..... OKULU

12. Sınıf İngilizce Psychology YDT Tipi Test

2026-2027 · Ünite 5: Psychology · YDT tipi

Adı Soyadı		**Sınıfı / No**	
Süre	25 dakika	**Puan**	..... / 100

A Kelime bilgisi

2 × 6.67 = 13.34 puan

Choose the word that best completes the sentence. *(Cümleyi en iyi tamamlayan kelimeyi seçin.)*

1. Many students feel ---- before important exams, but a certain amount of stress can actually improve performance.

   a) generous b) reliable c) predictable d) anxious

   e) loyal

2. People who are ---- tend to bounce back quickly after failure and see difficulties as temporary.

   a) frustrated b) resilient c) reluctant d) pessimistic

   e) jealous

B Dil bilgisi

2 × 6.67 = 13.34 puan

Choose the option that best completes the sentence. *(Cümleyi en iyi tamamlayan seçeneği bulun.)*

1. If I ---- more attention to my sleeping habits last year, I ---- so tired all the time now.

   a) paid / won’t feel b) pay / wouldn’t have felt

   c) had paid / will feel d) have paid / wouldn’t feel

   e) had paid / wouldn’t feel

2. I wish I ---- the courage to speak in front of large groups; it would help me a lot in my future career.

   a) had b) have c) will have d) have had

   e) would have had

C Cloze test

3 × 6.67 = 20.01 puan

Read the passage and choose the option that best fits each numbered blank. *(Parçayı okuyun ve numaralı boşluklara uygun seçeneği bulun.)*

> Procrastination is often seen as a sign of laziness, but many psychologists disagree. They argue that people delay tasks mainly (5) ---- they want to avoid unpleasant feelings such as anxiety or boredom. If a task (6) ---- difficult or unclear, we are more likely to postpone it. One effective strategy is to break the work into small, specific steps; (7) ----, the task feels less threatening and becomes easier to start.

1. (5)

a) so that b) even if c) because d) unless

e) in case

2. (6)

a) seemed b) seems c) had seemed d) would seem

e) will have seemed

3. (7)

a) however b) otherwise c) on the contrary d) in this way

e) nevertheless

D Cümle tamamlama

2 × 6.67 = 13.34 puan

Choose the option that best completes the sentence. *(Cümleyi anlamca en iyi tamamlayan seçeneği bulun.)*

1. If people regularly wrote down the things they are grateful for, ----.

a) they would have felt happier last year b) they will be more stressed

c) they would probably feel more satisfied with their lives d) they had fewer problems

e) they will have slept better

2. ----, she wouldn’t have panicked during the presentation.

a) If she practises more often b) Unless she feels nervous

c) As long as she prepares well d) When she gets anxious

e) If she had prepared her notes more carefully

E Çeviri

2 × 6.67 = 13.34 puan

Choose the best translation. *(Verilen cümleye anlamca en yakın çeviriyi bulun.)*

1. If we understood the reasons behind our emotions, we would be able to control our reactions more easily.

a) Duygularımızın ardındaki nedenleri anlasak, tepkilerimizi daha kolay kontrol edebilirdik.

b) Duygularımızın nedenlerini anladığımızda tepkilerimizi kontrol etmek her zaman kolaylaşır.

c) Tepkilerimizi kontrol edebilmek için önce duygularımızın nedenlerini anlamalıyız.

d) Tepkilerimizi daha kolay kontrol edebilseydik, duygularımızın ardındaki nedenleri de anlardık.

e) Duygularımızın ardındaki nedenleri anlamak, tepkilerimizi kontrol etmekten daha kolaydır.

2. Keşke çocukken daha fazla kitap okusaydım; şimdi kelime bilgim çok daha iyi olurdu.

a) I wish I had read more books as a child; my vocabulary would be much better now.

b) I wish I read more books now; my vocabulary would have been better when I was a child.

c) If I read more books, my vocabulary will be much better.

d) As a child, I read a lot of books, so my vocabulary is much better now.

e) I should read more books so that my vocabulary gets better.

F Okuma

2 × 6.67 = 13.34 puan

Read the passage and answer the questions. *(Parçayı okuyun ve soruları cevaplayın.)*

> In a famous series of experiments that began at Stanford University in the late 1960s, young children were offered a choice: they could eat one treat immediately, or they could wait alone for about fifteen minutes and receive two treats. Years later, researchers reported that the children who had waited longer tended to achieve better results at school. For decades, the study was used as evidence that self-control in early childhood predicts success in life. However, a larger study published in 2018 found that the link was much weaker once factors such as family income and home environment were taken into account. This suggests that a child’s ability to wait may partly reflect the conditions in which he or she is growing up.

1. According to the passage, in the original experiments, ----.

a) university students were asked to wait for a reward

b) family income was shown to have no effect on success

c) children could either eat one treat at once or wait to get two

d) all the children chose to wait for fifteen minutes

e) parents decided whether their children would wait

2. The 2018 study mentioned in the passage suggests that ----.

a) self-control has no importance at all

b) the original researchers made up their results

c) children from wealthy families are always more patient

d) the conditions a child grows up in may help explain the link between waiting and success

e) the experiment should never be repeated

G Diyalog tamamlama

1 × 6.67 = 6.67 puan

Choose the option that best completes the dialogue. *(Diyaloğu en iyi tamamlayan seçeneği bulun.)*

> Counsellor: You've seemed really stressed lately. What's on your mind?
> Student: ----
> Counsellor: That's completely normal. Let's make a realistic study plan together so that you feel more in control.

1. Which option best completes the dialogue?

a) I've just won a scholarship, so I'm very relaxed.

b) Nothing, really. Everything's going perfectly.

c) I've decided to take a gap year and travel.

d) I don't think I need any help, thanks.

e) The exams are getting closer, and I feel I'll never finish revising everything.

H Anlam bütünlüğünü bozan cümle

1 × 6.67 = 6.67 puan

Find the sentence that is irrelevant to the paragraph. *(Paragrafın anlam bütünlüğünü bozan cümleyi bulun.)*

(I) Sleep plays a vital role in how well we learn and remember new information. (II) The adult human brain weighs about 1.4 kilograms. (III) During deep sleep, the brain replays the experiences of the day and helps transfer them into long-term memory. (IV) Students who stay up all night before an exam therefore often remember less than those who sleep normally. (V) For this reason, experts advise spreading revision over several days and getting enough rest.

1. Which sentence is irrelevant?

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

e) V

Başarılar dileriz. · English Teacher