

It's amazing just how many medical myths there are to choose from, but one part of the body seems (1) to attract / attracting more than its fair share, and that's the brain. One of my favourite brain myths is the idea that we only use 10% of it. It is quite an appealing idea because it suggests the possibility that we (2) could become / must become so much more intelligent, successful or creative, if we could (3) "harness" that wasted 90%. This might inspire us to try harder, but unfortunately that doesn't mean there is any truth in it.

use kullanmak

önermek göstermek

ilham vermek

3. "harness" is closest in meaning to ----.

- A) scrutinize investigate /examine  
 B) attach to / ilistirmek /eklemek / birleştirmek  
 C) exploit 1. use 2.sömürmek  
 D) denounce condemn: kinamak  
 E) exceed asmak gecmek, surpass, overtake

4. Which of the following is true according to the text?

- A) It is possible to use the wasted 90% of the brain.  
 B) There is no such thing as wasted 90% of the brain.  
 C) We can become more imaginative by using more of our brains.  
 D) It is unlikely for us to be motivated to work harder unless we are inspired by a possibility to use more of our brains.  
 E) The author of the text is an avid supporter of the idea that we only use 10% of our brains.

One of my favourite brain myths is the idea that we only use 10% of it. First of all, it is important (5) to be asked / to ask the question – 10% of what? If it is 10% of the regions of the brain to which people are referring, this is the easiest idea to (6) "quash." Using a technique called functional magnetic resonance imaging, neuroscientists can place a person inside a scanner and see which parts of the brain are activated (7) although / when they do or think about something. A simple action (8) such as / despite clenching and unclenching your hand or saying a few words requires activity in far more than a tenth of the brain. Even when you think you are doing nothing, your brain is doing rather a lot – (9) whether / neither it is controlling functions like breathing and heart rate, or recalling the items on your to-do list. So, "a tenth use" myth is debunked in this respect.

çürütmek aspect / açı yön

6. "quash" is closest in meaning to ----.

- A) inspect incelemek, examine  
B) refute çürütmek  
C) harness exploit, use, employ, deploy, make use of  
D) condemn kinamak, denounce, tel'in etmek  
E) surpass overtake, exceed, go beyond, geçmek,

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3'

kullanılan kullarak

2/10

1/10

1. ister / ister 2. yapıp yapmadığı 3. ...mi ...mi

So, "a tenth use" myth is debunked in this respect. But maybe the 10% refers to number of brain cells. Again this doesn't work. When any nerve cells (10) "go spare", that is, when they serve no purpose, they either degenerate and die off or they are colonised by other areas nearby. We simply don't let our brain cells loiter or hang around idly. They are too valuable for that. In fact, our brains are a huge (11) ---- on our resources. Keeping brain tissue alive consumes 20% of the oxygen we breathe, according to cognitive neuroscientists.

spare: bos, yedek, canini bagislamak, biriktirmek, bir kenara koymak  
10. "going spare" is closest in meaning to ----.

- A) to be used  
✓ B) to be left aside

11. Choose the best option to fill in the blank.

rahatlama iyilesme

bagimlilik

- A) relief  
C) arrangement

B) reliance

✓ D) drain tahliye bosaltma, gider, tüketim

- E) strike  
vurma , çarpma, grev

12. Which of the following is true according to the text?

- A) It is not a wise choice for us not to use even a single brain cell. Tek bir beyin hücrecini bile kullanmamak akillica degildir bizim için  
B) There are such valuable brain cells that they cannot be spared unlike some other brain cells. Olmayan kıyas  
C) The value of a brain cell depends on the functions it performs.  
D) Our brain cells rarely degenerate and die off or they are seldom colonised by other areas nearby. -ly adv  
E) The writer probably thinks that the value of brain cells is exaggerated, or in other words, hyperbolic. abartılı mübalaga

idle: aylak, boş boş

It is true that nature can sometimes involve some strange designs, but to evolve to have a brain ten times the size we needed would seem very odd, when its large dimensions are so costly to our survival, occasionally leading to obstructed labour, – also known as labour dystocia, which occurs (13) when / as if the baby does not exit the pelvis during childbirth due to being physically blocked– and the death of a mother during childbirth if no help is available. Yet many people do (14) cling on to the idea that we only use 10% of our brains. The idea is (15) ---- prevalent that when the University College London neuroscientist Sophie Scott was on a first aid course, the tutor assured the class that head injuries are not very serious because of the 10% “fact”. He was not only wrong about the 10%, but he was also wrong about the impact (16) on / of brain damage. Even a small injury can have huge effects on a person’s capabilities. The first aid tutor probably wasn’t expecting instructing a professor of neuroscience on the course, but Scott put him right.

the effect/ influence / impact of smoking on kids

tutunmak  
14. “cling on” is closest in meaning to ----.  
adhere to / conform to / obey / follow  
A) stick to B) turn down C) rest on depend on, rely on, count on  
refuse ,reject draw on /use

15.  
A) so B) such  
that

17. Which of the following is true according to the text?  
occasionally=sometimes  
A) Labour dystocia is a phenomenon that occurs very often.  
B) Obstructed labour does not literally refer to an obstruction.  
C) The death of a mother during childbirth has nothing to do with the brain and thus skull size.  
D) That the brain has not evolved in time to have a bigger size is a sort of blessing for our survival.  
E) The writer thinks that the current size of the brain is the epitome of nature’s strange designs.

örnek / example model  
İgnorance is bliss= cehalet mutluluktur/ lütuftur

So how can an idea with so little biological or physiological basis have spread so widely? It is hard to (18) track down / look up an original source. The American psychologist and philosopher William James mentioned in *The Energies of Men* in 1908 that we "are making use of only a small part of our possible mental and physical resources". He was optimistic that people could achieve more, but he does not refer to brain volume or quantity of cells, nor does he give a specific percentage. The 10% figure is mentioned in the preface (19) on / to the 1936 edition of Dale Carnegie's best-selling book *How to Win Friends and Influence People*, and sometimes people say that Albert Einstein was the source. But Professor Della Sala has tried to find the quote, and even those who work at the Albert Einstein archives can find no record of it. So it seems this might be a myth, too.

20. Which of the following is true according to the text?  
we can/may are likely to

A) It is possible to pin down the real source of 10% myth thanks to scholars in the field.

B) *The Energies of Men* mainly focuses on brain volume or quantity of cells.

C) The sources cited as the origin of 10% figure are nothing but rumour.

D) Despite the evidence to the contrary, the 10% figure found advocates among academic circles.

E) It is only a matter of time before the academic world admits the validity of the 10% figure.

sif2+

ly

dedikodudan baska birsey degil

= in no time  
= before long  
= soon

There are two other phenomena that might (21) account for / emerge from the misunderstanding. Nine-tenths of the cells in the brain are so-called glial cells. These are the support cells, the white matter, which provide physical and nutritional help for the other 10% of cells, the neurons, which make up the grey matter than does the thinking. So perhaps people heard that only 10% of the cells do the hard graft and assumed that we could harness the glial cells too. But these are (22) severely / entirely different kind of cells. There is no way that they could suddenly transform themselves (23) from / into neurons, thus giving us extra brain power.

9/10

1.5

explain

on

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There is a very rare group of patients whose brain scans reveal something extraordinary, (24) for example / though In 1980, a British paediatrician called John Lorber mentioned in the journal Science that he had patients (25) of / with hydrocephalus who had hardly any brain tissue, yet could function. This does not, of course, show us that the rest of us could make extra use of our brains, rather, it just demonstrates that these people (26) have adapted/ adapt to extraordinary circumstances.

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however  
yine de  
1,5  
Dine Hme

It is, of course, true that (27) if / though we put our minds to it, we can learn new things, and there is increasing evidence (28) on / in the area of neuroplasticity showing that this changes our brains. But we are not tapping into a new area of the brain. We create new connections (29) between / beyond nerve cells or lose old connections that we no longer need. What I find most <sup>interesting</sup> intriguing about this myth is (30) how / that disappointed people are when you tell them it's not true. Maybe it's the figure of 10% that is <sup>very</sup> so appealing because it is so low that it offers massive potential for improvement. We'd all like to be better. And we can be better if we try. But, sadly, finding an unused portion of our brains isn't the way it's going to happen.

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how 20 / 120

ne kadar / ne denli

1,5



1. Three-quarters of the companies in the country have no female senior executives ---- women accounting for, of all seats reserved for management, less than a tenth.

- A) for
- B) with
- C) out
- D) from
- E) by

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2. When it comes to education, ---- health and safety should be the number one priority during the pandemic is one thing, that any decision to close schools should not be taken without due consideration is completely another.

- A) while
- B) because
- C) if
- D) as
- E) when

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3. A report released the other day based on a review of three decades of research concluded that studies claiming a deterrent effect of capital punishment on murder rates are ---- flawed.

- A) fundamentally
- B) deliberately
- C) initially
- D) precisely
- E) intermittently

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4. Polio, whooping cough and diphtheria were once endemic in wealthier countries, ---- any town and claiming thousands of lives until these conditions ---- thanks largely to vaccines and treatments in recent years.

- A) plagued / will have been eradicated
- B) having plagued / are eradicated
- C) to be plaguing / were eradicated
- D) plaguing / have been eradicated
- E) to have plagued / had been eradicated

5. What makes legal limits outdated and inadequate to ---- the protection of workers' health is that the permissible exposure limits have not been updated by official bodies for a long while.

- A) penetrate
- B) ensure
- C) require
- D) exhaust
- E) foresee

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6. From the 1220s on, German masters who ere trained in the sculptural workshops of the French cathedrals transferred the new style ---- their homeland, although German architecture at that time was predominantly Romanesque with little room ---- variety and innovation.

- A) of / into
- B) off / between
- C) over / among
- D) to/ for
- E) by / at

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7. The Leaning Tower of Pisa seems ---- undoubtedly the most magnificent piece of architecture in Italy, but the lean only became apparent once three of the tower's eight stories had been built, leaving no chance ---- what had been done.

- A) being / to be reversed
- B) to have been / reverse
- C) to be / to reverse
- D) having been / having reversed
- E) been / reversed

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8. For information that can't be ---- from customers easily by direct questioning or observations, social media management software will provide assistance in no time.

- A) triggered
- B) refuted
- C) exploited
- D) drained
- E) obtained

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9. Poets and writers of the Romantic era, with a view to avoiding ordinariness, went beyond simply telling about things, and ---- gave the narration readers need to feel the objects and surroundings.

- A) instead
- B) thus
- C) still
- D) otherwise
- E) similarly

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10. With the pandemic impacting areas of the country and communities ----, not everyone is eager to get back to business as usual and many prefer to remain on leave almost for good.

- A) thoroughly
- B) unevenly
- C) hazily
- D) utterly
- E) eventually

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11. What is impressive about species of organisms yet to be discovered is the incredible heterogeneity ---- size, shape and way of life – from bacteria living in hot springs at temperatures near the boiling point of water ---- fungi thriving on ice in Antarctica.

- A) as / by
- B) at / off
- C) on / of
- D) by / at
- E) in / to

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12. The calculation of the optimal amount of enzyme a cell should make is ---- because the answer depends both on the specific function of the enzyme and how its actions may have a ripple effect on other chemical reactions within the cell.

- A) complicated
- B) straightforward
- C) dwindling
- D) loitering
- E) grounded

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13. Dutch demands verb conjugations like those in English ;---, I am, you are, it is, whereas Afrikaans, a language spoken across South Africa which originated from 17th century Dutch, does not bother you with the details.

- A) for instance
- B) in contrast
- C) therefore
- D) similarly
- E) however

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14. While our bodies can effectively deal with the low levels of radiation that we are ---- every day, too much of it can damage tissues by changing cell structure and damaging DNA.

- A) given off
- B) protected from
- C) made up
- D) exposed to
- E) taken up

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15. Although using baking soda when cooking vegetables will help ---- colour, vitamin C ---- in the alkaline environment produced by it.

- A) to maintain / must be lost
- B) maintaining / would be lost
- C) maintain / will be lost
- D) maintained / can be lost
- E) to be maintained / lost

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16. ---- some behavioural adaptations such as wearing appropriate clothing and building shelters, humans have been able to live in temperate, cold and even arctic regions.

- A) Rather than
- B) As a result of
- C) Despite
- D) In contrast to
- E) Except for

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