



زمان آزمون (دقیقه): تستی: ۱۰۰ تشریحی: ۰

تعداد سوالات: تستی: ۵۰ تشریحی: ۰

عنوان درس: خواندن و درک مفاهیم ۳

رشته تحصیلی/کد درس: مترجمی زبان انگلیسی (کاردانی)، مترجمی زبان انگلیسی ۱۲۱۲۰۵۱ - زبان و ادبیات انگلیسی (کاردانی) ۱۲۱۲۱۰۸

13- By eating five or six small meals, you help your blood sugar at more even levels throughout the day.

1. relax 2. saturate 3. maintain 4. import

14- My husband, Bill, was my arrival late that night.

1. anticipating 2. stocking 3. outstanding 4. witnessing

15- I was grateful it had not been completely , because I felt that the real winners were just now coming in.

1. acknowledged 2. participated 3. discovered 4. dismantled

16- The goals can be attained through faith in ourselves and trust in others, despite seemingly insurmountable

1. blinders 2. obstacles 3. moments 4. wishes

17- Among the surprising findings of the past decade is that weight training can some effects of aging.

1. reverse 2. activate 3. propose 4. ignore

18- Sleep may allow your brain time to memories.

1. attend 2. encode 3. bolster 4. winded

19- by his vision of creating a class that might teach things, Rick dropped out of college.

1. Responded 2. Postponed 3. Inspired 4. Handled

20- If you can a dangerous asteroid you could also direct a safe one towards the Earth.

1. deflect 2. deal with 3. decade 4. fade

21- After the traumatic initial shock, he remembered the promise he had made to his son.

1. dangerous 2. strong 3. first 4. deep

22- One or two nights of bad sleep probably don't pose much danger.

1. bent 2. subject 3. cause 4. hint

23- You come from itinerant family. You have no resources.

1. very famous 2. hard working
3. traditional 4. travelling frequently



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24- Falling exhausted on the sand, people reported that the rescue boat could not hold any more passengers.

1. completely wet 2. really good 3. extremely tired 4. very happy

25- Children are remarkably perceptive. Their eyes ever observe, their ears ever listen, and their minds ever process the messages they absorb.

1. keen 2. spilled 3. spoiled 4. imitative

26- One morning they arrived to find the schoolhouse engulfed in flames.

1. extended 2. expected 3. survived 4. surrounded

27- But Roger persisted. He practiced and practice and played and played.

1. overcame 2. continued 3. hurt 4. encouraged

28- When we eat, blood rushes to the intestinal tract and away from the brain, which can leave us sluggish.

1. inactive 2. lively 3. ready 4. nervous

29- Though prompted by the same kinds of experiences, melancholy feelings activated neurons in an area eight times larger than in women than in men.

1. strange 2. nervous 3. sad 4. crazy

30- Amusing myself at the tool bench in the basement, I whacked my finger with a hammer.

1. cut 2. shot 3. curled 4. beat

31- Under prolonged stress, the brain actually shrinks.

1. improves 2. fosters 3. withdraws 4. misplaces

32- She snatched it from him and thought, "Oh brother".

1. held 2. grabbed 3. dropped 4. threw

33- "Whatever you do, keep him talking," Sharleen implored. "Don't let him go into shock."

1. insisted 2. suggested 3. shouted 4. requested

34- Global destruction occurs largely through the ejection of hot ash, causing huge numbers of shooting stars that just incinerate everything.

1. cover entirely 2. turn over
3. burn completely 4. break to pieces



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35- I learned something enduring about life: that it is glorious, and we have no business taking it for granted.

1. dangerous 2. terrific 3. terrible 4. lasting

Passage 1: questions 36-40

Brisk walking is good for the heart, which makes a lot of sense. The heart is a muscle, after all, and anything that makes the blood flow faster through a muscle helps keep it in shape. But regular walking also lowers blood pressure, which decreases the stress on the arteries. It can boost the amount of HDL cholesterol (the good one) in the blood. It even seems to make the blood less "sticky," and therefore, less likely to produce unwanted clots. This all adds up to as much as a 50-

36- The underlined "It" in line 2 refers to

1. walking 2. sense 3. heart 4. blood

37- It is implied from the passage that

1. high blood pressure causes the decrease of stress on the arteries
2. brisk walking increases the stress of the arteries
3. by regular walking the blood pressure is increased
4. regular walking decreases the stress on the arteries

38- It can be inferred from the passage that

1. by walking the blood becomes sticky
2. walking decreases the amount of HDL cholesterol in the blood
3. less sticky blood prevents unwanted clots
4. production of unwanted clots can be boosted but less sticky blood

39- The underlined "It" in line 4 refers to

1. walking 2. stress 3. heart 4. blood

40- According to the passage,

1. 50 percent of walkers suffer from a heart attack
2. by walking the risk of heart attack can be reduced
3. the risk of suffering a heart attack is increased as much as 50 percent by regular walking
4. brisk walking adds up to as much as 50 percent the risk of heart attack



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Passage II: Questions 41-45

Everyday in class, he had a student read the textbook to the class. He gave standardized test that he could grade by placing a form with holes over each correct answer and he lay in bed for hours on weekend mornings, depressed.

Then he met Kathy, an A-student and a nurse. Not a leaf, like John. A rock. "There's something I have to tell you, Kathy," he said one night before their marriage, "I...I can't read." "He a teacher," she thought. He must mean he can't read well. Kathy didn't understand until years later when she saw John was unable to read a children's book to their 18-month-old daughter. Kathy filled out his forms, read and wrote his letters. Why didn't he simply ask her to teach him to read and write? He couldn't believe that anyone could teach him.

41- According to the passage, what was the profession of the John?

1. A teacher 2. A student 3. A nurse 4. A rockman

42- Which sentence is true?

1. John could get good grades in school.
2. John was reading the textbook to the class everyday.
3. John scored the tests by himself.
4. John was depressed because he couldn't grade the papers.

43- The underlined "He" in first line of the second paragraph refers to

1. an A-student 2. a teacher 3. a nurse 4. John

44- It is implied from the passage that

1. John can't read well for years
2. Kathy didn't believe that John was unable to read for years
3. after years, John was able to teach his 18-month-old daughter
4. John asked his wife to teach him to read and write

45- According to the passage, John was sure that

1. he was able to teach his daughter
2. nobody can teach him to read and write
3. Kathy was able to teach him how to write letters
4. Kathy couldn't fill out his forms



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Passage III: Questions 46-50

Luck-limiting emotions including shyness, anger and resentment turn off people who otherwise would be willing to help you. Getting these negative emotions under control will likely help you have a higher level of self-esteem, be more optimistic, and be slightly more extroverted. "It's one thing to feel these negative emotions but another to show them," says J. Raymond DePaulo. "If you recognize what triggers these emotions, you can take steps to defuse or

46- It is implied from the passage that

1. emotions like shyness, anger and resentment make people help you
2. people can help you by overcoming luck-limiting emotions
3. negative emotions can be turned off by luck-limiting emotions
4. luck-limiting emotions doesn't affect the people at all

47- According to the passage, people can increase their level of self esteem by

1. decreasing anger
2. by increasing shyness
3. helping others
4. controlling positive emotions

48- By expressing the phrase: "If you recognize what triggers these emotions", the author means that

1. if you believe that these emotions are inevitable
2. if you be aware of the side effects of these emotions
3. if you overcome the bad consequences of conditions
4. if you understand that you tend to get upset in these situations

49- The underlined "Them" in the last line refers to

1. self-esteem, optimistic
2. resentment, shyness
3. extrovert, self-esteem
4. shyness, extrovert

50- It is inferred from the passage that

1. a person who feel shy will definitely show it
2. persons can express just positive emotions
3. the expression of bad emotions can be prevented
4. positive emotions cause the expression of negative emotions