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| **PROFICIENCY TEST LISTENING** |
| **Name & Surname:** |
| **Class: Student Number:** |

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| **You are going to hear a lecture about “Stress”. You will hear this lecture TWICE. During the listening, take notes in the space provided. At the end of the talk, use your notes to answer the questions.** |

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| [http://www.pirireis.edu.tr/wp-content/uploads/pirireisuniversitesibasinodasilogo-150x150.jpg](http://www.pirireis.edu.tr/wp-content/uploads/pirireisuniversitesibasinodasilogo.jpg) | **PÎRÎ REİS UNIVERSITY** | **A**  **TOTAL GRADE:**  **\_\_\_\_\_ / 80** |
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**SECTION 1: NOTE-TAKING LISTENING**

**Questions 1 -10 (10x2pt.=20pts.)**

* **In this section you mustuse your notes to answer the questions below.**

1. **Everybody is affected by stress and it is our bodies’ reaction to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ influences.**
2. psychological, environmental, chemical or sensible
3. physical, emotional, chemical or environmental
4. environmental, reasonable, emotional or social
5. chemical, psychological, social or environmental

**2. Which is an example to the positive effects of some stress on the human body?**

1. It raises our blood pressure.
2. It makes our heart work better.
3. It increases the body’s ability to fight disease.
4. It can strengthen our minds and bodies.

**3. Which is NOT one of the signs of an unhealthy amount of stress?**

1. decreasing the chemical imbalance
2. losing one’s sense of humor
3. having uncontrollable anger or sadness
4. becoming more forgetful

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ leads our bodies to produce too much of the hormones; cortisol and adrenaline.**

1. Uncontrollable anger
2. Chronic stress
3. Personality traits
4. Situational stress

**5. Cortisol is the hormone produced by our body when we are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

1. ready to react to a threat
2. angry and aggressive
3. worried or frightened
4. excited and in a hurry

**6. Which is TRUE about the hormones “adrenaline and cortisol”?**

1. They are known as “fear or flight hormones”.
2. They encourage people to take risks.
3. They affect people with heart disease more than others.
4. Too much of them can lead to stress-linked illnesses.

**7. Extended periods of cortisol in the body can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

1. prevent bacterial infections
2. cause us to eat more or less than normal
3. prepare the body to deal with dangerous situations
4. harm the body’s defense system

**8. Which one of the following characteristics belongs to “Type A” personality?**

1. Their bodies produce more cortisol hormones.
2. They are aggressive and always in a hurry.
3. They are less affected by stress than Type B personality.
4. They are able to react less aggressively than Type B personality.

**9. Which is FALSE about the way men and women experience stress?**

1. According to experts, men and women cope with stress differently.
2. Women have stronger social support systems to overcome trouble.
3. Men are three times more likely to suffer from stressful situations.
4. Many women in the workplace have the risk of a chemical imbalance in the brain.

**10. It is stated that depression affects at least \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ adversely.**

1. 13 million American men
2. 30 million American men
3. 13 million American women
4. 30 million American women