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Part one: Vocabulary

Instruction: Choose the best synonym or definition for the underlined words.

1. Once again, the crowd of frogs yelled at him to stop the pain and just die.
 - a. looked
 - b. asked
 - c. talked
 - d. shouted
2. When the carpenter finished his work, his employer came to inspect the house.
 - a. visit
 - b. sell
 - c. examine
 - d. measure
3. My friend was puzzled. He approached the man and said, "Good evening, friend. I was wondering what you are doing."
 - a. looked at
 - b. said hello to
 - c. went closer to
 - d. walked around
4. He began to concentrate on where he walked his son to class at school each morning.
 - a. work
 - b. focus
 - c. think
 - d. review
5. One night as he stared at the ceiling, the other man suddenly woke up...
 - a. watched
 - b. saw
 - c. faced
 - d. observed
6. As soon as people drift off, levels of hormones that stimulate the nervous system during the waking hours, called catecholamines, begin to ebb.
 - a. reduce the amount of
 - b. make more active
 - c. put into action
 - d. stop the activity
7. One night the winds raged, the clouds burst and a gale force storm capsized a fishing boat at sea.
 - a. broke into pieces
 - b. turned upside down
 - c. pushed onto the shore
 - d. caused to go underwater
8. Then, little by little, he began dragging himself along the fence, resolved that he would walk.
 - a. expected
 - b. surprised
 - c. determined
 - d. disappointed

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9. The doctor told his mother that her son would surely die for the terrible fire had devastated the lower half of his body.
- a. destroyed b. injured c. damaged d. burned
10. There was not much current, and the water was so warm, clear and enticing.
- a. normal b. calm c. attractive d. dangerous
11. He ran toward the stop, but was still on the other side of the street when the bus whizzed by.
- a. make a lot of sound b. stop by the road
 c. turn around d. move very quickly
12. Several recent studies suggest that walking briskly three or four times a day for 10 minutes at a time may provide many of the same benefits as walking continuously for 30 minutes.
- a. quickly b. regularly c. completely d. carefully
13. Walking is also a great way to lose body fat (even if you don't lose any weight, your body will have a healthier composition).
- a. structure b. prevention c. power d. health
14. Before every game, Roger would visualize his dream of scoring a touchdown.
- a. have some rest to get ready b. talk about something
 c. form a picture of something in your mind d. think of something that is impossible
15. I was in the tiny bathroom in the back of the plane when I felt the slamming jolt, and then the horrible swerve that threw me against the door.
- a. an upward movement b. a very loud sound
 c. a quick fall of an object d. a sudden violent movement
16. I reached for her hand and reassured her that we were going to make it.
- a. Say something you don't believe
 b. Make someone feel less worried about something
 c. Tell someone a lie about something important
 d. Help others do something

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17. The subconscious and the nervous system cannot tell the difference between real and vividly imagined situations.
- a. badly b. clearly c. completely d. wrongly
18. Few people were left to congratulate my wife and marathon runner extraordinaire.
- a. the last in doing something . b. the best in doing something
c. interested in doing something d. very good at doing something
19. Whatever women do—even just wiggling their thumbs -their neuron activity is more greatly distributed throughout the brain.
- a. controlled b. frequent c. limited d. spread
20. And John couldn't tell them that the left side of his brain, the lobe humans use to arrange symbols logically in a sequence, had always misfired.
- a. helped b. burned c. hurt d. failed
21. A short time ago, I witnessed an event that showed me how being wrapped up in my own little world has kept me from being fully aware of the bigger world picture around me.
- a. stated b. observed c. reported d. caused
22. We were both terrified. Information Please was no longer there, and I was not at all sure that I hadn't hurt her when I pulled the receiver out.
- a. unable to speak b. very excited c. frightened greatly d. injured badly
23. I would recall the serene sense of security I had when I knew that I could call Information Please and get the right answer.
- a. nice and new b. calm and peaceful
c. happy and enjoyable d. serious and strange
24. In fact, the 70-year-old may have been misplacing things for decades -like we all do from time to time.
- a. finding b. losing c. forgetting d. arranging

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25. Another low-tech way to improve memory is to get adequate rest.
 a. suitable b. comfortable c. sufficient d. necessary
26. During the following months, Rick began to formulate an idea -the development of a course that would equip students with high self-esteem, relationship skills and conflict management skills.
 a. relaxed confidence that comes from being sure of your abilities
 b. the feeling that you can do things well and people respect you
 c. the feeling that you are as important as other people and that you deserve to be treated well
 d. the action of making yourself believe something good that is not true, especially something about yourself
27. The kind of luck we really want is longer-lasting -having a job that's fulfilling, great friends, a comfortable life, peace of mind.
 a. growing b. exploring c. satisfying d. progressing
28. Lending others a hand was second nature to the couple from Victoria, British Columbia.
 a. helping others b. doubting others c. respecting others d. knowing others
29. I learned something enduring about life: that it is glorious, and we have no business taking it for granted.
 a. permanent b. frightening c. interesting d. surprising
30. It's all so terrific -the conversation and the relationships and the scenery in the midst of all our troubles.
 a. marvelous b. dangerous c. various d. terrible

Part Two: Intensive Reading Comprehension

Instruction: Read the following passages and answer the questions by choosing the best choice.

Passage 1: Behind most of the bad things we do to our bodies as adults are two ideas we carry with us from childhood. On the one hand, we assume that we are indestructible. On the other, we think that any damage we inflict on ourselves can be undone when we finally clean up our act.

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If the evidence for how wrong the first idea is isn't apparent when you stand in front of the mirror, just wait. But what if you eat right, get into shape and drop all your bad habits? Is there still time to repair the damage?

To a surprising degree, the answer is yes. Over the years, scientists have accumulated a wealth of data about what happens when aging slackers decide to turn their lives around. The heartening conclusion: the body has an amazing ability to heal itself, provided the damage is not too great.

The effects of some bad habits -smoking, in particular -can haunt you for decades. But the damage from other habits—especially those that affret ,the circulatory system—can largely disappear. When you improve your behavior and make lifestyle changes, they make a difference from that point on. But maybe not right away. It's like slamming on the brakes. You do need a certain skid distance.

But the skid distance can be remarkably short. Consider these recent dispatches from the front lines of medical research:

-Some studies have concluded that people who consume as little as two servings of fish a week cut their risk of suffering a stroke to half that of women who eat less than one serving of fish a month.

-Laboratory measurements show that eating more fruits, vegetables and fiber can lower blood pressure and thus reduce the risk of heart disease and stroke.

-Scientists have found that hitherto sedentary 40-year-old people who start walking briskly for half an hour a day, four days a week, enjoy almost the same low risk of heart attack as those who have exercised their entire lives.

-The day you quit smoking, the carbon monoxide levels in your body drop dramatically. Within weeks, your blood becomes less sticky and your risk of dying from a heart attack starts to decline.

Adopting healthy habits won't cure all that ails you, of course. But doctors believe that many chronic diseases -from diabetes and high blood pressure to heart disease and even some cancers—can be warded off with a few sensible changes in lifestyle.

Not sure where to start? Surprisingly, it doesn't matter, since one positive change usually leads to another. Becoming more active physically, for example, inspires many people to eat a healthier

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diet. Make enough changes, and you'll discover you've adopted a new way of life. It won't make you invincible or doctors unnecessary, and you can't wait forever. But you'll never know how much damage you can undo if you don't try. It's never too late to:

Eat Right. The most immediate benefit from adopting a healthy diet is that it can lower blood pressure. For people with hypertension, a diet which emphasizes fruits, vegetables, low-fat dairy and high-fiber grains can reduce blood pressure as effectively as taking an antihypertension drug.

In addition, the extra calcium in this could help reduce the risk of osteoporosis -a medical condition in which your bones become more likely to break. The fiber in the fruits, vegetables and grains can help control blood glucose levels in many Type 2 diabetics and even lower their need for medication. Over the long term, this diet may help diminish the risk of some types of cancer. "It's a diet for all diseases," says Dr. Lawrence Appel, a researcher at Johns Hopkins Medical Institutions in Baltimore.

-Get Fit. Among the surprising findings of the past decade is that weight training can reverse some effects of aging. It increases strength, helps restore bone density and diminishes knee pain from arthritis. Experts say that everybody can benefit from weight training.

That doesn't mean you can ignore aerobic activity. Even a brisk half-hour walk three times a week does some good. Practically, from the moment your heart starts pounding harder, your blood vessels become more flexible, lowering blood pressure.

For 18 to 24 hours after you exercise, your body becomes more sensitive to the insulin it produces, reducing your risk of diabetes. According to the latest research findings if everybody exercised a few hours a week, Type 2 diabetes would be greatly reduced.

Watch Your Weight. Being 30 pounds or more overweight dramatically increases your risk of heart disease, diabetes, gallbladder disorders and arthritis, The most effective strategies for losing weight and keeping it off, according to a recent study of adults who had dropped at least 30 pounds for more than five years, consist of reducing calories while boosting physical activity.

Can you imagine losing 30 pounds? Current research shows that many overweight folks who shed as few as ten pounds can lower their blood pressure and, in some cases, reduce their risk of diabetes.

Quit Smoking. Long-tem studies now indicate that it is harder to undo the damage to the lungs

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from smoking than even many doctors realize. "Quitters 30 years out still get lung cancer," notes Dr. Eva Szabo of the National Cancer Institute. But their risk, she adds, is substantially lower than it would be had they continued to smoke.

Fortunately, the circulatory system is more resilient. Doctors have learned that blood vessels and coronary tissue respond almost immediately when a smoker quits, even those smokers who are 60 or 70 years old. Within two years, the risk of suddenly dying from a heart attack drops 50 percent.

Take It Easy. Although doctors have studied meditation, prayer and anger-management programs since the 1960s, research into the effects of the mind on the body still has a way to go. A study has shown that heart patients who learn how to control their anger are less likely to suffer from ischemia, a sometimes painful condition in which the cardiac muscle is starved for oxygen.

THE MESSAGE IS CLEAR: if you want to improve your health, you need to make changes in your routine. But if you are ready to turn your life around, the payoff can be huge.

31. How does exercising reduce the risk of Type 2 diabetes?

- Our body becomes more sensitive to its insulin.
- The heart starts pounding much harder than it used to.
- It decreases blood pressure.
- Our blood vessels become more flexible.

32. According to the passage, what should we do after losing the extra weight?

- We should increase our physical activity.
- We should prevent getting overweight again.
- We should drop more weight.
- We should reduce the food we eat

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33. In what condition can the body heal itself?
- If we have not damaged our body greatly.
 - If we decide to change our lifestyle.
 - If we stop smoking soon.
 - If the person is not very old.
34. Which of the following has been shown to help heart patients with ischemia?
- anger management
 - controlled diet
 - walking regularly
 - taking sleeping pills
35. Which of the following sentences is **FALSE** according to medical research?
- Carbon monoxide levels decrease greatly as soon as "!,e stop smoking.
 - More fruits, vegetables and fiber can decrease the risk of heart disease and stroke.
 - Eating enough fish regularly can lower the risk of a stroke greatly.
 - To prevent heart attacks, we need to start exercising when we are young.
36. What is the first positive change after starting a healthy diet?
- Type 2 diabetics will need less medication.
 - The risk of some types of cancer is diminished.
 - Blood pressure decreases.
 - The risk of osteoporosis is reduced.
37. According to the passage, why do some adults do many bad things to their bodies?
- Because they believe they can undo the damages.
 - Because they are sure they know everything about themselves.
 - Because they plan to stop the bad habits.
 - Because they think they are less healthy than others.

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38. In line 5, we read "If the evidence for how wrong the first idea is isn't apparent when you stand in front of the mirror, just wait." What does the writer mean by "just wait?"

- You will know more in the rest of this reading.
- The negative effects of your bad habits will appear later.
- You should not worry about it.
- The idea is probably not true about you.

39. In line 88, we read "Quitters 30 years out still get lung cancer." What does it mean?

- Those who stopped smoking thirty years ago still get lung cancer.
- Those who start smoking after the age of thirty still get lung cancer.
- Those who have smoked for thirty years still get lung cancer.
- Those who stop after smoking for thirty years still get lung cancer.

40. Which of the following is **FALSE** as one of the benefits of weight training?

- increased strength
- restored bone density
- reduced knee pain
- revived weight loss

Passage 2:

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.

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"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

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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.

41. Which of the following has been shown to happen to our memory as we get older?

- The brain's processing time slows down.
- The brain's capacity for information decreases.
- The brain requires less food supply for its activity.
- The brain increases its capacity but loses its efficiency.

42. How does physical exercise improve brain activity?

- The brain receives more oxygen and glucose.
- The person feels fresh and his mind works better.
- It trains the muscles around our head.
- It decrease the use of glucose and oxygen.

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43. What is the main step in trying to make up for the loss of our memory?
- We should exercise regularly.
 - We should keep our brain in good shape.
 - We should realize the fact that our memory is getting weaker.
 - We should deny the idea that our memory's efficiency is decreasing.
44. Which of the following is provided by vegetables for the brain?
- legume
 - vitamin
 - glucose
 - protein
45. According to Barry Gordon, we cannot say that less mental activity is worse. Why not?
- Because the brains of trained athletes have less activity.
 - Because our brain spends more energy when it is less active.
 - Because less activity makes hippocampus weaker.
 - Because less activity might mean a more skillful brain.
46. What is the problem with using mnemonic devices?
- The system fails if it is carried out all the time.
 - It requires people to do a lot of work.
 - We should use mental formulas to encode names, faces and facts.
 - It is difficult to visualize a hawk speaking into a microphone.

