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| TỈNH LẠNG SƠN  **TRƯỜNG THPT CHUYÊN**  **CHU VĂN AN**  (Đề thi đề xuất) | **ĐỀ THI CHỌN HỌC SINH GIỎI**  **TRẠI HÈ HÙNG VƯƠNG NĂM 2024**  **ĐỀ THI MÔN TIẾNG ANH LỚP 10**  Thời gian làm bài 180 phút (*Đề thi gồm có 17 trang, gồm 4 câu*) |

**I. LISTENING**

**Part 1. Complete the note below.**

**Write ONE WORD AND/OR A NUMBER for each answer.**

**Hinchingbrooke Country Park**

**The park**

Area: 1.\_\_\_\_\_\_\_\_\_\_\_ hectares

Habitats: wetland, grassland and woodland

Wetland: lakes, ponds and a 2.\_\_\_\_\_\_\_\_\_\_\_

Wildlife includes birds, insects and animals

**Subjects studied in educational visits include**

Science: Children look at data about plants, etc.

Geography: includes learning to use a 3.\_\_\_\_\_\_\_\_\_\_\_ and compass

History: changes in land use

Leisure and tourism: mostly concentrates on the park’s visitors

Music: Children make 4.\_\_\_\_\_\_\_\_\_\_\_ with natural materials, and experiment

with rhythm and speed.

**Benefits of outdoor educational visits**

They give children a feeling of freedom that they may not have elsewhere.

Children learn new 5.\_\_\_\_\_\_\_\_\_\_\_ and gain self-confidence.

**Practical issues**

Cost per child: 6.\_\_\_\_\_\_\_\_\_\_\_ £

Adults, such as 7.\_\_\_\_\_\_\_\_\_\_\_, free

*(IELTS 19 Test 1, Listening section 1)*

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** |

**Part 2. You will hear part of a talk by a man called James Edwards, who is the director of a museum association called Museum for All. For questions 1-8, complete the sentences with a word or short phrase.**

**Museums for All**

The association Museums for All was started two years ago.

James says the task of Museums for All is to change people’s 1.\_\_\_\_\_\_\_\_\_\_\_ of museum visits.

James worked for a big 2.\_\_\_\_\_\_\_\_\_\_\_ company before he was offered his current position.

James believes that museums should be more 3.\_\_\_\_\_\_\_\_\_\_\_ in the way they attract visitors.

James says that traditional museums used to be aimed at people with a good standard of education.

To raise interest in museums, James would like museums to have good 4.\_\_\_\_\_\_\_\_\_\_\_ with local schools.

James wants museums to be friendly, in the same way that 5.\_\_\_\_\_\_\_\_\_\_\_ are.

James says that a trip to the museum can be 6.\_\_\_\_\_\_\_\_\_\_\_ for some people.

James feels that it is the role of the 7.\_\_\_\_\_\_\_\_\_\_\_ to invest in rebuilding museums.

The Museum Festival next year will be held in 8.\_\_\_\_\_\_\_\_\_\_\_

*(FCE Test 6, part 2)*

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** |

**Part 3. For questions 1-5, listen to a conversation in a tourist information office in Guernsey and decide whether these statements are True (T) or False (F). Write your answers in the corresponding numbered boxes provided.**

1. There is a concert at the old castle on Saturday night.

2. The woman says that Hauteville House was the home of a famous writer.

3. The guided walk in St Peter Port starts at 5.00 and lasts 1.5 hours.

4. The man plans to take part in the Autumn Walking Festival.

5. The man is not interested in visiting the island of Jersey.

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |

**Part 4. For questions 1-5, listen to a radio interview in which a psychologist, Colin Fraser, talks about cultural identity and choose the correct answer A, B, C, or D which fits best according to what you hear. Write your answers in the corresponding numbered boxes provided.**

1. When discussing his own cultural identity, Colin reveals \_\_\_\_\_\_\_\_\_

A. his resilience to changing cultures.

B. his unorthodox family background.

C. his ability to adapt.

D. his feeling of alienation.

2. What does Colin regard as the defining aspect of a person’s cultural identity?

A. the sense of birth right

B. the emotion it generates

C. the physical proximity to heritage

D. the symbols of tradition

3. What is the influence of a culture attributed to?

A. the dissemination of wisdom

B. connection between societies

C. knowledge of one’s background

D. the practice of archaic rituals

4. According to Colin, what makes a culture successful on the global scene?

A. its capacity for tolerance

B. its isolation from the mainstream

C. its aptitude for resolving conflicts

D. its ability to be self-effacing

5. During the conversation, Colin is \_\_\_\_\_\_\_\_\_

A. distinguishing between birthplace and residence.

B. advocating the celebration of heritage.

C. highlighting the differences in societies.

D. addressing the issues raised by conflicting cultures

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |

**II. LEXICO-GRAMMAR**

**Part 1. For questions 1-15, choose the correct answer A, B, C or D to each of the following questions and write your answers in the corresponding numbered boxes provided.**

1. Paul: “ I was late because I got caught in traffic.”

Kevin: “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, lateness will not be tolerated in this office.”

A. Be that as it may B. If need be

C. Then so be it D. Whatever it may be

2. The hostage was released unharmed by the kidnappers, but they were never caught and charged with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. fraud B. forgery C. abduction D. trafficking

3. On his first day in the Milanese office, the German executive experienced \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the part of the employees in the office, who saw him as a threat.

A. inadequacy B. hostility C. equality D. degradation

4. The only room available was, to say the least\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. There was no carpet, no curtains, and the only furniture was a bed and a small bedside table.

A. snug B. dreary C. stark D. cushy

5. Regional parliaments allow \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for remote parts of the country or islands far from the capital.

A. self-government B. self-sufficiency C. self-regulation D. self-support

6. Zoe’s plan to study at university \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when she didn’t get the required grades in her school leaving exams.

A. fell through B. wrote off C. got back D. put in

7. Who need more than the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ necessities of life?

A. bare B. naked C. pure D. sole

8. All nations should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hands to work out a plan to solve the problem of global warming.

A. join B. hold C. shake D. lend

9. At the age of 11, Taylor Swift was already trying to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a record deal in Nashville.

A. land B. create C. steal D. grab

10. Please \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ these figures to memory, so that you will be able to answer the investors’ questions easily and confidently.

A. memorise B. recall C. retain D. commit

11. He’s sometimes bad-tempered but he’s a good fellow \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. at heart B. with heart C. by heart D. in heart

12. When it comes to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Alice always support her friends.

A. point B. crunch C. mark D. crisis

13. The problem is not with the new design\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but rather the way it is marketed.

A. with or without itself B. in and of itself

C. just by itself D. all by itself

14. Richard is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ confident, and this has helped him climb the corporate ladder.

A. acutely B. blissfully C. supremely D. immensely

15. I wish I hadn’t said it. If only I could \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. turn the clock round B. turn the clock down

C. turn the clock back D. turn the clock forward

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |
| **11.** | **12.** | **13.** | **14.** | **15.** |

**Part 2. Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions. Find and correct it.**

1. The developing of the submarine was hindered by the lack of a power source that could propel an underwater vessel.

A. developing B. hindered C. propel D. vessel

2. A beaver uses its strong front teeth to cut down trees and peel off its bark.

A. its B. cut down C. peel D. its

3. The Eastern bluebird is considered the most attractive bird native of North America by many birdwatchers.

A. considered B. most C. native of D. by

4. People suppose that the adventure of ChatGPT will have negative impacts on how college

students write essays.

A. suppose B. adventure C. on D. essays

5. Not one in one hundred children exposed to the disease are likely to develop symptoms of it.

A. Not one B. exposed C. are likely D. symptoms

**Part 3. For questions 1-10, write the correct form of each bracketed word in the numbered space provided.**

1. The success of the company in such a (COMPETE) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ market is remarkable.

2. His was a (SPEND) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ youth, devoted only to pleasurable pastimes and pursuits.

3. It’s a terribly (FUNCTION) \_\_\_\_\_\_\_\_\_\_\_\_ relationship; I don’t know why they’re still together.

4. He was a modest and (ASSUME) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ man who never gave the impression that he knew all the answers.

5. The one thing that can be said in favour is that it sends vegans and animal rights activists (CANDLE) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with rage.

6. The discussions reached a new level of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(intense) and by lunchtime the exchanges were becoming very heated.

7. Alvin met the genial master poet Langston Hughes, who became a lifelong friend and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (confide).

8. There is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (speak) recognition of a certain disposition or habitus among the social classes.

9. It has to be said it was rather \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (genus) of him to ask a complete stranger to look after his luggage.

10. Sometimes a sympathetic friend can be a constant source of discouragement, all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (know).

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |

**III. READING**

**Part 1. Read the text below and decide which answer A, B, C or D best fits each gap. Write your answers in the corresponding numbered boxes provided.**

Dogs can 1.\_\_\_\_\_\_\_\_\_\_ a range of impressive skills in their portfolio, from leading the blind to carrying out mountain rescues to 2.\_\_\_\_\_\_\_\_\_\_ those with contraband goods at border control posts. Unquestionably, they have extremely 3.\_\_\_\_\_\_\_\_\_\_ senses compared to humans and recently, scientists have been investigating the precise 4.\_\_\_\_\_\_\_\_\_\_ of their talents in relation specifically to their sense of smell. In short, they wanted to find out if man’s best friend could 5.\_\_\_\_\_\_\_\_\_\_ out cancer.

Indeed, this notion has been around for a while, 6.\_\_\_\_\_\_\_\_\_\_ on the internet for the most part, where anecdotal evidence abounds in the form of countless stories of family dogs persistently smelling certain areas of their owner’s body, areas later shown to be cancerous. However, whilst the canine sense of smell is unquestionably 7.\_\_\_\_\_\_\_\_\_\_, thus far at least, there appears to be little scientific 8.\_\_\_\_\_\_\_\_\_\_ for a canine cancer screening program.

The problem is that whilst studies have shown that dogs are right about cancer more often than could be explained by pure chance, their 9.\_\_\_\_\_\_\_\_\_\_ rates are not high enough to make them reliable for screening purposes.

Therefore, sadly, whilst man’s best friend undoubtedly has some very impressive tricks in his repertoire, he will not be turning up in cancer units any time soon other than to comfort his loved ones in their time of 10.\_\_\_\_\_\_\_\_\_\_.

1. A. boast B. praise C. brag D. applaud

2. A. recommending B. condescending C. comprehending D. apprehending

3. A. broadened B. lengthened C. aggravated D. heightened

4. A. length B. extent C. coverage D. dimension

5. A. sense B. smell C. sniff D. scent

6. A. perpetuated B. commemorated C. conserved D. reserved

7. A. astounding B. resounding C. compounding D. abounding

8. A. motive B. basis C. footing D. concept

9. A. identification B. recognition C. detection D. diagnosis

10. A. distress B. appeasement C. harassment D. agitation

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |

**Part 2. For questions 1-10, fill each of the following numbered blanks with ONE suitable word and write your answers in the corresponding numbered boxes provided.**

The game of solving difficult puzzles has always filled people with the feeling of a profound excitement. No 1.\_\_\_\_\_\_\_\_\_\_, then, that the fascination of treasure hunting has invariably been associated with the possibility of 2.\_\_\_\_\_\_\_\_\_\_ the most improbable dreams. According to what the psychologists claim, there is a little boy in every treasure hunter. Yet, the chase of hidden valuables has recently become a serious venture with amateur and professional seekers 3.\_\_\_\_\_\_\_\_\_\_ with highly sophisticated devices like metal detectors, radars, sonars or underwater cameras. What raises the adrenaline 4.\_\_\_\_\_\_\_\_\_\_ in these treasure-obsessed fanatics are legends, myths, old maps and other variety of clues promising immeasurable fortunes 5.\_\_\_\_\_\_\_\_\_\_ beneath the earth's surface or drowned in the ancient galleys. For many treasure hunters the struggle of hint searching is even more stimulating 6.\_\_\_\_\_\_\_\_\_\_ digging out a treasure trove composed of golden or silver objects, jewellery and other priceless artefacts. The job is, 7.\_\_\_\_\_\_\_\_\_\_, extremely strenuous as even the most puzzling clues must be thoroughly analysed. Failures and misinterpretations occur quite frequently, too. Yet, even the most unlikely clue or the smallest find is 8.\_\_\_\_\_\_\_\_\_\_ to reinforce the hunter's self-confidence and passion. Indeed, the delight in treasure finding doesn't 9.\_\_\_\_\_\_\_\_\_\_ depend on acquiring tremendous amounts of valuables. Whatever is detected, 10.\_\_\_\_\_\_\_\_\_\_ it a rusty sundial or a marble statue, brings joy and reward after a long and exhausting search.

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |

**Part 3. For questions 1-10, read the following passage and choose the answer A, B, C or D that fits best according to the text. Write your answers in the corresponding numbered boxes provided.**

In an effort to rekindle the dying embers of a once strong communal spirit, selected high schools are piloting a community service scheme. This service directive requires students to complete a predetermined number of field hours, sometimes as many as 60, to graduate. Those advocating it perceive it as a unique opportunity to help young adults look beyond their personal needs, and concern themselves with the needs of other less fortunate members of their community. Active involvement, albeit compulsory, in community affairs is considered by them to be a good way to create awareness of social issues and promote communal values and ideals. Rather than existing as isolated individuals, we need to form a dynamic group and **pool** our valuable resources to create a community that is proactive and highly **responsive** to its needs. To do this we need to, once again, foster an interest in the general well-being of our communities.

Our children need to be taught the significance of civic responsibility within a real-world context. It is not enough to teach children about social issues prevalent in our societies today. This information is as good as lost when taught in a static classroom. A practical, hands-on approach, on the other hand, where children come into contact with real events and circumstances, will go a long way in broadening their understanding of how people, regardless of background, are affected by **them**. This insight has the

potential to spawn feelings of altruism and empathy, which are the foundations of a strong social fabric and important indicators of a collective conscience.

This incentive has been piloted by different districts with varying degrees of success. While nobody doubts the value of community service, there are those who question the **legitimacy** of making it compulsory. They are of the opinion that where it has failed it has done so because people, notwithstanding age, cannot be forced to contribute. The crucial factor is interest which needs to be generated so that involvement is voluntary, not forced.

1. Which best serves as the title for the passage?

A. The Value of Community Service B. A Community Affiar

C. A More Proactive Community D. Interest: The Crucial Factor

2. What do we find out about the service directive in paragraph 1?

A. It involves only students who want to participate.

B. It requires no less than 60 field hours.

C. It is experimental.

D. Participants must be graduates.

3. What do schools hope to achieve by making community service compulsory?

A. to get all members of society interested in community affairs

B. to sensitise young individuals to the needs of other community members

C. to get students to resolve long-standing social problems

D. to help young individuals utilise social resources for their own benefit

4. The word “**pool**” in paragraph 1 is closest in meaning to \_\_\_\_\_\_\_\_\_\_

A. boost B. share C. manage D. reduce

5. What does the writer mean by “**responsive”**?

A. capable of reacting quickly and favourably to problems that arise

B. capable of thinking carefully about issues

C. capable of foreseeing problems before they occur

D. capable of planning a particular course of action

6. Why is a real-world context essential in the teaching of civic responsibility?

A. It helps children comprehend the dynamics behind social occurrences and their impact.

B. It inevitably leads to altruistic sentiments.

C. It encourages interaction between like-minded individuals.

D. It is static by nature and therefore conducive to learning.

7. The word “**them**” in paragraph 2 refers to \_\_\_\_\_\_\_\_\_\_.

A. communities B. social issues C. children D. feelings

8. What do we learn in paragraph 3 about the service directive?

A. It has met with unanimous approval.

B. It is widely regarded as the best way to bring about active involvement.

C. Its success depends on a crucial factor.

D. It is only feasible when young people are involved.

9. What does the writer mean by “**legitimacy”** in paragraph 3?

A. the quality of being reasonable

B. ​the quality of being revolutionary

C. ​the quality of being authentic

D. ​the quality of being possible

10. Which of the following can be inferred from the passage?

A. The scheme no longer makes community service a compulsory part.

B. The scheme is characterised by partly extended teaching outside of the classroom.

C. All participants in the scheme are altruistic and empathetic.

D. The majority of districts which implement the scheme enjoy great success.

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |

**Part 4.** **Read and complete the tasks required.** (*Road to IELTS 4 Reading*)

**Choose the correct heading for paragraphs A–H from the list of headings below. Write the correct number, i–xi, in boxes 1-5.**

**List of Headings**

i Gender bias in televised sport

ii More money-making opportunities

iii Mixed views on TV’s role in sports

iv Tickets to top matches too expensive

v A common misperception

vi Personal stories become the focus

vii Sports people become stars

viii Rules changed to please viewers

ix Lower-level teams lose out

x Skill levels improve

xi TV appeal influences sports’ success

Example: Paragraph A\_v

1. Paragraph B

2. Paragraph C

3. Paragraph D

Paragraph E \_ xi

4. Paragraph F

5. Paragraph G

Paragraph H \_ iii

**Television and Sport**

**when the medium becomes the stadium**

**A.** The relationship between television and sports is not widely thought of as problematic. For many people, television is a simple medium through which sports can be played, replayed, slowed down, and of course conveniently transmitted live to homes across the planet. What is often overlooked, however, is how television networks have reshaped the very foundations of an industry that they claim only to document. Major television stations immediately seized the revenue-generating prospects of televising sports and this has changed everything, from how they are played to who has a chance to watch them.

**B**. Before television, for example, live matches could only be viewed in person. For the majority of fans, who were unable to afford tickets to the top-flight matches, or to travel the long distances required to see them, the only option was to attend a local game instead, where the stakes were much lower. As a result, thriving social networks and sporting communities formed around the efforts of teams in the third and fourth divisions and below. With the advent of live TV, however, premier matches suddenly became affordable and accessible to hundreds of millions of new viewers. This shift in viewing patterns vacuumed out the support base of local clubs, many of which ultimately folded.

**C**. For those on the more prosperous side of this shift in viewing behaviour, however, the financial rewards are substantial. Television assisted in derailing long-held concerns in many sports about whether athletes should remain amateurs or ‘go pro’, and replaced this system with a new paradigm where nearly all athletes are free to pursue stardom and to make money from their sporting prowess. For the last few decades, top-level sports men and women have signed lucrative endorsement deals and sponsorship contracts, turning many into multi-millionaires and also allowing them to focus full-time on what really drives them. That they can do all this without harming their prospects at the Olympic Games and other major competitions is a significant benefit for these athletes.

**D**. The effects of television extend further, however, and in many instances have led to changes in sporting codes themselves. Prior to televised coverage of the Winter Olympics, for example, figure skating involved a component in which skaters drew ‘figures’ in the ice, which were later evaluated for the precision of their shapes. This component translated poorly to the small screen, as viewers found the whole procedure, including the judging of minute scratches on ice, to be monotonous and dull. Ultimately, figures were scrapped in favour of a short programme featuring more telegenic twists and jumps. Other sports are awash with similar regulatory shifts – passing the ball back to the goalkeeper was banned in football after gameplay at the 1990 World Cup was deemed overly defensive by television viewers.

**E**. In addition to insinuating changes into sporting regulation, television also tends to favour some individual sports over others. Some events, such as the Tour de France, appear to benefit: on television it can be viewed in its entirety, whereas on-site enthusiasts will only witness a tiny part of the spectacle. Wrestling, perhaps due to an image problem that repelled younger (and highly prized) television viewers, was scheduled for removal from the 2020 Olympic Games despite being a founding sport and a fixture of the Olympics since 708 BC. Only after a fervent outcry from supporters was that decision overturned.

**F**. Another change in the sporting landscape that television has triggered is the framing of sports not merely in terms of the level of skill and athleticism involved, but as personal narratives of triumph, shame and redemption on the part of individual competitors. This is made easier and more convincing through the power of close-up camera shots, profiles and commentary shown during extended build-ups to live events. It also attracts television audiences – particularly women – who may be less interested in the intricacies of the sport than they are in broader ‘human interest’ stories. As a result, many viewers are now more familiar with the private agonies of famous athletes than with their record scores or match-day tactics.

**G**. And what about the effects of male television viewership? Certainly, men have always been willing to watch male athletes at the top of their game, but female athletes participating in the same sports have typically attracted far less interest and, as a result, have suffered greatly reduced exposure on television. Those sports where women can draw the crowds – beach volleyball, for example – are often those where female participants are encouraged to dress and behave in ways oriented specifically toward a male demographic.

**H**. Does all this suggest the influence of television on sports has been overwhelmingly negative? The answer will almost certainly depend on who among the various stakeholders is asked. For all those who have lost out – lower-league teams, athletes whose sports lack a certain visual appeal – there are numerous others who have benefitted enormously from the partnership between television and sports, and whose livelihoods now depend on it.

**Do the following statements agree with the claims of the writer?**

**In boxes 6–8, write YES if the statement agrees with the claims of the writer, NO if the statement contradicts the claims of the writer, NOT GIVEN if it is impossible to say what the writer thinks about this.**

6. Television networks were slow to recognise opportunities to make money from televised sport.

7. Television has reduced the significance of an athlete’s amateur status.

8. The best athletes are now more interested in financial success rather than sporting achievement.

**Complete the notes below. Choose NO MORE THAN TWO WORDS from the passage for each answer from 9-10.**

**Effect of television on individual sports**

• Ice skating – viewers find ‘figures’ boring so they are replaced with a 9.\_\_\_\_\_\_

• Back-passing banned in football.

• Tour de France great for TV, but wrestling initially dropped from Olympic Games due to 10.\_\_\_\_\_\_

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |

**Part 5. The passage below consists of four paragraphs marked A, B, C, and D. For questions 1-10, read the passage and do the task that follows. Write your answers in the corresponding numbered boxes provided.**

# **DIY PSYCHOLOGY**

*Books offering self-help and advice sell in their millions. We take a look at four of the most popular.*

* 1. **The last self-help book you’ll ever need by Paul Pearsall**

In this book, Pearsall explores the tendency for proponents of self-help therapy to substitute clichés for serious thought. Hackneyed fallacies like “be all that you can be”, “live up to your full potential’, “nurture and understand your inner child, are just a few of the arguably silly fabrications that masquerade as legitimate advice, and Pearsall exposes them to the light of scientific scrutiny. Primarily, this book advocates accepting that you may never become a concert pianist or an international footballer, and concentrating on achieving what is within your reach. You can derive more happiness from life, he suggests, when you appreciate your current situation and those around you. Were people less caught up in the misconception that they should be happier and more fulfilled, they wouldn’t be so discontented. Pearsall sees much of what we might term “therapeutic culture” as based on rather questionable remedies that over time have gained the status of unassailable truth. He effectively explores the validity of these assertions from a more objective, down-to-earth perspective.

* 1. **Instant confidence by Paul McKenna**

MacKenna puts forward the notion that people who feel they lack confidence are in fact confident – if only in the belief that they have no confidence! He offers techniques to help people develop their hitherto suppressed abilities and apply these to situations in which they may be of use. Many of his suggestions follow well-known coaching concept familiar to practitioners of neuro-linguistic programming. However, the book is written in a refreshingly down-to-earth style that avoids the almost incomprehensible jargon which some self-help practitioners are prone to! One of McKenna’s key ideas is to encourage people to visualize and experience as far as possible what “the confident you” will be like. He advocates the simple use of a technique which helps to reframe negative “inner thoughts” in a “positive” way. Don’t expect to develop instant or total confidence as a result of reading this book, but if you follow the suggestions and practice them, you should make some progress.

* 1. **Help: How to become slightly happier and get a bit more done by Oliver Burkeman** This is a genuinely useful book; the writer really does want us to become slightly happier and get a bit more done, just as the title promises us. In a winning aside, he says that 'adding an exclamation mark to the title of your book isn't necessarily going to help make it fun. (There are some exceptions.)' And this is an exception, because it is fun, and can be read for pleasure even if you judge your self management and feelings of personal fulfilment to be in good shape I like to think that a decent prose style is one of the guarantors of sanity, and Burkeman has a lovely turn of phrase, neither too dry nor too flashy; but a sort of just-rightness that makes his pronouncements sound wholly trustworthy. In short, Help is win-win. Should you find yourself prone to those niggling difficulties which, though surmountable, are disproportionately aggravating, then you'll find solace and good counsel here.
  2. **Feel the fear and do it anyway by Susan Jeffers**

The subject of this book rests on the following premise: fear is a necessary and essential element of life and pushing through fear is actually less frightening than living with a feeling of helplessness. Susan Jeffers highlights the paradox that whilst we seek the security of a life free of fear, this creates an environment in which we are denied the satisfaction of achievement or development. The result is a no-win situation in which we experience both a fear of change and fear of staying the same. The book introduces a progression of truths which illuminate the crippling effects of fear and build the case for taking action to address the problem. Given that you accept these truths, you can change your attitude and approach. A number of simple models and techniques are engagingly presented through a series of first-hand accounts of people at various stages of succumbing to addressing their fears. When strung together, these provide a structured programme with which you may set about changing your attitude and raising your self-awareness and self-esteem**.**

**About which book is the following stated?**

1. It can be an enjoyable read irrespective of whether you have problems.

2. It presents idea in language that is accessible to the non-specialist.

3. It exams the evidence to support some of the claims made by exponents of self-help.

4. It offers a step- by-step guide to working through a psychological dilemma.

5. It describes ways in which people can make the most of their unfulfilled potential.

6. It suggests that people may be encouraged to have unrealistic expectations.

7. Many of the suggested therapies are based on recognized methodology.

8. The quality of writing makes the advice appear more credible.

9. It suggested that we should view one particular negative emotion as something natural.

10. It offers comfort and advice to those frustrated by seemingly straightforward problems.

**Your answers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** | **5.** |
| **6.** | **7.** | **8.** | **9.** | **10.** |

# **IV. WRITING**

**Part 1. Describing graph (20 points)**

**The graph gives information about the number of passengers who used public transport in Iceland between 2012 and 2015**

*Summarise the information by selecting and reporting the main features, and make comparisons where relevant. Write at least 150 words.*

A graph of a number of passengers

Description automatically generated

**Part 2. Writing an essay**

**Some people say free time activities for children should be organized by parents. Others say that children should be free to choose what they do in their free time.**

**Discuss both views and give your opinion.**

**Người ra đề**

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