د کټر نادري نكته و تسبع متون تخصصي 1- -----1)..... 4)..... 2- -----3)......4)...... 3------1)..... 2)..... 3)..... 4)..... 4- -----1)..... 2)...... 3)...... 4)..... 5- -----

متون تخصصى

مواجهه با كلمات ناشناس

د کتر نادری

مهم ترین مشکل دانشجویان در درک مطلب رو برو شدن با کلمات یا عبارات ناآشنا می باشد. در این مهارتها یاد خواهید گرفت چگونه به مفهوم (ونه لزوما ترجمه) این کلمات یا عبارات، نزدیک شوید. تاکید می کنیم به هیچ وجه کلمه به کلمه نخوانید بلکه عبارت به عبارت یا جمله به جمله به متن نگاه کنید.

مهارت اول

Skipping

رد شدن از روی کلمه

نكته و تسبت

بعضی اوقات معنی کلماتی که نمی دانیم در درک کلی مفهوم متن تاثیر گذار نیستند. در نتیجه می توانیم آن را نادیده بگیریم. For this, you will have to plan your *schedule* and give some time for exercise everyday.

(قسمتی از متن سوم سراسری ۹۴) Such people should stay away from alcohol and tobacco *consumption* in order to improve their health.

Using a layered model of *stratification*, most sociologist describe the class system in the United States as divided into several classes.

Only a very small *proportion* of people actually *constitute* the upper class, but they control vast amounts of wealth and power in the United States.

Everyone has experienced that *gut-wrenching* fear when faced with a suddenly dangerous situation. (قسمتی از متن اول سراسری ۹۴)

Late in the nineteenth century, there were *significant* changes in Western thought about the nature of children in their teen years.

Prospective longitudinal studies indicate that internalizing symptoms remain high or increase for females, whereas they remain at *relatively* lower levels for males across adolescence.

(قسمتی از متن سوم سر اسری ۹۸)

Ideally, you should position the bed *diagonally* opposite the door, with the head against a wall, not a window.

مهارت دوم حدس زدن کلمه از طریق کلمات مجاور

■ یادگیری این مهارت دو فایده دارد:

ا بعضی اوقات خود این کلمات مورد سوال قرار می گیرند.
 اگر هم مورد سوال واقع نشوند برای فهمیدن قسمتی از یک پاراگراف، نیاز به دانستن حدود معنای آن ها داریم.
 یس کمک گرفتن از کلمات قبل و بعد که آشنا هستند یا کمک گرفتن از جملات همسایه که مفهوم قابل درک دارند، ما را در فهم بهتر متن کمک می کنند.

کلماتی که زیر آن ها خط کشیده شده است را حدس می زنیم:
 When we are happy, certain hormones that are capable of fighting against diseases and infections are <u>released</u> by our body.

Inferring



The British psychoanalyst John Bowlby maintains that separation from the parents during the sensitive 'attachment' period from birth to three may scar a child's personality and predispose to (قسمتی از متن سوم سر اسر ی ۹۵) emotional problems in later life.

د کټر نادرۍ

Families typically adapt to the absence of a family member by "reassigning" the roles of the person who died to the remaining members. (قسمتی از متن سوم سر اسری ۹۵)

این جور حدس زدن نتیجه ی تمرکز بر جملات، <u>لغت به لغت نخواندن</u>، <u>اعتماد به نفس داشتن</u> و فهمیدن فضای کلی جملات

علماتی که با ویرگول (۰) یا and و or به هم مرتبط می شوند از نظر گرامری یکسان هستند و از نظر معنایی مرتبط (نه لزوما مترادف يا متضاد) هستند.

The development and <u>refinement</u> of theoretical approaches to measurement. (۸۷ قسمتی از متن سر اسر ی ۸۷)

people themselves to pass on the basic knowledge about the various skills and *customs* of been (قسمتی از متن دوم سر اسر ی ۹۴) created by jurisdiction of most of the countries of the world.

Other variables can exacerbate or minimize the impact of stress on health.

(قسمتی از متن چهارم سر اسری ۹۴) They happen so fast, or they are so subtle or complicated or even confused, that they don't rise clearly to the surface. (قسمتی از متن اول سراسری ۹۹)

مهارت سوم حدس زدن کلمه از طریق سر نخ ها نشانه گذاری ها و کلمات راهنمای کلیدی ما را در فهم بهتر متن و حدس زدن کلمات دشوار کمک می کند. گاهی نویسنده با آوردن علامت ها ي زير، شما را به فهم بهتر كلمات دعوت مي كند. مهمترین این علامتها عبارت اند از:

نكته و تسبته

- : دونقطه
- ، کاما
- () پرانتز
- ۔ خط تیر ہ
- (به عبارت دیگر)
- (به عبارت دیگر) that is
- in other words, (به عبارت دیگر) •
 - mean(s)/meaning (یعنی) •
 - is/are (هست، هستند)
- e.g./such as/for instance/for example (برای مثال)

This view terminated in a psychological *parallelism* (notion that mind and body do not interact but (قسمتی از متن سر اسر ی ۸۵) exist "side by side") in treatment. (قسمتی از متن پیام نور ۹۰) A *placebo* is an inert substance or a treatment that has no known effects.

Animals did not experience <u>neurogenesis</u>-the development of new neurons-after birth. In sleep <u>apnea</u>, the sleeper repeatedly stops breathing during the night. (٩١ قسمتى از متن پيام نور ٩١)

د کټر نا دري

What are the symptoms of a <u>shopaholic</u>? People with this problem often spend hours and hours shopping on the Internet or at the mall.

Some of them are ashamed of their weakness and try to hide it by storing their purchases in places like the *attic*, where others won't see them.

Everyone has experienced that gut – wrenching fear when faced with a suddenly <u>dangerous</u> <u>situation:</u> crossing the street as a car shoots out of nowhere, losing track of a child on the playground, or hearing a high – pitched scream nearby. (قسمتى از متن اول سراسرى $(^{9})$

People under stress often suffer from headaches, depression, and other health problems such as influenza, <u>sore throat</u>, and backache.

Those in the upper class with newly acquired wealth are known as the *nouveau riche*.

(قسمتی از متن اول سر اسری ۹۵)

ذكته و تسبت

Some people become <u>territory – bound</u>, using a fixed route between home and work. (قسمتی از متن اول سر اسری ۹۶)

Another aspect of synchrony is that people often try to validate their opinions to those of others. *That is,* people like to see others as having similar ideas or worldviews as they have themselves. (قسمتی از متن ینجم سراسری ۹۹)

د کټر نادری متون ټخصمي	متسة م متكن			
تيب شناسى سوالات				
است:	تیپ یک یافتن مرجع ضمیر یکی از سئوالات درک مطلب به این شکل			
It/them/this/one/which refers to مى شوند:	توجه داشته باشید ضمایر به دو دسته تقسیم			
	 ضمایر شخصی و ضمایر اشاره 			
it/them/this/one مله قبل از محتوى ضمير شروع كنيم تا بفهميم مرجع ضمير چيست يا كيست.	بر ای جواب دادن به این سوالات باید از ج			
Some of them are ashamed of their weakness and try to hide it bylike the attic, where others won't see <u>them.</u> 10- The word "them" in the passage refers to	storing their purchases in places (قسمتی از متن دوم سراسری ۹۳) 4) attics			
The means by which the habits of groups of people change or deve is the real meaning of education.	lop from one generation to <u>other</u> (قسمتی از متن دوم سراسری ۹۴)			
The word "other" in line ? refers to	4) habit			
One of the most frequently asked questions in public opinion polls question. However, despite its wide usage, there is a dearth of me				
best ask this question.8- What does the word "its" in paragraph 1 refer to1) poll2) age3) survey	(قسمتی از متن دوم سراسری ۹۵) (4) question			
Family and friends are an important support network for people particularly important in rural areas if there is reduced access to Me				
26- The word "this" in paragraph 1 refers to	(قسمتی از متن پنجم سر اسری ۹۴)			
This new legal system would not find youths guilty of crimes, but ra and not subject to the penalties that would have been associated wit adults.				
28- the word "their" in paragraph 2 refers to1) adults2) crimes3) penalties	4) youths			



متون تخصص	5	د کټر ڼاه	فكته و تسبته
		1	
ل کشیده شده است . The underlined word in line ? is clo دانشجویان معنی آن را بدانند خط کشیده شده زینی آن کلمه با کلمات گزینه هاست. یکی از	osest in meanin) کمتری دارد که	ng to ای که معمولا احتمال ۳ تا از آنها را می دا	
This helps them to ven3- The word "vent" in paragraph 21) analyze2) engage3) exp	is closest in m		(قسمتی از متن اول سر اسری ۹۴)
This will prove to be very <i>beneficia</i>	<u>al</u> in maintaini	ng the wear and	tear of all your body muscles. (قسمتی از متن سوم سر اسر ی ۹۴)
13- The word "beneficial" in paragr1) special 2) similar 3	raph 3 is close) useful	est in meaning to 4) strong	
Thirdly; in the last decade, there has care. and they have <u>uniformly</u> repor- children's development. 17- The word "uniformly" in parage 1) strongly 2) continually	orted that day c	care had a neutral	or slightly positive effect on (قسمتی از متن سوم سر اسری ۹۵)
The Millennium Development Goa child mortality, improved maternal education – are all influenced by th	health, reduct e education ar	ion in HIV/AIDS nd empowerment	S infection, and universal primary of women. (قسمتی از متن سوم سر اسر ی ۹۷)
12- The word "eradication" in paragraphic1) integration2) estimation		3) removal	4) control
Here, where the problem is most evacute.	vident, and the	need for a <u>coher</u>	<u>ent</u> response is most: (قسمتی از متن ینجم سر اسری ۹۸)
24-The word "coherent" in paragraphic1) logical2) rapid		st be replaced by. 3) behavioral	4) encouraging
With Feng Shui in your bedroomcontemporaryliving.15- The word "contemporary" in the 1) tough2) moder	ne last paragrag	-	(قسمتی از متن اسوم سر آسری ۹۹)

متون تخصمى

Transition

تیپ سىه سئوالات انتقالى

نكته و تسبت

یکی از سئوالاتی که در ازمون های درک مطلب طرح می شود معروف است به "transition question" یا همان سئوالات انتقالی. این گونه سئوالات دو حالت دارد: حالت نخست) در تست اینگونه مطرح می شود:

د کټر نا درمي

What are the symptoms of a shopaholic? People with this problem often spend hours and hours shopping on the Internet or at the mall. (قسمتی از مثن سوم سراسری ۹۳)

7- The paragraph preceding the passage most probably discusses

1) online shopping

2) shopping addiction

3) advice on shopping

4) shopping habits

Manic depression is another psychiatric illness that mainly affects mood. (۹۵ قسمتی از متن چهارم سراسری ۹۵)

19- What does the paragraph preceding the passage most probably discuss?

- 1) How moods are determined
- 2) Another type of mental disease
- 3) When manic depression develop
- 4) How manic depression can result in suicide

In this acculturation to violence, the entertainment media has played a key part. Movies, television, music, and video games now depict girls in the kind of superhero roles that used to be exclusively male.

(قسمتی از متن اپنجم سراسری ۹۸)

21- What does the paragraph preceding the passage most probably discuss?

1) The use of violence against girls

2) Girls' isolation from the wider culture of society

3) A growing tendency for girls to behaver violently

4) The role of entertainment media in encouraging aggression

Another aspect of synchrony is that people often try to validate their opinion to those of others. (قسمتی از متن ینجم ۹۹)

21-What does the paragraph preceding the passage most probably discuss?

1) Major categories of synchrony

2) A different aspect of a concept

- 3) How to validate your opinions
- 4) An experiment carried out by researchers

د کټر نا دري ذكته و تسبت متون تخصصى حالت دوم) ممكن است سئوال اينگونه مطرح شود: What is most likely in the paragraph following the passage? يعني ادامه پاراگراف به چه موضوعي مي پردازد؟ يعني اگر قرار باشد نويسنده اين مّتن را ادامه دهد بايد به چه موضوعي بُپردازد. برای پاسخ به این نوع سئوال، چون پاراگراف بعدی را در اختیار نداریم فقط باید از مفهوم کل متن و به خصوص از روى آخرين جمله حدس بزنيم كه نويسنده بايد در ادامه متن به جه موضوعي ببر دازد. These categories include preschools, primary schools and the secondary schools. (قسمتی از متن دوم سر اسری ۹۴) 10- The paragraph following the passage most probably discusses..... 1) a type of school 2) the school curriculum 3) an approach education 4) the upbringing of the child at school

Oftentimes, it is helpful to talk over your decisions with a friend, co- workers, or, in particularly difficult situations, a professional therapist.

- 18- What does the paragraph following the passage most probably discuss?
- 1) Demands which arise as a result of losing family member
- 2) A new way of looking at your relationship with friends, co-workers or therapists
- 3) Contributions of friends, co workers or therapists to one who has lost a family member
- 4) Advantages and disadvantages of seeking professional help after the death of someone close

تيپ چهار

نكته و تسبت

هر پاراگراف برای خود موضوعی (topic) یا ایده اصلی(main idea) دارد. در اصل هدف نویسنده این است که موضوعی را در متن بیان کند و سپس با پروراندن آن عقیده، شما را در انتهای پاراگراف (ها) با خود هم نظر کند. در واقع اکثرپاراگراف ها با جمله ی محتوی موضوع (topic sentence) آغاز می شوند، سپس نویسنده دلایل، مثال ها وتوصیف هایی را می آورد که شما را قانع کند و بالاخره با یک جمله ی نتیجه گیری کننده پاراگراف را به پایان می برد .البته همه ی پاراگراف ها از چنین سازماندهی برخوردار نیستند. گاهی اصلا جمله یا جملاتی که حامل موضوع باشند وجود ندارد و این شما هستید که با یک جمع بندی به موضوع می رسید. غالبا یکی از سوالات در بخش درک مطلب، سوال از موضوع متن است. اگر متن یک پاراگراف دارد، بنابراین موضوع متن همان موضوع پاراگراف است و اگر متن چند پاراگرافی است، موضوع متن بمع منطقی موضوعات مطرح شده در پاراگراف ها است.

د کټر نا درې

Main idea, topic, title	
What does the passage mainly discuss?	
What would the possible topic be for the above passage?	
What would the best topic be for the above passage?	
The passage is mainly about	
The best title for the passage would be	
The passage is mainly concerned with	

تيپ پنج هدف نويسنده

این قبیل سوالات از خواننده می خواهند که هدف و منظور نویسنده را از متن یا پاراگراف خاصی تعیین کنید. این سوالات تقریبا مانند سوالات ایده ی اصلی متن می باشند با این تفاوت که به کمی استنباط نیز نیاز دارند.

What is the author's purpose in the second paragraph?			
what is the author's purpose in the second paragraph.			
In the last paragraph, the writer tries to			
Why does the author refer to dissociation in paragraph 2			
Why does the author mention the result of the study in the last paragraph?			

در گزینه های مربوط به این سوالات معمولا از مصدر های زیر استفاده می شود:

to support	to give example	to provide evidence
to emphasize	to explain	to answer a question
to define	to criticize	to summarize
To cast doubt	to give information	to challenge /question



تیپ شش بررسی اطلاعات مستقیم در متن

نكته و تسب

According to the passage

The passage **states** that

It is **mentioned** in the passage that

The passage **suggests** that

Which one the following is true/is NOT?

این نوع سوال در درک مطلب ها شایع ترین است و معمولا ۲ سوال از ۰ سوال درک مطلب کنکور ها به این مهارت مربوط می شود.

د کټر نادري

در این نوع سوال، اطلاعات خاص مطرح شده در یکی از پاراگراف ها از شما پرسیده می شود. در این سوال ها شما باید کلمه یا کلمات کلیدی را پیدا کنید و به داخل پاراگراف مربوطه بروید. قبل و بعد آن کلمه کلیدی را به دقت بخوانید و مفهوم درست آنها را بفهمید (ترجمه دقیق معولا لازم نیست)، سپس با حذف گزینه های غلط یا با تعیین گزینه درست به پاسخ برسید. حواستان به مترادفها که جهت رد گم کردن جایابی جواب سوالها می شوند باشد.

تیپ هفت برداشت از متن

It can be **inferred** from the passage

It is **implied** in the passage

The author **concludes** in the passage

در این نوع سوالات شما تمرین می کنید که فرا تر از خطوط را بخوانید به عبارت دیگر منظور و مفهومی را برداشت می کنید یا چیزی را با توجه به متن استنباط می کنیم. آنچه آشکارا در متن بیان می شود اطلاعات باراز (explicit information) هستند ولی آنچه که در این سوالات از شما خواسته می شود اطلاعات تلویحی و نهفته (implicit information) می باشد. این نوع از سوالات از دسته سوالات دشوار به شمار می روند ولی با کمی تمرین و دقت می توان به آنها جواب داد.



PASSAGE 1:

According to Piaget, children progress through four distinct cognitive stages: the sensorimotor stage, from birth to age 2; the preoperational stage, from age 2 to age 7; the concrete operational stage, from age 7 to age II; and the formal operational stage, which begins during adolescence and continues into adulthood. As a child advances to a new stage, his thinking is qualitatively different from <u>that</u> of the previous stage. In other words, each new stage represents a fundamental shift in how the child thinks and understands the world.

د کتر نا دری

نکته و تسبت

Piaget saw this progression of cognitive development as a continuous, gradual process. As a child develops and matures, she does not simply acquire more information. Rather. she develops a new understanding of the world in each progressive stage. building on the understandings acquired in the previous stage. As the child assimilates new information and experiences, he eventually changes his way of thinking to accommodate new knowledge.

Piaget believed that these stages were biologically programmed to unfold at their respective ages. He also believed that children in every culture progressed through the same sequence of stages at roughly similar ages. However, Piaget also recognized that hereditary and environmental differences could influence the rate at which a given child progressed through the stages. (پيام نور ۹۴)

1- What is the writer's purpose in this passage?

1) To explain cognitive development in children from Piaget's point of view

2) To compare and contrast theories of cognitive development

3) To inform readers about different cognitive qualities

4) To point out the errors in Piaget's position

2- The word "that" in line 5 refers to -----.
1) age 2) stage 3) child 4) thinking

1) age2) stage3) child4) thinking3- The passage suggests that there can be individual variation in the rate of cognitive
development because of ------

1) children's different needs

2) hereditary and environmental differences

3) the unknown nature of each cognitive stage

4) children's immaturity and lack of experience

4- Which of the following questions is NOT answered by the passage?

1) Is cognitive development a rapid process?

2) What are cognitive stages referred to as?

3) How does the child think at each cognitive stage?

4) Does the sequence of stages differ from child to child?

5- It can be inferred from the passage that Piaget believes ------ .

1) children understand the world differently as they grow up

2) a child's thinking stays the same until teenagehood

3) the sequence of cognitive stages differs from child to child

4) cognitive development refers to how children gather information

متون تخصصى

PASSAGE 2:

When psychologists systematically observe and record behaviors as they occur in their natural settings they are using the descriptive method called naturalistic observation. Naturalistic observation can be used to study many different kinds of behavior and subjects. Usually, the researcher tries to avoid being detected by the subjects, whether they are people or animals. The basic goal of naturalistic observation is to detect the behavior patterns that exist naturally - patterns that might not be apparent in a laboratory or if the subjects knew they were being watched.

د کټر نا درې

نكته و تسب

As you might expect, psychologists very carefully define the behaviors that they will observe and measure before they begin their research. Often, two or more observers are used to increase the accuracy of the observations. In some studies; the observations are videotaped or audio taped, so that the researchers can record and carefully analyze the details of behavior <u>they</u> are studying.

One advantage of naturalistic observation is that it can allow researchers to study human behaviors that could not be ethically manipulated in an experiment. For example, suppose a psychologist wanted to study bullying behavior in children. It would be completely unethical to deliberately create a prolonged situation in which one child is aggressively bullied by another child. However, psychologists could ethically study bullying by observing aggressive behavior in children on crowded school playgrounds. Psychologists Debra Pepper and Wendy Craig (1995) did just that, from their vantage point on the second floor of a school, they used a camcorder with a telephoto lens and small, wireless microphones to observe the spontaneous interactions of schoolchildren. Using this naturalistic observation strategy, they discovered that physical and verbal aggressive incidents are far from rare. Even among children whom teachers regarded as no aggressive, instances of physical aggression occurred about once every 11 minutes, and verbal aggression about once every 5 minutes. And, contrary to what many people assume, Pepper and Craig found that girls bully other children at the same rate as boys do.

As a research tool, naturalistic observation can be used virtually anywhere that patterns of behavior can be openly observed-from the jungles of Tanzania to fast-food restaurants, college campuses, or singles bars. Because the observations occur in the natural setting, the results of naturalistic observation studies can often be generalized more confidently to real-life situations than can the results of studies using artificially manipulated or staged situation. ((ΛV))

1- According to the passage, the primary purpose of naturalistic observation is

1) to observe patterns of-behavior openly 2) to increase the accuracy of observations

3) to study many different kinds of subjects 4) to measure behaviors in ethical experiments

2- The word "they" in line 10 refers to

1) details 2) studies 3) researchers 4) observations

3- In their study, Pepler and Craig

1) carried out a completely unethical experiment

2) audiotaped their observations to increase their accuracy

3) manipulated aggressive behavior in children in an experiment

4) used a camcorder to avoid being detected by the subjects

4- Which of the following statements is NOT true about naturalistic observation?

1) naturalistic observation is a descriptive method.

2) researchers analyze the details of the observations in a laboratory.

3) the results of naturalistic observation studies are generalizable.

4) ethical issues are of great importance in naturalistic observation studies.

5- The last paragraph is mainly concerned with

- 1) observations in natural settings 2) advantages of naturalistic observation
- 3) the accuracy of naturalistic observation 4) the results of naturalistic observation studies

متون تخصصى

PASSAGE 3:

What are the symptoms of a shopaholic? People with this problem often spend hours and hours shopping on the Internet or at the mall. Their closets are full of clothing and jewelry that they have never worn, with the price tags still on them. Their homes may be packed with shopping bags and boxes that overflow with things that they bought but never used: kitchen gadgets, books, electronics, DVDs, and dozens of other items. Many shopaholic are aware of their problem, but when they go to a store, they simply cannot resist the urge to buy. Some of them are ashamed of their weakness and try to hide it by storing their purchases in places like the attic, where others won't see them.

د کتر نا دری

نکته و تسبت

Psychologists suggest there are several reasons for a shopping addiction. For some people, it is a way of relieving stress. For others, shopping is a way to fight loneliness or depression. For people with low self-esteem, shopping can be a way that they prove their self-worth. Sometimes the problem develops out of boredom. It becomes a replacement for other hobbies and interests, and it helps pass the time. Although shopping can temporarily make people feel good, they often experience feelings of shame and guilt later.

When shopping habits get out of control, people need professional help. They can either see a counselor or join an organization such as Shopaholics Anonymous. Groups like this try to help people understand the reasons for their addiction and learn how to control the urge to shop. Their goal is to help people find ways to fulfill themselves that do not lead to serious debt and troubled (سراسری ۹۳) lives.

1- The paragraph preceding the passage most probably discusses ------.

1) online shopping

2) shopping addiction 3) advice on shopping 4) shopping habits

2- Which of the following is NOT a reason for shopping addiction, according to the passage?

1) Coping with stress

2) Boredom and loneliness 4) Fighting feelings of shame and guilt

3) Building self-worth 3- Which of the following statements is NOT true according to the passage?

1) There are several symptoms of a shopaholic.

2)Some people's shopping habits are out of control.

3) Shopaholics like to show off their purchases.

4) Shopaholics buy things that they do not need.

4- The word "them" in line 9 refers to ------

1) purchases 2) places 3) weaknesses 4) attics

5- Why does the author mention Shopaholics Anonymous in the last paragraph?

1) To introduce a web site where the readers can get more information on the subject

2) To give an example of an organization that helps shopaholics

3)To emphasize that there must be more professional organizations to help shopaholics

4) To encourage counselors to advertise on the Internet

6- Which of the following is NOT discussed in the passage?

1) Reasons for shopping problems

2) Tips counselors give shopaholics

3) Professional help available for shopaholics

4) Feelings shopaholics have before and after shopping



PASSAGE 4:

Although "lie detectors" are being used by governments, police departments, and businesses that all want guaranteed ways of detecting the truth. the results are not always accurate. Lie detectors are properly called emotion detectors. for their aim is to measure bodily changes <u>that</u> contradict what a person says. The polygraph machine records changes in heart rate, breathing, blood pressure, and the electrical activity of the skin (galvanic skin response. or GSR). In the first part of the polygraph test you are electronically connected to the machine and asked a few neutral questions ("What is your name?" "Where do you live?"). Your physical reactions serve as the standard (baseline) for evaluating what comes next. Then you are asked a few critical questions among the neutral ones ("When did you rob the bank?"). The assumption is that if you are guilty, your body will reveal the truth, even if you try to deny it. Your heart rate, respiration. and GSR will change abruptly as you respond to the incriminating questions,

د کټر نا درې

That is the theory; but psychologists have found that lie detectors are simply not reliable. Since most physical changes are the same across all emotions. Machines cannot tell whether you are feeling guilty, angry, nervous, thrilled, or revved up from an exciting day. Innocent people may be tense and nervous about the whole procedure. They may react physiologically to a certain word ("bank") not because they robbed it, but because they recently bounced a check. In either case the machine will record a "lie." The reverse mistake is also common. Some practiced liars can lie without flinching, and others learn to beat the machine by tensing muscles or thinking about an exciting experience during neutral questions.

1- According to the passage, lie detectors-----

1) can't detect human emotions 2) are approved of by scientists 3) aren't favored by all scientists 4) are used to predict what a person says 2- The polygraph machine records changes in all of the following EXCEPT 2) breathing 4) facial expressions 1) **GSR** 3) heartbeat 3- The word "that" in line 3 refers to -----. 1) aim 2) changes 3) detectors 4) emotions 4- According to the passage, the assumption underlying the polygraph test is that ------. 1) our body won't hide the truth 2) our body cannot prevent us from lying 3) a guilty person won't remember the lies he has told 4) a guilty person cannot respond to critical questions 5- According to the second paragraph, psychologists -----. 1) doubt that the information lie detectors give can be trusted 2) have found more reliable machines than lie detectors 3) have tried to discourage the police from using lie detectors 4) believe that physical changes are not caused by our emotions 6- Which of the following questions doesn't the passage answer? 1) How does the polygraph machine work? 2) What kind of questions does the polygraph machine ask? 3) Can the polygraph machine detect physical changes and emotions? 4) What kind of crime is the polygraph test suitable for?

PASSAGE 5:

Do you feel stressed? Chances are, you do, Levels of stress in our society increasing more and more these days, and this is true for both workers and students. There are a number of ways you can relieve stress, but there are also several ways in which you can avoid stress in the first place, and this article will focus on these. Here are four things you should avoid like the plague if you want to develop a more peaceful lifestyle.

د کتر نا دری

ذكته و تسبع

What's the first thing you do when you get home after a stressful day at work or college? Many of us collapse on the couch and reach for the TV remote. Don't do it! The TV fills your living room with the stressful lives of on-screen characters. For example, think about commercials. The aim of advertising is to make people feel that their lives are inadequate and unfulfilled. They often bring out negative emotions in viewers.

And, while we are on the subject of television, have you noticed how much of the news we watch is bad news? Research states that over 90% of the news we watch, read or hear on the radio is bad news. In order to sell stories, the media bombard us with a negative story after a negative story. What is more, the stories which are reported are often the ones which you have no control over, and this leads to a sense of powerlessness. Why not buy a local paper instead? The news is often far more optimistic, and you may be inspired to take action in a way that can have a positive effect on your own neighborhood.

Avoiding television may also help you avoid another sort of stress-argument. How often do you and your family row about what to watch on the television? Arguments will never help you feel better, and no one ever wins an argument. When you feel that an argument is happening, go for a walk or find a quiet place where you can calm down, or you will only prolong the tension. The last thing to avoid is caffeine. Anything which contains caffeine, and that includes coffee, tea, chocolate and even, nice soothing cup of cocoa, is a stimulant, and is more likely to keep you tense than relax you. Sugary drinks are also going to keep you excited. Have a cup of herbal tea and eat foods which are natural rather than processed. (تاليفي)

2) How to prevent stress

4) coffee

1- What is passage mainly about?

1) Ways to relieve stress

3) Reasons why stress levels are increasing 4) The results of stressful lifestyle

2-Why does the writer consider commercials stressful?

- 1) They often show characters in stressful situations.
- 2) They make people worry about money.
- 3) They make you feel your life is not good enough.
- 4) They give us a sense of powerlessness.

3-According to the writer, why do news stories often depress us?

- 1) The stories highlight problems in the local neighborhood.
- 2) The stories address problems that the viewer can't control.
- 3) The stories describe people who are powerless.
- 4) They give us a sense of powerlessness.

4-What does the writer suggest you do if you feel angry with someone?

- 1) Have a big argument. 2) Have a cup of tea
- 3) Turn the TV on.
- 4) Have some quiet time alone. 5) Which drink does the writer recommend when you feel stressed?
- 1) herbal tea 2) cocoa 3) a sugary drink

متون تخصصى

PASSAGE 6:

The second most common sleep disorder, sleep apnea, affects some 20 million Americans.

In sleep apnea, the sleeper repeatedly stops breathing during the night. Carbon dioxide builds up in the blood, causing a momentary awakening, during which the sleeper snorts or gulps in air. Breathing may stop for as little as 10 seconds or for so long that the sleeper's skin turns blue before he or she wakes up. During a single night, more than 300 sleep apnea attacks can occur. Often the person has no recollection of the repeated awakenings but fells sleepy throughout the following day.

د کتر نا دری

نكته و تسب

(بیام نور ۸۸)

Sleep apnea is more common in men over the age of 50, especially those who are overweight, but also occurs in women and even children. Special mouthpieces, weight Joss, and surgical intervention have been effective in treating sleep apnea. For people who suffer from sleep apnea only when they sleep on their backs, treatment is sometimes as simple as sewing a tennis ball to the back of their pajama tops, which forces them to sleep their sides.

1- The paragraph preceding the passage most probably deals with ------

- 1) causes of sleep disorders
- 2) how sleep disturbances are treated
- 3) common sleep disorders
- 4) sleep disturbances Americans complain about

2- According to the passage, in sleep apnea carbon dioxide ------

- 1) drops for 10 seconds
- 2) builds up only in the blood vessels of the face
- 3) Increases in the blood
- 4) makes the sleeper unable to go back to sleep

3- The passage states that sleep apnea -----

- 1) changes the color of skin permanently
- 2) makes it difficult for the sleeper to make up
- 3) is common in people who have difficulty breathing
- 4) affects more men than women or children

4- Which of the following statements is NOT true about sleep apnea?

- 1) It does not require any treatment.
- 2) A feeling of drowsiness comes over the sleeper during thy day.
- 3) The sleeper does not remember the sleep apnea attacks.
- 4) It may affect the sleeper the whole time during which s/he is asleep.

5- According to the passage, people who suffer from sleep apnea ------

- 1) always sleep on their backs
- 2) should sleep on their sides
- 3) cannot be cured by simple methods
- 4) finds it difficult to "Sleep on their backs or sides

متون تخصصى

PASSAGE 7:

In studying attachment, psychologists have typically focused on the infant's bond with the mother, since the mother is often the infant's primary caregiver. Still, it's important to note that most fathers are also directly involved with the basic care of their infants and children. In homes where both parents are present, children who are attached to one parent are also usually attached to the other. Infants are also capable of forming attachments to other consistent caregivers in their lives, such as relatives or workers at a day-care center. Thus, an infant can form multiple attachments.

د کتر نا دری

Generally, when parents are consistently warm, responsive, and sensitive to their infant's needs, the infant develops a secure attachment to her parents. The infant's expectation that her needs will be met by her caregivers is the most essential ingredient to forming a secure attachment to them. And, cross-cultural studies have confirmed that sensitivity to the infant's needs is associated with secure attachment in diverse cultures.

In contrast, insecure attachment may develop when an infant's parents are neglectful, inconsistent, or insensitive to his moods or behaviors. Insecure attachment seems to reflect an ambivalent or detached emotional relationship between an infant and his parents.

How do researchers measure attachment? The most commonly used procedure, called the Strange Situation, was devised by Ainsworth. The Strange Situation is typically used with infants who are between 1 and 2 years old. In this technique, the baby and his mother are brought into an unfamiliar room with a variety of toys. A few minutes later, a stranger enters the room. The mother stays with the child for a few moments, then departs, leaving the child alone with the stranger. After a few minutes, the mother returns, spends a few minutes in the room, leaves, and returns again. Through a one-way window, observers record the infant's behavior throughout this sequence of separations and reunions.

1- What is the passage mainly about?

1) Family caregivers

2) How attachment is measured

3) The importance of parental care in psychology

4) How infants develop attachments

2- The word "them" in line 11 refers to -----.

1) needs

2) caregivers 3) infants

4) expectation

نكته و تسبت

3- The passage suggests that psychologists assess attachment by ------.

1) leaving the infant alone in an empty room

2) analyzing the infant's behavior toward other infants

3) investigating patterns of attachment when the infant seeks comfort

4) observing the infants' behavior toward his mother during the strange situation procedure

4- According to the passage, attachment ------

1) functions as an insecure base for the infant

2) helps form a bond between the infant and his caregivers

3) has to do with the way parents meet the immediate needs of the infant

4) provides a sense of security from which the infant can learn about the environment

5- It can be inferred from the passage that securely attached infants ------ .

1) appear very anxious or completely indifferent

2) resist their mothers' attempts to comfort them

3) tend to avoid their mothers when they are present

4) have higher levels of social and cognitive development

متون تخصصى

PASSAGE 8:

For the first time in the lifespan, the adolescent possesses the cognitive skills necessary for dealing with identity issues in a meaningful way. Beginning in early adolescence. self-definition shifts. Preadolescent children tend to describe themselves in very concrete social and behavioral terms. An 8-year-old might describe himself by saying. "I play with Mark and I like to ride my bike:' In contrast, adolescents use more abstract self-descriptions that reflect personal attributes, values, beliefs, and goals. Thus, a 14-year-old might say. "I have strong religious beliefs, love animals, and hope to become a veterinarian."

د کټر نا درې

نكته و تسبت

Some aspects of personal identity involve characteristics over which the adolescent really has no control. such as gender, race, ethnic background, and socioeconomic level. In effect. these identity characteristics are fixed and already internalized by the time an individual reaches the adolescent years.

Beyond such fixed characteristics, the adolescent begins to evaluate herself on several different dimensions. Social acceptance by peers, academic and athletic abilities. work abilities, personal appearance, and romantic appeal are some important aspects of self-definition. Another challenge facing the adolescent is to develop an identity that is independent of her parents while <u>retaining</u> a sense of connection to her family. Thus, the adolescent has not one but several self-concepts that she must integrate into a coherent and unified whole to answer the question "Who am I".

The adolescent's task of achieving an integrated identity is one important aspect of psychoanalyst Erik Erikson's influential theory of psychosocial development. Briefly, Erikson proposed that each of eight stages of life is associated with a particular psychosocial conflict that can be resolved in either a positive or a negative direction. Relationships with others play an important role in determining the outcome of each conflict. According to Erikson, the key psychosocial conflict facing adolescents is identity versus role confusion. (9%)

1- The paragraph following the passage most probably discusses ------ .

- 1) Erikson's other theories
- 2) the key psychosocial conflict
- 3) how self-concepts are developed
- 4) how children form relationships with others

2- According to the passage, self-definition ------

- 1) is not abstract in young children
- 2) does not change in a meaningful way
- 3) starts to emerge in early adolescence
- 3-refers to our goal and beliefs as adult

3- The word "retaining" in paragraph 3 is closest in meaning to ------. 1) discovering 2) challenging 3) keeping 4) reaching

4- Which of the following is mentioned as a challenge facing the adolescents?

1) Leaving their families

2) Evaluating themselves and others

- 3) Understanding fixed characteristics
- 4) Developing an identity as an independent member of a family

5- It can be inferred from the passage that the adolescent ------.

- 1) uses more specific and observable self-description terms
 - 2) develops the ability to think in abstract ways
 - 3) finds it easy to answer the question "Who am I?"
- 4) only evaluates herself according to fixed characteristics

متون تخصصى

PASSAGE 9:

The alternative therapies used for cardiac rehabilitation are stress management, Physical exercises and diet. Stress management is very much essential in the rehabilitation process because it has a lot of effect on the patient's body. A lot of relaxation techniques are taught to the patients that helps them in stress management. Meditation is one of the main areas focused in the rehabilitation program.

د کتر نا دری

ذكته و تسبع

The various rehabilitation programs also give you information on how to have a stress free lifestyle. The patients are supported and encouraged to discuss their problems with the counselor or fellow patients. This helps them to <u>vent</u> their feelings and feel comforted. Breathing exercises are also of great for the patients who are undergoing cardiac rehabilitation.

In addition to stress management, physical exercises are also given a lot of importance in the rehabilitation program. The patients are asked to perform various physical exercises which are suitable to them depending on their age and the severity of their problems. These activities include activities like walking, jogging, cycling, and some other sports like badminton, tennis etc., to maintain their health and keep their muscles, bones and body tissues in a good state. Cardio exercises in a gymnasium are also encouraged. This helps in strengthening the muscles, Physical exercise gives the confidence to look at life. The exercise also helps in weight management.

The diet of these patients also needs to be looked upon very carefully. Such people should stay sway from alcohol and tobacco consumption in order to improve their health. Make sure that their meals include plenty of organic foodstuffs as well as fruits and juices. Do not include Junk and oily foodstuffs in your diet because they are very difficult to digest. The intake of calories should also be done at the required level. It is a significant fact that the patients have to understand and work accordingly.

What does the passage mainly discuss?

- 1) A serious health problem
- 2) Stages of the rehabilitation process
- 3) Useful cardiac rehabilitation programs
- 4) Rehabilitation of patients who suffer from cardiac stroke
- 2-According to the passage, the alternative therapies.....

1) may not help in relieving pain or stress.

2) have some side effects on the human body

3) do not take the patient's weight into account

4) make the body healthy and fit through exercise and meditation

- 3- The word "vent" in paragraph 2 is closest in meaning to
- 1) analyze 2) engage 3) express 4) protect

4- According to the passage, those who have the cardiac complaint.....

- 1) should use fruits not juices 2) have to take care of their diet
- 3) are addicted to alcohol or tobacco 4) usually suffer from calorie overload
- 5- It can be inferred from the passage that
- 1) there are some precautions that you need to take while you are in the process of rehabilitation 2)
- it is possible to accomplish the rehabilitation process without guidance or monitoring
- 3) there are very few medicines and surgical methods to treat cardiac problems
- 4) rehabilitation programs won't work if given to a group of patients together

PASSAGE 10:

Manic depression is another psychiatric illness that mainly affects mood. A patient suffering from this disease will alternate between periods of manic excitement and extreme depression, with or without relatively normal periods in between. The changes in mood suffered by a manic-depressive patient go far beyond the day-to-day mood changes experienced by the general population. In the period of manic excitement, the mood elevation can become so intense that <u>it</u> can result in extended insomnia, extreme irritability, and heightened aggressiveness. In the period of depression, which may last for several weeks or months, a patient experiences feelings of general fatigue, uselessness, and hopelessness and, in serious cases, may <u>contemplate</u> suicide.

د کتر نا دری

(سراسری ۹۵)

نكته و تسبت

1- What does the paragraph preceding the passage most probably discuss?

- 1) How moods are determined
- 2) Another type of mental disease
- 3) When manic depression develop
- 4) How manic depression can result in suicide
- 2- The word "it" in line 6 refers to
- 1) insomnia 2) period
- 3) the mood elevation 4) heightened aggressiveness
- 3- According to the passage, a manic- depressive patient in a depression phase
- 1) would be feeling listless 2) may act relatively normal
- 3) is less likely to commit suicide 4) would be feeling highly emotional

4- The passage indicates that most people

- 1) become highly depressed
- 2) never undergo mood changes
- 3) switch wildly from highs to low
- 4) experience occasional shifts in mood
- 5- The passage implies that
- 1) only manic-depressive patients experience aggression
- 2) suicide is inevitable in cases of manic depression

2) consider

- 3) changes from excitement to depression occur frequently and often
- 4) the depressive phase of manic depression can be more harmful than the manic phase
- 6- The word "contemplate" in the last line is closest in meaning to
- 1) perform

3) expect

4) mention

PASSAGE 11:

Everyone has experienced that gut – wrenching fear when faced with a suddenly dangerous situation: crossing the street as a car shoots out of nowhere, losing track of a child on the playground, or hearing a high – pitched scream nearby. The momentary panic causes our hearts to beat wildly, our stomachs to knot, and our minds to fill with terror. When the threat disappears, so does the fear.

د کتر نا دری

نكته و تست

But people who have panic disorder experience this type of fear for no apparent reason. The panic attacks, also known as anxiety attacks, occur unexpectedly, sometimes even during sleep. The abrupt onset of intense fear reaches a peak within a few minutes, and it feels as if there's an impending disaster. Your heart is pounding out of your chest, and you feel sweaty and lightheaded. You're sure you will pass out, lose your mind, or even die. Then just as quickly, the symptoms disappear, but you become preoccupied with the fear of another attack.

Many people don't know that this disorder is highly responsive to treatment. [A] some are afraid or embarrassed to tell anyone, including their doctors and loved ones, about what they experience for fear of being considered a hypochondriac. [B] Instead they suffer in silence, distancing themselves from friends, family, and others who could be helpful or supportive.

About one in three people with panic disorder develops agoraphobia. They being avoiding places or situations where they previously had a panic attack. [C] Typically they stay away from shopping malls, public transportation, large sports arenas, or other public places where immediate escape would be difficult. Their world becomes smaller as they constantly anticipate the next panic attack.

Some people become territory – bound, using a fixed route between home and work. Or they always have a "safe" person accompany them. [D] In extreme cases, people with agoraphobia leave the safety of home only if absolutely necessary – or sometimes not at all. $(^{99})$

1- The passage states that momentary panic.......

1) effects all people on a daily basis

2) goes away as soon as the danger passes

3) results from some common health problem

4) may cause serious heart problems in the long run

2- The word "impending" in paragraph 2 could best be replaced by

1) certain 2) coming 3) deadly

3- Which of the following is most likely to be experienced by people suffering panic disorder?

1) Anxiously anticipating a performance evaluation at work

2) Being concerned about driving on the highway at night during a thunderstorm

3) Panicking because the school nurse calls to say your child has been injured on the playground

4) Enjoying a movie in the theater and suddenly feeling as if you're going to lose control or go crazy.

4- Where in the passage would the following sentence best fit?

"Others are comfortable only venturing out by themselves"

1) [A] 2) [B] 3) [C]

4) [D]

4) huge

5- What is the author's main purpose in paragraph 3?

1) To describe how people generally react to panic disorder

2) To emphasize panic disorder can be treated if patients receive support from others

3) To suggest a hypochondriac suffers in the same way as a panic disorder patient does

4) To show how doctors can help panic disorder patients overcome their negative feeling

6- It can be inferred from paragraph4 that agoraphobia......

1) is related to the patient's past experiences

2) brings about the same type of behavioral change in all patients

3) is mostly experienced by people who visit public places very often

4) refers to a feeling experienced by people who are afraid of closed places

PASSAGE 12:

We all know someone who is incredibly bright and yet cannot seem to pull their life together. The brilliant student who flunks out of university, or the incredibly intelligent worker who can't seem to get ahead in their company. We know from our familiarity with them that they have a good to superior intelligence level, but that doesn't seem to be enough to ensure success. And at the same time, we can probably describe in some form why we feel these people have not been successful. Our descriptions would include certain behaviors <u>that</u> have nothing to do with intelligence levels.

د کتر نا دری

نكته و تست

Over time, scientists have begun to study why standard intelligence alone isn't enough to predict performance in an individual. They have realized that there is another type of intelligence that isn't related to the standard cognitive intelligence – it's called emotional intelligence.

Emotional intelligence is a relatively new subject of study, though its roots go back to the time of Darwin, who posited that emotional expression was essential for survival. But what do we mean when we talk about emotional intelligence? The fact is that there are numerous ways of defining emotional intelligence. But for now, let's say that it is the ability to be aware of your emotions and the emotions of others and then to use that knowledge to help manage the expression of emotions so that they foster success rather than cause roadblocks.

1- What is the author's main purpose in the passage?

1) To explain the theory of multiple intelligences

2) To urge readers to develop their emotional intelligence

3) To offer a brief overview of emotional intelligence

4) To suggest that cognitive intelligence is the main factor in success

2- The author implies that brilliant students or workers

1) do not feel much respect for those with lower levels of intelligence

2) rely on their emotional intelligence to solve their problems and succeed

3) usually get into trouble because of their high levels of intelligence

4) are unlikely to make progress if they lack emotional intelligence

3- The word "that" in paragraph 1 refers to

1) levels 2) behaviors 3) descriptions 4) people

4- The author refers to Darwin in paragraph 3 in order to

1) argue that new studies on emotional intelligence no longer follow Darwin's ideas

2) show that emotional intelligence is not a completely new area of research

3) point out that Darwin cited emotional intelligence as the most significant contributor to survival

4) indicate that emotional intelligence is a m ore recent subject of study than first thought

5- In relation to paragraph 1, paragraph 2

1) further supports the points made in it.

- 2) casts doubt on the main points of it
- 3) tells what happens after the event discussed in it
- 4) explains the significance of an experiment discussed in it

PASSAGE 13:

As many travelers have noticed, there are considerable differences from one country to another in the way people use their cell phones. This has been confirmed by a recent study of cell phone use in three European cities – Madrid. London, and Paris. In spite of the fact that these cities are all in the European Union and share a great deal of history and culture, local customs are still very different. These customs influence the way people in these cities use their phones in public

د کتر نا درم

According to Amparo Lasen, the Spanish sociologist who conducted the study, there were no real surprises for anyone who is familiar with the customs in these cities. Lasen interviewed people and observed their behavior in three different settings: a major train station, a commercial area, and a business district in each city.

She found that Londoners use their cell phones the least in public. If they are with others, they prefer to let calls be answered by voice mail (a recorded message) and then they check for messages later. If the English do answer a call on the street, they seem to dislike talking with others around. They tend to move away from a crowded sidewalk and seek out a place where they cannot be heard, such as the far side of a subway entrance or even the edge of street. They seem to feel that the danger of the traffic is preferable to the risk of having their conversation be overheard.

This has led to a behavior that Lasen has called "clustering". At a busy time of day on the streets of London, you may find small crowds of cell phone users grouped together, each one talking into a cell phone. Even when it is raining – as it often is in London- people still prefer not to hold their conversations where others could hear. They talk under their umbrellas or in a doorway.

(سراسری ۹۸)

ذكته و تسبتم

1- What does the passage mainly discuss?

- 1) Surprising facts about consequences of cell phone use.
- 2) How Madrid compares to London and Paris
- 3) Variations in cell phone use across cultures
- 4) A Spanish sociologist's specialization in cultural differences
- 2- According to the passage, the European cities which were included in the study
- 1) hold a lot in common 2) value their local customs
- 3) have introduced a new concept 4) have undergone radical social change
- 3- Why does the author mention a commercial area in paragraph 2?
- 1) To discuss a familiar topic introduced by a sociologist
- 2) To suggest that people are more likely to do interviews there
- 3) To exemplify a context in which people's behavior was observed
- 4) To categorize three different settings according to their importance

4- According to the passage, the English.....

- 1) dislike talking with machines rather than real voices
- 2) are quite willing to continue a conversation in public
- 3) are very disapproving of having their conversation be overheard
- 4) coined the term "clustering" to refer to small crowds of cell phone users
- 5- What does the paragraph following the passage most probably discuss?
- 1) The habits of cell phone users in another studied city
- 2) Why Londoners prefer to keep their private lives private
- 3) How phone companies can increase their profits in London
- 4) Rules about how and when to use cell phones in three European cities