

CUKUROVA UNIVERSITY

SCHOOL OF FOREIGN LANGUAGES



2025–2026

ACADEMIC YEAR

NEW SAMPLE

ENGLISH PROFICIENCY EXAMINATION

SESSION II

(Integrated Writing & Writing a Text)

Student Number		List Number	
Class			
Signature			

- This booklet includes two parts. Each part has its own instructions.
- The total time allocated for this session is 75 minutes, excluding the talk you will listen to in Part 1 (Integrated Writing).
- Good luck.

TOTAL MARK (A + B)

1st Evaluator	2nd Evaluator
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PART 1. INTEGRATED WRITING (10 pts.)

You will hear a talk about ‘Digital Minimalism.’ ONCE. Listen and take notes in the space provided. You will need these notes to write a summary of this talk. Your notes will not be graded.

Using your notes, summarise the talk you have heard about ‘Digital Minimalism’ with a maximum of 100 words by giving the topic sentence of the talk and all the major ideas. Your summary will be graded according to content & organisation, and language use. (10 pts.)

	1 st mark	2 nd mark	Final Mark

PART 2. WRITING A TEXT (15 pts.)

Choose **ONE** of the topics below and write an essay **with a minimum of 250 words** by giving an introduction with a well-structured thesis statement, well-developed main ideas with supporting details, and an appropriate conclusion. The points for each topic below are given as guidelines. You may use these and are supposed to develop your ideas. Your essay will be graded according to ***content & organisation, and language use.*** (15 pts.)

1. Many experts believe that vocational training should be valued as highly as a university degree. What is your opinion?
2. There has been a global shift towards electric vehicles in recent years. What might be the advantages and/or disadvantages of this shift?
3. A loneliness epidemic has become widespread among people. What can be the causes and/or effects of this epidemic?

1 st mark	2 nd mark	Final Mark

Good morning, everyone.

In our modern world, we are surrounded by technology, and while our devices offer many advantages, their constant demand for our attention can leave us feeling stressed and unfocused. Today, we'll focus on a solution to this problem: a philosophy called **digital minimalism**. This isn't about removing all technology from our lives; instead, it's about learning to use it more intentionally. In this talk, we'll explore **three benefits of digital minimalism**.

Let's start with the first benefit: **digital minimalism improves our ability to concentrate**. All the endless notifications from apps constantly interrupt our thoughts, making it very difficult to focus on important tasks. When you practice digital minimalism, you turn off these non-essential alerts. This simple change allows your brain to stay focused on one thing at a time, whether it's work, studying, or a creative project.

The second benefit is that **digital minimalism** helps us build stronger relationships. When we are constantly looking at our phones, we are not fully present in our real-world conversations. This can make our friends and family feel ignored. By putting our devices away during meals or when we are with other people, we give them our full attention. This leads to more meaningful conversations and deeper connections, which are essential for any healthy relationship.

Finally, let's talk about the third benefit: **digital minimalism has a positive impact on our mental well-being**. Spending too much time on social media can often lead to anxiety. By reducing our screen time, we create more opportunities for offline activities that bring us genuine joy—things like exercising, reading, or spending time in nature. These activities help to lower stress and increase our overall life satisfaction, which leads to a calmer and more balanced state of mind.

So, to summarise, the benefits of practising digital minimalism are clear and significant. Digital minimalism helps improve our focus, strengthen our relationships, and boost our mental well-being. It's a powerful reminder that technology should be a tool to improve our lives, not control them.

Thank you.

Sample summary:

This talk is about the benefits of digital minimalism. Digital minimalism is about using technology purposefully, rather than eliminating it. First, it helps you focus better because you turn off constant notifications. Second, it improves your relationships. By putting your phone away, you are more present with friends and family. This leads to deeper connections. Finally, it makes you feel happier and less stressed. Spending less time online means more time for enjoyable activities. So, digital minimalism helps you use technology as a tool, rather than letting it control you.