12. Sınıf İngilizce Psychology Çalışma Kâğıdı – Online

Konu: 12. Sınıf İngilizce Psychology Çalışma Kâğıdı · 20 soru

Ad Soyad		Sınıf / No	
Tarih		Puan	

Choose the correct answer. *(Doğru seçeneği işaretleyin.)*

1. ____ feeling nervous, he gave an excellent speech.

   a) Although
   b) However
   c) Even
   d) Despite

2. ____ she was tired, she kept studying.

   a) Although
   b) Despite
   c) In spite
   d) However

3. People who procrastinate often put ____ important tasks until the last minute.

   a) up
   b) away
   c) off
   d) on

4. Research suggests that ____ thanks every day can make people happier.

   a) give
   b) to giving
   c) gave
   d) giving

5. Although fear is often seen as a negative emotion, ____.

a) it can make our hearts beat faster
b) some phobias are very common
c) it is felt by people of all ages
d) it actually protects us from danger in many situations
e) many people are afraid of spiders

6. People who get enough sleep are better able to control their emotions, ____ those who are sleep-deprived react more strongly to stress.

a) as if
b) unless
c) whereas
d) so that
e) because

7. Which sentence is irrelevant in the paragraph? (I) Smiling can actually improve our mood, even when we don't feel happy. (II) When we smile, the brain receives signals that we are in a positive situation. (III) As a result, it releases chemicals that reduce stress. (IV) Dentists recommend brushing our teeth at least twice a day. (V) This is why some therapists encourage their clients to smile more often.

a) I
b) II
c) III
d) IV
e) V

Fill in the blanks. *(Boşlukları doldurun.)*

8. Many people are _____ of speaking in public.
9. Exercise helps us _____ with stress.
10. Teenagers _____ to sleep later than adults.
11. I find it hard to _____ when my phone is near me.
12. She feels more _____ after she practises her presentation.
13. Some people _____ making decisions because they fear failure.

Write True (T) or False (F). *(Doğru mu yanlış mı?)*

14. According to psychologists, procrastination is only caused by laziness. ( )

15. We often avoid tasks that make us anxious. ( )

16. Social media relieves our stress permanently. ( )

17. The two-minute rule suggests starting a big task for two minutes. ( )

18. The writer says finishing is the hardest part. ( )

Match the items. *(Eşleştirin.)*

19. Match the words with their Turkish meanings.

1. anxiety ( )	a) ertelemek (işi)
2. phobia ( )	b) özgüven
3. self-confidence ( )	c) motivasyon
4. motivation ( )	d) fobi
5. procrastinate ( )	e) başa çıkmak
6. cope with ( )	f) kaygı

Write your answers. *(Cevaplarınızı yazın.)*

20. How do you cope with stress before exams? Describe your strategies and give advice to other students. (100–120 words)