Learning Outcome: E12.5.R2. Students will be able to identify specific information in a real-life text.

1. **Read the text below and answer the questions.**

The Insightful Mind

A recent study shows that weather, social life, eating habits, daily routines, and sleep quality all affect people's moods. The study explains that weather regulates serotonin, the hormone that makes people happy. Sunny weather boosts this hormone, making people happier and more energetic, while cloudy weather lowers it, causing moodiness and tiredness. People living in colder regions are more likely to suffer from winter depression, while those in warmer climates tend to feel happier. Though it's impossible to fully avoid the negative effects of weather, psychologists state that people can manage them by getting enough sleep, eating breakfast, exercising, and trying new hobbies.

a. How does the weather affect serotonin levels?

b. What do psychologists advise people to do to reduce the negative effects of the weather?

İNGİLİZCE 12

1. SINAV

Learning Outcome: E12.5.W1. Students will be able to describe their current mood/mood reflected in a song/painting/photograph through creative writing.

2. **Look at the paintings below and write a short paragraph by answering four of the questions in the box.**

- **Which seasons can you see in the paintings?**
- **What does each painting remind you of?**
- **Which of the four paintings makes you feel the happiest? Why?**
- **Which painting gives you a sense of calm or peace?**
- **Is there a particular season or painting that reminds you of a personal memory? Explain it.**

Learning Outcome: E12.6.R1. Students will be able to scan a text for the specific information about a charity organization/foundation.

3. Look at the announcement below and complete the sentences.

a. The main goals of the Queenspring charity are ---------- and ----------.

b. The activities that the Queenspring charity prioritizes to protect the environment include

----------, ----------, and ----------.

c. People can contribute to the charity by ---------- and ----------.

İNGİLİZCE 12
1. SINAV

Learning Outcome: E12.7.W1. Students will be able to paraphrase news/ stories/ past events.

4. Read the news below and paraphrase it in at least two sentences.

Exercises and Health

A recent study conducted by scientists at the University of Oxford revealed that daily exercise can significantly improve mental health. The research found that individuals who exercised for at least 30 minutes a day experienced lower levels of anxiety and depression. The findings suggest that regular physical activity can be an effective tool for treating mental health issues.

TÜRKİYE CUMHURİYETİ EĞİTİM BAKANLIĞI