

1 – 6: For these questions, choose the best word or expression to fill the space.

1. Researchers assert that reading is a skill that must be ---- from a child's earliest years, and the habit of reading should begin at an early stage and continue throughout one's lifetime.  
A) devised  
B) nurtured  
C) adhered  
D) upheld  
E) executed
2. Experimental evidence suggests that prolonged - --- of the unborn child to loud noise during pregnancy may have an effect on later hearing and that low frequencies have a greater potential for causing harm.  
A) anticipation  
B) devotion  
C) resistance  
D) absence  
E) exposure
3. In order to apply psychological knowledge to sport and health science, as is the case in many academic pursuits, one will need a ---- understanding of psychological theories and the ability to critically evaluate relevant empirical evidence.  
A) mutual  
B) complicated  
C) sound  
D) feasible  
E) common
4. Few developments in the intellectual life of the past quarter-century have provoked more controversy than the ---- to engineer human-like intelligence by artificial means.  
A) contribution  
B) attempt  
C) reaction  
D) damage  
E) threat
5. Poor use of language can hide quality science, making it seem confusing, unclear and sloppy, thus if you ---- spelling, punctuation, and grammar, this good use of language can make a good article even better.  
A) come up with  
B) watch out for  
C) make up for  
D) make sure of  
E) give rise to
6. Unlike large file rooms of the past, companies today store digital versions of documents on servers and storage devices, making them ---- available to everyone in the company, regardless of their geographical location.  
A) respectively  
B) precisely  
C) appropriately  
D) instantly  
E) manifestly

**7 – 16: For these questions, choose the best word(s) or expression(s) to fill the space(s).**

7. Once people learned how to plant crops and domesticate livestock, they ---- powerful networks of collective learning and no longer ---- around to follow their food.
- A) could have generated / should have moved  
 B) would generate / would have moved  
 C) were able to generate / had to move  
 D) might generate / must have moved  
 E) should generate / had been moving
8. ---- in the mid-18th century, innovations like the flying shuttle, the spinning jenny, the water frame and the power loom made weaving cloth much easier and faster than ---- in the previous century.
- A) Started / anticipating  
 B) Starting / anticipated  
 C) To start / having anticipated  
 D) Having started / to anticipate  
 E) To be started / to be anticipated
9. So many people, especially in the Western world, ---- bottled water as of late that people seem ---- there was life before bottled water, when they simply used the free, flowing water from any potable water tap.
- A) have been consuming / to have forgotten  
 B) consume / to have been forgotten  
 C) are consuming / having forgotten  
 D) had been consuming / having been forgotten  
 E) were consuming / to be forgotten
10. Of all the reasons cited ---- choosing an electric one as an additional vehicle to the household, environmental concerns came out top, pushing the electric car to become more accessible ---- the world.
- A) as / for  
 B) by / in  
 C) upon / to  
 D) for / across  
 E) from / throughout
11. In the footsteps of “equality for all movement”, a new section has been set up to addresses discrimination ---- all aspects of education, including hiring and placement of faculty and administrators, assignment of them ---- schools and classes, and distribution of school human resources.
- A) in / to  
 B) about / in  
 C) towards / at  
 D) against / by  
 E) for / across
12. It costs between seven and twenty times more to sell to a new customer than it does to sell to an existing one; ----, many small businesses put all their marketing effort into getting new customers.
- A) as a result  
 B) for example  
 C) however  
 D) instead  
 E) moreover

13. ---- its standing as one of the first widespread food allergens, MSG has been freed from blame for what is popularly known as "Chinese restaurant syndrome" in virtually every scientific study that has explored the topic.

- A) Along with
- B) Due to
- C) In terms of
- D) Similar to
- E) Despite

14. ---- norms originate in small, close-knit groups, they often spread well beyond the narrow boundaries of the original group.

- A) Before
- B) Because
- C) Now that
- D) Even though
- E) In case

15. Polar orbits, which have an inclination of 90 degrees to the equator, are useful for satellites that carry out mapping or surveillance operations ---- the spacecraft has access to virtually every point on the planet's surface on each rotation.

- A) because
- B) even though
- C) unless
- D) so that
- E) as though

16. The primary organizational force for today's shopper is ---- the convenience of the retail location ---- the size of the retailer's inventory, but the combination of personal preference and the immediacy of the need.

- A) both / and
- B) whether / or
- C) as / as
- D) neither / nor
- E) either / or

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

The island of St Vincent is still no stranger to the hazards posed by volcanoes **(17)** ---- it has been over 40 years since the last explosive eruption of La Soufrière. According to scientists, the latest explosive activity at La Soufrière volcano was apparent months before the eruptions, when magma reaching the surface in an effusive eruption slowly built up a lava dome. The eruptions that began on April 9, 2021 propelled ash and gas high **(18)** ---- the air over the Caribbean islands of Saint Vincent and the Grenadines and forced the residents of approximately 30 villages on the northern portion of the island to abandon their homes. Roughly 20,000 people **(19)** ---- so far, including 3,200 people who are residing in emergency shelters. Many homes on the island still remain without electricity and water. **(20)** ---- the contamination of water sources, the ash is rapidly worsening the air quality and so posing severe health risks. Emergency food assistance is in immediate need as the **(21)** ---- population is at risk of becoming food insecure.

**17.**

- A) as
- B) although
- C) after
- D) given that
- E) just as

**18.**

- A) onto
- B) along
- C) into
- D) above
- E) from

**19.**

- A) are evacuated
- B) were evacuated
- C) had been evacuated
- D) have been evacuated
- E) will be evacuated

**20.**

- A) Because of
- B) In addition to
- C) On behalf of
- D) Despite
- E) As opposed to

**21.**

- A) displaced
- B) obvious
- C) pretentious
- D) elevated
- E) subsequent

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

It is estimated by the UN that 10% of Nicaragua's territory is exposed to all natural hazards, including low-frequency, high-impact events such as earthquakes, volcanic eruptions, hurricanes **(22)** ---- high-frequency but lower-impact events such as floods and landslides. For a long time, such disasters killed many people and caused much economic loss. Thanks to Nicaragua's comprehensive and multi-sectoral approach to disaster risk management, the economic damage has **(23)** ---- decreased since 2000s. Their programs help households cope with the immediate effects of disasters and offer them the option to be involved in new and more economically rewarding opportunities that have long-term impact **(24)** ---- their earnings and increase their resilience to weather shocks. **(25)** ---- some progress observed in disaster response so far, national capacities to cope with shocks still show large gaps and further action will need to be taken by the government of Nicaragua to avoid an unreasonable accumulation of new vulnerabilities. Continued investments at the local level are required **(26)** ---- preparedness and long-term risk reduction in an effective way.

**22.**

- A) in contrast to
- B) except for
- C) for the sake of
- D) as well as
- E) as a result of

**23.**

- A) densely
- B) coherently
- C) gradually
- D) meticulously
- E) intentionally

**24.**

- A) out
- B) towards
- C) upon
- D) off
- E) from

**25.**

- A) In spite of
- B) Except for
- C) Owing to
- D) Instead of
- E) As well as

**26.**

- A) improved
- B) to have improved
- C) to be improved
- D) improving
- E) to improve

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

**27. ----, it wasn't until 2,000 years ago that an Indian sage called Patanjali systematised the daily practice of yoga.**

- A) Just as the number of yoga varieties was high in the middle of the previous century
- B) While yoga has been practised for over thousands of years
- C) Since the number of yoga enthusiasts has risen over the last decades
- D) Although health had always had priority over any other pursuit
- E) Whereas there were five main reasons why people resorted to yoga

**28. ---- on account of poor soil quality in the continent and practices that deprive the soil of its nutrients.**

- A) Even high quality seeds don't bring in good harvest in Africa
- B) Agriculture practices in Africa and Europe are surprisingly good
- C) Most of the countries depend on agriculture as their main source of income
- D) Soils around the world constitute more than one-fifth of the world's cropland
- E) Certain African governments have overcome the problem of infertile soil

**29. Although some types of bacteria can be detrimental to human health by triggering deadly diseases, ----.**

- A) beneficial bacteria, known as human microbiome, can protect us from disease-causing 'bad' bacteria
- B) bacteria-killing antibiotics have been called one of the greatest discoveries of the 20<sup>th</sup> century
- C) bacterial infections are still among the most serious conditions that claim the lives of many people in the world
- D) treating a bacterial infection is not always possible as there are antibiotic-resistant bacteria
- E) they have been among the silent killers of people all around the world for as long as humans have lived

**30. Just as famine and starvation were common in the everyday lives of desperate millions in Medieval England, ----.**

- A) these medieval societies knew the fact that diseases kill in masses
- B) diseases related to these, like the plague, were something ordinary
- C) it was quite easy for officials to take diseases under control in those times
- D) the plague left a devastating effect on the way people lived
- E) other factors must have affected the outcome of contagious diseases like the plague

31. ---- until it finally collapsed because of Greek and Roman influences.
- A) The lifestyles that prevailed the ancient civilisations were various
  - B) The lives of millions of people in Ancient Egypt depended on the Nile
  - C) Ancient Egyptian civilisation spanned some 3,000 years
  - D) Life expectancy at birth in ancient times was well below 40
  - E) Half of the drug sources used by Egyptian healers are in use today
32. While atmospheric heat is the dominant reason for melting Arctic sea ice in the summer, ----.
- A) sea ice reflects much of the sun's rays back into space
  - B) the Arctic could be in the process of transitioning to a "new" state
  - C) strong heat waves elsewhere cause the ocean waters to get warm
  - D) rising temperatures below the surface also contribute to ice calving
  - E) it has little influence during the cold dark polar winter
33. Given the common occurrence of crying in all sorts of negative and positive situations, ----.
- A) people with high empathy cry more easily in not only positive but also negative situations
  - B) it is astonishing to see how little psychological research has been devoted to this central behaviour
  - C) even seeing somebody cry may have negative effects as the person is seen as less emotionally stable
  - D) crying in the course of psychotherapy is likely associated with higher relief and a much better therapy outcome
  - E) it has been proven that highly neurotic people cry more easily in negative situations than less neurotic people
34. Because the great majority of our vivid dreams occur during rapid eye movement (REM) sleep stage; ----.
- A) healthy adults typically have about four REM cycles
  - B) people experience a dramatic decline in REM sleep
  - C) sleep plays a vital housekeeping role akin to 'taking out the trash'
  - D) many people refer to this stage as "dream sleep"
  - E) more research is being done on what scholars call babies' sleep
35. Though we spend 90% of our time indoors, either at home, school or at work, ----.
- A) around four million people a year die from the exposure to household air pollution
  - B) indoor air pollution is caused by a much wider diversity of activities compared to outdoor one
  - C) most of our exposure to air pollution takes place inside buildings
  - D) all our focus, when it comes to pollution, is on the rest of our time that we spend outdoors
  - E) only 10% of the entire research on air pollution go into outdoor causes
36. Scientists have long suspected that billions of free-floating planets may exist in the Milky Way, ----.
- A) but so far, only a few contenders have received scholarly interest among the 4,000-or-so worlds when it comes to Earth-like life
  - B) if even ordinary people one day begin to grasp that the universe is home to more than 100 billion galaxies
  - C) so they are sure to discover totally habitable planets like our own within this century
  - D) although others claim that the Milky Way or our solar system cannot be the only habitable zone in the entire universe
  - E) while they are trying to come up with an answer to those who claim that there could be Earth-like life planets and multiple universes

**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. Conventional suspension systems restrict a train's speed as it travels on curved track, limiting how many trains you can run on a route.**

- A) Geleneksel süspansiyon sistemleri, tren kavisli raylarda giderken onun hızını kısıtlar ve bu bir güzergâhta kaç tane tren çalıştırılabileceğini sınırlar.
- B) Tren kavisli raylarda giderken onun hızını kısıtlayan geleneksel süspansiyon sistemleri, bir güzergâhta kaç tane tren çalıştırılabileceğini sınırlar.
- C) Geleneksel süspansiyon sistemleri, tren kavisli raylarda giderken onun hızını kısıtlar ve bu da bir güzergâhta kaç tane tren çalıştırılabileceğini sınırlar.
- D) Geleneksel süspansiyon sistemlerinin bir eksisi de trenlerin hızını kavisli raylarda giderken kısıtlamasıdır ve bu da bir güzergâhta kaç tane tren çalıştırılabileceğini sınırlar.
- E) Geleneksel süspansiyon sistemleri ile tren kavisli raylarda giderken onun hızını kısıtlar ki bu bir güzergâhta kaç tane daha tren çalıştırılabileceğini sınırlar.

**38. The Arctic sea ice extent and thickness have been diminishing for decades as global temperatures rise.**

- A) Artan küresel sıcaklıklar yüzünden Kuzey Kutbu deniz buzu alanı ve kalınlığı on yıllardır azalmaktadır.
- B) Küresel sıcaklıklar artıyor ve bu yüzden Kuzey Kutbu deniz buzu alanı ve kalınlığı on yıllardır azalmaktadır.
- C) Kuzey Kutbu deniz buzu alanı ve kalınlığının on yıllardır azalmasının sebebi, artan küresel sıcaklıklardır.
- D) Küresel sıcaklıkların on yıllardır artışını sürdürmesi sebebiyle Kuzey Kutbu deniz buzu alanında ve kalınlığında azalma olmuştur.
- E) Kuzey Kutbu deniz buzu alanı ve kalınlığı küresel sıcaklıklar arttıkça on yıllardır azalmaktadır.

**39. Human beings do not lose their claim to moral standing just because they act against the interests of another person.**

- A) Başkalarının çıkarlarına aykırı hareket eden bazı insanlar, sırf bu yüzden ahlaklı olma haklarını kaybetmez.
- B) İnsanlar, ahlaklı olma haklarını sadece başka bir insanın çıkarlarına aykırı hareket ettikleri için kaybetmez.
- C) İnsanların ahlaklı olma haklarını kaybetmesinin sebebi, başkalarının çıkarlarına aykırı hareket etmeleridir.
- D) İnsanlar, bazen başkalarının çıkarlarına aykırı hareket etseler de ahlaklı olma haklarını kaybetmez.
- E) İnsanlar, ahlaklı olma haklarını sadece başka bir insanın çıkarlarına aykırı hareket ettikleri için kaybetmeyebilir.



**40. Eski kayıtlar seyrek ve bölük pörçük olduğu için Hristiyanlık öncesi bir Kelt festivali olan Samhain'in ilk ortaya çıkışı tam olarak anlaşılamamaktadır.**

- A) Because ancient records are sparse and fragmentary, the origin of Samhain, a pre-Christian Celtic festival, is not fully understood.
- B) The origin of Samhain, a pre-Christian Celtic festival, is not fully understood due to various factors, one of which is that ancient records are sparse and fragmentary.
- C) Ancient records are sparse and fragmentary, so the origin of Samhain, a pre-Christian Celtic festival, is not fully understood.
- D) With ancient records being sparse and fragmentary, it is difficult to fully understand the origin of Samhain, a pre-Christian Celtic festival.
- E) One reason why the origin of Samhain, a pre-Christian Celtic festival, is not fully understood is that ancient records are sparse and fragmentary.

**41. Develer vücutlarındaki suyu tutmak için burunlarından soludukları her nefesteki nemi yakalamak gibi birkaç yöntemle sahiptirler.**

- A) To retain the water in their bodies, camels employ several methods, such as catching moisture from each breath they exhale through their nose.
- B) Camels have several ways to retain the water in their bodies; for instance, they can catch moisture from every breath they exhale through their nose.
- C) One of the ways camels keep the water in their body is capturing moisture from every breath they exhale through their nose.
- D) Camels have several ways to retain the water in their bodies, such as by catching moisture from every breath they exhale through their nose.
- E) Camels catch moisture from every breath they exhale through their nose, and they do this in an effort to retain the water in their bodies.

**42. Genel nüfusun içinde bazı insanlar gün boyunca kahve içebilirken diğerleri ise bir fincandan sonra endişelenmeye başlar.**

- A) Although within general population, many people start to become anxious after drinking one cup of coffee, others can drink coffee all day long.
- B) Within the general population, while some people can drink coffee all day long, others start to become anxious after one cup.
- C) Within the general population, some people can drink a lot of coffee during the day, but others start to get anxious after only one cup.
- D) Drinking coffee all day long will not bother some people, whereas others start to become anxious after drinking one cup.
- E) Within the general population, a cup of coffee can cause some people to become anxious, yet others can drink coffee all day long.

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

From lemurs to orangutans, tarsiers to gorillas, primates are sometimes disturbingly similar to us. So it is not surprising that this group of more than 500 species receives a great deal of research and conservation attention. But despite this effort, more than 60% of primate species are threatened with extinction mainly due to human activities, such as habitat loss, hunting, illegal trade, climate change and disease. This extinction crisis makes effective conservation actions vital. There are many different possible conservation actions for primates, like anti-poaching patrols, relocating animals, publicising conservation issues and reintroducing primates into their habitats. But a new study shows that very little is known about what actually works to protect primates. A team of expert primatologists and conservationists from 21 countries examined the evidence for 162 primate conservation actions to see if they actually work. They found there wasn't any research published testing the effectiveness of more than half of the actions. This lack of evidence means it is impossible to know whether these actions are beneficial or not. Even when studies on the effectiveness of a conservation action have been published, it was still difficult to draw valid conclusions about whether the action worked, due to problems with the design of the studies. This was even true for some actions that have been studied 20 to 30 times. These huge gaps in knowledge are worrying, because without adequate information, researchers can't learn from experience and can't prioritise efforts and funding to best protect our primate relatives.

**43. According to the writer, primates are popular research subjects because ----.**

- A) almost half of them under the threat of becoming extinct
- B) we are mostly disturbed by their similarity to humans
- C) they are akin to humans, even to the degree that it may bother us
- D) they live in as many as 21 countries around the world
- E) are being threatened by various human activities

**44. According to the passage, ----.**

- A) human activities are not to blame when it comes to the extinction of lemurs
- B) tarsiers are on the verge of total extinction compared to gorillas
- C) primates have so few species that their demise fails to receive any attention
- D) primatologists proved the effectiveness of more than half of the conservation actions
- E) illegal trade is only one of the causes of the extinction of primates

**45. The passage makes it clear that our actions to conserve primates ----.**

- A) should include at least four different ways of protection
- B) may not ensure that the species are protected effectively
- C) should be thoroughly documented by researchers from many countries
- D) seems to be restricted to anti-poaching patrols and relocating animals
- E) stem from our feeling of guilt towards these animals

**46. Which of the following describes the main purpose of this passage?**

- A) To point out often neglected facts regarding conservation efforts to protect primates
- B) To criticize scientists who are not doing their best to protect primates from extinction
- C) To explain the efforts to conserve primates in detailed with examples from various studies
- D) To warn readers about the extinction crisis, which might also affect humans
- E) To discuss the pros and cons of different approaches in preserving primates

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

There is a thin line between working hard enough and working too hard. Pushing your body to reach new levels of fitness requires commitment, effort and a willingness to put yourself through intense, challenging workouts on a regular basis. But **more isn't always better**. Without the right balance of rest and recovery, you could end up spiralling into a long-term fatigue condition called overtraining syndrome. The condition results in long-term reduced physical performance, and may be accompanied by other physiological and psychological symptoms (such as low mood or poor sleep) – though this isn't always the case. It can take weeks, months and even years to recover from this condition. Though mainly caused by excessive amounts of exercise, overtraining syndrome can be accelerated by other life stress, such as working long hours, difficult social relationships, dieting and not getting enough sleep. Recent research has shown that up to 93% of athletes suffering from unexplained performance decline also report the presence of non-training stressors, so managing those stressors is important. The frustrating thing about overtraining syndrome is that there is no single measure or test that you can use to identify it. Research tells us that symptoms can vary wildly from one person to the next, meaning it can be a condition that is hard to pinpoint. In fact, the only current, reliable method to assess if you have overtraining syndrome is to track how long it takes you to recover.

**47. Which of the following is not mentioned among the factors that accelerate overtraining syndrome?**

- A) Not getting adequate sleep
- B) Commitment and effort
- C) Difficult social relations
- D) Working long hours
- E) Going on a diet

**48. The writer uses the statement “more isn't always better” to ----.**

- A) criticize an athlete's temporary willingness to do intense workouts
- B) inform an athlete about long term effects of working hard enough
- C) remind an athlete to avoid having a lot of social relationships
- D) emphasize that the right balance of rest and training is essential for an athlete
- E) explain a long-term fatigue condition called overtraining syndrome

**49. Which of the following is TRUE according to the passage?**

- A) The long term effects of overtraining syndrome is not limited to physiological ones.
- B) Overtraining syndrome can be caused solely by excessive amounts of exercise.
- C) Almost 95% of athletes suffer from the effects of overtraining syndrome.
- D) If an athlete has poor sleep, they are definitely suffering from overtraining syndrome.
- E) Overtraining syndrome can only be overcome by resting properly.

**50. Which of the following could be the best title for the passage?**

- A) How Much is Enough When It Comes to Training?
- B) Overtraining Syndrome: Why Athletes should not Neglect it
- C) The Ways for Athletes to Recover from Overtraining Syndrome
- D) The Detrimental Effects of Excessive Exercise
- E) The Importance of Managing Non-Training Stressors

**51-54: Answer these questions according to the passage below.**

Protein is essential for the body to grow and repair, and can be found in protein-rich foods such as dairy, meat, eggs, fish and beans. These foods are chewed in the mouth, broken down into amino acids in the stomach and absorbed in the small intestine, then the liver sorts out which amino acids the body needs. The rest is flushed out in our urine. Not getting enough protein, or protein deficiency, can lead to hair loss, skin breakouts and weight loss as muscle mass decreases. But these side effects are very rare, and largely only occur in those with eating disorders. Despite that, most of us have long associated protein with building muscle. This is accurate. Strength-based exercise causes a breakdown of protein in the muscle. For muscles to grow stronger, the proteins need to rebuild, which is made possible by a process called protein synthesis. A type of amino acid called leucine plays a particularly big part in triggering protein synthesis. The type of protein consumed may also be an important factor in stimulating protein synthesis. Both soy and whey protein supplementation have been shown to increase lean muscle mass and strength in comparison to a placebo.

**51. Which of the following can be understood from the passage?**

- A) Meat and eggs contain more protein per gram than beans or dairy products.
- B) Those who lack leucine will process protein much better than those who have.
- C) Protein intake doesn't mean anything for the body without strength-based exercise.
- D) The body uses different organs to process protein obtained from foods.
- E) Men, in general, need less protein than women.

**52. According to the passage, which of the following is true about protein deficiency?**

- A) It results in muscle loss, which causes other symptoms such as weight loss.
- B) Side effects are common even in those without any eating disorders
- C) It results from a condition in which the body cannot produce enough leucine.
- D) It may affect women more severely than men as women lack muscle mass most of the time.
- E) It will definitely cause hair loss or weight loss in people who have the condition.

**53. Which of the following is false according to the passage?**

- A) Among protein-rich foods are dairy, meat, eggs, fish and beans.
- B) Weight loss is only one of the effects of not getting enough protein.
- C) Soy protein intake increases lean muscle mass.
- D) Leucine plays a role in triggering protein synthesis.
- E) Protein has little to do with repair as it helps the body grow.

**54. The passage is mainly about ----.**

- A) different amounts of protein that men and women need
- B) the negative effects of a lack of protein on muscle mass
- C) the importance of protein for our bodies, muscles in particular
- D) how protein is processed by the body
- E) the importance of eating protein-rich food

**55-58: Answer these questions according to the passage below.**

Today, silent reading is the norm. The majority of us bottle the words in our heads as if sitting in the hushed confines of a library. Reading out loud is largely reserved for bedtime stories and performances. However, a growing body of research suggests that we may be missing out by reading only with the voices inside our minds. The ancient art of reading aloud has a number of benefits for adults, from helping improve our memories and understand complex texts, to strengthening emotional bonds between people. And far from being a rare or bygone activity, it is still surprisingly common in modern life. Many of us unthinkingly use it as a convenient tool for making sense of the written word, and are just not aware of it. Colin MacLeod, a psychologist at the University of Waterloo in Canada, has extensively researched the impact of reading aloud on memory. He and his collaborators have shown that people unremittingly remember words and texts better if they read them aloud than if they read them silently. This memory-boosting effect of reading aloud is particularly strong in children, but it works for older people, too. "It's beneficial throughout the age range," he says.

**55. Which of the following is true about reading aloud according to the passage?**

- A) It has advantages for adults as well as for children.
- B) It is better for some age groups than other ones.
- C) It is the standard way of reading in most of the world.
- D) It is preferred by people who want to read books in libraries.
- E) It is the essential tool used by many to improve memory.

**56. It can be inferred from the passage that the writer ----.**

- A) is probably a colleague of Colin MacLeod
- B) has improved his memory with the help of reading aloud
- C) has been benefitting from reading a loud since their childhood
- D) has a positive opinion about reading aloud
- E) uses silent reading more than reading aloud without thinking during the day

**57. According to the passage, reading aloud ----.**

- A) is the norm in many parts of the world
- B) has been in practice for a few years
- C) can be a good way to treat the elderly
- D) is practiced by few people in the world
- E) is a common practice in libraries

**58. The underlined word 'unremittingly' is closest in meaning to ----.**

- A) faintly
- B) thoroughly
- C) deliberately
- D) broadly
- E) consistently

**59-62: Answer these questions according to the passage below.**

Weight lifting, also known as resistance training, has been practised for centuries as a way of building muscular strength. Research shows that resistance training, whether done via body weight, resistance bands or machines, dumbbells or free weights, not only helps us build strength, but also improves muscle size and can help counteract age-related muscle loss. More recently it has become popular among those looking to lose weight. While exercises such as running and cycling are indeed effective for reducing body fat, these activities can simultaneously decrease muscle size, leading to weaker muscles and greater perceived weight loss, as muscle is denser than fat. But unlike endurance exercises, evidence shows resistance training not only has beneficial effects on reducing body fat, it also increases muscle size and strength. Resistance training can also be effective for long-term weight control, too. This is because muscle size plays a major role in determining resting metabolic rate (RMR), which is how many calories your body requires to function at rest. RMR accounts for 60-75% of total energy expenditure in non-exercising people, and fat is the body's preferred energy source at rest. Increasing muscle size through resistance training increases RMR, thereby increasing or sustaining fat loss over time. A review of 18 studies found that resistance training was effective at increasing resting metabolic rate, whereas aerobic exercise and combined aerobic and resistance exercise were not as effective.

**59. According to the passage, using body weight is merely among the ways of----.**

- A) decreasing resting metabolic rate
- B) doing endurance exercises for weight loss
- C) increasing body fat in a more effective way
- D) doing resistance training or weight lifting
- E) improving one's health even in old age

**60. According to the passage, although it is possible to lose weight by running and cycling, ----.**

- A) increasing muscle size and strength is not as much as in weight lifting
- B) one can burn more calories while running than cycling
- C) doing these exercises in old age is not possible at all
- D) these exercises are not as popular as resistance training
- E) one runs the risk of ending up with weaker muscles doing these exercises

**61. It can be inferred from the passage that resistance training ----.**

- A) will be more beneficial for those who want to lose weight if they use resistance bands or machines
- B) will only counteract age-related muscle loss if it is done using dumbbells or free weights
- C) appeals to people who want to keep their muscles strong as well as those wishing to lose weight
- D) plays a major role in determining how much fat body loses while doing endurance exercises as well
- E) is worse than endurance training in that it leads to muscle loss when done intensively

**62. What is the author's attitude towards aerobic exercise?**

- A) Cautious
- B) Supportive
- C) Neutral
- D) Disapproving
- E) Scornful

**63-67: For these questions, choose the best option**

to complete the dialogue.

63.

Reporter:

- **It seems that we have not mastered the ability to learn from our mistakes. Would you agree?**

Professor:

- ----

Reporter:

- **I have never heard such a phenomenon. I think I need some clarification on that comment.**

Professor:

- **Sure. Our brains learn more from some experiences than others, and these experiences are mostly the positive ones.**

- A) No, I wouldn't. Where would we be now if we hadn't learned from our mistakes in WW II?
- B) Yes. It has little to do with mistakes but more to do with a phenomenon called positivity bias.
- C) Definitely not. Mistakes are the steps taking us to success through experience.
- D) Yes. This phenomenon is all about whether we are given a choice on a particular matter or not.
- E) I neither agree nor disagree. I decline to make any comment on this phenomenon.

64.

Henry:

- **That's it! I am deactivating my social media accounts.**

Sheila:

- **What? Again? What happened this time?**

Henry:

- ----

Sheila:

- **Maybe you should change the people you follow on your social media accounts. Getting news from one side creates that feeling.**

Henry:

- **You might have a point. I might as well follow a few different news outlets.**

- A) I have practically no followers there. There is only you and a few more close friends!
- B) I have received negative comments and even an insult related to some posts I wrote.
- C) I got blocked by a famous actress due to a comment I wrote.
- D) I am fed up with the negativity I am exposed to on my feed. It looks as if the world is collapsing.
- E) The people I follow keep reposting other people's posts and it is annoying.

65.

Journalist:

- **Gathering from your recent public appearances, can we call you a climate change denier?**

Expert:

- **Actually no. There is no proof that I have said so or anything negative about climate change.**

Journalist:

- ----

Expert:

- **Nonsense. That video is a hoax. If I cut the video of this interview at appropriate points, I can easily make you look like a climate change denier.**

- A) What about the video circulating online that shows you saying "there is no climate change?"
- B) But there are a lot of videos in which you said climate change is an exaggerated issue.
- C) Surely, you won't deny the words you uttered before we started this program, will you?
- D) Then why do people think you are an ardent member of climate change deniers.
- E) Then, can we now say in this video that you no longer deny climate change?

66.

Edgar:

- **Now that we are having online education, I think I can learn things much better.**

Allan:

- ----

Edgar:

- **Hey! Don't you think you are being rude?**

Allan:

- **Not really. With tens of thousands of school kids who have no access to the Internet, your remark lacks thoughtfulness at best.**

- A) What about pupils who have no means to get their lessons?
- B) I'd prefer face-to-face education by all means.
- C) You are lucky you have said this only in my presence; other people might have roasted you.
- D) It is easy for a rich and technologically competent person like you to talk like this.
- E) This might be one of the most nonsense and selfish remarks I have heard these days.



67.

Graham:

- **Can you tell me a technology we take for granted?**

Debby:

- **What do you mean?**

Graham:

- ----

Debby:

- **That is easy: Wi-Fi. We never stop to consider how we get e-mails or streaming video on our smartphones, but it is possible thanks to Wi-Fi.**

- A) Well, think about all the devices you use during the day.  
B) I mean we never think twice about streaming services by which we watch videos and shows.  
C) I mean we use it all the time, but we never question how it works.  
D) The thing I am trying to say is that we accept technology as it is.  
E) I mean we should consider our relationship with technology.

**68-71: For these questions, choose the best rephrased form of the given sentence.**

**68. Sign language is so good for the developing brain that some hearing parents teach it to their hearing children to boost brain development.**

- A) As some hearing parents teach sign language to their hearing children, they think it is very good for their developing the brain.  
B) If sign language weren't so beneficial in developing brain power, hearing parents wouldn't try to teach it to their hearing children to improve brain development.  
C) Some hearing parents are of the opinion that sign language is good for the developing brain, so they teach it to their hearing children, hoping that their brain development will improve.  
D) That sign language is very good for the developing brain is yet to be proven, but some hearing parents teach it to even their hearing children.  
E) As it is very good for the developing brain, some hearing parents teach sign language to their hearing children so as to improve brain development.

**69. Only about 20 percent of Guinea have access to electricity, so many schoolchildren in the capital are studying at the airports or train stations every night.**

- A) One fifth of Guinean people have access to electricity as schoolchildren have to study at the airports or train stations every night.
- B) That only about one fifth of Guinea have access to electricity results in many schoolchildren in the capital studying at the airports or train stations every night.
- C) Even if one fifth of Guinea have access to electricity, schoolchildren in the country are studying at the airports or train stations every night in the capital.
- D) As access to electricity in Guinea is limited to only one fifth of its population, almost all schoolchildren are studying at the airports or train stations every night.
- E) Children in Guinea need access to electricity even in the capital, but only one fifth of the country have it, which means they have to study at the airports or train stations every night.

**70. Kids whose schools organize trips to wilderness areas say that reading about nature is one thing, but experiencing it completely another.**

- A) Kids whose schools organize trips to wilderness areas once in a while find experiencing nature much better than reading books about it.
- B) Kids going on trips to wilderness areas organized by their schools claim that reading books about nature is even better than experiencing it.
- C) It is a well-known fact that schools organize trips to wilderness areas to familiarize kids with the experience of nature in addition to having kids read about it.
- D) It is said by kids whose schools organize trips to wilderness areas that there is a big difference between reading about nature and experiencing it, which is even better.
- E) It is alleged by kids whose schools organize trips to wilderness areas that there is a huge difference between reading about nature, which is even better, and experiencing it.

**71. Although it is widely believed that horses were domesticated 4,000 years ago, new research shows that they were domesticated 1,000 years earlier than was previously thought.**

- A) Despite the popular belief that horses were domesticated 4,000 years ago, new research suggests their domestication took place 1,000 years earlier than was previously thought.
- B) In spite of the common belief that horses were domesticated 1,000 years ago, new research suggests their domestication took place 4,000 years earlier than was formerly believed.
- C) According to new research, horses were domesticated 1,000 years ago, yet some people believe that it took place much earlier, about 4,000 years ago.
- D) It is a common belief that horses were domesticated 4,000 years ago, but new research shows that this event took place 5,000 years earlier than this.
- E) What new research shows about the domestication of horses, which is believed to have taken place 4,000 years ago, is that we are wrong in our estimates by 1,000 years.

**72-75: For these questions, choose the best option to complete the missing part of the passage.**

**72. A remarkable transformation has recently taken place in a corner of the United Arab Emirates. In just 40 days, a once barren plot of sand in this landlocked desert nation has become littered with ripe, sweet watermelons swelling under the Arabian sun. For a country that has to import 90% of its fresh produce, it is regarded as an agricultural miracle. ---- The answer to this miracle lies in how they changed soil. The dry, inhospitable Arabian desert has been turned into a lush fruit farm thanks to the simple addition of clay and water.**

- A) Is using clay to improve soils is something new or have farmers been doing so for ages?
- B) What is the current start-up cost in the rich UAE?
- C) Which communities have benefited from the ability to turn the desert into fertile land?
- D) What made this milestone in agriculture possible?
- E) What is the best time for engineers to mix clay and local soils to grow fruits in the desert?

**73. More than 70 million people worldwide, including about three million Americans, stutter. That is, they have difficulty with the starting and timing of speech, resulting in halting and repetition. ---- These include the US president Joe Biden, actor James Earl Jones, actress Emily Blunt and singer Hüseyin Turan. Though those people have achieved career success, stuttering can contribute to social anxiety and draw ridicule or discrimination by others.**

- A) In the past, many therapists mistakenly attributed stuttering to a number of causes, such as defects of the tongue and voice box.
- B) History is full of instances where it is not an obstacle and of people who have achieved career success despite stuttering.
- C) Over the past two decades, continuing research has made it more apparent that stuttering is all in the brain.
- D) In kids who lose their stutter, connections between areas involved in hearing and ones involved in speech movements get stronger.
- E) Researchers created mice with a mutation in a specific gene that, in people, is linked to stuttering.

**74. Getting more and better-quality sleep each night can improve concentration, sharpen planning and memory skills and maintain the fat-burning systems that regulate our weight. If every one of us slept as much as we're supposed to, we'd all be lighter, less prone to developing Type 2 diabetes and most likely better equipped to battle depression and anxiety. ---- The trouble is that to reap such benefits of sleep, we need to get enough of it. Considering its long term implications, scientists are making the case that it matters much more than we think.**

- A) When the lights go out, our brains start working, but in an altogether different way.
- B) Up to two thirds of people in urban areas are not getting a good night's sleep on a regular basis.
- C) Sleep is so undervalued that getting by on fewer hours has become a badge of honour.
- D) We are learning more about the intimate connections between our minds and bodies and our need for sleep.
- E) We might even lower our risk of Alzheimer's disease, osteoporosis and cancer.

**75. Ask most people to list the causes of climate change, and you would expect to hear about oil companies, flights and cars. ---- Farming is one of the main drivers of deforestation and global warming, among many other issues. The flip side of this is that improving the way we farm can have massive environmental benefits. Boosting yields so that we can grow the same amount of food on half the land could save a forest, along with all the carbon that it stores.**

- A) Thus, changing the way we produce energy will have a huge impact on climate change.
- B) Meanwhile, we can also benefit from changing the way we produce our food.
- C) However, increasingly, we are realising that producing our food has massive environmental impacts.
- D) In contrast, farming practices have a minor impact on global warming and climate change.
- E) Likewise, the negative impact of big textile corporations on the environment and natural resources go unnoticed.

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

**76. (I)** There is plenty of water on Mars today, but it is virtually all frozen, so not much use for life. **(II)** Even in places where the noon-time temperature creeps above freezing, surface signs of liquid water are frustratingly rare. **(III)** It is beginning to look as if the most favourable place for liquid water on Mars is beneath the surface, under its vast south polar ice cap. **(IV)** This is because the atmospheric pressure on Mars is too slight to confine water in its liquid state on the surface. **(V)** As a result, ice turns directly into vapour when heated by the noon-time temperature.

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

**77. (I)** Rhinos, tigers, pangolins – we are used to hearing about the mammals that are snatched from the wild so that their body parts can be sold. **(II)** But did you know that you can buy and sell 36% of all known reptile species over the internet? **(III)** That is more than one in three species, including the endangered speckled tortoise, which is the world's smallest species of tortoise. **(IV)** This clearly shows that reptiles are consistently overlooked by trade regulations. **(V)** Thousands of skins of crocodiles, lizards and snakes are shipped around the world to make boots.

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

78. **(I)** There are 280,000 homeless people in the UK, and homelessness has been projected to increase even more. **(II)** These people are often subject to hate speech by the residents of the area where they live on the streets. **(III)** A key driver of homelessness is a shortage of affordable housing, and particularly social rented properties. **(IV)** In Cambridge, an innovative approach to the problem of homelessness has now been tested for the first time in England: modular homes. **(V)** Modular homes are movable, mostly temporary kinds of small-scale accommodation which give each occupant their own front door.

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

79. **(I)** The very first human beings originally emerged in Africa before spreading across Eurasia about 60,000 years ago. **(II)** Who were the people who first came to this region and eventually developed agriculture? **(III)** Which groups ended up predominant and which died out? **(IV)** Today, archaeologists know from fossils and artefacts that modern humans have occupied Southeast Asia for 60,000 years and East Asia for 40,000 years. **(V)** Ancient DNA is helping to answer some of these questions.

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

80. **(I)** It is difficult to define online activism as it encompasses a wide variety of subcategories. **(II)** For some, online activism, or slacktivism, is the laziest form of activism. **(III)** On social media, "slacktivists" express their support for a cause only by changing a profile image, retweeting a sentiment, or deploying a trending hashtag. **(IV)** The Urban Dictionary defines slacktivism as "the self-deluded idea that by liking, sharing, or retweeting something you are helping out. **(V)** Despite this negative impression made by the definition, accumulating evidence suggests that online activism is more effective than many people might assume.

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

**TEST BİTTİ.  
CEVAPLARINIZI KONTROL EDİNİZ.**