

Listen to the texts about bad habits and write the names of the speakers under each picture.



Listen to the texts again and choose the correct options.



## 1. Laura loves eating very much, but ----

- a) she puts on weight because of snacking too much
- b) prefers eating when she feels hungry





# 2. George cannot leave his mobile phone because ----.

- a) he always remembers his important tasks
- b) he spends so much time on social media





### Pablo's procrastination habit is harmful for him because ----.

- a) he doesn't want to deal with it
- b) it affects his productivity in a negative way





## When Pamela connects to the studio for live broadcasting, ----.

- a) she is usually relaxed and speaks confidently
- b) she always feels nervous and starts biting her nails

### Listen to the texts again and write True (T) or False (F).

- Melissa cracks her knuckles unconsciously during the day. \_\_\_\_\_
- 2 Mandy never buys what she doesn't need when she goes shopping.
- George always puts a limit on the time he spends on the Internet. \_\_\_\_
- Pablo often postpones his unpleasant and stressful work in his daily life. \_\_\_\_
- In fact, Melissa knows the possible results of her bad habit very well. \_\_\_\_
- 6 Laura usually eats something when she feels really hungry. \_\_\_\_\_

# 5. Melissa often cracks her knuckles, but she----

- a) doesn't know whether it's a healthy or unhealthy behavior
- b) does it in order to relax when she has a break

### Mandy usually pays with credit cards when she goes shopping, ----.

- a) so she can easily pay her credit card debts at the end of the month
- b) but this behavior increases her credit card debts









Read about celebrities and their bad habits.
Then complete the sentences with the given habits.

overspending

playing with her hair

having no bath

junk food

coffee addiction

Celebrities lead a busy life. Press conferences, photo shoots and interviews set this busy life image of theirs in our heads, and when this happens, we forget that they are regular human beings just like us. That means they have habits too – good and bad. But unlike us, they're much less likely to get away with them. Let's check out a host of celebrity habits caught on camera from Lauren Conrad's constant hair twirling to President Obama's occasional tendency to light up.



Brad Pitt has a habit of \_\_\_\_\_\_\_ for a long time. He also doesn't use soaps at all when he takes a shower because he thinks they are toxic. His smell has been so unbearable that his co-star Eli Roth taught him how to keep himself clean with baby wipes on the sets. Brad's excuse is that he doesn't get enough time to take a shower for up to two weeks at a time.



Britney Spears says, "Dieting is tough because I'm fond of spaghetti, brownies and chocolate chip cookies". Britney Spears is known for her fondness for eating \_\_\_\_\_\_. But Britney does yoga and eat low-calorie meals which are very useful to keep her weight in control, and she admits that she struggles to stick to the healthy food plans.



Shahid Kapoor was born in New Delhi in February 1981. He is an Indian actor who appears in Hindi films. He is recognized for portraying romantic roles, but he has also taken on in parts in action films and thrillers recently. Shahid Kapoor has \_\_\_\_\_\_\_\_. He loves drinking it so much so that he drinks up to 8-10 cups a day. That's a lot of coffee even for a coffee addict.



Katie Noelle Holmes was born on December 18, 1978.

She is an American actress, a producer and director. Her marriage to actor Tom Cruise, which lasted from 2006 to 2012, led to a great deal of media attention, with the pair being called a super couple. In the opinion of many people, Katie has a habit of \_\_\_\_\_\_. She is a celebrity of shopping enthusiast. She often goes shopping with her daughter, Suri Cruise.



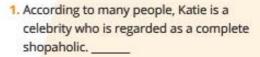
Lauren Conrad, former star of The Hills, was often spotted \_\_\_\_\_\_. She often plays with her long locks during any given scene of her popular MTV reality show. This habit is annoying to viewers, experts often think that this nervous habit is a deeprooted sign of appearance insecurity.

-		
	Dand the Information again on	
	Read the information again an answer the questions.	κ
	and the second s	
	answer the duestions.	

1. Why doesn't Brad Pitt use soap while

	having a shower?
2.	What does Britney Spears love eating most?
3.	How much coffee does Shahid Kapoor drink?
4.	Who does Katie Holmes usually go shopping with?
5.	What is Lauren Conrad's habit that annoy viewers?





2. Alt	hough S	Shahid K	(apoor h	as an
ad	diction o	of drinki	ing coffe	e, he can't
dri	nk 8 cup	ps.	_88	

- Britney Spears loves eating fast food, but she tries to stick to her diet plan to be healthy.
- The reason why Brad Pitt doesn't use soap while taking a bath is because he thinks soaps are harmful.
- Lauren Conrad only plays with her hair when she is alone at home.









Mr. Advice is a famous psychologist in London. He is interviewing a regretful man. He uses Cognitive-Behavioral Therapy (CBT).

#### A REGRETFUL MAN

My name is David Blacksmith. Let me tell you my sad story 15 years ago. I had a totally different life... I used to have a factory that I inherited from my father in Leicester. I used to produce sports and casual shoes there. It belonged to the Blacksmiths who were one of the oldest and well-known families in the city. I was economically rich and a well-known person in the city I was invited to most events and respected by many. I had a happy life with my beautiful wife, Janet: My wife and I could not have children although we wanted to have one very much. This affected our relation. As the years went by I started to devote myself to my business. Some nights, I never came home and my wife used to wait for me until the mornings. My wife tried to talk with me and reminded me of being a family, but I ignored her and turned on a deaf ear to her. I didn't listen to her when she told me we had to socialize and spend more time together, but I've lost connection. When I was at home, I was too busy with the social media. I became a social media addict, too Instead of chatting with her and making plans for the future, I delayed all our plans and escaped from my responsibilities as a husband. She got furious. Meanwhile, things at work became worse because we had a cyber attack and had to deal with It. Things got worse when we were hacked, we lost a lot of money. I was in a horrible mood all the time and we started quarrelling almost every day. I didn't share my problems with my wife. I broke her heart all the time. She couldn't endure this life anymore and she left me. With this harrible psychology. I drove my car too fast on a rainy day and had a bad accident. My leg and arm were broken and I stayed in the hospital for about two months. Meantime, I couldn't work and things got worse at the factory and I had to close It. I also had to sell my house. I ended up penniless and homeless with no family I lost my reputation in the society, too I lost the family business. I had very hard times. By the time I realized my mistakes, it was already too late. Finally, an old family friend of ours hired me as a clerk in his shoe shop. This job was a new hope for me and a new beginning I wish I hadn't made so many mistakes in my life. I'm so regretful now. I miss my wife and all those happy years. If I find enough courage and energy, I plan to start all over again. Why not?



Match the	words below wit	th their defin	nitions.
1) inherit	2) devote	3) endure	4) remind
5) furious	6) cyber attack	7) reputation	n 8) penniles
A. ext	remely angry		
	bring back a mer use someone to		eone,
SOI	opinion that pe meone or somet havior or charact	hing based o	n their
	use time, energy rpose	, etc. for a pa	articular
	attempt by hack stroy a computer		
	suffer from some pleasant or paint		lt,
	receive possessioneone who has o		y from
H. ha	ving no money		
2. David w car.	nd his wife didn't as in a bad mood ouldn't handle th	d when he di	rove his
while.	Juluii Crianule (ii	e lactory for	a
<ol> <li>David dinights.</li> </ol>	idn't come back h	nome some	
<ol><li>David lo pennile:</li></ol>	st everything he ss.	had and was	s
6. David h	ad a broken arm t.	and leg in th	ne =
A. His	wife waited for h	im until mor	nings.
B. He h	ad very hard tim	es for years.	
C. He h	ad to stay at the oths.	hospital for	two
D. He h	nad a terrible acc	ident on tha	t rainy
	started to have ionship.	problems in	their
	gs got worse and ory and his house		ell the

Read Mr. Advice and David Blacksmith's dialogue in the therapy and tick (√) David Blacksmith's regrets.

Mr. Advice

: Yes, Mr. Blacksmith... I understand that you have a sad life story... You have had a difficult time. It is hard for a person to endure so much trouble. I can understand.

D. Blacksmith: You are right. I've lost my hope in life many times.

Mr. Advice

: First of all, I'd like to say that there is no such thing as a life without any regrets. Regrets can become painful burdens which reduce your present happiness. You can take some steps to overcome your regrets.

D. Blacksmith : Is it possible to get rid of my worries?

Mr. Advice

: Of course, we can do lots of things to eliminate our worries. We shouldn't spend time worrying rather than take actions to solve our problems. There is always a way to start all over again and hold onto life. We should never lose hope. If we lose hope and joy in life, we cannot live. I wish you had listened to your wife instead of ignoring her.

D. Blacksmith: I'm so sorry that I left her alone. She didn't deserve any of it.

Mr. Advice : Have you ever heard from her?

D. Blacksmith: Yes, she returned to her hometown where her parents lived.

Mr. Advice

: Alright. Let's start with learning about regrets. Regretting is a critical way of thinking or feeling that involves blaming yourself for a bad outcome. It can be about things you have done or not done. Productive regret can help you self-correct your future behavior. Unproductive regret, where you completely accuse yourself, can create chronic stress. Feelings related to regret include shame, sadness disappointment, loss, remorse, anger, shame, and anxiety.

Mr. Advice

: Typical regretful experiences include changing lifestyle, business life, family relation and marriage just like you have experienced. I want to teach you to change your habits and the way of thinking. Soon you will start to change your feelings of regret, shame, and anger. Instead, you'll emotionally get healed.

D. Blacksmith : That's what I really need. How can I succeed this?

Mr. Advice

: I will give you some homework and I will see you again after a while.



D. Blacksmith: OK.

Mr. Advice

: Write down your regrets on a paper, Mr. Blacksmith. List your regrets and any questions you inquiring yourself. You might ask, for instance, why you behaved the way you did. This will assist you cope with the feeling of being stuck.

D. Blacksmith: OK, I got it.

Mr. Advice

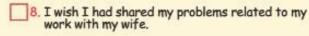
: Regrets can be important to find out why and you can come to a conclusion. This life lesson can encourage you for a new start, and act wiser in the future.

D. Blacksmith: I entirely agree with you.

Mr. Advice

: One more thing. What you regret may also be things you have learned about yourself and others. With this knowledge, the possibility of making a similar choice in the future decreases, Make cure to act wice

Water Suite to act Wiser.
I wish I had taken my wife's words to heart instead of turning a deaf ear to her.
I wish I had bought a larger house for my wife instead of the present one.
I wish I could be more optimistic about having a child,
I wish I had spend less time on social media when I was at home.
I wish we had moved to a small city to live in a quiet place.
I wish I hadn't quarreled with my wife all the time.
I wish I wasn't a work freak and had come earlier home to be with my wife.





#### WISH CLAUSES

#### wish / if only + Simple Past

- "Wish" (istemek, dilemek) fiili "Simple Past" ile birlikte kullanıldığında, bir şeyin şimdi ya da gelecekte farklı olması istendiği ifade edilir. "I wish" ve "If only" cümleye "keşke" anlamı katar.
- √ "Wish" den sonra gelen cümlecikte istenen durum "Simple Past" kullanarak söylense de, anlam şimdiye, şu ana veya geleceğe aittir.

I have to go to work, but I want to sleep more. I wish I didn't have to go to work today.

(İşe gitmek zorundayım ama daha fazla uyumak istiyorum. Keşke bugün işe gitmek zorunda olmasaydım.)

I wish I had a house by the sea.

(Keşke deniz kenarında evim olsaydı.)

My car broke down again yesterday. I wish I had a new car.

(Arabam bugün tekrar arızalandı. Keşke yeni bir arabam olsaydı.)

NOT: Resmi İngilizcede bu yapı ile birlikte tekil kişilerde bile "was" yerine her zaman "were" kullanılır.

I wish I were a good driver like my father. (Keşke babam gibi iyi bir sürücü olsaydım.)

If only the weather were sunny today. (Keşke bugün hava güneşli olsaydı.)

#### wish / If only + Past Perfect

 Bu yapı geçmiş ile ilgili bir pişmanlık ifade ederken kullanılır. Geçmişte olan bir eylemin farklı olmuş olması dilenir.

I wish you hadn't spoken to him like that. (Keşke onunla böyle konuşmamış olsaydın.)

I got a low mark from the exam. If only I had studied harder. (Sınavdan düşük not aldım. Keşke daha fazla

(Sınavdan düşük not aldım. Keşke daha fazla çalışsaydım.)

He had an accident last night. He wishes he had driven more carefully. (O dün gece kaza geçirdi. Daha dikkatli araba sürmeyi dilerdi.)

#### wish / If only + Would

✓ Şikayet ve ricalarda kullanılan bir yapıdır. Bu yapıda başka bir kimsenin yaptığı olumsuz bir davranıştan rahatsız olunduğunu ve gelecekte bu davranışın değiştirilmesi istendiğinde kullanılır. Öznelerin aynı olması durumunda "would" kullanılamaz.

I wish you wouldn't disturb me. (Keşke beni rahatsız etmesen.)

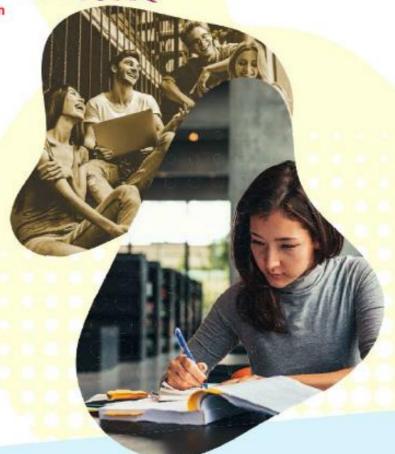
If only you wouldn't ask so many questions on the phone.

(Keşke telefonda fazla soru sormasan.)





- Complete the sentences with the correct form of the given verbs.
  - We had a car accident yesterday. I wish we \_\_\_\_\_\_ (not crash) that bus.
  - Z. The movie was so boring. If only we (go) to the theatre.
- I broke my best friend's heart yesterday. I wish
   (not say) she was overweight.
- You weren't at school yesterday and you missed an important subject in Math. If only you \_\_\_\_\_\_ (come) to the class.
- My father couldn't find a room for us for holiday in Antalya. He wishes he \_\_\_\_\_\_(book) a room a few months ago.
- You studied for the exam and got a bad mark. If only you \_\_\_\_\_\_ (not hang out) with friends all day yesterday.





- My friend and I wish we ---- our homework. The teacher got very angry.
  - a) do
- b) did
- c) had done
- 2. I have to study for hours. I wish the lessons - - so hard at school.
  - a) hadn't been
- b) aren't
- c) weren't
- 3. John said the movie was great. I wish I - - to the cinema with him.
  - a) went
- b) had gone
- c) go
- 4. Five years ago, I could be a policeman, but I didn't. If only I - - a policeman then.
  - a) had been
- b) were
- c) am
- We cannot visit our grandparents very often. I wish we ---- in the same city with them.
  - a) live
- b) lived
- c) had lived
- 6. Tony missed the bus and was late for the meeting. He wishes he - - the bus on time.
  - a) caught
- b) had caught
- c) catch
- 7. I wish I - - a lot of money. Then I would help the poor.
  - a) has
- b) have
- c) had
- 8. Lisa cannot play in the school basketball team. She wishes she ---- a taller girl.
  - a) were
- b) is
- c) had been



Write wishes or regr	Write wishes or regrets for the given situations.				
My daughter love falling snowflakes	s winters. She wants to see s. (snow)				
She wishes	in our city all winter.				
	2. Julia had her hair dyed in red, but she isn't happy with it now. (not dye)				

She wishes \_\_\_\_\_\_ in red.

3. You didn't help me with my homework, so I couldn't get a good mark. (help)

I wish \_\_\_\_\_ me with my homework.

<ol> <li>Kevin joined a par it. (not go)</li> </ol>	ty last night, but he didn't like
He wishes	to that party.
<ol><li>I missed the bus the get up early. (get up</li></ol>	nis morning because I didn't up)
If only I	early this morning.
6. My father couldn't	operate the new machine. (read
My father wishes h instruction manua	ne the il carefully.

#### IF CLAUSE TYPE - 3 (Unreal Past Conditions)

√ Şart cümleleri bu yapısıyla, gerçek olmayan geçmiş durumlardan bahsederken kullanılır. Bu cümleler tamamen varsayımsal ve gerçek dışıdır. "Type 3 conditional" cümlelerde her zaman bir pişmanlık iması bulunur. Bu yapıda hem sonuç cümlesi hem de şart cümleciği kısmı geçmişle ilgilidir. Bu yapıdaki fiiller 3. halde yani "past participle" şekliyle kullanılır

Mr. Black didn't drive carefully, so he had a serious accident.

(Bay Black dikkatli bir şekilde araba sürmedi bu yüzden ciddi bir kaza geçirdi.)

If Mr. Black had driven carefully, he wouldn't have had a serious accident.

(Eğer Bay Black dikkatli araba kullansaydı, ciddi bir kaza geçirmeyecekti.)

They didn't visit istanbul, so they couldn't see the historical places.

(İstanbul'u ziyaret etmediler bu yüzden tarihi yerleri göremediler.)

If they had visited Istanbul, they could have seen the historical places.

(Eğer İstanbul'u ziyaret etmiş olsalardı, tarihi yerleri görebilirlerdi.)

If Clause Type 3 ile kullanılan yapılar ve zamanlar ise şöyledir;

1) Ana cümlede (main clause) kullanılabilenler

would have done / wouldn't have done (\_yapacaktim / \_yapmayacaktim)

If you had got that job, you would have earned a lot of money.

(O işi alsaydın, çok para kazanacaktın.)

If she had taken her syrup, she wouldn't have had a high fever.

(Eğer şurubunu içmiş olsaydı, yüksek ateşi olmayacaktı.)

might have done / might not have done (Geçmişe yönelik ihtimal belirtir.)

If he hadn't fasten his seat belt, he might have died in that accident.

(Eğer emniyet kemerini takmamış olsaydı, o kazada ölebilirdi.)

If they had built their house strong, it might not have collapsed in the earthquake.

(Eğer evlerini güçlü bir şekilde inşa etselerdi, depremde yıkılmayabilirdi.)

could have done / couldn't have done (Geçmişe yönelik izin ve yetenek belirtir.)

If the students had studied hard, they could have passed the exam easily.

(Eğer öğrenciler çok çalışsalardı, sınavı kolaylıkla geçebilirlerdi.)

If we hadn't gone to bed early last night, we couldn't have got up early this morning.

(Eğer dün gece erken yatmamış olsaydık, bu sabah erken kalkamazdık.)

2) Koşul cümlesinde kullanılabilenler

Şart cümlelerinin 3. tipinde, koşul cümleceği yani "if clause" kısmında başka yapılar da kullanılsa bile, daha çok ve sıklıkla Past Perfect (had V<sub>3</sub>) zamanı terrih edilir

If the police had caught the robbers, they would have arrested them.

(Eğer polis soyguncuları yakalamış olsaydı, onları tutuklayacaktı.)



- (15) Combine the sentences.
  - 1. If he had installed an Internet security software,
  - 2. If my father had driven the car more carefully,
  - 3. If you had invited your classmates to this party,
  - If I had known the way to the tourist information office,
  - 5. If you had studied for the exam earlier,
  - A. he wouldn't have hit that big tree by the road.
  - B. you wouldn't have had to study until midnight.
  - C. his computer wouldn't have got a virus.
  - D. I could have given the direction to the tourists.
  - E. they would have been here now.



- 16) Make if clause type 3 sentences.
  - 1, I didn't buy a ticket. I couldn't go to the football
  - 2. The weather was so nice yesterday. We could go to the beach.
  - He didn't have enough money. He didn't buy that new laptop.
- Martin was ill yesterday. He couldn't take the Math exam.
  - The children broke the window while playing football, so Mr. Miller got angry with them.

- Choose the closest meaning to the sentences below.
  - If I hadn't spent too much time chatting online, I wouldn't have got low grades.
    - a) I didn't spend too much time chatting online, so I could get low grades.
    - I spent too much time chatting online, so I couldn't get high grades.
  - If you had gone to the party last weekend, you could have seen your old friends.
    - a) You went to the party last weekend, so you could see your old friends.
    - b) You didn't go to the party last weekend, so you couldn't see your old friends.
  - If we had been strong enough, we would have won the final match.
    - a) We weren't strong enough, so we couldn't win the final match.
    - b) We were strong enough, so we could win the final match.
  - If I had given up using my smartphone in class, I could have understood the lessons better.
    - a) I gave up using my smartphone in class, so I could understand the lessons better.
    - b) I didn't give up using my smartphone in class, so I couldn't understand the lessons better.
  - If Clara had applied sunscreen before she went to the beach, she wouldn't have had terrible sunburns.
    - a) Clara didn't apply sunscreen before she went to the beach, she had terrible sunburns.
    - b) Clara applied sunscreen before she went to the beach, so she didn't have terrible sunburns.











# Read the text and match the sentences with their halves.

- 1. Cyber criminals want to
- 2. Cyber attacks can be
- 3. Cyber threats can be defined as
- 4. Cyber defense programs can
- 5. Cyber security is the

a)	steal	money	from	the	computer	users
	Dank	account	S.			

- b)practice of protecting systems, networks, and programs from digital attacks.
- c) help internet users protect their systems against possible attacks.
- d) prevented with special internet security or antivirus programs.
- e) possible dangers that come from the internet and therefore cause possible harm.

# 19) Match the words with their definitions.

1. infiltrate

2. disguised

3. patch

4. outdated

5. attachment

6. defend

- A) having an appearance that hides the true form
- B) no longer useful or modern
- C)to protect someone or something from being attacked, especially by fighting
- D) a computer file that is sent together with an email message
- E) to gather information secretly about the activities of a person, organization, etc.
- F) a small computer program that can be added to an existing program in order to make the existing program work as it should

# WHAT IS CYBER SECURITY?

Cyber security is the practice of protecting systems, networks, and programs from digital attacks. These cyber attacks are usually aimed at accessing, changing, or destroying sensitive information. Cyber criminals also want to steal money from users; or interrupt normal business processes. A successful cyber security approach has multiple layers of protection spread across computers, networks, programs, or data that one intends to keep safe. Users must understand and apply basic data security principles like choosing strong passwords, avoiding the attachments in email, and backing up data. In today's connected world, everyone benefits from advanced cyber defense programs. You don't need to be a cyber security specialist to understand and practice cyber defense tactics. You'll learn more about cyber security and how to help defend yourself against cyber threats if you do some research on the net. You can recognize and avoid threats before they're able to infiltrate your network or device.

#### **HOW CAN WE PROTECT OUR SYSTEM?**

The Internet is not always secure for users for all ages. People should take some simple but effective precautions to keep their systems safe. Here is a bunch of advice for a secure surfing on the net. Everyone can follow these steps for cyber safety.

- Only use trusted sites when providing your personal information.
- Don't open email attachments or click links in emails from unknown sources. One of the most common ways that people are attacked is through emails disguised as being sent by someone you trust.
- Always keep your devices updated. Cyber attackers try to hack outdated devices because they don't have the most current security software.
- · Back up your files regularly to prevent cyber security attacks.
- Never enter personal information in an email message, when you don't know the recipient.
- Never enter personal information on a website provided as a link in an email message.
- Never share personal information with others over an instant message connection.
- Never buy from an online store that doesn't offer a secure, encrypted connection when you're asked for your personal information and credit card number.
- Never download a file from a site you don't trust.



(not attend) the meeting on

Friday if they \_

about it before.

(not inform) me

Fill in the blanks with the words below. (6x3=18 pts.)	Put the verbs into the correct form. (5x4=20 pts.)
show up confusion turned into realised target authorisation	I wouldn't have invited Sam if I (know)     he broke up with my sister.
<ol> <li>I was expecting to see Sue's father on her wedding day, but he didn't</li></ol>	그는 내가 내가 되었다. 이 사이는 사내가 얼마가 아니는 아니는 아니는 아니는 아니는 아니는 아니는 아니는 아니는 아니는
2. If I had taken a taxi to the airport, 3. If I hadn't eaten too much, 4. If I hadn't seen your name on the list,	3. If Sarah (not forget) to take her mobile phone with her, she (call) her parents when she arrived.
A. I could have caught the plane.	4. The road (not be) closed all day yesterday if there (not be) a terrible accident.















B. I wouldn't have had a stomachache.

D. I wouldn't have attended the workshop.

c. I would have passed the test.