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Istanbul Nişantaşı University
Foreign Languages Department

Final Exam Sample Question Booklet - B1 Plus

Parts	Number of Questions	Score
Listening	10	20
Vocabulary	15	10
Grammar	15	10
Reading	10	20
Writing	1	20
Total		80

Exam Duration: 95 minutes

Name-Surname: _____

Student Number: _____

Date: _____

Cep telefonları ve diğer elektronik cihazların, sınav salonunda kullanılması kesinlikle yasaktır. Öğrencilerin sınav salonuna elektronik cihazlarını getirmemeleri tavsiye edilir. Sınav başlamadan önce bu cihazlar öğrenciler tarafından kapatılacaktır ve sınav görevlilerinin belirlediği kutuya konulacaktır. Cihazların kapatıldığı ve belirlenen kutuya konulduğu sınav gözetmenleri tarafından kontrol edilecektir. Sınav sırasında herhangi bir elektronik cihazla yakalanmanız halinde bu durum kopya olarak değerlendirilecek ve hakkınızda disiplin işlemi başlatılacaktır. Sınav soruları ya da verilmiş cevaplar, bir kâğıda yazılarak sınav salonundan çıkartılamaz. Bu amaca yönelik yapılan işlemler, kopya girişi olarak değerlendirilir. Sınav sırasında kopya çeken, kopya çekmeye teşebbüs eden ya da kopya veren öğrenciler hakkında tutanak tutularak disiplin soruşturması başlatılır. Sınav süresinin dolduğu duyurulduğunda öğrenciler yazmayı derhal bırakmalı ve gecikmeden cevap kağıtlarını teslim etmelidirler. Aksi takdirde, yazmaya devam etmeleri veya cevap kağıtlarını teslim etmemeleri halinde cevap kağıtları geçersiz sayılacaktır. Sınav kurallarını okudum ve anladım.

The use of all electronic devices, including mobile phones and smartwatches, is strictly prohibited in the exam room. Students are advised not to bring their electronic devices to the test classroom. Students must turn off all electronic devices and place them in a designated box prior to the exam. Invigilators will conduct checks to ensure full compliance with this policy. Please note that if you are found with any electronic device during the test, it will be considered cheating, and disciplinary action will be taken. Exam questions or answers to them cannot be written on paper and taken out of the exam hall. All actions to this end will be considered attempts to cheat. Students who cheat, attempt to cheat or help others do so are determined by way of a written report and subjected to a disciplinary proceeding. When the exam time is announced as over, students must stop writing immediately and submit their answer sheets without delay. Failure to do so—either by continuing to write or refusing to submit the answer sheet—will result in the answer sheet being considered invalid.

I have read and understood the exam regulations.

İmza/Signature: _____

I. Listening

Listen to the recordings and choose the correct answer. Each recording will be played ONLY ONCE. (Each question 2 Pts)

A. Part 1

Listen to five speakers talking about their experiences in different countries and choose the correct answer for questions 1 to 5.

1. When the leader first tried the dish, he fainted because _____.
 - A. making it was a mystery
 - B. it was made with aubergines
 - C. he liked the taste so much
 - D. the recipe very easy to prepare
2. The rock columns are formed by _____.
 - A. a giant called Fin MacCool
 - B. the natural activity of the earth
 - C. a large number of visiting tourists
 - D. rocks coming out of the sea
3. To interest tourists about the Charles Bridge, Sophia _____.
 - A. highlights details people do not usually notice
 - B. explains how the bridge was originally built
 - C. gives general information most people already know
 - D. tells stories about how kings used to live in the past
4. What Liam remembers most about her trip to San Francisco is _____.
 - A. the graffiti found all over the city
 - B. the famous Golden Gate Bridge
 - C. the street art in the Mission Quarter
 - D. the everyday lives of local people
5. Olivia's main reason for the trip was to _____.
 - A. watch some very good comedy shows
 - B. see what other performers were doing
 - C. find new performers to work with
 - D. find future work opportunities

B. Part 2

Listen to an interview with an expert about managing money as a student and choose the correct answer for questions 6 to 10.

6. The main idea of “living within your means” is _____.
 - A. spending the same amount as friends to fit in
 - B. saving money only at the end of the month
 - C. avoiding part-time work during university
 - D. planning expenses according to actual income
7. Dr. Arman explains that a simple budget works best when students _____.
 - A. track every single purchase in separate categories
 - B. reduce food costs before adjusting other costs
 - C. keep only a small number of clear categories
 - D. focus mainly on rent and transport costs
8. To build a saving habit, students should _____.
 - A. wait for a month with fewer expenses
 - B. save small amounts on a regular basis
 - C. save only when they have extra money left
 - D. put money aside at the end of each month
9. Borrowing Money becomes risky for students when _____.
 - A. loans are used for education-related expenses
 - B. credit supports goals that will benefit them later
 - C. the money is used for quick enjoyment
 - D. the interest rates are very low
10. As part of the seven-day plan, students are advised to first _____.
 - A. reduce all unnecessary spending immediately
 - B. track their weekly expenditure
 - C. pay all debts at the same time
 - D. increase income before changing habits

II. Vocabulary

A. Read the text below and choose the correct letter for each gap. One Word is extra. (Each question 1 Pt)

(a) referee	(b) stir	(c) lively	(d) opponent	(e) offshore	(f) suffer
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As part of a sports exchange programme, Laura was given the opportunity to work abroad and gain international experience. She joined a(n) (11) _____ training centre located on an island, far from the mainland, where many international events were organised.

The atmosphere at the centre was very (12) _____, with music, conversations, and activities happening throughout the day. Laura helped organise football matches, where teams from different countries competed against each other. In each match, every team tried their best to defeat its (13) _____, while a trained (14) _____ made sure everyone followed the rules.

Although the work was exciting, it was sometimes physically demanding. Long hours in the heat meant that some participants began to (15) _____ from headaches and extreme tiredness if they did not drink enough water.

11. _____
12. _____
13. _____
14. _____
15. _____

B. Read the conversation and choose the correct answer for each gap. (Each question 0.5 Pts)

Alex: Some people still argue about how money should be managed, so it can feel (16) _____ to discuss the topic, especially with friends.

Sam: That's true. For me, budgeting is an (17) _____ choice. I want my spending to reflect what I believe is right, not just what I want.

Alex: I try to save part of my salary each month. I don't expect quick results, but I see it as an (18) _____ for the future—something that can grow over time.

Sam: I used to ignore my monthly (19) _____, like rent, bills, and food. Then I wondered why I never had any money left!

Alex: Living within your means doesn't mean you can't enjoy yourself. I still spend money on things I like, and I also give a little to (20) _____ causes that support people in need.

16.

- A. controversial
- B. essential
- C. intellectual
- D. individual

17.

- A. practical
- B. physical
- C. ethical
- D. mental

18.

- A. income
- B. investment
- C. interest
- D. import

19.

- A. manufacture
- B. expenditure
- C. return
- D. factor

20.

- A. charitable
- B. sociable
- C. miserable
- D. affordable

C. Read the conversation and choose the correct answer for each gap. (Each question 0.5 Pts)

Maya: I've started planning my weekly shopping more carefully. It really helps me avoid wasting money.

Daniel: That does make (21) _____. Small decisions can make a big difference to your budget.

Maya: I also save money by buying (22) _____ ingredients and cooking at home instead of ordering meals.

Daniel: That's a good idea. As a (23) _____, you make daily choices, and those choices affect how much money you spend.

Maya: It took me a while to learn that. Fortunately, my parents always (24) _____ me help and support when I was learning how to manage money.

Daniel: I guess that's how we improve—by slowly trying to (25) _____ bad habits into better ones.

21.
A. progress
B. money
C. sense
D. friends

22.
A. mashed
B. dried
C. cooked
D. raw

23.
A. supplier
B. consumer
C. market
D. labour

24.
A. warned
B. offered
C. advised
D. suggested

25.
A. convert
B. collaborate
C. criticize
D. concentrate

III. Grammar

A. Use the verb in parentheses and write it in the correct form for the gap. An example has been provided for you. (Each question 1 Pt)

Last year, Sara *example: moved (move)* into a new apartment with her family. When they first saw the place, they decided to paint the living room light blue because it looked dark and old. While they (26) _____ (move) the furniture into the apartment on the first day, one of the shelves suddenly broke. After everything was finally in place, Sara told her friend that they (27) _____ (finish) all the heavy work before the apartment was ready to live in, so they could relax at home. Since moving in, Sara (28) _____ (clean) the house for hours every day because everything still feels dusty and new. Last night, she (29) _____ (cook) dinner at home for the first time in the new kitchen and felt very proud of herself. At the moment, Sara (30) _____ (unpack) the last few boxes in her bedroom.

26. _____
27. _____
28. _____
29. _____
30. _____

B. Read the conversation and choose the correct answer for each gap. (Each question 0.5 Pts)

Last Saturday, I went to see a comedy show at a local theatre. Normally, you (31) _____ book tickets in advance for this kind of show because it rarely sells out, so we bought ours just before the performance started. At the end of the show, I thought that the comedian (32) _____ be tired, but he was still running around the stage and talking enthusiastically to the audience, even though he had already performed earlier that day.

After the show, my friend suggested (33) _____ to another performance the following weekend, which sounded like a good idea. There were (34) _____ many people waiting outside the theatre that it was almost impossible to move. Despite the crowd, we had a wonderful evening. The main performer was (35) _____ the funniest comedian I have ever seen live.

31.

- A. mustn't
- B. can't
- C. don't have to
- D. couldn't

32.

- A. can
- B. must
- C. can't
- D. mustn't

33.

- A. going
- B. went
- C. to go
- D. go

34.

- A. enough
- B. too
- C. much
- D. some

35.

- A. much
- B. just
- C. nearly
- D. by far

C. Read the conversation and choose the correct answer for each gap. (Each question 0.5 Pts)

Last month, my friends and I went to see a famous performer at a theatre in the city centre. He is an actor, (36) _____ has appeared in several popular TV series, so many people recognised him immediately. When I saw the large audience, I thought to myself, "If I (37) _____ how popular the show is, I would invite more friends." Since the first performance, every ticket (38) _____ within a few hours of being released.

After the performance, we discovered that there was also a late-night show. If we had finished dinner earlier, we (39) _____ to that show as well, but it had already started. Overall, it was one of (40) _____ most entertaining evenings I've ever had.

36.

- A. whose
- B. who
- C. whom
- D. which

37.

- E. had known
- F. would know
- G. knew
- H. know

38.

- A. sold
- B. has sold
- C. had sold
- D. has been sold

39.

- A. would go
- B. had gone
- C. will go
- D. would have gone

40.

- A. a
- B. an
- C. the
- D. -

IV. Reading

A. Read the text and choose the correct answer for questions 41 to 45 according to the text. (Each question 2 Pts)

What Time is the Match?

Most of us are aware of the power of our body clock, the internal rhythms that turn us into 'larks' or 'owls', depending on when we prefer to sleep. But can this body clock also affect how well we do sport and physical activity?

A recent study suggests that sleeping habits can strongly influence sports performance. Researchers worked with 20 female hockey players and tested them at six different times during the day. Each time, the players had to run 20 metres several times, trying to get faster each round. As a group, the players performed best in the late afternoon. However, when researchers looked more closely at each individual, they discovered big differences.

Researchers discovered a gap of around 26% between the best and the worst times achieved by the hockey players, depending on when they did the test. The early risers - the larks - performed best at 12.00, approximately eight hours earlier than the late risers - the owls - who peaked at around 20.00. The researchers believe this happens because the body is not always equally ready for sport. At the wrong time of day, the heart may beat more slowly, the blood may be thicker, and the muscles may feel weaker. Even a moderate difference like this can decide whether an athlete wins a medal or finishes fourth.

Athletes can, however, benefit from the results of the study to improve their chances of winning. This is because the body clock can be adjusted. If they know when they perform best, competitors can adapt their sleeping time to match the hour of their event. While this does not replace regular training, it can help ensure their best performance, whether on the basketball court, the athletics track, or in the swimming pool.

The study also raises questions about how young athletes are chosen. Talent spotting among adolescents usually takes place during school hours, although it is a well-known fact that at least half of teenagers are 'owls'. This means that a huge number of high performers will only just be waking up when they are being observed and they won't have reached the point at which they perform best. This means that they may be missed by talent spotters who are testing at the wrong time of day.

But the place where the study matters the most is on the football pitch. The findings suggest that problems with body clock could be the reason for England's struggles in the Champions League. These matches are usually played late in the evening, which gives an advantage to teams from countries such as Spain, which are more used to performing later in the day. This news will be reassuring for English football fans, who often despair at the performance of their players in international competitions.

41. The participants of the study were asked to run _____.
A. for a certain amount of time each day
B. a specific distance every day
C. several times a day for a fixed period
D. the same distance several times a day
42. The results of the study suggest that _____.
A. any athlete can possibly win a sports event
B. athlete success can depend on event timing
C. larks are more likely to win events than owls
D. only top athletes can break sports records
43. Athletes can take advantage of these results before an event to _____.
A. choose the time that they compete
B. adjust the number of hours they sleep
C. work out a bedtime schedule
D. create a suitable training programme
44. The text suggests that talent spotting would be more effective if _____.
A. tests were carried out at different times
B. teenagers were tested at the same time
C. tests were carried out during school hours
D. teenagers were tested during school time
45. The most successful football teams in Europe appear to have players _____.
A. who perform well in international matches
B. whose body clock suits the match time
C. who play matches late in competitions
D. whose body clock causes problems at night

A. Read the text and choose the correct answer for questions 46 to 50 according to the text. (Each question 2 Pts)

What Your Shoes Say about You

¹ First impressions are often formed very quickly when people meet for the first time. Without realising it, people make quick judgments based on appearance, including clothes, hairstyle, and shoes. Shoes are especially noticeable because they are usually worn every day. Many people believe that shoes can reveal personality traits such as confidence, friendliness, or even how successful someone is. But how accurate are these beliefs?

² To explore this idea, researchers at a university in the United States carried out a study with 63 students. The students were shown 208 photographs of shoes that belonged to different people. Although the photos showed many different shoe styles, the students were not told anything about the owners, such as their age, job, or background. Rather than focusing on fashion choices or personal preferences, the students were asked to decide which personality traits best matched each pair of shoes. These included judging whether the owner was outgoing, organised, likeable, or hard-working. The purpose was to see how well personality could be judged from shoes alone.

³ The participants shared many similar opinions. Shoes that looked old or worn were often linked to relaxed and outgoing personalities. Shoes that appeared practical and not too expensive were usually connected with people who seemed friendly and easy to trust, rather than with a strong interest in fashion or new trends. By contrast, expensive designer shoes, well-known brands, or shoes with pointed toes were more often associated with people who were seen as less easy to approach. These views show how strongly people connect shoe style with personality.

⁴ When the researchers compared the guesses with real information about the shoe owners, *they* found that nearly 90% of the personality traits were guessed correctly. For example, people who kept their shoes clean and in good condition were often organised and responsible. However, not all assumptions were accurate. In several cases, the examples did not fully match what the students expected. Bright or colourful shoes did not always belong to outgoing people, and attractive shoes were sometimes worn by people who were not particularly hard-working.

⁵ Overall, the study suggests that shoes can give useful clues about a person, but they never tell the full story. People choose shoes for many reasons, such as comfort, fashion, price, or work rules. Focusing too much on how people look can lead to false ideas about them. Therefore, while shoes may affect first impressions, it is important to get to know people before deciding what they are really like.

46. The main purpose of the study was to find out whether people could _____.
A. correctly match shoes with personality traits
B. identify shoe owners' age and background
C. choose the most fashionable shoes shown
D. explain why people prefer certain shoes
47. People who wore sensible and affordable shoes were generally _____.
A. described as relaxed individuals with outgoing personalities
B. regarded as reliable and pleasant to be around
C. associated with a strong interest in fashion trends
D. seen as difficult to approach by other people
48. In paragraph 4, the word "*they*" refers to the _____.
A. students who shared similar opinions
B. shoe owners whose shoes were photographed
C. researchers who checked the results
D. participants who wore bright shoes
49. The fact that some assumptions turned out to be wrong suggests that _____.
A. outgoing people often prefer colourful shoes
B. shoe colour often affects how personality is judged
C. attractive shoes usually belong to lazy people
D. judging people only by appearance can be wrong

50. Overall, the text suggests that shoes _____.
- A. usually give a complete picture of someone's personality
 - B. can offer some clues but not everything about a person
 - C. are chosen mainly to influence first impressions
 - D. reveal more about trends than personality

V. Writing

Choose ONLY ONE of the topics below and write an essay on it. Use at least 220 words. (20 Pts)

Topic A: Some people believe that social media influencers affect how young people think about appearance, confidence, and relationships. For this reason, influencers should be careful about the messages they share. Do you agree or disagree?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Topic B: Many people now prefer watching short online videos instead of reading longer articles or books. What are the advantages and disadvantages of this change?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

