

تنها با یاد اوست که دل‌ها آرام می‌گیرد

CHOOSE THE BEST SYNONYMS FOR THE UNDERLINED WORDS.

1. Anyone can speak words that tend to rob another of the sprit to continue in difficult times.
a. energy b. poverty c. discourage d. courage
2. The best way, in fact, is inferring the meaning of the new words by using our own background information as well as the clues inside the text.
a. deducing b. concluding c. deciding d. telling
3. You are the carpenter, and every day you hammer a nail, place a board, or erect a wall.
a. construct b. destruct c. instruct d. damage
4. He resorted to shoddy workmanship and used inferior materials.
a. good b. careless c. low quality d. superior
5. My friend was puzzled. He approached the man and said, good evening, friend. I was wondering what you are doing.
a. looked forward b. went closer
c. walked back d. looked into
6. Time and again they kept hurling things out into the ocean.
a. throwing b. putting c. carrying d. picking
7. The police came and said, "You're angry, distraught and it's over."
a. very sad and lonely b. very tired and hungry
c. very worried and upset d. very thirsty and hungry
8. One of the men, as part his treatment, was allowed to sit up in bed for an hour in the afternoon (something to do with draining the fluid from his lugs.)
a. daily schedule b. everyday behavior
c. physical activity d. medical care
9. Even now, back on terra firma, walking down a road, I sometimes hear an airplane and look up at that small, glinting piece of metal.
a. earth, shining b. land, shining
d. country, relaxing d. home, shining
10. I felt almost tearful to be parting from the people whose lives had so intensely, if briefly, touched mine.
a. anticipated b. complained
d. influenced d. lamented

11. Rick **confronted** once again the inadequacy of his formal education in preparing him to deal with the social and emotional issues of his life.

- a. faced sth difficult b. solved sth difficult
c. followed sth difficult d. traced sth difficult

12. As he walked into the office, Rick was **literally** shaking with fear.

- a. probably b. academically c. severely d. actually

13. Current research shows that many overweight folks who **shed** as few as ten pound can lower their blood pressure and, in some cases, reduce their risk of diabetes.

- a. increase b. decline c. drop d. boost

14. But, how often do we really take time out of our **hectic** fast-paced lives to notice the world around us?

- a. wonderful b. relaxing c. busy d. terrible

15. Amazed, I looked at the cars around me to **verify** that we were all seeing the same thing.

- a. forecast b. look up c. look forward d. make sure

16. **Hosting** his left leg up and into the well, where the pedals were, de Silva kicked the driver's legs out of the way and pressed hard on the airbrake pedal.

- a. lifting b. shaking c. placing d. springing

17. Finally he made it safely to the shoulder, **jamming** the brake all the way down until the bus stopped.

- a. move b. ease c. press d. touch

B. FILL IN THE BLANKS WITH THE APPROPRIATE WORD.

18. One or two nights of bad sleep probably don't much danger.

- a. pose b. reduce c. prevent d. create

19. New findings have some other good reasons to get plenty of shuteye.

- a. turned in b. turned up c. looked forward d. looked after

20. Fortunately you had enough not to give up on yours.

- a. encourage b. feeling c. courage d. support

21. Then the teacher added, "if you rewrite this paper with a more realistic goal, I will your grade".

- a. recover b. require c. realize d. reconsider

22. One night the winds raged, the clouds burst and a gale force storm a fishing boat at sea.

- a. rescued b. assembled c. capsized d. forced

23. Finally, the rescue boat through the fog with Hans standing up in the bow.

- a. darted b. yelled c. joined d. stepped

24. Their eyes ever observes, their ears ever listen, and their minds ever process the messages they

- a. make b. send c. think d. absorb

25. Still, the only words the couple had for him were sharp when he dropped a fork or spilled food.

- a. encouragements b. admonition
c. droppings d. irritations

26. Ultimately through his daily messages, his iron persistence and his determination, he did develop the ability to stand up, then to walk haltingly.

- a. confined b. survived c. resolute d. doomed

27. Somehow, to the of the physicians, he did survive.

- a. amazement b. happiness c. help d. attention

28. With his mothers, they hugged him and told him how much they loved him.

- a. forbidden b. smile c. uniform d. permission

29. My stomach cramps went away as we and I relaxed with security, but I felt very strongly that it healed me too.

- a. pushed b. ascended c. concerned d. drew

30. Walking is much easier on the knees than running and doesn't unpleasant side effects.

- a. perfect b. suggest c. trigger d. start

31. I packed up my college things and found myself instead making meat-loaf and doses of morphine in a house in the suburbs.

- a. administering b. realizing c. looking d. finding

32. Wally at his wife's cry and took in the scene.

- a. ran fast b. whirled around
c. looked back d. finding

33. she for a book in the airport shop, bought a bag of cookies and found a place to drop.

- a. waited b. engrossed c. hunted d. diminished

34. is it a(n) fact that the older you get, the less you remember?

- a. escapable b. serious c. funny d. inescapable

35. And john couldn't tell them that left side of his brain, the lobe humans use to arrange symbols logically in a sequence, had always

- a. hurt b. burned c. hurt d. misfired

READING COMPREHENSION

READ THE FOLLOWING PASSAGES AND CHOOSE THE APPROPRIATE ANSWER FOR THE QUESTIONS.

READING 1

Most people believe in luck charms, wear lucky shirts and perform little rituals before important events. Fearful of bad luck, we steer clear of leaning ladders and cringe when mirrors drop.

When life miraculously goes our way, we assume it's pure chance. But is it really? Winding up in the fastest-moving lane at a toll plaza may seem like serendipity, but more likely we saw slow lanes in advance and avoided them. The same goes for finding a parking space at a crowded mall. Didn't you slow down a little after spotting someone talking his keys out as he walked?

Experiences like these make us feel good, but only for a moment. The kind of luck we really want is longer-lasting -having a job that's fulfilling, great friends, a comfortable life, peace of mind. To create such good fortune, you need to develop a "lucky personality", a combination of attitude and behavior that will attract opportunity.

"People who seem lucky are appealing because they are effective and happy", says Ellen Langer, a professor of psychology at Harvard. "We are to them because we feel safe around them, we hope they'll help us succeed, and maybe their luck will rub off on us"

Think lucky and you're more likely to be lucky. But just how much pixie dust lands on you depends on how well you develop a lucky personality. Here are some secrets that can help you to have a luckier personality:

1. **Assume fate is on your side.** "to cultivate the right attitude, you must believe that good things happen to you all the time, not just rarely" says Martin Seligman, professor of psychology at the university of Pennsylvania and author of authentic happiness. If you perceive life's setbacks as business as usual, you won't bother behaving in positive ways that can change your situation. On the other hand, "if you believe you're fortunate much of the time, you're likely to exhibit behavior that makes people more responsive to you", explains Seligman.
2. **Get an emotional grip.** Lucky thinking also arrests what David liken, professor emeritus of psychology at the University of Minnesota, calls your "happiness thieves." These luck-limiting emotions include shyness, anger and resentment, which he says, 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, Jr., chair of psychiatry at the Johns Hopkins University School of Medicine and author of *Understanding Depression*. "If you recognized what triggers these emotions - recognize that you tend to get upset in these situations- you can take steps to defuse or overcome them before they are expressed."

36. What does the author mean by "lucky personality"?

- a. having the ability to benefit from the opportunities that come to you.
- b. a combination of behavior and feeling that will attract opportunity.
- c. being effective and happy which make you appealing.
- a. having a job that's fulfilling, great friends, a comfortable life.

37. Which choice is **wrong** about Martin Seligman -author of authentic happiness?

- a. he believes that good events can happen to you most of the time or rarely.
- b. if you consider life as business, you will accept life's setbacks easily.
- c. he is researching on psychology matters.
- d. if you want to develop right attitude, you must think positively.

38. According to the reading, why did you, more probably, wind up in the fastest-moving lane at a toll plaza?

- a. Because you avoided lucks.
- b. Because it seemed like serendipity
- c. Because you knowing avoided slow lanes
- d. Because you supposed it is pure chance

39. The passage implies that:

- a. Controlling all of our emotions is needed for luckiness.
- b. We shouldn't control our shyness, anger and resentment.
- c. Controlling shyness, anger and resentment makes up optimistic.
- d. We should turn off people who otherwise would be helpful.

40. The writer of this passage believes that:

- a. We should try to be lucky
- b. Having lots of facilities means that you are lucky.
- c. To cultivate the right attitude, you must work hardly.
- d. To cultivate the right attitude, you must control negative forces and think positively.

READING 2

It was Friday night and the office buzzed with plans for the evening. Me? I couldn't wait to go home and curl on the couch.

Something was wrong. I typically got eight hours' sleep, ate a well-balanced diet and exercised regularly. I had all the ingredients for an energized existence: good friends, a rewarding job and a wonderful family. Even so, it took every ounce of energy I could muster just to stay up for the ten o'clock news. And each morning I'd still awaken groggy and tired.

A checkup showed nothing serious, such as hormone problem or chronic fatigue syndrome. My doctor also ruled out depression, which can sap the heartiest energy reserves.

So I began looking for ways to perk up without resorting to special medications or a radical life change. What I found were eight techniques that require little time and no training. If you're in good health but don't always feel as energetic as you'd like, try some of these healthful pick-me-ups.

1. *Take a deep breath.* Deep breathing slows the heart rate, relieves nervous tension and, lowers blood pressure while reducing stress hormones. Practice deep breathing ten to 15 minutes every day and whenever you feel stressed. Let the air fill both your chest and abdomen, then release it slowly. Many doctors recommend 12 to 16 breaths per minute.

2. *Do some meditation.* People often use meditation as a means to relax, which in turn helps fight fatigue. One technique is to find a quiet place and sit comfortably. Relax, close your eyes and focus on a neutral word like *one* and repeat it continuously. When distracting thoughts intrude, bring yourself back to the neutral word.

3. *Do some slow stretches.* Stretches can produce some of the same effects as deep breathing. It relieves muscle tension caused by fatigue-producing stressors and helps move blood through the body and oxygen to the brain.

Begin each day with a mild, energizing stretch. Flexing the spine simulates circulation in the body. Among the best is the cat arch: Get on your hands and knees, then slowly and deliberately round your back into an arch. Hold for about ten seconds, then gradually release.

4. *Respect your body clock.* Some of us are at our best in the morning. Others peak at night. If you get up and need three to four cups of coffee to get going, you're probably not a morning person. Determine your prime time and save critical tasks for your high-energy periods. For example, if you're a lark, schedule a job interview in the morning rather than the afternoon,

when your energy ebbs.

5. *Try eating smaller, more frequent meals.* When we eat, blood rushes to the intestinal tract and away from the brain, which can leave us sluggish. Some experts believe that by eating five or six small meals, you help maintain your blood sugar at more even levels throughout the day. For energy's sake, avoid foods high in saturated fat, such as fatty meats, ice cream and heavy sauces. These take longer to digest, diverting blood from the brain longer. But don't neglect foods with essential fatty acids, such as fish and nuts, which are important for good nutrition.

41. Which choice is true about the writer?

- a. She practiced some simple techniques.
- b. She went to training to feel better.
- c. She took some medicine.
- d. She changed her life completely.

42. A checkup showed that writer:

- a. has hormone problem
- b. had no serious problem
- c. has depression
- d. has sever

43. All of them are related to meditation **except**:

- a. Doing it brings relaxation.
- b. Doing it brings fatigue.
- c. Doing it, if you aren't distracted, don't return to the neutral word
- d. Quiet place is needed for doing it.

44. This is mentioned as the advantage of "slow stretches."

- a. It helps to the blood movement through the body.
- b. It helps to the movement of oxygen to the body.
- c. It maintains your blood sugar at even levels
- d. It maintains your balance.

45. Which of the following is **not** mentioned as one of the advantages of deep breathing?

- a. It lets people become less nervous.
- b. It helps the heart to work less.
- c. It increases blood oxygen.
- d. It lowers the amount of stress hormones.

READING 3

A few years ago, my friend Sue had some fairly serious health problems. She had been an invalid as a child and still suffered from a birth defect that had left a hole in one of the chambers

of her heart. The births of her five children, beginning with a difficult (-section, had also taken their toll. She had suffered surgery after surgery and had also put on weight for several years. Diets had not helped her. She suffered almost constantly from undiagnosed pain. Her husband, Dennis, had learned to accept her limitations. He constantly hoped her health would improve, but he did not really believe it ever would.

One day they sat down as a family and drew up a "wish list" of the things they wanted most out of life. One of Sue's items was to run in a marathon. Given her history and physical limitations, Dennis thought her goal was completely unrealistic, but Sue became committed to it.

She began by running very slowly in the subdivision where they lived. Every day she ran just a little farther than she had the day before --just one drive-way more. "When will I ever be able to run a mile?" Sue asked one day. Soon she was running three. Then five. I'll let Dennis tell the rest of the story in his own words:

Now I remember Sue telling me something that she had discovered: "The subconscious and the nervous system cannot tell the difference between real and vividly imagined situations." We can change ourselves for the better and cause ourselves to subconsciously pursue our most precious desires with almost total success, if we crystallize the images clearly enough in our minds. I knew Sue believed it -she had registered to run in a marathon held in our city.

"Can the mind believe an image that will lead to self-destruction?" I asked myself as I drove the mountainous road to the marathon route. I parked our van near the finish line and waited for Sue to come in. The rain was steady and the wind was cold. The marathon had started over five hours ago. Several cold and injured runners had been transported past me, and I began to panic. The image of Sue alone and cold, off the road somewhere, gave me a strong feeling of fear and worry. The fast and strong competitors had finished long ago, and runners were becoming more and more sparse. Now I could not see anyone in either direction.

Almost all of the cars along the marathon route had left, and some normal traffic was beginning. I was able to drive directly up the race route. There were still no runners in view after driving almost two miles. Then I went around a bend in the road and spotted a small group running up ahead. As I approached, I could see Sue in the company of three **others**. They were smiling and talking as they ran. They were on the opposite side of the road as I pulled off and called between the now-steady traffic, "Are you okay?"

"Oh, yes!" Sue said, panting only mildly. Her new friends smiled at me.

"How far to the finish line?" one of them asked.

"Only a couple of miles," I said.

A couple of miles? I thought. *Am I crazy?* I noticed that two of the runners were limping. I could

hear their feet sloshing in wet sneakers. I wanted to say to them that they had run a good race and offer them a ride in, but I could see the resolve in their eyes. I turned the van around and followed from a distance, watching for one or all of them to fall. They had been running for ever five and a half hours! I sped around them and up to within a mile of the finish and waited.

46. Which of the following choices true about Sue?

- a. In childhood she had some problems.
- b. She had some surgeries.
- c. She had a pain which wasn't diagnosed by doctors.
- d. Her husband really believed that she would recover.

47. According to the reading:

- a. Now she has some unknown pain.
- b. Now she doesn't have a hole in one her heart's chambers
- c. Now she is an invalid.
- d. Now she is serious.

48. What does the author mean by "... the things they wanted most out of life."

- a. most of the facilities they wanted
- b. most important wishes
- c. things they didn't before in their life
- d. their needs

49. What does the word "others" refer to in the sixth paragraph?

- a. group
- b. cars
- c. miles
- d. runners

50. The story of Sue is told i

- a. Sue's child
- b. unknown person
- c. Sue's friend
- d. Sue's father