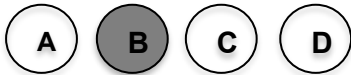


PART A: LANGUAGE USE

Example:

Hurricane Katrina was one of the most _____ storms in recent memory, causing over 1,800 deaths and \$125 billion in damage in the city of New Orleans and the surrounding areas.

- a) thrilling b) destructive c) frugal d) flexible



Answer Sheet:

(The correct answer “b” is chosen.)

Questions: 1-5 Read the text and circle the correct option.

Staying Healthy

Staying healthy is important, but sometimes people still **(1)** _____ illnesses even if they take precautions. This is because some viruses and bacteria are very strong and can infect the body even when we try to stay clean and safe. Colds and the flu are common diseases that spread very **(2)** _____, especially during the winter months. They can move from one person to another in a short time. These illnesses usually aren't serious, but having a sore throat, a cough, or a fever can make it difficult to sleep or do daily activities. And so, people usually feel very tired and uncomfortable.

When someone gets sick, it's significant to rest and drink plenty of fluids. Some people try to keep working or going to school, but this can make their condition worse and **(3)** _____ the illness to others. Doctors recommend staying at home until you feel better. Sometimes, people don't recover quickly and the symptoms may not go away. In these cases, it's a good idea to **(4)** _____ a doctor. Medical professionals can decide if the illness is something more serious, like an infection, and may prescribe medicine.

In the modern world, scientists are working hard to find better ways to fight diseases. Vaccines, new treatments, and health education all help people stay healthy. Health experts also encourage regular exercise and a balanced diet to strengthen the immune system. Being **(5)** _____ of good hygiene habits, such as handwashing and wearing masks, can also reduce the risk of spreading diseases.

- | | | | |
|-----------------|-----------------|---------------|-----------------|
| 1. a) catch | b) avoid | c) spend | d) provide |
| 2. a) slowly | b) rapidly | c) entirely | d) specifically |
| 3. a) cope with | b) carry out | c) look after | d) pass on |
| 4. a) consult | b) consultancy | c) consultant | d) consultive |
| 5. a) addictive | b) disappointed | c) aware | d) interested |

Questions: 6-8 Read the sentences and circle the correct option.

6. The _____ of antibiotics was a major breakthrough in medicine, which allowed doctors to treat many deadly infections. This advancement has saved millions of lives worldwide.

- a) pressure b) severity c) discovery d) satisfaction

7. People need to _____ good hygiene habits, such as washing their hands and covering their mouth when coughing, to avoid spreading contagious illnesses like the flu. These habits are essential for keeping themselves and others healthy.

- a) go viral b) maintain c) postpone d) meet deadlines

8. Many diseases show _____ symptoms such as fever and tiredness, but these early symptoms can get worse if the illness progresses. Recognizing them at the beginning is important for timely medical care.

- a) initial b) secure c) annual d) remote

Questions: 9-13 Read the text and circle the correct option.

Tuberculosis (TB) is a serious infectious disease that mainly affects the lungs. It **(9)** _____ by a bacterium called *Mycobacterium tuberculosis*. TB is transmitted through the air when a person with active TB coughs or sneezes and releases tiny droplets containing the bacteria.

Not everyone infected with TB becomes sick. People with latent TB do not show symptoms and don't spread the disease, but they **(10)** _____ develop active TB if their immune system becomes weak. Symptoms of active TB include a persistent cough, chest pain, and weight loss.

TB is a global health concern, especially in developing countries. Treatment usually involves **(11)** _____ antibiotics for several months. However, drug-resistant strains of TB have become a growing problem. These strains do not respond to the most common medications. As a result, treatment becomes more difficult and expensive.

The World Health Organization, **(12)** _____ leads international efforts to reduce TB infections and improve access to care, informs that prevention strategies include vaccination with the BCG vaccine and early detection of cases.

Experts believe that ending the TB epidemic **(13)** _____ strong healthcare systems, reliable medicine supplies, and public awareness about the disease.

- | | | | |
|----------------------|-------------------|------------------|-----------------|
| 9. a) causes | b) will be caused | c) caused | d) is caused |
| 10. a) can | b) shouldn't | c) don't have to | d) must |
| 11. a) to take | b) take | c) to taking | d) taking |
| 12. a) that | b) what | c) which | d) where |
| 13. a) was requiring | b) requires | c) required | d) had required |

Questions: 14-16 Read the sentences and circle the option that is closest in meaning.

14. By the time she went to the hospital, the pain had become unbearable.

- a) She went to the hospital before the pain got worse.
b) The pain became unbearable before she arrived at the hospital.
c) She waited at the hospital until the pain became too strong.
d) After she got treatment at the hospital, the pain started to get worse.

15. The scientist said, "We are developing a new vaccine."

- a) The scientist announced that they were developing a new vaccine.
b) The scientist informed us that we have developed a new vaccine.
c) The scientist told us we are developing a new vaccine.
d) The scientist said they would develop a new vaccine.

16. If my friend exercised more regularly, she would have a stronger immune system.

- a) My friend exercises regularly, so she has a strong immune system.
- b) My friend exercised regularly in order to have a strong immune system.
- c) As my friend doesn't exercise regularly, she doesn't have a strong immune system.
- d) My friend has improved her immune system since she started to exercise regularly.

PART B: READING

Example:

According to the text, Ralph Nader's success results from _____.

- a) his work experience in the American car industry
- b) his regular visits to the works and factories
- c) his knowledge of the American legal system
- d) his contact within the American government



Answer Sheet:

(The correct answer "b" is chosen.)

Questions: 17-22: Read Text 1 and circle the correct option.

Text 1

Understanding Diseases Across Cultures

Diseases, Culture, and Global Health

1 Throughout history, diseases have shaped human societies in many ways. While modern medicine has helped to reduce the impact of many illnesses, diseases continue to affect people across the world. In different countries and cultures, people respond to disease outbreaks in unique ways. These responses are shaped by beliefs, resources, and access to healthcare. By examining how different cultures react to disease, we can better understand how to protect global health and support one another during health crises. Understanding these responses also helps international organizations provide better support. When aid workers and health officials understand local customs, they can offer more effective help and build trust with the communities they serve. Health is not just a scientific issue — it is also a cultural one.

Japan: Hygiene and Social Responsibility

2 In Japan, personal hygiene and social responsibility are central to disease prevention. Many people wear face masks during flu season or when they feel sick—not only to protect themselves but also to protect others. Schools and workplaces encourage regular handwashing, and there are public hand sanitizers in many areas. During disease outbreaks, such as the COVID-19 pandemic, the Japanese public quickly followed health guidelines. Their cultural respect for rules and group safety helped reduce the spread of illness.

3 In addition, Japan's healthcare system is well-organized, with easy access to doctors and hospitals. This allows people to receive early treatment and prevent diseases from becoming worse. Education also plays an important role. From a young age, children learn about the importance of cleanliness, healthy habits, and disease prevention. The Japanese media also plays a key role in

informing the public. Television, newspapers, and online platforms regularly share updates about disease outbreaks and offer tips on how to stay safe. Because people trust these sources, they are more likely to follow expert advice. This combination of education, media, and community responsibility creates a strong foundation for public health.

Nigeria: Challenges and Community Action

4 In contrast, Nigeria faces different challenges. Access to healthcare is limited in many rural areas, and diseases such as malaria and cholera are more common. During disease outbreaks, public health workers often travel to small villages to provide care and information. While resources may be fewer, community support plays a major role. People share advice, check on their neighbors, and come together to prevent disease spread. Religious leaders and local radio stations often help to spread health messages.

5 During the Ebola outbreak in West Africa, Nigeria responded quickly by isolating patients, tracking the virus, and educating the public. Though the country has fewer medical resources, strong community involvement and quick government action helped stop the disease before it spread widely. In recent years, Nigeria has also begun to use mobile technology to fight disease. Health officials send text messages to raise awareness and share safety tips. These digital tools are especially helpful in areas with limited access to hospitals or clinics. Though challenges remain, Nigeria continues to find creative ways to protect public health.

Different Cultures, Shared Goals

6 Both Japan and Nigeria show that while cultural approaches to disease may differ, the goal is the same: to protect people and reduce suffering. Whether it is through modern hospitals or strong community ties, each culture brings valuable strategies to the fight against disease. In today's connected world, a health crisis in one country can affect people in many others. This is why it is important to learn from each other and work together. By combining resources, knowledge, and cultural understanding, countries can respond to global health challenges more effectively.

17. What is the main idea of the text?

- a) People use different ways to prevent and treat diseases based on their culture and resources.
- b) Japan has the best healthcare system and does not need to worry about diseases.
- c) Only traditional beliefs can help people fight illness in developing countries.
- d) Nigeria has limited rural healthcare, but strong community support helps fight disease.

18. The word “**unique**” in **paragraph 1** is closest in meaning to ____.

- a) common
- b) regular
- c) ordinary
- d) special

19. The word “**their**” in paragraph 2 refers to ____.

- a) diseases
- b) the Japanese public
- c) health guidelines
- d) masks

20. According to the text, which is **TRUE** about Japan?

- a) People rely on traditional medicine and natural remedies to stay healthy.
- b) Most people are likely to ignore public health rules.
- c) Good hygiene and respect for others help them prevent diseases.
- d) People in Japan hardly use hand sanitizers in public places.

21. During disease outbreaks in Nigeria, _____.

- a) local communities work together to protect each other and share health advice
- b) only doctors and nurses take action to stop the spread of illnesses
- c) the public does not trust health messages on the radio
- d) people go to hospitals for free treatment in every village

22. Which of the following is an **OPINION** according to the passage?

- a) Japan has public hand sanitizers in many areas.
- b) Community members in Nigeria support each other during outbreaks.
- c) Nigeria responded to the Ebola outbreak by isolating patients.
- d) Japan's cultural response to illness is the most effective in the world.

Questions: 23-28 Read Text 2 and circle the correct option.

Text 2

The Fight Against Infectious Diseases: Past, Present, and Future

1 Infectious diseases have been a part of human history for centuries. In the past, diseases such as the Black Death and smallpox caused millions of deaths around the world. These diseases spread quickly because people didn't understand how they were transmitted, and medical knowledge was limited. Over time, science and medicine have developed a lot, and this has helped us better understand how infections work and how to protect ourselves. So, scientists today know much more about how infections spread and how to control them, but new challenges continue to appear. However, not all parts of the world have benefited equally from this progress. Some diseases from the past still exist in certain regions. For example, tuberculosis remains a serious issue in parts of Asia and Africa. This shows that progress is not equal everywhere and that global health efforts must reach all communities, not just the wealthiest ones. Despite these inequalities, some medical achievements have had a global impact and saved millions of lives.

2 One of the biggest successes in the fight against diseases was the invention of vaccines. Vaccines have helped reduce or eliminate illnesses like polio, measles, and smallpox. These diseases, once common and deadly, are now rare in many countries thanks to large-scale vaccination programs. For example, smallpox was officially **eliminated** in 1980 after a global effort to vaccinate people. Getting rid of this disease completely showed the world what could be achieved through cooperation and scientific progress. In recent years, new vaccines have been developed more quickly than ever before. For instance, during the COVID-19 pandemic, scientists created several effective vaccines in less than a year. This was possible thanks to international collaboration, advanced technology, and massive financial support from governments and private companies.

3 However, new diseases continue to emerge. Viruses like SARS, Ebola, and COVID-19 have shown that the fight against infectious diseases is far from over. They remind us that viruses can travel quickly in today's globalized world, spreading from one country to another in just a few days. As a result, health organizations must act fast to prevent these diseases from becoming global health emergencies. Quick communication, strong public health systems, and international cooperation are essential to stop the spread. Public education is also important. During outbreaks, people must understand how to protect themselves and others. Wearing masks, washing hands, and following safety rules can slow the spread of disease. Clear communication from trusted sources can help fight misinformation and fear.

4 Antibiotics are another tool that has helped fight infections caused by bacteria. But recently, many bacteria have become resistant to antibiotics due to overuse and misuse. ***This*** means that some medicines no longer work, and infections that were once easy to treat are becoming more dangerous. To solve this problem, scientists are working on new treatments and educating people about the proper

use of antibiotics. If action isn't taken, antibiotic resistance could become one of the biggest health threats of the future. Hospitals and doctors now try to limit the use of antibiotics when they are not necessary. In some countries, patients are no longer allowed to buy antibiotics without a prescription. These steps are helping reduce resistance, but more global cooperation is needed to stop the problem from growing.

5 Technology is also playing a bigger role in modern medicine. Researchers now use artificial intelligence to track disease outbreaks, predict how they might spread, and develop vaccines faster. Scientists are also studying the role of climate change and how it might increase the risk of disease by affecting the movement of animals and insects that carry infections. This shows that the fight against disease is not only a medical issue but also an environmental and social one. In addition, scientists are using genetic research to understand how viruses change over time. This helps them prepare better vaccines and treatments. Mobile phone apps and digital health records are also helping doctors follow patients more closely and share important information quickly during emergencies.

6 In conclusion, while science and technology have helped us make huge progress, the battle against infectious diseases is still ongoing. With continued research, global cooperation, and responsible behavior, we can be better prepared for the health challenges of the future. It is clear that no country can fight these challenges alone. International teamwork, fair access to healthcare, and public trust in science are all key to success. By learning from the past and working together, we can create a healthier and safer world for everyone.

23. What is the main idea in the text?

- a) Vaccines alone can stop all infectious diseases.
- b) Infectious diseases were only a problem in the past.
- c) Science, cooperation, and technology help fight infectious diseases.
- d) New diseases are more dangerous than old ones.

24. The word “**eliminated**” in paragraph 2 is closest in meaning to _____.

- a) appeared
- b) discovered
- c) founded
- d) removed

25. Choose the correct statement that summarizes **paragraph 3**.

- a) New diseases are hard to control because they spread slowly.
- b) Global cooperation and quick actions are key to handling disease outbreaks.
- c) Old diseases are returning due to poor health systems.
- d) COVID-19 was the only serious new disease in recent history.

26. The word “**this**” in paragraph 4 refers to _____.

- a) the resistance to antibiotics
- b) clear communication
- c) fighting infections
- d) overuse of medicines

27. If antibiotic resistance continues to rise, _____.

- a) vaccines will become the only option
- b) more infections will become easier to treat
- c) bacterial diseases may become untreatable again
- d) people will stop using antibiotics completely

28. Which sentence best describes the role of technology in **paragraph 5**?

- a) Technology delays the development of new treatments.
- b) Artificial intelligence slows down the fight against diseases.
- c) Technology helps track and control diseases more effectively.
- d) Scientists no longer need to study how diseases spread.

PART C: LISTENING

Example:

The speaker gives examples from a recent study to support the idea that ____.

- a) parents find it stressful to argue with their teenagers
- b) teenagers profit from discussions with their parents
- c) teenagers do not learn how to solve conflicts
- d) parents are annoyed by teenagers who talk back

Answer Sheet:



(The correct answer “b” is chosen.)

Listening 1

Questions: 29-34 Listen to *the interview with a medical medium* twice and circle the correct option.

29. According to Barbara, many chronic illnesses may be linked to ____.

- a) unhealthy diets only
- b) emotional or past experiences
- c) lack of sleep and low movement
- d) side effects of medications

30. What does Barbara say about inner child work?

- a) It helps people understand childhood pain.
- b) It focuses on breathing and relaxation.
- c) It is mostly used to improve sleep.
- d) It involves future planning and setting goals.

31. Which tool does Barbara **NOT** mention when discussing emotional and spiritual healing?

- a) Guided visualization
- b) Meditation
- c) Playing a musical instrument
- d) Energy healing practices

32. A medical medium is someone who ____.

- a) prescribes medicine to her clients
- b) replaces traditional doctors
- c) focuses only on physical pain
- d) senses emotional and physical problems

33. What is **TRUE** about the woman with digestive issues?

- a) She was finally cured by a strict diet.
- b) She felt better after working through emotional pain.
- c) She was Barbara’s divorced sister.
- d) She tried several medications to feel better.

34. What advice does Barbara give at the end of the podcast?

- a) Look for natural supplements before seeing a doctor.
- b) Focus only on physical symptoms and track them.
- c) Listen to your body and explore different healing methods.
- d) Accept that some illnesses cannot be treated emotionally.

Listening 2

Questions: 35-40 Listen to *the lecture on the immune system*, and circle the correct option.

35. In the immune system white blood cells _____.

- a) block sunlight from damaging the skin
- b) store nutrients for muscle growth
- c) search for and fight harmful germs
- d) carry oxygen to the brain

36. Adaptive immunity protects the body by _____.

- a) preventing germs from entering the body
- b) attacking all germs in the same way
- c) identifying and remembering specific germs
- d) causing autoimmune diseases

37. What happens in autoimmune diseases?

- a) The immune system is too weak to protect itself.
- b) The immune system attacks the body's own cells.
- c) The immune system only attacks viruses but not bacteria.
- d) The immune system stops fighting against diabetes.

38. How does immunotherapy help in cancer treatment?

- a) It kills all cells in the body of a patient.
- b) It helps the immune system find and kill cancer cells.
- c) It causes abnormal cells to turn into cancer cells.
- d) It prevents the immune system from detecting normal cells.

39. Which lifestyle habit can weaken the immune system?

- | | |
|---------------------------|---------------------------|
| a) Having a balanced diet | c) Stress management |
| b) Lack of sleep | d) Diet with whole grains |

40. The main role of the immune system is to _____.

- | | |
|-------------------------------------|-----------------------------|
| a) provide energy to the body | c) control body temperature |
| b) defend the body against diseases | d) help digest food |



**BURSA ULUDAĞ UNIVERSITY
SCHOOL OF FOREIGN LANGUAGES
PROFICIENCY EXAM**



YDYO_KOOR_06.02

PART D: WRITING

Date:	
Name & Surname:	
Student ID Number:	
Signature:	

- Read the statement in the box below and write **an opinion essay (200-250 words)**.
- Your essay will be evaluated in terms of **content, organization, accuracy of language (vocabulary & grammar), and mechanics**.
- Make sure you write your essay with:
 - **an introductory paragraph with a clear thesis statement,**
 - **two body paragraphs with enough supporting details/examples,**
 - **a concluding paragraph.**

“Vaccines should be mandatory to prevent disease outbreaks.”
Do you agree or disagree with this statement?

[illegible]

[illegible]