



**TURKISH REPUBLIC OF NORTHERN CYPRUS
THE MINISTRY OF NATIONAL EDUCATION
ENGLISH EXAMINATION SAMPLE PAPER**

READING COMPREHENSION AND VOCABULARY

Questions 1-7 refer to the following passage.

Digital Burnout: The Hidden Cost of Constant Connection

In today's modern world, technology has become an inseparable part of daily life. From the moment people wake up to the moment they fall asleep, they are surrounded by digital devices. Smartphones, laptops, tablets, and smartwatches constantly demand attention through notifications, messages, and updates. While these tools are designed to make life easier, their overuse is increasingly linked to a phenomenon known as digital burnout.

Digital burnout refers to the physical and emotional exhaustion caused by excessive use of digital technology. Unlike traditional workplace burnout, which is usually related to job stress, digital burnout can affect anyone, including students, professionals, and even children. The constant need to stay connected creates pressure to respond immediately to emails, messages, and social media interactions.

One of the main causes of digital burnout is the inability to disconnect. Many individuals feel anxious when they are not checking their devices. This behaviour is often reinforced by social expectations, as people fear missing out on important information or social interactions. As a result, **they** develop unhealthy habits, such as checking their phones first thing in the morning or late at night.

The effects of digital burnout are both psychological and physical. People may experience anxiety, difficulty concentrating, irritability, and sleep disturbances. Physically, prolonged screen time can lead to headaches, eye strain, and neck pain. Over time, these symptoms can significantly reduce productivity and overall well-being.

Experts suggest several strategies to manage digital burnout. These include setting specific times for checking devices, turning off unnecessary notifications, and creating “digital-free” zones at home, such as bedrooms or dining areas. In addition, engaging in offline activities, such as reading, exercising, or spending time with family, can help restore balance.

Ultimately, while technology is essential in modern life, it is important to use it mindfully. Learning to disconnect is not a sign of weakness but a necessary step towards maintaining mental and physical health in a highly connected world.

Questions

1. What is the main idea of the text?

- a) The benefits of technology
- b) The causes of workplace stress
- c) The negative effects of excessive technology use
- d) The importance of social media

2. Who can experience digital burnout?

- a) Only workers
- b) Only students
- c) Only children
- d) Anyone

3. What is a major cause of digital burnout?

- a) Lack of internet access
- b) Fear of missing out
- c) Working long hours
- d) Lack of communication

4. What does “they” refer to in paragraph 3?

- a) Experts
- b) Children
- c) Devices
- d) People

5. Which is NOT a symptom mentioned?

- a) Anxiety
- b) Headaches
- c) Improved concentration
- d) Sleep problems

6. What solution is suggested?

- a) Using more devices
- b) Creating zones with no digital devices
- c) Ignoring messages
- d) Working longer hours

7. What is the writer's purpose?

- a) To entertain
- b) To criticize technology companies
- c) To inform and advise
- d) To advertise products

Questions 8-14 refer to the following text.

Climate Change and Its Global Impact

Climate change is one of the most pressing challenges facing humanity today. It refers to long-term changes in temperature, weather patterns, and environmental conditions on Earth. Although climate has naturally changed over millions of years, scientists agree that recent changes are largely caused by human activities.

The primary cause of climate change is the increase in greenhouse gases, such as carbon dioxide and methane, in the Earth's atmosphere. These gases trap heat from the sun, leading to a gradual rise in global temperatures. The burning of fossil fuels, deforestation, and industrial activities are the main contributors to **this problem**.

One of the most visible effects of climate change is the melting of polar ice caps. As global temperatures rise, ice in regions such as the Arctic and Antarctica is disappearing at an alarming rate. This contributes to rising sea levels, which threaten coastal cities and low-lying countries.

Climate change also leads to more extreme weather events. Hurricanes, floods, droughts, and heatwaves are becoming more frequent and more intense. These events can cause significant damage to infrastructure, agriculture, and human life.

In addition, climate change affects biodiversity. Many animal and plant species struggle to adapt to changing conditions, leading to a loss of ecosystems and extinction of certain species. This imbalance can disrupt food chains and natural processes.

To address climate change, governments and organizations around the world are working to reduce emissions and promote sustainable practices. Renewable energy sources, such as solar and wind power, are becoming increasingly popular as alternatives to fossil fuels. Individuals can also contribute by reducing waste, conserving energy, and making environmentally friendly choices.

While climate change presents serious challenges, collective action can help mitigate its effects and protect the planet for future generations.

Questions

8. What is the main topic of the text?

- a) Natural disasters
- b) Environmental protection
- c) Climate shift
- d) Industrial development

9. What has caused climate change recently?

- a) Only natural processes
- b) Human activities
- c) Ocean currents
- d) Seasonal changes

10. What happens when ice caps melt?

- a) Sea levels rise
- b) Temperatures decrease
- c) Air pollution increases
- d) Forests grow

11. Which is an effect of climate change?

- a) Fewer storms
- b) Less pollution
- c) More extreme weather
- d) Lower temperatures

12. What happens to biodiversity?

- a) It improves
- b) It stays the same
- c) It becomes stable
- d) It decreases

13. What does “this problem” refer to in paragraph 2?

- a) Deforestation
- b) Climate change
- c) Fossil fuels
- d) Industrial growth

14. Which statement is NOT true?

- a) Climate change affects ecosystems
- b) Renewable energy can help
- c) Climate change only affects animals
- d) Human action contributes to climate change

Questions 15-21 refer to the following text.

FAMOUS EDUCATIONAL CENTRES AROUND THE WORLD

A. The British Library (London, UK)

The British Library is one of the largest libraries in the world and holds over 170 million items, including books, manuscripts, maps, newspapers, and recordings. Established in 1973, it serves as a major research centre attracting scholars from all over the globe. Among its most valuable collections are historical documents such as the Magna Carta and original manuscripts written by famous authors like Shakespeare. The building itself is modern, but the content it preserves dates back centuries. Visitors can explore exhibitions, attend lectures, and access a vast amount of digital and physical resources.

B. CERN (Geneva, Switzerland)

CERN, the European Organization for Nuclear Research, is one of the world's leading scientific research centres. It is best known for operating the Large Hadron Collider, the world's most powerful particle accelerator. Scientists at CERN study the fundamental structure of the universe by examining particles that are smaller than atoms. The facility involves thousands of researchers from different countries working together on complex experiments. In addition to research, CERN also offers educational programs, guided tours, and interactive exhibitions to help the public understand advanced scientific concepts.

C. The Smithsonian Institution (Washington D.C., USA)

The Smithsonian Institution is a group of museums and research centres funded by the United States government. It consists of 19 museums, 21 libraries, and several research facilities. The institution covers a wide range of topics, including history, science, art, and culture. One of its most popular attractions is the National Air and Space Museum, which displays aircraft and spacecraft used throughout history. The Smithsonian plays a significant role in preserving cultural heritage and making knowledge accessible to the public free of charge.

D. The University of Tokyo (Japan)

The University of Tokyo is one of the most prestigious universities in Asia. Founded in 1877, it has produced many influential scientists, politicians, and business leaders. The university is known for its strong emphasis on research and innovation, particularly in technology and engineering. Its campuses combine traditional Japanese architecture with modern facilities. Students benefit from a highly competitive academic environment, as well as access to advanced laboratories and international exchange programs. The university also collaborates with global institutions to promote scientific and educational development.

Questions

Which section mentions...?

15. a place that holds old written documents

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

16. a group of multiple museums and research centres

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

17. an organisation studying very small particles

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

18. opportunities for free public visits and learning activities

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

19. a place known for educating future leaders

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

20. cooperation between scientists from different countries

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

21. a place combining traditional and modern design

a) SECTION A b) SECTION B c) SECTION C d) SECTION D

GRAMMAR & USAGE

Choose the correct answer

22. The homework _____ by tomorrow.

- a) will finish
- b) finished
- c) is finishing
- d) will be finished

23. She _____ live here, but she moved last year.

- a) used to
- b) is used to
- c) gets used to
- d) would

24. By next year, I _____ my degree.

- a) finish
- b) will finish
- c) will have finished
- d) finished

25. If you _____ harder, you will pass.

- a) study
- b) studied
- c) studying
- d) studies

26. He made me _____ the report again.

- a) write
- b) writing
- c) to write
- d) written

27. She _____ be at home; the lights are on.

- a) must
- b) can't
- c) shouldn't
- d) might not

28. _____ it rains, we will cancel the trip.

- a) Unless
- b) If
- c) Although
- d) Despite

29. Had I known, I _____ helped you.

- a) will
- b) would
- c) would have
- d) had

30. Try _____ late again.

- a) not be
- b) not to being
- c) not being
- d) be not

31. I don't know where she _____ yesterday.

- a) went
- b) goes
- c) did go
- d) going

32. There aren't _____ students in the class.

- a) much
- b) many
- c) little
- d) less

Cloze Test (33–40)

Many people today prefer to live in cities because of the opportunities they offer. Cities provide better education, healthcare, and job (33) _____. However, city life can also be stressful due to traffic and pollution.

Living in a city requires people to (34) _____ quickly to changes. The fast pace of life means people often have less time for relaxation. (35) _____, many still choose urban life because of convenience.

Public transport systems help reduce traffic problems, (36) _____ they are not always reliable. In addition, housing can be expensive, especially in central areas.

Despite these challenges, cities continue to grow. Many people believe that the advantages (37) _____ the disadvantages. Cities also offer cultural activities, entertainment, and social opportunities, which make urban life more attractive. For this reason, many young people move to cities (38) _____ they can build better careers and meet different people.

At the same time, governments are trying to improve living conditions by investing in transport, housing, and public services. (39) _____ these efforts, some problems still remain. In the future, city planners will need to find more effective solutions (40) _____ urban life becomes healthier and more balanced for everyone.

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|-----|------------|------------------|-------------|---------------|
| 33. | a) chances | b) opportunities | c) pays | d) works |
| 34. | a) like | b) create | c) build | d) adapt |
| 35. | a) Because | b) Although | c) However | d) Despite |
| 36. | a) but | b) and | c) so | d) because |
| 37. | a) remove | b) reduce | c) increase | d) outweigh |
| 38. | a) unless | b) so that | c) although | d) instead of |
| 39. | a) Because | b) Despite | c) During | d) Along |
| 40. | a) so that | b) in order | c) causing | d) making |

COMPOSITION

Choose ONE of the following topics and write about 250 words on the chosen topic.

1. Informal Email

Your friend is stressed about exams. Write an email to him/her in order to:

- show support
- give advice
- suggest ways to relax

2. Formal Email

You cannot attend a meeting. Write an email and:

- explain why
- apologise
- suggest solutions

3. Opinion Essay

Technology: Does it lead to a more easier or a more complicated life?