



UNIT 3: TEENAGERS

PART I. THEORY

A. VOCABULARY

No	Words	Type	Pronunciation	Meaning
1.	teenager	(n)	/ˈtiːneɪdʒə[r]/	thanh thiếu niên
2.	club	(n)	/klʌb/	câu lạc bộ
3.	school club		/sku:l klʌb/	câu lạc bộ học đường
4.	form	(n)	/fɔ:m/	diễn đàn
5.	browse	(v)	/braʊz/	đọc lướt, tìm (trên mạng)
6.	check	(v)	/tʃek/	kiểm tra
7.	connect	(v)	/kəˈnekt/	kết nối
8.	log (on to)	(v)	/lɒg/	đăng nhập
9.	upload	(v)	/ˌʌpˈləʊd/	tải lên
10.	update	(v)	/ˌʌpˈdeɪt/	cập nhật
11.	post	(v)	/pəʊst/	đăng, tải (bài lên trang mạng)
12.	share	(v)	/ʃeə(r)/	chia sẻ
13.	focus	(v)	/ˈfəʊkəs/	tập trung
14.	concentrate	(v)	/ˈkɒnsntreɪt/	tập trung
15.	coach	(v)	/kəʊtʃ/	huấn luyện
16.	advise	(v)	/ədˈvaɪz/	khuyến, khuyên bảo
17.	discuss	(v)	/dɪˈskʌs/	thảo luận
18.	stress	(n)	/stres/	sự căng thẳng
19.	stressful	(adj)	/ˈstresfl/	căng thẳng
20.	calm	(adj)	/kɑ:m/	điềm tĩnh



21.	midterm	(n, adj)	/ˌmɪd'tɜ:m/	giữa kỳ
22.	midterm test		/ˌmɪd'tɜ:m test/	bài kiểm tra giữa kỳ
23.	pressure	(n)	/'preʃə(r)/	áp lực
24.	user-friendly	(adj)	/ju:zə 'frendli/	thân thiện với người dùng
25.	enjoyable	(adj)	/ɪn'dʒɔɪəbl/	thích thú, thú vị
26.	leader	(n)	/'li:də(r)/	người lãnh đạo
27.	competition	(n)	/ˌkɒmpə'tɪʃn/	cuộc thi đấu
28.	account	(n)	/ə'kaʊnt/	tài khoản
29.	website	(n)	/'websaɪt/	trang web
30.	notification	(n)	/ˌnəʊtɪfɪ'keɪʃn/	sự thông báo
31.	peer	(n)	/pɪə(r)/	người ngang hàng, bạn đồng trang lứa
32.	bully	(n)	/'bʊli/	kẻ bắt nạt
33.	media	(n)	/'mi:diə/	(phương tiện) truyền thông
34.	school work	(n)	/sku:l wɜ:k/	bài làm trên lớp
35.	teamwork	(n)	/'ti:mwɜ:k/	làm việc nhóm

🌟 Notes

- **Teenager** còn có cách viết khác là **teen**

Example: Teen school club = câu lạc bộ học đường dành cho lứa tuổi thanh thiếu niên
 Teen stress = sự căng thẳng ở lứa tuổi thanh thiếu niên

- Các câu lạc bộ học đường bao gồm nhiều câu lạc bộ. Học sinh có thể lựa chọn câu lạc bộ phù hợp để tham gia

Example: Chess club = câu lạc bộ cờ vua

Language club = câu lạc bộ ngôn ngữ

Sport club = câu lạc bộ thể thao

Arts and crafts club = câu lạc bộ mỹ thuật và thủ công mỹ nghệ

🌟 Word form

Verb	Noun	Adjective	Adverb
concentrate	concentration	concentrated	
connect	connection connectedness	connected connective	
enjoy	enjoyment	enjoyable	enjoyably
expect	expectation expectancy expectance	expectant	
mature	maturity	mature	



notify	notification		
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B. GRAMMAR

1. Simple sentences and compound sentences (Câu đơn và câu ghép)

✚ Ký hiệu viết tắt:

DPDC: *dependent clause*

IDPDC: *independent clause*

a. Câu đơn (Simple sentences)

SIMPLE SENTENCES	- Câu đơn là câu chỉ có một mệnh đề độc lập (<i>independent clause</i>), có chủ ngữ và có động từ để diễn tả một ý hoàn chỉnh. Tùy theo động từ mà câu có thể có thêm tân ngữ (<i>object</i>) hoặc bổ ngữ (<i>complement</i>) Example: You look great. I agree. They are celebrating Christmas.
	- Chủ ngữ trong câu đơn có thể là chủ ngữ ghép. Example: An and Nam are my friends.
	- Một câu đơn có thể có nhiều hơn một động từ. Example: He wears a white shirt and drives a black motorbike.
	- Một câu đơn có thể cùng có chủ ngữ ghép và nhiều động từ. Example: Nga and Thanh get on the taxi and sit on the rear seats.

b. Câu ghép (Compound sentences)

- Câu ghép là câu có từ hai mệnh đề độc lập trở lên, trong đó các mệnh đề có tầm quan trọng ngang nhau. - Các mệnh đề có thể đứng độc lập mà vẫn diễn tả được ý hoàn chỉnh. Có ba cách chính để nối các mệnh đề độc lập này với nhau thành câu ghép:

➤ Sử dụng các liên từ (conjunctions)	➤ Sử dụng các trạng từ nối (conjunctive adverbs)
<p>+ Câu ghép sử dụng liên từ có cấu tạo sau:</p> <p style="text-align: center;">IDPDC 1, conjunction + IDPDC 2; conjunction,</p> <p>+ Các liên từ thường dùng để nối trong câu ghép bao gồm: and (và), but (nhưng), for (vì), nor (cũng không), or (hoặc), so (vì vậy), yet (tuy thế). Luôn có dấu phẩy (,) trước liên từ.</p> <p>Example: Tommy found the folk game interesting, so he decided to join it. Tet is the longest holiday in the year, so we need to prepare for it.</p>	<p>+ Câu ghép sử dụng trạng từ nối có cấu tạo như sau:</p> <p style="text-align: center;">IDPDC 1; conjunction, IDPDC 2</p> <p>+ Các mệnh đề độc lập của một câu ghép có thể được kết nối bằng một trong các trạng từ nối như: consequently, furthermore, however, otherwise, nevertheless, therefore ... và luôn có dấu phẩy theo sau nó.</p> <p>Example: Mid-Autumn Festival is considered a kid's event; however, it is mostly celebrated by people of all ages. He has studied hard the whole year; therefore, he looks forward to a long holiday.</p>
➤ Sử dụng dấu chấm phẩy (semicolon)	
<p>+ Các mệnh đề độc lập trong một câu ghép có thể được kết nối bằng một dấu chấm phẩy (;). Đây là loại câu thường được sử dụng khi hai mệnh đề độc lập có nghĩa gần gũi với nhau. Cấu tạo như sau:</p> <p style="text-align: center;">IDPDC 1; IDPDC 2</p> <p>Example: I travelled to Sa Pa; I took some photographs of terraced field.</p>	



The teacher is handling the test results; the students are thinking about their marks.

C. PRONUNCIATION

Sound /ʊə/ and /ɔɪ/

1. Nguyên âm đôi /ʊə/

a. Cách phát âm

- Phát âm âm /ʊ/ dài hơn một chút và sau đó nâng lưỡi lên trên và ra phía sau tạo nên âm /ə/, âm /ə/ phát âm nhanh và ngắn.



b. Dấu hiệu nhận biết âm /ʊə/

✓ **Dấu hiệu 1:** “oo” được phát âm là /ʊə/ trong những từ có một âm tiết mà tận cùng bằng “r”

boor	/bʊər/	người cục mịch, thô lỗ
moor	/mʊər/	buộc, cột (tàu thuyền)
poor	/pʊər/	nghèo
spoor	/spʊər/	dấu vết

✓ **Dấu hiệu 2:** “ou” có thể được phát âm là /ʊə/

tour	/tʊə(r)/	cuộc du lịch
tourist	/ˈtʊərɪst/	khách du lịch
tournament	/ˈtʊənəmənt/	cuộc đấu thương trên ngựa

2. Nguyên âm đôi /ɔɪ/

a. Cách phát âm

- Bắt đầu phát âm từ âm /ɔ:/, sau đó di chuyển dần về phía âm /ɪ/.

- Khi bắt đầu phát âm, mở môi tròn và đầu lưỡi chạm hàm răng dưới. Sau đó, kéo môi dần sang hai bên về phía tai và hàm dưới nâng lên một chút.

- Môi mở hờ khi kết thúc âm.



b. Các dấu hiệu nhận biết nguyên âm đôi /ɔɪ/

Dấu hiệu 1: “oi” được phát âm là /ɔɪ/

coin	/kɔɪn/	đồng tiền
foil	/fɔɪl/	lá (kim loại)
toil	/tɔɪl/	công việc khó nhọc
voice	/vɔɪs/	giọng nói
oil	/ɔɪl/	dầu
boil	/bɔɪl/	sôi, sự sôi
point	/pɔɪnt/	điểm, vấn đề
hoist	/hɔɪst/	nhấc bổng lên, thang máy

Dấu hiệu 2: “oy” được phát âm là /ɔɪ/

destroy	/dɪˈstrɔɪ/	phá hủy
joy	/dʒɔɪ/	sự vui mừng, hân hoan
enjoy	/ɪnˈdʒɔɪ/	thích thú, hưởng thụ
toy	/tɔɪ/	đồ chơi
boy	/bɔɪ/	cậu bé, chàng trai



PART II. LANGUAGE

A. PHONETIC

Exercise 1: Put the underlined words in the correct column depending on their pronunciation.

ens <u>ure</u>	co <u>in</u>	to <u>ur</u> ist	po <u>in</u> t	vo <u>i</u> ce	destro <u>y</u>	matu <u>r</u> e	lo <u>y</u> alty	ru <u>r</u> al	spo <u>i</u> l
secu <u>r</u> e	to <u>i</u> let	usu <u>a</u> lly	endu <u>r</u> e	po <u>i</u> son	plu <u>r</u> al	enjo <u>y</u>	det <u>ou</u> r	punctu <u>a</u> l	obscu <u>r</u> e
bo <u>y</u>	bo <u>i</u> l	to <u>ur</u>	employ <u>er</u>	po <u>or</u>	no <u>i</u> se	matu <u>r</u> ity	furi <u>o</u> us	rejo <u>i</u> ce	disappoi <u>n</u> ted
/ʊə/					/ɔɪ/				

Exercise 2: Choose the word (A, B, C, or D) whose underlined part is pronounced differently from the others.

- | | | | |
|-------------------------|-------------------------|------------------------|-------------------------|
| 1. A. cl <u>u</u> b | B. u <u>p</u> load | C. discu <u>s</u> s | D. focu <u>s</u> |
| 2. A. me <u>d</u> ia | B. stressfu <u>l</u> | C. pressu <u>r</u> e | D. we <u>b</u> site |
| 3. A. connect <u>ed</u> | B. concen <u>t</u> rate | C. ca <u>l</u> m | D. co <u>m</u> petition |
| 4. A. padd <u>y</u> | B. teenag <u>e</u> r | C. cam <u>e</u> l | D. catt <u>l</u> e |
| 5. A. illn <u>e</u> ss | B. succ <u>e</u> ss | C. accessib <u>l</u> e | D. pressu <u>r</u> e |

Exercise 3: Choose the word (A, B, C, or D) whose main stress is different from the others in the group.

- | | | | |
|-----------------|--------------|----------------|----------------|
| 1. A. teenager | B. enjoyment | C. concentrate | D. countryside |
| 2. A. connect | B. advise | C. focus | D. discuss |
| 3. A. stressful | B. success | C. pressure | D. leader |
| 4. A. pressure | B. decision | C. friendship | D. guidance |
| 5. A. account | B. website | C. bully | D. teamwork |

B. VOCABULARY - GRAMMAR

Exercise 1: Match the words with their meanings.

- | | |
|-------------|--|
| 1. browse | A. join with someone or something else |
| 2. connect | B. look through a website without reading everything |
| 3. leader | C. a person who uses their strength or power to frighten or hurt weaker people |
| 4. bully | D. a person who leads a group of people |
| 5. website | E. the activity of working together in a group |
| 6. teamwork | F. a set of pages on the internet |

Exercise 2: Fill in the blank space in each sentence or best answers the question.

1. The teacher asks the whole class to _____ on studying to prepare well for the midterm exam.
- | | | | |
|-----------|----------|------------|----------|
| A. advise | B. focus | C. connect | D. coach |
|-----------|----------|------------|----------|
2. Most teenagers today have at least one social media _____ for entertainment and study.
- | | | | |
|------------|-----------|------------|-------------|
| A. account | B. leader | C. midterm | D. teenager |
|------------|-----------|------------|-------------|
3. Ally tries to overcome the _____ from her family by studying hard to get the best results.
- | | | | |
|----------|-------------|------------|-------------|
| A. media | B. teamwork | C. website | D. pressure |
|----------|-------------|------------|-------------|

4. According to many surveys, teenagers now find it interesting to _____ their short videos on Tik Tok.
A. post B. avoid C. go D. check
5. Most of the students are associated with _____ or sports teams.
A. school clubs B. stress C. account D. pressure
6. After school, we sometimes post a few questions on the _____ for discussion.
A. bully B. forum C. competition D. notification
7. I take pride in my positive attitude. I always stay _____, even in the worst situations.
A. enjoyable B. peaceful C. calm D. user-friendly
8. We feel pressured because there are only two days left until our _____ exam.
A. economic B. midterm C. social D. bad
9. Friendship is expressed through _____, caring, and helping each other when facing difficulties.
A. sharing B. doing C. making D. discussing
10. She wants to _____ the club to connect with new friends.
A. cook B. browse C. join D. log
11. We _____ the school website to find the school activities.
A. focus B. thank C. deny D. browse
12. I log _____ to my Facebook account to post my photos and chat with everyone.
A. on B. about C. with D. at
13. My father is an engineer, _____ he often has to work away from home.
A. and B. or C. but D. so
14. This year the Mid-Autumn Festival falls on the next Sunday, _____ I can go home and reunite with my family.
A. and B. or C. but D. so
15. Would you like to drink milk tea _____ coffee?
A. or B. otherwise C. so D. therefore
16. I have never joined in a carnival, _____ I am very curious about it.
A. and B. or C. but D. so
17. My mother is occupied in her job, _____ she tries to make time for me.
A. and B. or C. but D. so
18. I am learning English _____ I want to get a good job after school.
A. but B. because C. so D. therefore
19. Do you want to join us _____ do you want to leave now?
A. and B. or C. but D. so
20. I love cats, _____ my mother doesn't allow me to have one.
A. and B. or C. but D. so
21. Mary wants to go abroad, _____ she saves money from now.
A. and B. or C. but D. so
22. They used to be friends, _____ now they are not.
A. and B. or C. but D. so
23. Ann is very sensitive; _____, you shouldn't comment on his new shoes.
A. but B. therefore C. however D. so
24. This event is held to commemorate the national heroes, _____ it teaches children to respect and be grateful to the heroes.
A. and B. or C. but D. so
25. You can take a seat, _____ you can go around and take a look. It's up to you.
A. and B. or C. but D. so

Exercise 3: Choose the best conjunction to complete the compound sentences.

1. The police have sold the car in auction, _____ no one came to take it. **(but/ so/ for)**
2. Whale Festival is the biggest festival of the fishermen, _____ it is common. **(and/ but/ or)**
3. The discussion was not exciting, _____ was it informative. **(or/ so/ nor)**



4. It may rain tomorrow, ____ we are going home in any case. **(but/ nor/ and)**
5. The staff in our company can dine out, ____ they can order in. **(so/ or/ for)**
6. Dorothy works ten hours a day, ____ he has time to volunteer at a charity. **(yet/ and/ nor)**
7. The injured man was incapable of walking, ____ he had to be carried. **(but/ and/ so)**
8. She looks shy and skinny, ____ she is a karate athlete. **(or/ yet/ and)**
9. I made a suggestion, ____ they chose to ignore it. **(so/ but/ nor)**
10. I bought these three shirts, ____ they gave me the another one for free. **(for/ and/ or)**

Exercise 4: Circle the simple sentence of each following pair of sentences.

1. A. I cook and wash the dishes.
B. I cook, and she washes the dishes.
2. A. They went to Hoi An and bought lots of souvenirs.
B. They went to Hoi An, but they didn't buy any souvenirs.
3. A. Mai and her family visited their relatives in Nha Trang last week.
B. Mai and her family love Nha Trang, so they went to Nha Trang last week.
4. A. You can take this medicine, or you can drink hot ginger tea.
B. You can take this medicine.
5. A. She eats healthily, so she is very strong.
B. She eats healthily and does exercises regularly.
6. A. Water boils at 100 degrees Celsius.
B. Water boiled, and he poured it into the kettle.

Exercise 5: Choose the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences:

1. When someone tries to log into some of your Tik Tok accounts, the system will send you a **notification**.
A. notice B. media C. midterm test D. stress
2. The **pressure** from my parents and friends makes me feel very stressed.
A. stress B. competition C. schoolwork D. leader
3. Many **teenagers** find themselves unable to go a few minutes without checking their social media accounts, resulting in a compulsive behavior that negatively impacts their daily lives.
A. men B. youths C. children D. boys
4. She has a habit of **posting** pictures of herself on Facebook every day, which annoys everyone.
A. checking B. uploading C. updating D. browsing
5. To **concentrate** on my work, I make a conscious effort to silence my phone and avoid logging on to any social media accounts.
A. advise B. discuss C. focus D. upload

Exercise 6: Choose the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences:

1. When I **log on** to my computer, the first thing I do is open my Facebook account to catch up on the latest updates from my friends and family.
A. log out B. cross over C. focus on D. keep up with
2. Instagram is **enjoyable**. I feel very happy when someone likes my photos that I uploaded.
A. bored B. happy C. peaceful D. quiet
3. Mary is into making crafts. She should **participate in** the arts and crafts club at school.
A. good at B. not keep in touch C. famous for D. not take part in
4. YouTube is one of the most **popular** social media sites nowadays.



- A. collective B. enjoyable C. uncommon D. user-friendly

5. Teen social media addiction can **negatively** impact offline relationships, as teens may become socially isolated and have difficulty engaging in face-to-face interactions due to their preoccupation with online interactions.

- A. impressively B. positively C. attractively D. nearly

Exercise 7: Write S for simple sentences and C for compound sentences.

1. _____ She is my aunt.
2. _____ Thomas speaks Vietnamese fluently.
3. _____ Mai and Hoa enjoy playing table tennis.
4. _____ Linda sings and Peter plays the guitar.
5. _____ Nga likes reading, so she bought a lot of books.
6. _____ I went to Ha Noi and visited some temples and pagodas there.
7. _____ She is a smart student, and she is an active member of our club.
8. _____ Mary wants to join the school chess club; however, she can't play chess.
9. _____ We go shopping, go to the cinema, and play sport together.
10. _____ She has prepared everything for her performance, but she feels nervous.

Exercise 8: Fill in a suitable conjunction to complete the following compound sentences

1. My father wants me to become a doctor, _____ I want to become a designer.
2. It is a challenging task, _____ it takes me a lot of time to do it
3. Should I stay in and watch TV _____ should I hang out with friends today?
4. There are many festivals in Vietnam _____ many of them are held in the spring.
5. Did you stay at home last night _____ did you go out with your friends?
6. I broke my glasses yesterday, _____ I didn't see things clearly.
7. My brother doesn't socialize much, _____ he has very few friends.
8. A new camera is all I want now, _____ I don't have enough money.
9. Mary looks small and thin, _____ she owns great strength.
10. I have many things to do tonight, _____ I reject my friend's invitation to her party.
11. My computer is brand new, _____ I encounter some problems when I use it.
12. This is a complex problem, _____ we need to work together to find the solution.
13. Peter doesn't feel well today, _____ he is absent from school.
14. They thought they won the match, _____ it turned out that they were losers.
15. My siblings and I don't share many similarities, _____ we are in harmony with each other.

PART III. SKILLS

A. LISTENING

Exercise 1: Listen and complete the sentences. (Track 06)

1. _____ is a normal part of life.
2. _____ and school are causes that makes teenagers stress.
3. Teenagers are stressed with their social _____ with friends.
4. _____ of time or having too much to do often causes stress.
5. Stress that hangs around for a long period of time can be _____ to your child's health and well-being.

Exercise 2: Listen again and write T (true)/ F (false) for each statement.

No	Statements	T	F
1.	Stress can even be beneficial in some situations.		
2.	Expectations and pressure to do well at school from		

Mai Absolutely, Nick! It's an excellent way to grow personally and connect with others
: who share your passions. (6) _____

C. READING

Exercise 1: Read the following passage and circle the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

① The first major cause for stress is school. Test (1) _____, trying to achieve excellent grades, starting a new school, trying to fit in, those can cause stress school, stress cannot be always (2) _____, some will cause pressure that will cause one (3) _____ work harder. But mainly stress leads to headaches, lack of concentration, forgetfulness or stomachaches. I understand these past couple weeks I have (4) _____ more stress than I ever have left before. I had these those school comp paper due, Seney's huge test coming up, and semester tests in general. (5) _____, school is a major source for stress.

- | | | | |
|---------------|----------------|----------------|-----------------|
| 1. A. took | B. take | C. taking | D. taken |
| 2. A. good | B. terrible | C. interesting | D. bad-tempered |
| 3. A. by | B. in | C. with | D. to |
| 4. A. removed | B. undertaken | C. gone | D. flown |
| 5. A. Summary | B. In addition | C. Moreover | D. Add to |

② Every teenage feels (1) _____ at times. There are different kinds of troubles, such as academic pressures, family issues and difficulties with peers. We must say that they are the main things that teens have to (2) _____ with on a daily basis. None of us can avoid stress completely, but (3) _____ give us some advice about things we can do to reduce our stress levels.

Firstly, it's important to exercise regularly, and avoid eating (4) _____ food. It is also important to take time out every day to do something that makes you happy. It may be listening to your favorite music, talking to a friend, or (5) _____ time with a pet.

It is always helpful to talk about your problems with others whether that's a friend, your parents or a teacher. As the saying goes, "A problem shared, is a problem halved!"

(Adapted from <https://znanija.com/task/9402134>)

- | | | | |
|-------------------|-----------------|-----------------|------------------|
| 1. A. stress | B. stressing | C. stressed | D. stressful |
| 2. A. cope | B. think | C. talk | D. keep |
| 3. A. psychology | B. psychologies | C. psychologist | D. psychologists |
| 4. A. healthy | B. health | C. unhealthy | D. unhealth |
| 5. A. to spending | B. spending | C. spend | D. to spend |

Exercise 2: Read the following passage and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

WHAT IS IT LIKE BEING A TEENAGER IN BRITAIN?

School

British teenagers spend most of their time at school. Students in Britain can leave school at sixteen (grade 11). This is also the age when most students take their first important exams, the GCSE (General Certificate of Secondary Education). Most teens take between 5-10 subjects, which means a lot of studying. They are spending more time on homework than teenagers ever before. Forget watching TV, teenagers in Britain now spend 2-3 hours on homework after school.

School uniform

Visit almost any school in Britain and the first thing you'll notice is the school uniform. Although school uniform has its advantages, when they are: 15 or 16 most teenagers are tired of wearing it. When there is more than one school in a town, school uniforms can highlight differences between schools. In London there are many cases of bullying and fighting between pupils from different schools.

Clothes and looks



In Britain, some teens judge you by the shirt or trainers you are wearing, is 40% of British teenagers believe its important to wear designer labels. If you want to follow the crowd, you need to wear trendy labels. Teenagers in Britain wear fashionable trainers and the more expensive, the better.

1. Most students in Britain take the GCSE when_____
 - A. they are 11 years old
 - B. they are 16 years old
 - C. they finish grade 10
 - D. they begin grade 11
2. What is the first thing you'll notice when you visit almost any school in Britain?
 - A. the school logo
 - B. the school gate
 - C. the school playground
 - D. the school uniform
3. What do most teenagers in Britain prefer to wear?
 - A. trendy labels
 - B. expensive uniforms
 - C. fashionable hats
 - D. economical trainers
4. The word 'highlight' in paragraph 2 is closest in meaning to_____
 - A. confuse
 - B. remark
 - C. emphasize
 - D. decrease
5. According to the passage, which of the following statements is NOT true?
 - A. Students in Britain can take 8 subjects at the GCSE.
 - B. Most British teenagers spend 2-3 hours watching TV after school.
 - C. Most 16-year-old students in Britain don't like school uniforms.
 - D. Many British teenagers judge their friends by their shirt or trainers.

Exercise 3: Read the following passage and answer the questions.

Teen stress

Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to have a chance in the job market afterwards. It's no wonder that many young people worry about letting down their parents, their peers and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends result is that young people suffer from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

Another way to avoid stress is to manage your time effectively. It is better to do a few tasks really well, than lots of tasks badly. Know your limits and try not to take on top much. Finally, if it all gets beyond your control, don't panic or get hysterical. Find the time to sit down quietly and breathe deeply for ten to twenty minutes. Do this regularly, and it will help you calm down and put things into perspective.

(Adapted from <https://en.islcollective.com/english-esl-worksheets//reading-teen-stress/80208>)

1. Why do young people suffer from stress?
→ _____
2. Is caffeine only in the form of coffee?
→ _____
3. What does physical exercise increase in the brain?
→ _____
4. What is the benefit of getting enough sleep?
→ _____
5. How much time do you need to sit down quietly and breathe deeply?



D. WRITING

Exercise 1: Rearrange the words to make complete sentences.

1. keep distracting me/ social media platforms /focus on studying/ when notifications from / It can be challenging to/. /



2. and concentrate on one thing /to prioritize tasks/ at a time to maximize productivity/ It's important/. /



3. my ability to focus on other aspects of my life /for browsing social media /to set aside dedicated time slots/ so that/ I find it helpful/ it doesn't interfere with/. /



4. to grab our attention /often use various strategies/ to grab our attention/ and keep us engaged, making it difficult to concentrate/ Social media platforms/. /



5. is a growing concern in today's digital age, / to their smartphones and the internet/ Teen social media addiction/ where individuals are constantly connected /. /



Exercise 2: Combine the following two simple sentences into a compound sentence.

1. My best friend is studying abroad. It is impossible for us to meet each other now.



2. They are going to build a new bridge across this river. Traveling will be much more convenient



3. It has been ages since our last encounter. I still remember him clearly.



4. I went down with flu last week. I had to postpone my work.



5. I think the festival will be full of fun. Many people will enjoy it.



6. Students can choose to carry out a project on environmental issues. They can conduct research on the topic of renewable energy.



7. My mother started a business trip last week. She hasn't returned home yet.



8. My brother has grown up into an adult. He still enjoys playing with Lego.



Exercise 3: Write compound sentences using the conjunctive adverb in brackets

1. He was very tired. He went on walking. **(nevertheless)**



2. She first disagreed to join our journey. She changed her mind later. **(however)**



3. We will have five days off this holiday. It is preceded by a couple of weekends. **(moreover)**



4. Please increase the air-conditioner's temperature. We will be frozen in here.

(otherwise)

5. I was ill yesterday. I could not come.

(therefore)

6. Austin studied a lot. He got great results.

(consequently)



7. I don't want to come out now. I must review my lesson.

(besides)

8. She will not come back until Monday. During that time, what do we do?

(meanwhile)

9. It's no trouble at all. It's a great pleasure to know your tradition.

(on the

contrary)

10. The coffee shop provides free Wi-Fi. There are several high speed cable ports. **(in**

addition)

Exercise 4: Write a paragraph (80 - 100 words) about the cause(s) of your stress and offer solutions.

Sample writing

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

--- THE END

Chỉ 100k/12 tháng, bạn tải rất nhiều tài liệu tiếng anh file word hay tại: Giaoandethitienganh.info
Mong bạn ghé ủng hộ !