

The practice of yoga has gained immense popularity in recent years. 1)---- for its physical, mental, and spiritual benefits. Originating in ancient India, yoga began thousands of years ago as a discipline aimed at uniting the body and mind. The word "yoga" itself is 2)---- a Sanskrit term that referred to join or unite. Many people practice yoga to improve flexibility and strength, but its benefits extend 3)---- these, encompassing, stress reduction and mental clarity. 4)---- practitioners engage in various postures, or asanas, they also focus on breathing and mindfulness, enhancing their overall well-being. 5)----, yoga is often regarded as a holistic approach to health, encompassing not only physical fitness but also emotional balance and spiritual growth. Understanding the diverse aspects of yoga helps to appreciate its role in promoting a healthier lifestyle and 6)---- well-being.

SVO, V:3 / Ved
✓3

1. **KNOWN FOR**

- ✓ A) celebrated
- B) celebrating
- C) to be celebrated
- D) to celebrate
- E) celebrate

2.

- A) put off .
- B) looked after
- C) made up
- ✓ D) derived from
- E) given away

3.

- A) into
- B) to
- C) forward
- ✓ D) beyond
- E) onto

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4.

A) Unless

✓ C) As

E) If

B) Whereas

D) As if

5.

✓ A) Furthermore

C) Therefore

E) However

B) In contrast

D) Otherwise

6.

A) mental ✓

C) emotional ✓

✓ E) holistic

B) physical ✓

D) spiritual ✓

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition characterized by **persistent** patterns of inattention, hyperactivity, and impulsivity. Increasingly recognized in both children and adults, ADHD can significantly impact daily functioning and quality of life. **The condition is often misunderstood**, with symptoms sometimes mistaken for typical behavior in energetic children or a lack of discipline in adults. Recent research has highlighted the neurobiological underpinnings of ADHD, emphasizing the role of genetics and brain structure in its development. Furthermore, the stigma surrounding ADHD can hinder individuals from seeking proper diagnosis and treatment, leading to negative consequences in academic, professional, and social settings. As awareness grows, it becomes crucial to advocate for a comprehensive understanding of ADHD that distinguishes it from common misconceptions, ensuring that individuals receive the support they need to thrive.

1. What is the **primary focus** of the passage regarding ADHD?

- A) The ~~historical~~ evolution of ADHD diagnosis
✓ B) **The misconceptions** surrounding ADHD symptoms
C) The impact of ADHD on ~~academic~~ success
D) How to address/cope with ~~the strategies~~ for managing ADHD in children
E) The complete ~~eradication~~ of ADHD in society

3¹

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2. According to the passage, recent research about ADHD indicated that ----.

- A) it is ~~solely~~ a result of poor parenting
- B) it has ~~no~~ biological basis
- C) genetics can play a significant role in its development
- D) it is a condition that ~~primarily~~ affects ~~adults~~
- E) it can be cured through ~~discipline~~ ~~alone~~

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3. Based on the passage, what critical issue does the stigma surrounding ADHD raise?

- + A) It enhances awareness and understanding of the condition
- + B) It fosters a supportive environment for individuals with ADHD
- + C) It prevents individuals from pursuing diagnosis and treatment
- + D) It leads to more effective management strategies
- + E) It encourages academic success for affected individuals

1

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4. What can be inferred about the author's perspective on ADHD and societal misconceptions?

- A) The author believes all misconceptions about ADHD are harmless
- B) The author emphasizes the importance of distinguishing ADHD from typical behavior
- C) The author advocates for stricter regulations on ADHD diagnoses
- D) The author views ADHD as an unimportant condition
- E) The author promotes the idea that ADHD should not be treated

1

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5. The underlined word “persistent” in the text is closest in meaning to ----.

- A) temporary -
- B) intermittent -
- C) enduring -
- D) insignificant -
- E) sporadic

Dialogue question 1

Professor Adams:

— Today, we're going to examine the revolutionary impact of Tesla on the automotive industry and sustainable energy.

Student:

— In what ways has Tesla's approach to innovation influenced consumer expectations in the automotive sector?

Professor Adams:

— Tesla has popularized electric vehicles and brought attention to renewable energy, but it has also faced challenges regarding production and competition in the market.

Student:

— ----

Professor Adams:

— Yes, many experts agree that Tesla has redefined expectations for electric cars, pushing other manufacturers to innovate and adapt to this new market landscape.

- A) I've read that Tesla's innovative technology has set new standards for performance and safety in electric vehicles. ✓
- B) Do you think the market for electric vehicles will continue to grow at its current pace?
- C) Isn't it true that Tesla's stock performance is largely driven by public perception rather than actual sales?
- D) Are there specific examples of how Tesla has improved energy efficiency in its vehicles?
- E) Do you think Tesla's success has overshadowed the contributions of traditional automakers in sustainability?

2

Professor Lee:

— Today, we're going to discuss the impact of **texting on modern communication** and **how it has transformed interpersonal interactions**.

Student:

—

Professor Lee:

— While **texting allows for quick exchanges of information**, it also **raises questions about the depth of communication** and the **nuances** that may be lost compared to **face-to-face conversations**.

Student:

— I've noticed that **texting can sometimes lead to misunderstandings due to the lack of tone and body language**. Is that a common concern among communication experts?

Professor Lee:

— Yes, many experts emphasize that while **texting offers convenience**, it can also **hinder meaningful conversations and emotional connections**.

A) How has **texting influenced the way we build and maintain relationships in today's society**?

B) Do you think texting is a **less effective way to express complex emotions than traditional letters**?

C) Isn't it true that **texting has made it easier for people to communicate without the pressure of in-person interactions**?

D) Are there **studies that show texting impacts our ability to engage in deeper conversations**?

E) Do you think the rise of **texting has contributed to a decline in online communication**?

3

Lisa:

— Have you noticed **how many charitable organizations are emerging** these days? It seems like **more people are eager to contribute to various causes.**

ülkü /hedef

die for a noble cause

Mark:

— I've seen that **too, but I wonder if some organizations are effective in how they use donations.**

Lisa:

— **Actually, research suggests that many reputable charities prioritize transparency and accountability, ensuring that funds are used effectively to make a real impact. People often find that their contributions can lead to significant changes in communities.**

Mark:

— -----

Lisa:

— **I get your concerns, but supporting charities that demonstrate measurable outcomes can truly benefit those in need. It's essential to research and choose organizations wisely to ensure your contributions make a difference.**

A) Are you implying that all charities operate with **integrity** and transparency?

B) **Sometimes it seems like** donations **don't always reach** the people who need them most.

C) We should also consider that **charity work** can sometimes **overshadow** systemic issues that need addressing.

D) Do you believe that individuals **feel obligated to** donate just to appear charitable?

E) Could it be that **volunteering time** is just as **valuable as** donating money?

4

Emily:

— Have you noticed **how many people are turning to** substances like alcohol or drugs to cope with stress? It seems like **addiction is becoming more** common these days.

John:

— **I've noticed that too**, but I'm not sure if **everyone understands the** **long-term consequences of** substance use.

Emily:

— Actually, studies show that addiction can have **severe impacts on both physical and mental health**, leading to **a cycle** that's hard to break. Many people **struggle with their dependency** even when they **recognize its harmful effects**.

John:

Emily:

— **I see your point**, but **acknowledging the issue is the first step toward recovery**. It's crucial for individuals to **seek help** and **find healthier coping mechanisms instead of turning to substances**.

A) Do you think the rise in addiction rates is just a reflection of societal changes?

B) Sometimes it seems like **people** underestimate the **seriousness** of addiction **until it's too late**.

C) We should consider that some individuals might actually benefit from using certain substances in moderation.

D) Are you suggesting that addiction is solely a personal failing rather than a health issue?

E) Could it be that the **stigma** surrounding addiction prevents many from seeking help?

Restatement Which of the following best expresses the same idea as the given statement?

1. Although the discovery of antibiotics revolutionized medicine, their overuse has led to the emergence of drug-resistant bacteria, posing a serious threat to global health. S ✓

A) The overuse of antibiotics has caused the appearance of drug-resistant bacteria, but it was the discovery of antibiotics that had a transformative effect on medicine.

B) Even though antibiotics have become less effective over time, their discovery was initially revolutionary, transforming global healthcare and curing many illnesses.

C) Despite antibiotics being revolutionary in medical practice, excessive use of these drugs has resulted in the development of bacteria resistant to them, endangering global health.

D) The misuse of antibiotics has greatly impacted global health, especially since their discovery was seen as one of the most revolutionary advances in modern medicine.

E) The invention of antibiotics transformed the medical field by curing previously untreatable diseases, but drug-resistant bacteria emerged well after their initial use in healthcare.

2. **Unless** athletes **maintain** a balanced diet and regular training, **their performance will inevitably decline, no matter how skilled they are.** 2 3

A) Athletes will not improve their skills unless they adopt a balanced diet and a consistent training regime to enhance their performance.

B) Even if athletes are highly skilled, their performance is bound to drop unless they follow a balanced diet and train consistently. 3 2 1

C) Maintaining a balanced diet and training regularly will ensure athletes continue to improve their skills and avoid performance decline.

D) Regardless of their level of skill, athletes cannot expect their performance to remain steady without proper nutrition and consistent training.

E) Unless they already possess a high level of skill, athletes who neglect their diet and training routine will see a decline in performance.

3. Given that poetry often relies on metaphor and symbolism, it can be challenging for readers to fully grasp its deeper meanings without careful analysis.

A) Readers may struggle to understand poetry without careful analysis because it frequently uses metaphor and symbolism.

B) Since poetry is rich in metaphor and symbolism, some readers find it difficult to appreciate its true meaning unless they analyze it deeply.

C) Understanding the symbolic nature of poetry is easy for readers, as metaphors help convey its deeper meanings.

D) Poetry, which is known for its frequent use of metaphor and symbolism, often leaves readers confused unless they have prior knowledge of these literary devices. edebi araçlar / sanatlar

E) Given that metaphors and symbols in poetry are widely understood, readers rarely find it necessary to engage in deep analysis.

4. Freud believed that **human behavior** is largely driven by unconscious desires, whereas many modern psychologists argue that **conscious thought** plays a more significant role.

- A) Freud argued that conscious thought influences human behavior more than unconscious desires, while modern psychologists tend to believe the opposite.
- B) According to Freud, **human actions** are primarily influenced by unconscious desires, while modern psychologists claim that conscious thought has **a more substantial impact**.
- C) While Freud emphasized the importance of unconscious desires in shaping human behavior, modern psychologists suggest that unconscious thoughts are far less important.
- D) Freud believed that human behavior is mainly determined by conscious thought, whereas modern psychologists argue for the dominant role of unconscious desires.
- E) Freud suggested that unconscious desires have a minor influence on human behavior, while many modern psychologists believe they are key determinants.

5. Socrates believed that questioning established social norms and ideas was essential for the sake of discovering truth and achieving personal growth.

if one is to attain...

A) Socrates argued that if one is after personal growth and truth, they can be attained by questioning the norms and beliefs accepted by society.

B) For the sake of personal development, Socrates encouraged people to challenge norms, as he believed this was the only way to understand the truth.

C) Socrates believed that people must question accepted norms for their own sake and to achieve a deeper understanding of the world.

D) In Socrates' view, questioning societal norms was important for discovering truth if not for ensuring that people could develop personally.

E) According to Socrates, people must abide by established norms if they want to achieve personal development and search for truth.

6. **But for the rapid advancements in AI technology**, many industries would not have been able to achieve the level of efficiency and automation that they now enjoy.

A) But for the starting innovations in AI, most industries would not have improved their efficiency and automation as rapidly as they have.

B) Industries have advanced significantly in automation and efficiency, thanks mainly to AI technology's rapid growth in the last few decades.

C) **But for the growing** capabilities of AI technology, many industries would still struggle to achieve their goals of automation and efficiency.

D) Many industries have gained a great deal of efficiency in automation, but only due to the significant advancements in AI technology.

E) **if it weren't for the fast development of AI technology**, numerous industries would not have reached their current levels of efficiency and automation.

7. Traffic regulations **must be strictly enforced**; **otherwise**, accidents and traffic congestion will become much more frequent in urban areas.

A) Strict enforcement of traffic regulations is necessary, or else accidents and congestion in cities will become far more common.

B) If traffic regulations aren't strictly followed, accidents and traffic jams will continue to increase, especially in urban areas.

C) Traffic in urban areas is getting worse because regulations are not being enforced properly, which results in accidents and congestion.

D) Traffic laws should be enforced, as they prevent accidents and congestion from rising in urban areas.

E) Urban areas will experience fewer accidents and less congestion if traffic regulations are enforced strictly.

ilk 2 v 1 m

1 → 2 3
8. Avocado farmers consume **so much water that it strains local water supplies, leading to concerns about sustainability and the impact on surrounding ecosystems.**

A) **The excessive water consumption by avocado farmers has raised worries about sustainability and negatively affects local ecosystems.** 1 3 2?

B) **Due to the high water usage by avocado farmers, local water supplies are strained, prompting concerns regarding environmental sustainability and surrounding ecosystem.** 2 3 +

C) Avocado farmers use large amounts of water, resulting in a reduced supply for local communities and posing risks to sustainability.

D) The water needs of avocado farmers are substantial, so local resources are under pressure, which affects surrounding ecosystems.

E) Local water supplies are sufficient, so there are no concerns about sustainability related to avocado farming practices..

angora

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angora

angora

Paragraph completion

1. **The Cold War** was marked by a **constant struggle for influence** and power between the United States and the Soviet Union. **Tensions escalated through various conflicts**, including the Korean War and the Cuban Missile Crisis, **which brought the world to the brink of nuclear war**. **Both superpowers engaged in an arms race**, leading to the stockpiling of vast arsenals of nuclear weapons. --- **This competition also spurred significant advancements in technology and space exploration**, as both nations **sought to demonstrate their superiority**. Ultimately, the Cold War had a lasting impact on international relations and global politics.

However,

A) Despite their rivalries, the two nations frequently collaborated on economic projects.

B) The ideological divide between capitalism and communism was a driving force behind their rivalry.

C) Many countries remained neutral during this period, avoiding alliances with either superpower.

D) The end of the Cold War was marked by the signing of several disarmament treaties.

E) Cultural exchanges between the two nations were a highlight of the era.

2. Known for his contributions to epistemology and ethics, Immanuel Kant was a pivotal figure in modern philosophy. His work, particularly in "Critique of Pure Reason," sought to reconcile rationalism and empiricism, arguing that knowledge arises from both sensory experience and rational thought. Kant's ethical framework, known as the categorical imperative, emphasizes the importance of universal moral principles that apply to all rational beings. --- His ideas not only shaped subsequent philosophical discourse but also influenced fields such as political theory and aesthetics. Kant's legacy continues to provoke debate and discussion among contemporary philosophers.

- A) He advocated for a strict adherence to religious doctrine in moral reasoning as a response.
- B) His emphasis on autonomy and moral agency has been central to modern ethical discussions.
- C) Many philosophers rejected his theories as overly complicated and impractical.
- D) Kant believed that emotions should also guide ethical decision-making.
- E) His writings were primarily focused on scientific inquiry and empirical research as a result.

3. Assimilation refers to the process by which individuals or groups adopt the cultural norms of a dominant or host society, often leading to the gradual erosion of their original cultural identities. This phenomenon can occur in various contexts, including immigration, colonization, and globalization. While assimilation can facilitate social integration and access to opportunities, it may also result in cultural homogenization and loss of diversity. ----Critics argue that forced assimilation can be detrimental to cultural heritage and can lead to tensions between different communities. Understanding the complexities of assimilation is crucial for fostering inclusive societies that value cultural pluralism.

- A) Assimilation is always a voluntary and positive experience for individuals.
- B) Many societies encourage bilingual education to support cultural retention.
- C) In some cases, assimilation can result in increased economic opportunities for minority groups.
- D) Assimilation processes are universally applicable across all cultures and societies.
- ✓ E) Cultural preservation efforts are often overlooked in discussions of assimilation.

4. Play is a crucial aspect of childhood development, providing numerous benefits that extend beyond mere entertainment. Through play, children develop essential social skills, such as cooperation and conflict resolution, as they interact with peers. It also fosters cognitive development, encouraging creativity and problem-solving abilities as children explore and experiment with their environment. --- Moreover, play contributes to physical health, helping children develop coordination, strength, and overall fitness. Recognizing the importance of play is vital for parents and educators who aim to support well-rounded development in children.

over= more than / instead of

- A) Structured activities often take precedence over unstructured playtime.
- B) Play should be viewed as a frivolous activity with little educational value.
- ✓ C) Children who engage in free play tend to exhibit better emotional regulation and resilience.
- D) Most children prefer indoor activities over outdoor play.
- E) Parents often worry that playtime detracts from academic learning.

Irrelevant sentence

1. (I) The overuse of antibiotics has emerged as a critical public health concern, significantly contributing to the rise of antibiotic-resistant bacteria. (II) This phenomenon occurs when bacteria evolve and develop resistance to the effects of antibiotics, rendering standard treatments ineffective. (III) The widespread and often unnecessary prescription of antibiotics in both human medicine and livestock farming exacerbates this issue, as it creates selective pressure that favors resistant strains. (IV) Certain strains were once easily treatable without becoming increasingly difficult to manage, leading to shorter hospital stays and lower medical costs. (V) Therefore, addressing antibiotic overuse through improved prescribing practices and public education is essential to preserve the efficacy of these vital medications and safeguard global health.

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

- - - + Çözüm / ödem

2. (I) Considering the huge burden on our shoulders in our hectic lives, a **balanced diet is essential for** maintaining optimal health and preventing chronic diseases. (II) **Despite comprising** a variety of foods that provide the necessary nutrients, including carbohydrates, proteins, fats, vitamins, and minerals, **a balanced diet is not that easy for those trying to make ends meet.** (III) Consuming **an adequate amount of fruits and vegetables is crucial**, as these foods are rich in antioxidants and fiber, which support digestive health and reduce the risk of conditions such as obesity and heart disease. (IV) Furthermore, **a diet like this can enhance cognitive function** and mood, contributing to overall well-being. (V) Consequently, **promoting awareness of the importance of a balanced diet is vital for** encouraging healthier eating habits in diverse populations.

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

those in need= the poor = the have nots

3. (I) Impressionism emerged in the late 19th century as a revolutionary art movement that sought to capture the fleeting effects of light and color. (II) Artists like Claude Monet and Edgar Degas played pivotal roles in this movement, often painting en plein air to better observe their subjects. (III) Impressionism is characterized by loose brushwork and an emphasis on the perception of a moment rather than precise detail. (IV) The movement also influenced photography, leading to the development of new techniques in capturing movement. (V) Impressionist paintings are frequently celebrated for their vibrant colors and emotional depth.

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

artist: ressam/ sanatçı

4. (I) Mpox, previously known as monkeypox, has emerged as a significant public health concern, particularly in the context of global health crises. (II) Symptoms typically include fever, rash, and swollen lymph nodes, resembling those of smallpox. (III) The virus is primarily transmitted through direct contact with infected individuals or animals. (IV) Vaccination programs have been instrumental in controlling the spread of mpox in certain regions, though. (V) Many people fear that new diseases like mpox are likely to threaten our future more than climate crisis.

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

Handwritten notes in blue ink:
1 2
ma
yine de
S V U . S V U , + rash .
however.

angora
inSilizce

5. (I) Many athletes prefer to train indoors during winter months to avoid adverse weather conditions. (II) Athletes are encouraged to follow the rules and uphold the spirit of the game, ensuring a fair level playing field for all participants. (III) The concept of fair play also extends beyond sports, influencing ethical behavior in various aspects of life. (IV) In recent years, many organizations have implemented strict penalties for violations of fair play, such as cheating or unsportsmanlike conduct even in science and business. (V) All these are thanks to fair play, which promotes integrity, respect, and sportsmanship among competitors.

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

6. (I) The Industrial Revolution marked a significant turning point in history, transforming economies from agrarian to industrialized systems. (II) Innovations in technology, such as the steam engine and mechanized textiles, revolutionized production processes and increased efficiency. (III) This period saw the rise of urban centers as people migrated in search of factory jobs, fundamentally altering social structures. (IV) The Industrial Revolution's impact was not limited to industry; it also influenced education, politics, and culture, shaping modern society. (V) The French Revolution, however, was not a cultural movement that spanned the arts, sciences, and literature, although its array of innovations reshaped Europe.

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