

 **BAĞLAM**

Ryan has recently been struggling to balance his school responsibilities and personal life. Because of his busy schedule, he often stays up late studying for exams and spends long hours in front of his computer. As a result, he feels exhausted during the day and has difficulty concentrating in class. After noticing these problems, his school counselor suggested several helpful strategies such as creating a realistic study timetable, taking regular breaks and reducing screen time before sleeping. Ryan initially doubted that these small changes would make a difference, but after following the advice for a few weeks, he realized that he felt more energetic and focused at school.

 **SORU 1**

What was Ryan's main problem before meeting the school counselor?

- A) He was unable to use technological devices properly.
 - B) He had difficulty managing his responsibilities and daily routine.
 - C) He refused to study for his exams regularly.
 - D) He wanted to spend more time with his classmates.
 - E) He planned to leave school because of stress.
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 **SORU 2**

Which of the following contributed to Ryan's improvement?

- A) Ignoring his school counselor's advice completely
 - B) Spending more time online before sleeping
 - C) Following practical suggestions about his routine
 - D) Avoiding all school responsibilities for a while
 - E) Studying continuously without taking breaks
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