



- 1-The man yelled at the young boy to stop playing on the busy street.
1. shouted                      2. asked                      3. searched                      4. encouraged
- 2-He is studying medicine because he intends to choose it as his career in future.
1. job                              2. hobby                      3. field                              4. income
- 3-When I was sitting in the park yesterday, a stranger ----- me and asked if I had some money to give him.
1. deserted                      2. approached                      3. realized                      4. agreed
- 4-The car accident created a ----- on the street. Not even the police could put things in order.
1. review                              2. delight                              3. chaos                              4. focus
- 5-As he could not find a ----- job, he decided to move to another country in order to find a job that suited him.
1. necessary                      2. probable                      3. chronic                      4. decent
- 6-One of the ----- of being overweight is not being able to do sports properly.
1. causes                              2. reductions                      3. amounts                              4. consequences
- 7-He finally ----- the report of the train accident to the authorities.
1. grew up                              2. handed in                              3. went back to                              4. put on
- 8-The boss talked to the large crowd of workers who had ----- outside his office.
1. volunteered                      2. requested                      3. overlooked                      4. assembled
- 9-His harsh and loud voice was so ----- no one liked to listen to him for even one minute.
1. irritating                              2. grasping                              3. absorbing                              4. failing
- 10-His ability to run for many hours without getting tired ----- everyone. No one expected so much energy in a young boy.
1. destroyed                              2. amazed                              3. resolved                              4. dragged
- 11-In the hospital, my name was ----- over the PA. They asked me to go to the ER immediately.
1. determined                              2. terminated                              3. manufactured                              4. announced
- 12-The blue and calm sea was so ----- that I decided to go for a swim despite the cold weather.
1. frightening                              2. conveying                              3. enticing                              4. worrying
- 13-One of his main ----- is not being able to pass the exam. As a result, he has been studying hard recently.
1. responses                              2. concerns                              3. swerves                              4. realizations

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عنوان درس: خواندن و درک مفاهیم ۳

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14- He was walking so ----- no one could catch up with him. No one could walk as fast as he could.

1. regularly                      2. actively                      3. strangely                      4. briskly

15- The doctor did his best to save his badly injured leg but he finally had to ----- it.

1. amputate                      2. visualize                      3. operate                      4. persist

16- One of the techniques to ----- nervous tension is deep breathing. It is very effective in reducing such uncomfortable body conditions.

1. resort                      2. induce                      3. relieve                      4. energize

17- The doctor ----- me that my condition was not serious and there was nothing to worry about.

1. reassured                      2. ignored                      3. provided                      4. anticipated

18- He was under a high dosage of sleeping drugs; as a result, he was actually ----- when he tried to cross the street.

1. imagining                      2. containing                      3. limiting                      4. staggering

19- The new machine can ----- even the smallest problems in our brain by creating detailed images of how our brain works.

1. immerse                      2. imply                      3. detect                      4. spread

20- All the listeners were ----- when they heard the new figures. They were all really surprised.

1. stunned                      2. coaxed                      3. misfired                      4. confessed

21- He has a very ----- life. He is busy all the time with very little time to rest.

1. simultaneous                      2. extended                      3. hectic                      4. tender

22- He has smoked for 20 years and the effects of this habit will ----- him for a very long time and will not go away very easily.

1. inflict                      2. diminish                      3. reduce                      4. haunt

23- He ----- his finger when he was trying to hit a nail. He had to be rushed to the doctor for immediate care.

1. whacked                      2. dragged                      3. terrified                      4. wailed

24- His illness has ----- in the past two years. There has been no improvement and he is having harder time.

1. bolstered                      2. recalled                      3. evaporated                      4. deteriorated

25- In order to establish the organization he managed to ----- over one million dollars from donators.

1. embarrass                      2. raise                      3. invest                      4. expand

26- My present job is not ----- because it does not satisfy my expectations and desires.

1. fulfilling                      2. cultivating                      3. crediting                      4. establishing



Advancing age means losing your hair, your waistline and your memory, right? Dana Denis is just 40 years old, but already she's worried about what she calls "my rolling mental blackouts." "I try to remember something, a person's name or a place, and I just blank out," she says. You may joke about these lapses, calling them "senior moments" or blaming "early Alzheimer's." Is it an inescapable fact that the older you get, the less you remember? Well, sort of. But as time goes by, we tend to blame age for problems that are not necessarily age-related. When a teenager can't find her keys, she thinks it's because she's distracted or disorganized. A 70-year-old blames her memory. In fact, the 70-year-old may have been misplacing things for decades – like we all do from time to time. "In healthy people, memory doesn't deteriorate as quickly as many of us think. As we age, the memory mechanism isn't broken," says psychologist Fergus Craik of the Rotman Research Institute in Toronto. "It's just inefficient." The brain's processing time slows down over the years, though no one knows exactly why. Recent research suggests that nerve cells lose efficiency and that there's less activity in the hippocampus, a part of the brain that decides to store information or discard it. But, cautions Barry Gordon, head of the Memory Clinic at Johns Hopkins University School of Medicine, "It's not clear that less activity is worse. A beginning athlete is winded more easily than a trained athlete. In the same way, as the brain gets more skilled at a task, it expends less energy on it." There are steps you can take to compensate for normal slippage in your memory gears, though it takes effort, that is, you have to work to keep your brain in shape. It's like having a good body. You can't go to the gym once a year and expect to stay in top form. Memory classes will often use mnemonic devices, mental formulas for encoding names, faces and facts. (For instance, when you meet someone named Mike Hawk, visualize a hawk speaking into a microphone.) But it's a lot of work, and if it isn't done every time, the system fails. Some experts suggest paying attention to what you want to remember. Then give some meaning to it. We remember things when we focus on them, whether we intend to or not. That helps explain why jingles stick in our minds: They're played on loud, flashy commercials. They also use rhyme and music, both mnemonic devices. Basic organization helps you remember the boring stuff. For example, rather than trying to recall a random list of groceries, divide them into categories, such as dairy, meat and produce. And try to cut down on the number of things you have to remember. Set up a "forget-me-not spot" where you always put your keys. Make to-do lists. Leave out-going bills near the door. Simply using your brain keeps it strong. The French call it brain jogging. Exercise your brain with reading, debating or anything else to keep the mind alive. Exercising your body also bolsters your mind. Aerobic workouts pump blood to the brain, bringing oxygen and glucose, both of which are crucial to brain function. A recent study tracked the exercise habits and mental function of nearly 6000 women 65 or older. For every extra mile walked per week, there was a 13 percent smaller chance of cognitive decline. You can also eat to aid your powers of retention. Whole grains, fruits and vegetables are excellent sources of glucose, the brain's preferred fuel. Legumes and green vegetables are rich in a chemical called folate or folic acid, which appears to play a special role in preserving memory. Another low-tech way to improve memory is to get adequate rest. Sleep may allow your brain time to encode memories. A good night's sleep also reduces stress. Short term stress improves memory. That's a survival mechanism. But after a few hours, the hippocampus starts using 25 percent less glucose, which may deprive the brain of energy to make memories. Under prolonged stress, the brain actually shrinks. Try to slow down just a bit, and you might be surprised how much more clearly you think. If you allow yourself to take time to process new information, the memory problem often evaporates. Take time, too, to live life. Sheer zest – interest in friends, family and hobbies – does wonders for your memory. A sense of passion or purpose helps you remember. Memory requires us to pay attention to our lives, allowing us to discover in them everything worth remembering.

27- Which of the following statements is FALSE according to the passage?

1. People need to exercise our memory in order to keep it in good shape.
2. We wrongly think that some of our problems are related to our age.
3. Physical exercise can improve our brain activities.
4. A healthy person's memory becomes weaker quickly as he gets older.



28- What is the effect of continued stress on a person's memory?

1. It does not have any specific effect on our memory.
2. It can increase the capacity of our memory.
3. It can damage the activity of our memory.
4. It can improve our short term memory.

29- What is the reason that we cannot say less mental activity is worse?

1. The brains of trained athletes have less activity.
2. Less activity might mean a more skillful brain.
3. Our brain spends more energy when it is less active.
4. Less activity makes hippocampus weaker.

30- Which of the following is said to be useful in remembering things that are not interesting?

1. organizing them into groups
2. repeating them as much as we can
3. simply using our brain actively
4. creating a random list of them

31- Which of the following is the main problem with using mnemonic devices?

1. It is difficult to visualize a hawk speaking into a microphone.
2. The system fails if it isn't done all the time.
3. It needs constant practice to keep it in good shape.
4. We should use mental formulas to encode names, faces and facts.

32- What happens when a person loses his waistline?

1. His diet needs to change a lot.
2. His clothes do not look good on him.
3. His body goes out of shape.
4. His waistline decreases in size.

33- According to the passage, what happens to our memory as we get older?

1. At advanced age, almost all people have memory problems.
2. Age has no specific effect on our memory.
3. We remember less as we get older.
4. The functioning of the brain changes as we get older.

34- What is the effect of physical exercise on the improvement of brain activity?

1. The blood flow to the brain increases.
2. The brain needs to get less oxygen and glucose.
3. The person feels tired but his mind works better.
4. The memory capacity and efficiency increases.



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35- Which of the following is the main effect of enough rest on memory?

1. The size of the brain and the hippocampus changes.
2. The stored information in the brain is partly lost.
3. The amount of stress that is harmful to memory decreases.
4. The brain gets ready for storing new information.

36- Which of the following is provided for the brain by vegetables?

1. legume
2. vitamin
3. protein
4. folic acid

37- He showed his ----- for what I had done for him by sending me a bunch of roses. I really liked the way he thanked me.

1. despair
2. grief
3. command
4. gratitude

38- The highway police asked me to ----- when I was driving over the speed limit.

1. pull over
2. turn around
3. hand in
4. stride up

39- The lava from a volcano will ----- everything in its path. Nothing can escape the hot burning liquid.

1. maintain
2. incinerate
3. register
4. wrack

40- We had ----- his ability to adapt to the new environment. He was much more powerful than we had expected.

1. endured
2. rejoiced
3. underestimated
4. emphasized