

# READ *for* SPEED

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## VOLUME I

OKURKEN  
HIZ  
YAPMAK  
İSTEYENLERE



AKIN

TÜRKÇE METİN ÇEVİRİLERİ  
100 FARKLI OKUMA PARÇASI  
OKUMA & ANLAMA ÇALIŞMALARI  
KELİME ÇALIŞMALARI VE TESTLERİ  
ORTA - İLERİ DÜZEY OKUMA PARÇALARI  
METİN İÇİNDE GRAMER & KELİME ÇALIŞMALARI

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## READ FOR SPEED 1

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## 1 - HOW TO COPE WITH STRESS

<b>Indispensable</b>	Zaruri, elzem, zorunlu	<b>Diminish</b>	Azaltmak, eksiltmek
<b>Adverse</b>	Olumsuz, kötü, aksi	<b>Intake</b>	Giriş, alım
<b>Futile</b>	Beyhude, boş	<b>Especially</b>	Özellikle, bilhassa
<b>Beneficial</b>	Faydalı, yararlı	<b>Vulnerable</b>	Savunmasız, hassas
<b>Perform</b>	Uygulamak, yapmak	<b>Responsibility</b>	Sorumluluk
<b>Crucial</b>	Önemli, mühim	<b>Demanding</b>	Zor, zahmetli
<b>Overwhelming</b>	Ezici, çok büyük	<b>Employ</b>	Uygulamak, yapmak
<b>Suffer</b>	Açı çekmek, muzdarip olmak	<b>Deal with</b>	Başa çıkmak, üstesinden gelmek
<b>Obvious</b>	Açık, net, belirli	<b>Overall</b>	Genel, tüm
<b>A range of</b>	Bir dizi, çeşitli	<b>Productive</b>	Verimli, üretken
<b>Lack of</b>	Eksik, yoksun	<b>Incessantly</b>	Sürekli olarak
<b>Loneliness</b>	Yalnızlık	<b>Hardly</b>	Zar zor, güç bela
<b>Unfavorable</b>	Ters, olumsuz	<b>Lessen</b>	Azaltmak, kısmak
<b>Severe</b>	Şiddetli, sert	<b>Entirely</b>	Tamamen, bütünüyle
<b>Impact</b>	Etki, tesir	<b>Unavoidable</b>	Kaçınılmaz
<b>Reduce</b>	Azaltmak, düşürmek	<b>Avoid</b>	Engellemek, kaçınmak
<b>Find out</b>	Bulmak, keşfetmek, anlamak	<b>Enhance</b>	Geliştirmek, artırmak
<b>Solution</b>	Çözüm, çare	<b>Lethal</b>	Ölümcül
		<b>Cope with</b>	Başa çıkmak, üstesinden gelmek





## READ FOR SPEED 1

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### EXERCISE 2: Fill in the sentences with the proper words given below

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- *indispensable*
- *experience*
- *intake*
- *incessantly*
- *lack of*

1. A pregnant woman must increase her — of almost all nutrients to ensure the healthy development of her baby.
2. If Thailand is to avoid another civil war, it is — that the economic prospects of the lower class should be improved.
3. Because nutritionists are at the forefront of all the latest nutrition information, they are — changing up their diets based on new findings.
4. — sleep is becoming such a problem for adults that 8 percent say they occasionally fall asleep at work, and 19 percent say they make errors because of sleepiness.
5. All animals that were brought into the country have to — a thorough examination to make sure they are not bringing any disease with them.

### EXERCISE 3: Word matching drills

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#### MINI WORD TEST 1

1. lethal	a. uygulamak, yapmak
2. employ	b. savunmasız, hassas
3. overall	c. ölümcül
4. crucial	d. genel, tüm
5. vulnerable	e. önemli, mühim

#### MINI WORD TEST 2

1. reduce	a. zor, zahmetli
2. unavoidable	b. azaltmak, düşürmek
3. demanding	c. çözüm, çare
4. solution	d. zar zor, güçbela
5. hardly	e. kaçınılmaz

**23 - EXERCISES**

<b>Specifically</b>	Özellikle	<b>Range</b>	Aralık, sıra
<b>Correlation</b>	İlişki, bağlantı	<b>Doubt</b>	Şüphe
<b>Proficiency</b>	Yeterlilik, uzmanlık	<b>Deliberate</b>	Bilerek, kasti
<b>Experience</b>	Deneyim, tecrübe	<b>Similar</b>	Benzer, aynı
<b>Forget</b>	Unutmak	<b>Necessarily</b>	Mutlaka, muhakkak
<b>Explain</b>	İzah etmek, açıklamak	<b>Craft</b>	Zanaat, beceri
<b>Glory</b>	Şan, görkem	<b>Fall behind</b>	Geride kalmak
<b>Shame</b>	Utanç	<b>Line-up</b>	Sıra, dizi
<b>Achievement</b>	Başarı		
<b>Bring</b>	Getirmek, toplamak		
<b>Result from</b>	-den kaynaklanmak		
<b>Put in</b>	Zaman ayırmak, uğraşmak		
<b>Mean</b>	Anlamına gelmek		
<b>Improve</b>	Gelişmek, artmak		
<b>Suggest</b>	Göstermek, önermek		

## EXERCISES



We've all heard the saying, "practice makes perfect," or - more specifically - "perfect practice makes perfect." It might be true that there's a high level of correlation between **(1) random / purposeful** practice and proficiency, but to what extent?

**(2) However / Whether** your experiences on the sports field are memories you cherish or things you'd rather forget, the findings of a new study could help explain **(3) more / a few** things about your personal glory, or shame. According to research looking at the relationship between practice and athletic achievement, it turns **(4) up / out** that the number of hours put into training is not very much linked to performance.

The study brought together data from 33 **(5) joint / separate** studies, and found that 18 percent of the variance in performance resulted from how much practice people were putting in. **(6) Rather / Indeed**, among "elite-level performers", it was only 1 percent, which might explain why some of the best athletes only have to turn up to perform.

The findings do not mean practice won't improve your game, **(7) so / but** they do suggest that other factors are more important when it comes to the range of abilities that we see out on the pitch, court, and field. The study also showed that there was **(8) any / no** real link between the ages that people started playing sports and how good they ended **(9) in / up** being at them.

There is no doubt that deliberate practice is important, from both a statistical and a theoretical perspective, yet it is **(10) far / by far** less important than has been argued. The findings follow other studies that have come to similar conclusions about practice not necessarily making



perfect. From playing the guitar to playing tennis, it now seems **(11) uncertain / evident** that there's a whole lot more going on besides how much time you put in to master your chosen sport or craft. So if you're falling behind in your local team's line-up, putting in extra hours on the training field may not be the key, **(12) whereas / though** it should still make some difference, and you'll never know if you don't try, right?



**EXERCISE 2: Fill in the sentences with the proper words given below**

- *craft*
- *experiences*
- *deliberate*
- *linked*
- *fallen behind*

1. Terrorism is defined as the --- targeting of civilians in order to create a climate of terror.
2. The work on the new stadium has --- schedule because the government cancelled the original design due to increasing costs.
3. Many studies have uncovered that higher rates of unemployment are --- to less volunteerism and higher crime.
4. Schools and prisons with --- programs proclaim that they have a relaxing effect on people and enhance social skills.
5. Some researchers suspect that susceptibility to diseases in adulthood may have a relationship to very early life negative ---.

**EXERCISE 3: Word matching drills****MINI WORD TEST 1**

1. glory	a. zaman ayırmak, uğraşmak
2. explain	b. ilişki, bağlantı
3. suggest	c. izah etmek, açıklamak
4. put in	d. şan, görkem
5. correlation	e. göstermek, önermek

**MINI WORD TEST 2**

1. shame	a. aralık, sıra
2. result from	b. şüphce
3. range	c. yeterlilik, uzmanlık
4. doubt	d. utanç
5. proficiency	e. -den kaynaklanmak