



ORDU UNIVERSITY
SCHOOL OF FOREIGN LANGUAGES
ENGLISH PROFICIENCY EXAM SAMPLE*

SECTION 1	Points	Time
Listening Comprehension Listening 1 Listening 2 Listening 3	25 pts	
Reading Comprehension Reading 1 Reading 2	25 pts	
Use of English Part 1 Part 2 Part 3 Part 4	25 pts	
SECTION 2	Points	Time
Writing	25 pts	65 Mins.
Total	100	

Name & Surname:

ID Number:

Signature:

*The School of Foreign Languages reserves the right to change question types and numbers.

SECTION 1: LISTENING COMPREHENSION

LISTENING 1: QUESTIONS 1-5

In this section, you will hear two students giving a talk in class. You will hear the talks TWICE.

Answer the questions as you listen. Transfer your answers onto the OPTIC FORM.

You now have ONE MINUTE to read the questions.

Questions 1-2 are left blank.

3. Did people's behaviour change when the psychologist repeated the soccer study?

- A. Yes. People became more helpful to the injured "jogger".
- B. No. The behaviour was very similar.
- C. Yes. People became more helpful to the injured "soccer fan".
- D. Yes. People became more helpful to the man wearing a plain shirt.

4. Agatha makes a negative point about the podcast. What is it?

- A. She wanted pictures to help her understand the content.
- B. She had to pause the recording lots of times.
- C. She found some of the words difficult to understand.
- D. She found lots of pictures to understand the book.

5. Which sentence is the best summary of Professor Todorov's ideas?

- A. People form very quick first impressions, which causes problems.
- B. People tend to read faces for personality as well as emotion.
- C. In the past, people lived in small groups and didn't see as many faces.
- D. People act according to the facial expressions of other people.

LISTENING 2 : QUESTIONS 6-10

In this section, you will listen to a podcast. You will hear the podcast TWICE. Choose option A for TRUE and option B for FALSE statements. Transfer your answers onto the OPTIC FORM. You now have ONE MINUTE to read the questions.

This part is left blank.

LISTENING 3: NOTE TAKING

In this section, you will listen to a lecture called “Advantages and Disadvantages of Artificial Intelligence”. As you listen, take notes under the headings provided. Your notes will NOT be GRADED. You will hear the lecture TWICE. You now have THIRTY SECONDS to look at the headings.

Advantages of AI

Disadvantages of AI

Predictions for Future

LISTENING 3 –NOTE–TAKING QUESTIONS 11-20

Choose the correct answer for the questions below using your notes from the lecture, and transfer your answers onto the OPTIC FORM.

This part is left blank.

SECTION 2 – READING COMPREHENSION

READING 1: QUESTIONS 21-25: Choose the best answer according to the text below. Transfer your answers onto the OPTIC FORM.

This part is left blank.

READING 2 : QUESTIONS 26-30 Choose the best answer according to the text below. Transfer your answers onto the OPTIC FORM.

1 Too much of a good thing could describe why obesity is so widespread. Obviously our bodies need food to survive, but overeating leads to an abundance of health problems. People who are overweight try all kinds of methods to drop the pounds, with varying levels of success. One recent dieting trend is intermittent fasting. With this approach, dieters alternate shorter periods of eating with periods of not eating. There are a number of studies showing that fasting is just as effective as other sound dieting techniques, but weight loss is not the only benefit of intermittent fasting.

2 Fasting is not a new concept. For thousands of years, it has been a part of medical treatment and the prevention of diseases. The father of Western medicine, Hippocrates, claimed fasting helped the body heal itself. Studies today show that it may boost the immune system and lower the risk of type 2 diabetes. In addition to its physical benefits, proponents claim fasting brings psychological benefits as well. Many traditions include some type of fasting in their practices as a means of spiritual growth or a sign of devotion. Fasting has also been used to accomplish political goals. Mahatma Gandhi demanded changes in India with fasts that lasted as long as 21 days. Fasting has also been used to lose weight, and recently, it has come back in fashion with the publication of several books that promote it as the path to successful weight loss.

3 The newest version of fasting is called intermittent, or periodic, fasting to emphasize the cyclical nature of the fast and its use as part of everyday eating patterns. This is not a fast done once or twice a year but an ongoing habit to stay healthy. Various fasting plans exist, but two of the most popular are the 5:2 plan and the time-restricted plan. With 5:2, fasters eat their typical diet five days a week. On the other two days, they restrict their calorie intake to 500 for women and 600 for men. In contrast, the time-restricted plan includes a period of fasting every day. Typically, fasters have a window for eating that is eight to ten hours long. During the remaining 14 to 16 hours, they eat nothing. Key to this method is eating during the same hours every day, for example 9 a.m. to 5 p.m., on weekdays and weekends.

4 In a 2015 study, researchers examined the eating patterns of humans and the potential benefits of time-restricted fasting. Many studies had already been conducted on the health benefits of fasting in animals. In these studies, the animal subjects consumed the same quantity and quality of food as before but within a limited time window each day. The astounding results included decreased obesity, longer sleep, greater endurance, and less inflammation. Humans, the researchers noted, are much more difficult test subjects, as they have difficulty tracking their food intake reliably. To this end, the study participants used a smartphone app to simply take a photo of every meal and snack they consumed for three weeks. The time- and date-stamped photo was automatically uploaded for the researchers to analyze. The study found that most

adults have a long period of eating every day that corresponds to their waking hours. Additionally, more than 35 percent of calories are consumed after 6 p.m. As a result of these findings, the researchers added one more component to their study. They had eight of the participants engage in a 16-week program of reducing their 14-plus-hour eating window to ten to twelve hours per day. Without deliberately changing any other of their eating habits, these participants reported weight loss, improved sleep, and increased energy, and these benefits continued one year after the study concluded.

5 Why does intermittent fasting appear to work? Is it really possible to experience weight loss and other health benefits by adjusting our eating schedule? Scientists know that when we eat, carbohydrates break down into sugars, which are burned for energy. Sugar that isn't burned is transferred to fat cells with the help of insulin. When we don't eat, our insulin levels go down, and consequently, our fat cells release their sugars as energy. A long period of fasting allows the insulin to decrease and our body to burn unwanted fat. Apart from weight loss, studies have shown that people at risk of diabetes who followed a time-restricted fast and only ate between 7 a.m. and 3 p.m. experienced lower insulin levels as well as lower blood pressure.

6 If intermittent fasting sounds interesting, experts offer the following advice for successfully adapting it into your lifestyle. First, there are certain groups who should not fast, including pregnant and breastfeeding women, people who take multiple daily medications for chronic illnesses (including diabetes), and people with a history of eating disorders. They also advise that intermittent fasting is not a license for eating whatever you want. It works best when fasters eat a diet rich in fruits, vegetables, and whole grains. If you are concerned about a deficiency in any nutrients, additional vitamins are recommended. Fasters should stay hydrated and should drink water even during the non-eating hours. Initially, fasters may feel moody and fatigued. These uncomfortable feelings should decrease after a few weeks, as the body gets used to the new pattern of eating and fasting.

7 At a time when obesity and its related diseases are spreading rapidly, intermittent fasting promises to be an effective way to not only lose weight but improve overall health as well. Even those who do not need to lose the pounds may turn to intermittent fasting for its other advantages. Researchers should continue to study the best ways to fast (5:2? time-restricted for 14 hours? for 16 hours?) and the beneficial and possibly harmful effects. The history of medicine shows us that there is never a magical cure for our health woes but perhaps just reasonable ideas that can help us thrive.

Questions 26-27 are left blank.

28. The best title for this article is _____.

- A. The History of Intermittent Fasting
- B. Intermittent Fasting for Weight Loss and More
- C. Fasting Promotes Quick Weight Loss
- D. Fast or Slow: Which Diet Will Work?

29. Intermittent fasting _____.

- A. is less effective than most other diets
- B. has minimal health benefits for fasters
- C. limits fasters to 500 to 600 calories per day
- D. alternates periods of eating and not eating

30. What can be inferred from paragraph 6?

- A. The benefits of fasting are usually felt the first day.
- B. Fasting is ineffective in decreasing the risk of diabetes.
- C. Water is allowed during a fast because it has zero calories.
- D. Fasters who eat junk food are as successful as healthy eaters.

SECTION 3: LANGUAGE USE

A. For the following questions, read the text and think of a word which best fits each gap. Use only one word in each gap.

Lots of typical sicknesses like the flu have obvious reasons. But depression is a condition that can happen (1) _____ any specific event or situation causing it. Usually, depression occurs because of a combination of a few things like your genes, how you think and feel, and the things around you.

People who have depression often have a reduction in certain brain substances called neurotransmitters. (2) _____ these neurotransmitters are not balanced, they can lead to depression or anxiety problems.

Questions 3 to 5 are left blank.

B. Read the passage below and choose the option that best completes the blanks. Transfer your answers onto the OPTIC FORM.

OXFORD

Some people say that Oxford is the most attractive city in England. Whether this is true or not, it is certainly worth a visit. It is ideal for a day trip from London, as there are regular trains and buses at fifteen-minute (1)_____.

It is advisable that you (2) _____ plenty of time to visit Oxford's unique and varied range of historic attractions.

This part is left blank.

The two rivers that (9) _____ through the city are another major attraction for residents and tourists (10) _____. Both the Thames and the Cherwell rivers are lined with lush green vegetation, and a stroll along their banks is the perfect way to round off a day of sightseeing.

- 1. A) gaps B) breaks C) intervals D) spaces
- 2. A) allow B) permit C) agree D) let

Questions 3 to 8 are left blank.

C. Read the text below. Use the word given in capitals at the end of each line to form a word that fits in the space in the same line. Be careful with spelling.

<p>Throughout the course of our lives, we all experience episodes of (1)....., sadness, or grief. Often, when a loved one dies, or we suffer a personal tragedy or difficulty such as losing a job, we may feel depressed. Most of us are able to cope with these and other types of (2) events. Over a period of days or weeks, the majority of us are able to return to our normal daily actions.</p> <p>Question 3 is left blank.</p>	<p>HAPPY</p> <p>STRESS</p>
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D. For the questions below, complete the second sentence so that it has a similar meaning to the first sentence using the word given. DO NOT CHANGE the forms of the given words.

1. You should never press the red button on the telephone. **(CIRCUMSTANCES)**
Underpress the red button on the telephone.

Question 2 is left blank.