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

**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

**SECTION 2: USE OF ENGLISH & READING**

**PART I. USE OF ENGLISH**

**Grammar**

**Questions 1- 10 (10x1pt. = 10 pts. )**

* **Choose the best option.**

1. With his great style, Messi quickly became a world-famous football star. Today, football fans all around the world \_\_\_\_\_\_\_\_\_\_\_\_ that he is the present-day Maradona.

**a)** think **b)** are thinking **c)** has been thinking **d)** thought

1. Because there was a huge rainstorm, the flight \_\_\_\_\_\_\_\_\_\_\_ for more than an hour. The airport was full of angry passengers.

**a)** delayed **b)** is delayed **c)** delays **d)** was delayed

1. Since the Industrial Revolution of the 19th century, human activities \_\_\_\_\_\_\_\_\_\_\_\_ the Earth’s ecological balance significantly.

**a)** has damaged **b)** have been damaging **c)** damaged **d)** are being damaging

1. I am taking Spanish classes at the community college because I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Barcelona next spring and I thought knowing a little Spanish would make me feel more comfortable.
2. am going to study **b)** have been studying **c)** will study **d)** have studied
3. Before the legislation made last year, smoking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in closed areas in the whole country.

**a)** is allowed **b)** did allowed **c)** was allowed **d)** had allowed

1. Recently, a survey was carried out in order to determine the good and the bad drivers: Young, old, male and female. Which ones are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of all?

**a)** the safer **b)** safest **c)** the most safest **d)** the safest

1. Children are exposed to many advertisements for unhealthy foods, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ parents must educate their children about good food and nutrition.

**a)** because **b)** therefore **c)** since **d)** whereas

1. **A:** Do you know where Pedro is? I have been calling his office for almost an hour, but no answer. Isn’t he working today?

**B:** You know he only skips work for important events, and today is the final game of the World Cup. He \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at a bar watching the game.

**a)** must be **b)** should be **c)** might be **d)** can be

1. The teacher wanted to know \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. why students hadn’t done their assignment on Geography
3. how could students prevent themselves from wasting time
4. whether did students understand the topic of reported questions in English
5. what is the best method to write an effective essay
6. Anne continued knocking the door hard \_\_\_\_\_\_\_\_\_\_\_\_\_ she knew quite well that this was the only way to wake her husband up.

**a)** although **b)** while **c)** because **d)** but

**Questions 11 – 20 (10x2 pt.= 20 pts.)**

1. According to the robbery incident in the neighbourhood, all people agreed \_\_\_\_\_\_\_\_\_\_\_\_ with the police to put surveillance cameras in their houses. The police also recommended \_\_\_\_\_\_\_\_\_\_\_\_\_\_ all the doors before leaving the house.
2. to cooperate / locking
3. cooperating / to lock
4. cooperating / locking
5. to cooperating / lock
6. I’m sorry, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to you for a long time. Actually, as far as I can remember, the last time I \_\_\_\_\_\_\_\_\_\_\_\_\_ to you was in late June.
7. am not writing / wrote
8. didn’t write / had wrote
9. hadn’t written / did wrote
10. haven’t written / wrote
11. Christine \_\_\_\_\_\_\_\_\_\_\_ to medical conferences five or six times a year. Today, she’s in Philadelphia for a conference with her colleagues, and they \_\_\_\_\_\_\_\_\_\_\_\_\_\_their article.
12. is going / present
13. has gone / present
14. went /are presenting
15. goes / are presenting
16. Recent data have shown that listening to the music of Mozart could improve memory and increase intelligence in early childhood. However, \_\_\_\_\_\_\_\_\_.
17. parents are making children listen to him
18. Mozart Effect can also be observed on monkeys’ brains
19. there is no evidence that these effects are permanent
20. children like the music selection of Mozart
21. I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a new car this weekend, but I'm a little worried because I don't really know much about cars. I am sure the salesman \_\_\_\_\_\_\_\_\_\_\_\_\_ to take advantage of me when he sees how little I know.
22. am buying / tries
23. am going to buy / will try
24. am going to buy / will be tried
25. will buy / is trying
26. Water is one of our \_\_\_\_\_\_\_\_\_\_\_\_\_\_ resources; to put it simply, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water there would be no life.
27. more precious / unless
28. the most precious / with
29. most precious / without
30. too precious / by
31. When I started to work here, I needed a lot of help. However, after six months, I \_\_\_\_\_\_\_\_\_ doing all the work on my own, and I \_\_\_\_\_\_\_\_\_\_ ask for anybody’s help.
32. used to / couldn’t
33. am used to / don’t have to
34. got used to / didn’t have to
35. was used to / shouldn’t
36. With the rapid increase in population and the outward spread of cities, the dumps we used in the past are now found near residential areas. They have become \_\_\_\_\_\_\_\_\_ threat to our health and to \_\_\_\_\_\_\_\_\_environment.

**a)** a / the **b)** the / an **c)** - / the  **d)** a / an

1. If Mrs. Wilson \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in New Jersey, she \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ part in this conference with a great pleasure. However, she was in Tokyo.
2. had been / would have taken
3. was / would have taken
4. were / would take
5. is / could take
6. In the 19th century, it \_\_\_\_\_\_\_\_ two or three months to cross North America by covered wagon. The trip was very rough and often dangerous. Things \_\_\_\_\_\_ a great deal in the last hundred and fifty years. Now you can fly from New York to Los Angeles in a matter of hours.
7. took / have changed
8. has taken / changed
9. was taken / has changed
10. is taking / have changed

**Vocabulary:**

**Questions 21 – 30 (10x1pt. = 10 pts.)**

* **Choose the best option.**

1. I argued with the manager of that store because he refused to \_\_\_\_\_\_\_\_\_ my money for the TV set that wasn't operating properly.

**a)** owe **b)** invest **c)** lend **d)** refund

1. In order to find out the exact reason why bicycles keep disappearing, the police have decided to \_\_\_\_\_\_\_\_\_\_\_ a detailed investigation.

**a)** deduce **b)** conduct **c)** interact **d)** imply

1. Research findings clearly \_\_\_\_\_\_\_\_\_\_ that it would be miserable to rely on a single method to teach Maths effectively. Rather, students should relate the topics to their daily life.

**a)** donated **b)** depended **c)** enabled  **d)** indicated

1. There are many workers who are \_\_\_\_\_\_\_\_\_ by factory owners in some countries. They are forced to work very long hours and paid very little.

**a)** rescued **b)** encouraged **c)** abused **d)** influenced

1. As a student, you are supposed to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ permission first to collect personal data for your academic studies.

**a)** reduce **b)** donate **c)** release **d)** obtain

1. Experts should raise \_\_\_\_\_\_\_\_\_\_\_\_ among parents to make them protect their children from cyber bullying.

**a)** awareness **b)** ambition **c)** obedience **d)** involvement

1. Contrary to general belief, cow’s milk \_\_\_\_\_\_\_\_\_\_\_\_\_ of high amount can harm children’s bone development.

**a)** consumption **b)** conservation **c)** confusion **d)** categorization

1. The owners of the companies are not pleased with the situation that their \_\_\_\_\_\_\_\_\_\_\_\_\_ work from home.

**a)** employers **b)** employees **c)** employing **d)** unemployed

1. It could take weeks to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ all the data, but when we do, the results will be very helpful to our project.

**a)** analysis **b)** analytical **c)** analyze **d)** analyst

1. Polling has consistently shown a majority of Americans \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of president’s response to the pandemic. Hate towards him throughout the country is growing each day.

**a)** disapprove **b)** approving **c)** disapproval **d)** approve

**PART II. READING**

**Questions 31 -40 (10x2pt. = 20pts.)**

* **In this section you must read the text below and answer the questions 31 to 40 about it.**

**HOMESCHOOLING – A BETTER WAY TO LEARN?**

**1** The public education system is a relatively new phenomenon. In fact, compulsory public education has only been in place for the past two centuries. Before that, while rich families were able to employ private teachers for their children, most education of children took place within the family and the community. In many countries where parents are looking for alternatives to the public education system, homeschooling (teaching children at home rather than sending them to school) is a growing trend.

**2** Homeschooling is still considered to be a radical choice in most countries. The education laws that apply to it can be complex and vary widely from country to country. In some countries, such as France, England, Taiwan, and the United States, homeschooling is allowed by law. In other countries like Spain, laws are not so clear; therefore homeschooling goes on but is not officially allowed by existing laws. In a third group of countries including Turkey, Germany and Brazil, homeschooling is forbidden.

**3** At one time, home education was not favorable; in other words, people had a negative impression of homeschooling; it was traditionally used for students who could not attend school because of behavioral or learning difficulties. Today, however, more parents are taking on the responsibility of educating their children at home due to dissatisfaction with the educational system. Many parents are unhappy about class size, as well as problems inside the classroom. Not having enough teachers and a lack of financial support means that in many schools one teacher might be responsible for 30 or 40 students. As a result, children cannot get the attention that they really need. Increasing classroom violence has also motivated some parents to remove their children from school.

**4** Supporters of homeschooling believe that children learn better when they are in a safe, loving environment. In other words, **they** believe the home is the safest, most secure environment for a child’s schooling. It is also reported that homeschooled children do just as well as those who have been educated at school and many walk around the campuses of top universities together with the students who are educated in schools. Many psychologists see the home as the most natural learning environment. Parents who homeschool argue that they can monitortheir children's education and give them the attention that is lacking in a traditional school setting. Students can also pick and choose what to study and when to study, and this gives them the chance of learning at their own pace.

**5** In contrast, critics of homeschooling say that children who are not in the classroom miss out on learning important social skills because they have little **interaction** with their classmates. Many critics of homeschooling have raised concerns about the ability of parents to teach their kids effectively. Many parents who homeschool have no teacher training and are not qualified educators of all the subjects that are taught in schools.

**6** An increasing number of parents who are not satisfied with schools are taking their children out of class. As a result, many school officials are looking for ways to restore parents' confidence in the public education system. Some schools in the United States have opened their doors to homeschoolers on a part-time basis and they let these children attend classes once or twice a week, or to take part in extracurricular activities such as playing football or taking ballet lessons. While many parents haven’t completely **regained** confidence in the system, many of them have reached an agreement that allows their children the extra benefits of peer interaction and access to a wider choice of activities.

**7** Whatever the arguments for or against it, homeschooling has become a big business, and it is growing. There are now websites, support groups, and convention**s** that help parents to knowtheir rights and enable them to learn more about educating their children. Although it was once the last choice for troubled children, homeschooling today is becoming an accepted alternative to the public educational system.

1. **Which is TRUE about the history of the education system?**

**a)** The public education system was only for poor families before the 1800s.

**b)** Before compulsory public education, all families hired private teachers for their

children.

**c)** Before the 1800s, all families had educated their children within the family.

**d)** There was no public school system up until about 200 years ago.

1. **Which is FALSE about the education laws around the world?**

**a)** Children in Taiwan can be taught at home.

**b)** Laws in Spain allow children to be taught at home.

**c)** In Germany, homeschooling isn’t allowed.

**d)** In Turkey, children have to be educated at school.

1. **As it is stated in paragraph 3, there was a negative impression related to home education once because \_\_\_\_\_\_\_\_\_\_\_\_\_.**

**a)** it seemed to people as a traditional way of education

**b)** homes weren’t equipped with necessary educational materials

**c)** it was against the law regulating education

**d)** it was used for students having troubles in learning

1. **In paragraph 4, what does the word *they* mean in the sentence “…they believe the home is the safest …”?**

**a)** students **b)** parents  **c)** supporters **d)** teachers

1. **Which of the following is NOT mentioned as a benefit of homeschooling?**

**a)** Homeschooling makes children more responsible as they are learning at home

naturally.

**b)** It gives parents a chance to protect their children from in-class violence.

**c)** Students are given more care than they get in a class environment.

**d)** Students can organize a learning schedule for themselves depending on their learning

pace.

1. **The word ‘*interaction’* in paragraph 5 could be best replaced by \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**a)** discussion **b)** communication **c)** friendship  **d)** scholarship

1. **Opponents of homeschooling claim that children who are not in the classroom \_\_\_\_.**

a) might be taught by parents with adequate qualifications

b) don’t have enough opportunity to socialize

c) might have some serious psychological problems

d**)** are taught by private teachers without educational qualifications

1. **The word ‘*regain’* in paragraph 6 is closest in meaning to \_\_\_\_\_\_\_\_\_\_\_.**

**a)** take back **b)** reinforce **c)** enhance **d)** add to

1. **With which of the following statement would the author of the passage be most likely to agree?**

**a)** Schools need to create safer environments to convince parents to send their children to

school.

**b)** The number of students who are home-schooled will probably be increasing in the near

future.

**c)** Parents letting children attend some activities at school understand the value of public

education.

**d)** Homeschooling should be the last option to choose if parents want to raise a child with

social skills.

1. **The author wrote the text to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

a) show that homeschooling has become a threat to public education

b) indicate that homeschooling is better than public school education

c) provide some background information and people’s opinions on homeschooling

d) advise school officials to take some precautions against homeschooling