression,** ---- if the disorder **remains untreated**

✓ A) **especially**

B) **properly**

if they are not treated properly

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inŞilize

5. These challenges ^{make} ---- them prone to situations where they struggle to meet societal expectations.

A) render kılmak / hale getirmek ✓

B) refute çürütmek ✗

6. Children with ADHD, in particular, are defenceless against the stigma that sometimes surrounds their behavior, which can lead to feelings of isolation and frustration.----, early diagnosis and intervention are crucial.

A) As a result çözüm, önlem +

B) In contrast +

new

old

Thus, çözüm +

however +

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7. The symptoms of ADHD can make individuals open to a ---- of difficulties in educational and social environments.

A) guest misafir

✓ B) host 1 ev sahibi / ev sahipli i yapmak

2. a lot of
plenty of
a wealth of
numerus
countless
many
several

8. They are often inclined to ---- impulsive behaviors, which disrupt their ability to engage in cooperative or communal activities.

A) exploit kullanmak / sömürmek

✓ B) exhibit sergilemek

9. Many individuals with ADHD find that their attention is easily --- tasks, making collective efforts, such as group work, more challenging.

A) diverted from

B) focused on

10. With comprehensive strategies ---- place, such as behavioral therapies and supportive educational structures, individuals ---- ADHD can thrive.

A) in / with

B) at / from

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with ✓
with the help of ✓
yoluyla/ vasıtasıyla= via, by means of, thanks to ✓

KAR ILIKLI

11. These **combined interventions** help create **mutual understanding** ----those with ADHD **and** the people around them.

A) between

B) among

A ik B
people / scholars
3 + things

3VE DAHA FAZLA K VEYA NESNE ARASINDA

12. **Through** reciprocated support, **both** the individual and their community can work together ---- the impact of ADHD.

A) reducing

B) to reduce **AZALTMAK Ç N**

in order to reduce
so as to
to

2. through 1960s= **during**, in, throughout
boyunca

3. through the tunnel : tünelin içinden geçerek
blood vessels/veins damarın
içinden

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thorough

in /on at/from/by+ ving

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edat Ving

Text 1 Set 2

6 demand for

1. In managing ADHD, there is a need for treatment plans that take into account both the biological and environmental factors influencing the disorder.

A) thorough =detaylı kapsamlı plan =elaborate/ detailed

B) tough =zor / çetin hard, difficult

tough luck: bad luck

take into account/ consideration: hesaba katmak
=consider

2. Medication alone may be effective in symptoms but cannot provide the extensive support to address emotional, academic, and social aspects of the disorder.

A) reducing / needed üstesinden gelmek için ihtiyaç duyulan

B) to reduce / to need

çözümler

to V

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gerektirmek

3. The treatment of ADHD requires sweeping changes, from educational policies to workplace accommodations.

The underlined word "sweeping" is close in meaning to ----.

A) trivial önemsiz

✓ B) immense büyük huge

vast

who suffer from
who have

4. Individuals with ADHD often need all-inclusive care, which ---- behavioral interventions, social skills training, and medication management.

A) might involve may could can

B) must involve

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5. A wide-ranging approach is essential, as ADHD does not exist in isolation ---- affects many aspects of a person's life.

A) but

B) so

6. The disorder's elaborate nature ---- that health care professionals, educators, and families work together to provide consistent support.

A) demand / providing

B) demands / to provide

past
when?

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inJilize

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enJish

7. ---- the **challenges**, individuals with ADHD are often **keen to excel in** areas of interest.

A) **Despite** = **in spite of / notwithstanding / for all**

B) Thanks to

8. Their **enthusiastic nature** and **high energy** ----for **productive purposes** **if** ---- **correctly.**

A) **can be harnessed** / channeling

B) **could be harnessed** / **channeled**

↓
= use

✓3

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9. Many are particularly passionate about creative or hands-on activities, where their ~~---~~ efforts yield impressive results.

✓ A) devoted kendini adanmış

B) vain bo beyhude
futile
useless

in vain

1. ürün-sonuç vermek

Vermek

2. teslim olmak

10. The unique abilities of individuals with ADHD can often shine in environments where they have more autonomy, ~~---~~ rigid, structured settings.

✓ A) as opposed to aksine / in contrast to

B) for the sake of
1. hatırına 2. amacıyla uğruna
with the aim of

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inJilize

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enJish

11. Individuals with ADHD **are typically committed to their goals** ---- **they find something that captures their attention.**

A) as though = **as if...mı gibi**

B) once
when ✓ **as soon as** ✓ **if** ✓ **after** ✓
 ✓✓✓ the moment/minute ✓

though: although : e rağmen/ e kar ın/ ...olsa da

adamak devote dedicate

12. In fact, many adults with ADHD become **avid advocates** for better understanding and resources for the disorder, creating public awareness about the needs of those affected.

savunucu/ taraftar

The underlined word "**advocates**" is close in meaning to ----.

A) opponent **muhalif kar ıt**

B) **adherent** adherence destek
 taraftar /mürid/ destekçi

supporter
 proponent
 fans

✓ **adhere to**: ba lı kalmak, sadık kalmak desteklemek

✓ **stick to** _____

✓ **conform to**

✓ **abide by**

ile birlikte/
through
via

Text 1 Set 3

1. ADHD is a disorder that requires a comprehensive, sophisticated approach to treatment, with attention given to the individual their broader environment.

A) the more / the more

B) both / and

ile birlikte

2. The disease is likely throughout life, but with the right support systems in place, individuals with ADHD the barriers that they face.

muhtemel/ olası

via

A) persist / can overcome +

B) to persist / could overcome +

SIFAT + to verb

systems in place= yürürlükte olan

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3. By fostering shared responsibility **among** families, educators, and communities, society ---- a more inclusive environment that enables people with ADHD ----.

A) would create / flourishing

B) can create / to flourish

geli mek= thrive

destekleyerek by +ving ..yaparak, özne+ can verb

(by) ving

destekleyerek

could/ be able to verb

ara tırma devam ettikçe

4. As research continues, it ---- that far-reaching solutions----, offering better interventions and strategies for managing the complexities of ADHD.

A) is hoped / will emerge

B) was hoped / would emerge

will hope/ will be hoped

SVO, Ving

- 1. sunan ✓
- 2. ki bu..sunar ✓
- 3. sunarak ✓

5. ADHD **necessitates** a multifaceted and nuanced approach to treatment, one that **considers** ---- the **individual** ---- the broader environmental context.

A) the more / the more

B) not only / but also

= both / and

6. The implementation of **robust** support systems **enables** individuals **to** ---- **the challenges** they encounter.

A) experience **ya amak deneyimlemek**

B) surmount **a mak overcome** ✓

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7. ---- the **disorder often endures** throughout a person's life, the implementation of **robust support systems** **enables individuals to overcome the challenges** they encounter

- ✓ A) While
- B) Because

++

8. Cultivating a sense of collective responsibility ---- **families, educators and communities is essential** ---- **creating** an inclusive society that allows individuals with ADHD to thrive.

- A) to / by
- ✓ B) among / in ✓ / for ✓

9. **As research progresses, there is optimism** that transformative solutions ----, providing more effective interventions and strategies **for ----** the intricate nature of ADHD.

- A) would emerge / address
- B) will emerge / addressing

etad Vig

Tablo 10**Text 1**

Attention Deficit Hyperactivity Disorder (ADHD), a complex condition that affects millions globally, manifests in various ways, from inattentiveness to impulsivity and hyperactivity. While ADHD is often treated as a childhood disorder, it continues to impact individuals into adulthood. It leaves them **vulnerable to** a wide range of challenges, such as difficulties in managing time, regulating emotions, and maintaining focus on tasks. Individuals with ADHD are often more **susceptible to** mental health issues like anxiety or depression, especially if the disorder remains untreated. These challenges render them **prone to** situations where they struggle to meet societal expectations. Children with ADHD, in particular, are **defenceless** against the stigma that sometimes surrounds their behavior, which can lead to feelings of isolation and frustration. As a result, early diagnosis and intervention are crucial.

The symptoms of ADHD can make individuals **open to** a host of difficulties in educational and social environments. They are often **inclined to** exhibit impulsive behaviors, which disrupt their ability to engage in **cooperative** or **communal** activities. Many individuals with ADHD find that their attention is easily diverted from tasks, making **collective** efforts, such as group work, more challenging. However, with **comprehensive** strategies in place, such as behavioral therapies and supportive educational structures, individuals with ADHD can thrive. These **combined** interventions help create **mutual** understanding between those with ADHD and the people around them. Through **reciprocated** support, both the individual and their community can work together to reduce the impact of ADHD.

In managing ADHD, there is a need for **thorough** treatment plans that take into account both the **biological** and environmental factors influencing the disorder. Medication alone may be **effective** in reducing symptoms but cannot provide the **extensive** support needed to address emotional, academic, and social aspects of the disorder. Therefore, the treatment of ADHD requires **sweeping** changes, from educational policies to workplace accommodations. Individuals with ADHD often need **all-inclusive** care, which might involve behavioral interventions, social skills training, and medication management. A **wide-ranging** approach is essential, as ADHD does not exist in isolation but affects many aspects of a person's life. The disorder's **elaborate** nature demands that health care professionals, educators, and families work together to provide consistent support.

Dikkat Eksikliği Hiperaktivite Bozukluğu (DEHB)

Dünya çapında milyonlarca kişiyi etkileyen karmaşık bir durum olan Dikkat Eksikliği Hiperaktivite Bozukluğu (DEHB), dikkatsizlikten dürtüsellik ve hiperaktiviteye kadar çeşitli şekillerde ortaya çıkmaktadır. DEHB genellikle bir çocukluk bozukluğu olarak ele alınsa da, bireyleri yetişkinlikte de etkilemeye devam eder. Bu durum onları zamanı yönetme, duyguları düzenleme ve görevlere odaklanmayı sürdürme gibi çok çeşitli zorluklara karşı savunmasız bırakır. DEHB'li bireyler, özellikle de bozukluk tedavi edilmezse, anksiyete veya depresyon gibi ruh sağlığı sorunlarına karşı daha hassastır. Bu zorluklar, onları toplumsal beklentileri karşılamakta zorlandıkları durumlara yatkın hale getirir. Özellikle DEHB'li çocuklar, bazen davranışlarını çevreleyen damgalamaya karşı savunmasızdır, bu da izolasyon ve hayal kırıklığı duygularına yol açabilir. Sonuç olarak, erken teşhis ve müdahale çok önemlidir.

DEHB'nin belirtileri bireyleri eğitim ve sosyal ortamlarda bir dizi zorluğa açık hale getirebilir. Genellikle dürtüsel davranışlar sergileme eğilimindedirler, bu da işbirliğine dayalı veya toplumsal faaliyetlere katılma yeteneklerini bozar. DEHB'li birçok birey, dikkatlerinin görevlerden kolayca uzaklaştığını ve grup çalışması gibi kolektif çabaları daha zor hale getirdiğini fark eder. Bununla birlikte, davranış terapileri ve destekleyici eğitim yapıları gibi kapsamlı stratejiler uygulandığında DEHB'li bireyler başarılı olabilir. Bu birleşik müdahaleler, DEHB'li kişiler ve çevrelerindeki insanlar arasında karşılıklı anlayış yaratmaya yardımcı olur. Karşılıklı destek sayesinde, hem birey hem de toplum DEHB'nin etkisini azaltmak için birlikte çalışabilir.

DEHB'yi yönetirken, bozukluğu etkileyen hem biyolojik hem de çevresel faktörleri dikkate alan kapsamlı tedavi planlarına ihtiyaç vardır. İlaç tedavisi tek başına semptomları azaltmada etkili olabilir ancak bozukluğun duygusal, akademik ve sosyal yönlerini ele almak için gereken kapsamlı desteği sağlayamaz. Bu nedenle DEHB'nin tedavisi, eğitim politikalarından işyeri düzenlemelerine kadar kapsamlı değişiklikler gerektirir. DEHB'li bireyler genellikle davranışsal müdahaleler, sosyal beceri eğitimi ve ilaç yönetimini içerebilecek her şeyi kapsayan bir bakıma ihtiyaç duyarlar. DEHB tek başına var olmadığı ve kişinin hayatının birçok yönünü etkilediği için geniş kapsamlı bir yaklaşım şarttır. Bozukluğun ayrıntılı doğası, sağlık uzmanlarının, eğitimcilerin ve ailelerin tutarlı destek sağlamak için birlikte çalışmasını gerektirir.

Despite the challenges, individuals with ADHD are often **keen to** excel in areas of interest. Their **enthusiastic** nature and high energy can be harnessed for productive purposes if channeled correctly. Many are particularly **passionate** about creative or hands-on activities, where their **devoted** efforts yield impressive results. Their unique abilities can often shine in environments where they have more autonomy, as opposed to rigid, structured settings. Moreover, individuals with ADHD are typically **committed** to their goals once they find something that captures their attention. In fact, many adults with ADHD become **avid** advocates for better understanding and resources for the disorder, creating **public** awareness about the needs of those affected.

In conclusion, ADHD is a disorder that requires a **comprehensive, sophisticated** approach to treatment, with attention given to both the individual and their broader environment. It is **likely to** persist throughout life, but with the right support systems in place, individuals with ADHD can overcome the barriers that they face. By fostering **shared** responsibility between families, educators, and communities, society can create a more **inclusive** environment that enables people with ADHD to flourish. As research continues, it is hoped that **far-reaching** solutions will emerge, offering better interventions and strategies for managing the complexities of ADHD.

ADHD necessitates a multifaceted and nuanced approach to treatment, one that considers both the individual and the broader environmental context. While the disorder often endures throughout a person's life, the implementation of robust support systems enables individuals to surmount the challenges they encounter. Cultivating a sense of collective responsibility among families, educators, and communities is essential in creating an inclusive society that allows individuals with ADHD to thrive. As research progresses, there is optimism that transformative solutions will emerge, providing more effective interventions and strategies for addressing the intricate nature of ADHD.

Zorluklara rağmen, DEHB'li bireyler genellikle ilgi duydukları alanlarda başarılı olmaya heveslidir. Hevesli yapıları ve yüksek enerjileri doğru kanalize edilirse üretken amaçlar için kullanılabilir. Birçoğu, özverili çabalarının etkileyici sonuçlar verdiği yaratıcı veya uygulamalı faaliyetler konusunda özellikle tutkudur. Eşsiz yetenekleri genellikle katı, yapılandırılmış ortamların aksine daha fazla özerkliğe sahip oldukları ortamlarda parlayabilir. Dahası, DEHB'li bireyler dikkatlerini çeken bir şey bulduklarında genellikle hedeflerine bağlanırlar. Aslında, DEHB'li birçok yetişkin, bu bozukluğun daha iyi anlaşılması ve kaynakların sağlanması için hevesli savunucular haline gelir ve etkilenenlerin ihtiyaçları hakkında kamuoyu farkındalığı yaratır.

Sonuç olarak DEHB, hem bireye hem de daha geniş çevresine dikkat edilerek kapsamlı ve sofistike bir tedavi yaklaşımı gerektiren bir bozukluktur. Yaşam boyu devam etmesi muhtemeldir, ancak doğru destek sistemleri ile DEHB'li bireyler karşılaştıkları engellerin üstesinden gelebilirler. Aileler, eğitimciler ve topluluklar arasında ortak sorumluluğu teşvik ederek toplum, DEHB'li kişilerin gelişmesine olanak tanıyan daha kapsayıcı bir ortam yaratabilir. Araştırmalar devam ettikçe, DEHB'nin karmaşıklığını yönetmek için daha iyi müdahaleler ve stratejiler sunan geniş kapsamlı çözümlerin ortaya çıkması umulmaktadır.

DEHB, hem bireyi hem de daha geniş çevresel bağlamı dikkate alan çok yönlü ve incelikli bir tedavi yaklaşımı gerektirir. Bozukluk genellikle kişinin hayatı boyunca devam ederken, sağlam destek sistemlerinin uygulanması bireylerin karşılaştıkları zorlukların üstesinden gelmelerini sağlar. Aileler, eğitimciler ve topluluklar arasında kolektif bir sorumluluk duygusu geliştirmek, DEHB'li bireylerin gelişmesine olanak tanıyan kapsayıcı bir toplum yaratmak için çok önemlidir. Araştırmalar ilerledikçe, DEHB'nin karmaşık doğasını ele almak için daha etkili müdahaleler ve stratejiler sağlayan dönüştürücü çözümlerin ortaya çıkacağına dair iyimserlik vardır.