12. Sınıf İngilizce Psychology Testi – Online

Konu: 12. Sınıf İngilizce Psychology Testi · 20 soru

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

1. Feeling a little ---- before an important exam is normal, but too much stress can affect your performance.

   a) delighted
   b) relieved
   c) anxious
   d) bored
   e) confident

2. Regular exercise has been shown to ---- the symptoms of depression in many patients.

   a) increase
   b) reduce
   c) cause
   d) ignore
   e) create

3. She is a very ---- person; she can stay calm and patient even in the most stressful situations.

   a) short-tempered
   b) moody
   c) impatient
   d) aggressive
   e) easy-going

4. Psychologists say that getting enough sleep is ---- for our emotional health.

a) essential
b) harmful
c) useless
d) optional
e) unlikely

5. He couldn’t ---- the loss of his job and needed professional help for several months.

a) look forward to
b) come up with
c) get along with
d) cope with
e) put up

6. If I ---- more confident, I would speak up in class more often.

a) am
b) were
c) had been
d) will be
e) have been

7. If she had asked for help earlier, she ---- so stressed during the exam period.

a) wouldn’t feel
b) won’t feel
c) wouldn’t have felt
d) didn’t feel
e) hasn’t felt

8. I wish I ---- worrying about things that I can’t change.

a) could stop
b) stop
c) have stopped
d) stopped to
e) will stop

9. He looks exhausted. He ---- well last night.

a) mustn’t sleep
b) needn’t have slept
c) won’t sleep
d) can’t have slept
e) shouldn’t sleep

10. Unless you ---- to someone about your problems, you will feel even worse.

a) don’t talk
b) talked
c) will talk
d) had talked
e) talk

11. ----, she managed to give an excellent presentation.

a) Because she had never prepared for it
b) Although she was extremely nervous at first
c) Unless she feels relaxed
d) If she hadn’t practised
e) So that the audience would leave

12. Some people eat more when they are stressed, ----.

a) while others lose their appetite completely
b) because stress has no effect on the body
c) so they never feel hungry
d) unless they are on holiday
e) as long as they sleep well

13. Counsellor: How have you been feeling this week? Defne: ---- Counsellor: I’m glad to hear that. What do you think helped you?

a) Terrible. I couldn’t sleep at all.
b) I don’t want to talk about it.
c) Much better, actually. I’ve started going for a walk every morning.
d) My exams start next Monday.
e) Nobody understands me.

14. Can: I get so angry when people interrupt me. Ali: ---- Can: That’s a good idea. I’ll try it next time.

a) Me too, it’s really annoying.
b) You should interrupt them, too.
c) I never get angry.
d) People always interrupt me as well.
e) Why don’t you take a deep breath and count to ten before you answer?

15. Studies show that people who spend time in nature tend to feel less stressed. Cümlesinin Türkçe dilindeki en yakın karşılığı hangisidir?

a) Araştırmalara göre stresli insanlar doğada daha fazla zaman geçirmelidir.

b) Doğada zaman geçirmek, insanların hiç stres yaşamamasını sağlar.

c) Araştırmalar, stresin insanları doğadan uzaklaştırdığını gösteriyor.

d) Araştırmalar, doğada zaman geçiren insanların daha az stresli hissetme eğiliminde olduğunu gösteriyor.

e) Doğada yaşayan insanların daha az stresli olduğu hiçbir zaman kanıtlanmadı.

16. Keşke olaylara daha olumlu bakabilsem. Cümlesinin İngilizce dilindeki en yakın karşılığı hangisidir?

a) I hope I will look at things more positively.

b) I wish I could look at things more positively.

c) If only I had looked at things negatively.

d) I should look at things more positively.

e) I wish things were more positive.

17. Procrastination, the habit of delaying tasks until the last minute, is often seen as a sign of laziness. Psychologists, however, argue that it is more closely connected to emotions than to poor time management. People usually put off tasks that make them feel anxious, bored or insecure. By avoiding the task, they get a short-term sense of relief, but this relief is quickly replaced by guilt and even greater stress. Experts suggest several strategies to break this cycle. One is to divide a large task into small, manageable steps. Another is to be kind to yourself: research shows that students who forgave themselves for procrastinating on one exam were less likely to procrastinate on the next.

According to psychologists, procrastination is mainly related to ----.

a) laziness

b) intelligence

c) the weather

d) physical health

e) emotions

18. What happens when people avoid a difficult task?

a) They feel relieved for a short time, but then feel guilty.
b) They finish the task faster.
c) They become more organised.
d) Their stress disappears completely.
e) They stop feeling insecure.

19. Which of the following is NOT mentioned in the passage as a way to stop procrastinating?

a) Dividing a task into small steps
b) Being kind to yourself
c) Forgiving yourself for past delays
d) Working together with a partner
e) Making a large task more manageable

20. The research about students suggests that ----.

a) students who procrastinate get higher marks
b) being strict with yourself is the best strategy
c) self-forgiveness can reduce future procrastination
d) exams cause procrastination
e) procrastination cannot be changed