



UNIT 3: TEENAGERS

A. VOCABULARY

No	Word/ Phrase	Type	IPA	Meaning
1.	teenager	(n)	/ˈtiːneɪdʒə(r)/	thanh thiếu niên
2.	club	(n)	/klʌb/	câu lạc bộ
3.	school club	(n)	/sku:l klʌb/	câu lạc bộ trường học
4.	form	(v/n)	/fɔ:m/	hình thành, tạo thành; mẫu, hình thức
5.	browse	(v)	/braʊz/	duyet (web), xem lướt
6.	check	(v)	/tʃek/	kiểm tra, xem xét
7.	connect	(v)	/kəˈnekt/	kết nối
8.	log (on to)	(v)	/lɒg ɒn tu:/	đăng nhập
9.	upload	(v)	/ʌpˈlɔ:ld/	tải lên
10.	update	(v)	/ʌpˈdeɪt/	cập nhật
11.	post	(v/n)	/pəʊst/	đăng bài; bài đăng
12.	share	(v)	/ʃeə(r)/	chia sẻ
13.	focus	(v/n)	/ˈfəʊkəs/	tập trung; trọng tâm
14.	concentrate	(v)	/ˈkɒnsntreɪt/	tập trung
15.	coach	(v/n)	/kəʊtʃ/	huấn luyện; huấn luyện viên
16.	advise	(v)	/ədˈvaɪz/	khuyến bảo
17.	discuss	(v)	/dɪˈskʌs/	thảo luận
18.	stress	(n/v)	/stres/	căng thẳng, áp lực; nhấn mạnh
19.	stressful	(adj)	/ˈstresfl/	căng thẳng, áp lực
20.	calm	(adj/v)	/kɑ:m/	bình tĩnh; làm dịu
21.	midterm	(n/adj)	/ˈmɪdtɜ:m/	giữa kỳ
22.	midterm test	(n)	/ˈmɪdtɜ:m test/	bài kiểm tra giữa kỳ
23.	pressure	(n)	/ˈpreʃə(r)/	áp lực
24.	user-friendly	(adj)	/ˈjuːzə frendli/	thân thiện với người dùng
25.	enjoyable	(adj)	/ɪnˈdʒɔɪəbl/	thú vị, dễ chịu
26.	leader	(n)	/ˈliːdə(r)/	người lãnh đạo
27.	competition	(n)	/ˌkɒmpəˈtɪʃn/	cuộc thi, sự cạnh tranh
28.	account	(n)	/əˈkaʊnt/	tài khoản
29.	website	(n)	/ˈwebsaɪt/	trang web
30.	notification	(n)	/ˌnəʊtɪfɪˈkeɪʃn/	thông báo
31.	peer	(n)	/pɪə(r)/	bạn bè, người cùng địa vị
32.	bully	(n/v)	/ˈbʊli/	kẻ bắt nạt; bắt nạt
33.	media	(n)	/ˈmiːdiə/	phương tiện truyền thông
34.	school work	(n)	/sku:l wɜ:k/	bài vở ở trường
35.	teamwork	(n)	/ˈtiːmwɜ:k/	làm việc nhóm

B. WORD FORM

1. parent (n): cha mẹ	6. adult (n): người lớn
○ parental (adj): (thuộc về) cha mẹ	○ adult (adj): trưởng thành, dành cho người lớn
○ parenthood (n): cương vị làm cha mẹ, tình	○ adulthood (n): tuổi trưởng thành

trạng làm cha mẹ 2. stress (v): gây căng thẳng, nhấn mạnh - stress (n): sự căng thẳng, áp lực - stressed (adj): bị căng thẳng, áp lực - stressful (adj): gây căng thẳng, áp lực - stressfully (adv): một cách căng thẳng 3. depress (v): làm chán nản, làm suy yếu - depression (n): sự chán nản, trầm cảm, suy yếu - depressed (adj): chán nản, trầm cảm - depressing (adj): gây chán nản, làm nản lòng - depressingly (adv): một cách chán nản 4. enjoy (v): thích thú, tận hưởng - enjoyment (n): sự thích thú, sự tận hưởng - enjoyable (adj): thú vị, vui vẻ - enjoyably (adv): một cách thú vị 5. develop (v): phát triển - development (n): sự phát triển - developed (adj): đã phát triển - developing (adj): đang phát triển - developmental (adj): (thuộc về) sự phát triển	7. appear (v): xuất hiện, dường như - appearance (n): sự xuất hiện, vẻ bề ngoài - apparent (adj): rõ ràng, hiển nhiên - apparently (adv): rõ ràng là, hình như 8. calm (v): làm dịu đi - calm (n): sự bình tĩnh - calm (adj): bình tĩnh, yên tĩnh - calmness (n): sự bình tĩnh - calmly (adv): một cách bình tĩnh 9. depend (v): phụ thuộc, tùy thuộc - dependence (n): sự phụ thuộc - dependent (adj): phụ thuộc - independent (adj): độc lập - dependably (adv): một cách đáng tin cậy - dependently (adv): một cách phụ thuộc - independently (adv): một cách độc lập 10. tolerate (v): tha thứ, chịu đựng - tolerance (n): sự khoan dung, sức chịu đựng - tolerant (adj): khoan dung, có thể chịu đựng - intolerant (adj): không khoan dung - tolerable (adj): có thể chấp nhận được - tolerably (adv): ở mức có thể chấp nhận được
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C. GRAMMAR

1. Simple sentences and compound sentences

Ký hiệu viết tắt:

- **DPD** Dependent clause
 - **IDP** Independent clause
- C**
DC

a. 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>)
	E.g. You look great. I agree. They are celebrating Christmas.
	- Chủ ngữ trong câu đơn có thể là chủ ngữ ghép. E.g. An and Nam are my friends.
	- Một câu đơn có thể có nhiều hơn một động từ. E.g. He wears a white shirt and drives a black motorbike. - Một câu đơn có thể cùng có chủ ngữ ghép và nhiều động từ. E.g. Nga and Thanh get on the taxi and sit on the rear seats.

b. 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)
+ Câu ghép sử dụng liên từ có cấu tạo sau: IDPDC 1, conjunction + IDPDC 2 + 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. E.g. Tommy found the folk game interesting, so he decided to join it.	+ Câu ghép sử dụng trạng từ nối có cấu tạo như sau: IDPDC 1; conjunction, IDPDC 2 + 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 trước trạng từ nối.



❖ PHONETIC

Exercise 1: Choose the word (A, B, C, or D) whose underlined part is pronounced differently from the others.

- | | | | |
|----------------|----------------|---------------|-----------------|
| 1. A. club | B. upload | C. discuss | D. focus |
| 2. A. media | B. stressful | C. pressure | D. website |
| 3. A. connect | B. concentrate | C. calm | D. competition |
| 4. A. paddy | B. teenager | C. camel | D. cattle |
| 5. A. illness | B. success | C. accessible | D. pressure |
| 6. A. come | B. love | C. warn | D. some |
| 7. A. hear | B. spear | C. clear | D. swear |
| 8. A. organise | B. promise | C. paradise | D. realise |
| 9. A. measure | B. decision | C. pleasure | D. permission |
| 10. | A. grew | B. threw | C. knew D. flew |

Exercise 2: Choose the word (A, B, C, or D) whose main stress is different from the others in the group.

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|-----------------|----------------|----------------|----------------|
| 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 |
| 6. A. opinion | B. responsible | C. attitude | D. account |
| 7. A. contents | B. continent | C. constant | D. consider |
| 8. A. horizon | B. horrified | C. hospital | D. horoscope |
| 9. A. cycle | B. create | C. device | D. effective |
| 10. A. dental | B. device | C. drunkard | D. endless |

❖ VOCABULARY AND GRAMMAR

Exercise 3: Choose the word/ phrase/ sentence (A, B, C, or D) that best fits the space in each sentences or best answers the question.

- The boy felt annoyed because he couldn't log _____ to his Twitter account.
A. in B. on C. off D. out
- Which _____ do you usually browse, Phuong? Facebook, of course. It is the place where I can stay connected with my friends and update my news as well.
A. club B. account C. website D. notification
- His grades at school don't usually meet his parents' _____.
A. pressure B. expectations C. stress D. media
- We're going to have the _____ test. I think I should concentrate more on my study.
A. final B. midterm C. yearly D. daily
- Nam has just showed me how to _____ my homework on Google classroom.
A. download B. check C. post D. upload

6. Our school has created an online _____ for us so we can share our thoughts and problems.
A. forum B. space C. class D. platform
7. They often make video calls to keep in _____ with their friends.
A. sight B. view C. touch D. shape
8. There are several strategies that can help teenagers handle negative peers _____.
A. influence B. stress C. impact D. pressure
9. The school is trying to make the library more _____.
A. stressful B. user-friendly C. time-consuming D. hospitable
10. You should turn off the _____ on your phone to avoid being disturbed.
A. notice B. notifications C. information D. power
11. The teacher asks the whole class to _____ on studying to prepare well for the midterm exam.
A. advise B. focus C. connect D. coach
12. Most teenagers today have at least one social media _____ for entertainment and study.
A. account B. leader C. midterm D. teenager
13. Ally tries to overcome the _____ from her family by studying hard to get the best results.
A. media B. teamwork C. website D. pressure
14. According to many surveys, teenagers now find it interesting to _____ their short videos on TikTok.
A. post B. avoid C. go D. check
15. Most of the students are associated with _____ or sports teams.
A. school clubs B. stress C. account D. pressure
16. After school, we sometimes post a few questions on the _____ for discussion.
A. bully B. forum C. competition D. notification
17. I take pride in my positive attitude. I always stay _____, even in the worst situations.
A. enjoyable B. peaceful C. calm D. user-friendly
18. We feel pressured because there are only two days left until our _____ exam.
A. economic B. midterm C. social D. bad
19. Friendship is expressed through _____, caring, and helping each other when facing difficulties.
A. sharing B. doing C. making D. discussing
20. She wants to _____ the club to connect with new friends.
A. cook B. browse C. join D. log
21. We _____ the school website to find the school activities.
A. focus B. thank C. deny D. browse
22. I log _____ to my Facebook account to post my photos and chat with everyone.
A. on B. about C. with D. at
23. My father is an engineer, _____ he often has to work away from home.
A. and B. or C. but D. so
24. 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
25. Would you like to drink milk tea _____ coffee?
A. or B. otherwise C. so D. therefore
26. I have never joined in a carnival, _____ I am very curious about it.
A. and B. or C. but D. so
27. My mother is occupied in her job, _____ she tries to make time for me.
A. and B. or C. but D. so
28. I am learning English _____ I want to get a good job after school.
A. but B. because C. so D. therefore
29. Do you want to join us _____ do you want to leave now?
A. and B. or C. but D. so
30. I love cats, _____ my mother doesn't allow me to have one.
A. and B. or C. but D. so
31. Mary wants to go abroad, _____ she saves money from now.
A. and B. or C. but D. so
32. They used to be friends, _____ now they are not.
A. and B. or C. but D. so
33. Ann is very sensitive; _____, you shouldn't comment on his new shoes.
A. but B. therefore C. however D. so

34. 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
35. 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
36. Nam didn't study hard, _____ he failed the exam.
A. but B. so C. and D. for
37. Lily was not satisfied with her essay; _____, she submitted it yesterday.
A. therefore B. otherwise C. however D. besides
38. I was very tired, _____ I tried to finish my homework.
A. but B. so C. for D. and
39. Try to join some clubs and make friends; _____, you will be very stressed.
A. however B. therefore C. otherwise D. moreover
40. More and more teenagers are using social media, _____ they help them to release.
A. and B. but C. or D. for
41. Friendship is important to us, _____ it makes us happy and encourages us to go ahead all the time.
A. or B. so C. but D. for
42. Through social media, your child could develop his social skills; _____, he may spend too much time online and be disconnected from the real world.
A. therefore B. however C. so D. and
43. Mai wants to be a model in the future, _____ she always tries to eat healthily and take plenty of exercise.
A. or B. but C. so D. and
44. Some students say TikTok distracts them from schoolwork, _____ it also makes them lose focus.
A. but B. and C. so D. or
45. You shouldn't compare yourself to others, _____, you may feel disappointed and less confident.
A. therefore B. otherwise C. so D. and

Exercise 4: 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 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 TikTok 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:

- 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
- Instagram is **enjoyable**. I feel very happy when someone likes my photos that I uploaded.
A. bored B. happy C. peaceful D. quiet
- 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
- YouTube is one of the most **popular** social media sites nowadays.
A. collective B. enjoyable C. uncommon D. user-friendly
- 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.

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

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

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

Exercise 9: Fill in each blank with the appropriate form of the word in brackets.

- Why is _____ pressure good and not good for teens? **(parent)**
- The schoolwork and examinations are really _____ for teens? **(stress)**
- He's so _____ about his performance at school. **(depress)**
- I found it _____ to join sports activities at school. **(enjoy)**
- Cognitive skills are important for teenagers' _____. **(develop)**
- In most countries, people legally reach _____ at 18. **(adult)**
- He always feels embarrassed about his _____. **(appear)**
- The teacher told them to stay _____ and work hard. **(calm)**
- Teenagers want to have more _____ in everything they do. **(depend)**
- Teens need good friends and _____ teachers at schools. **(tolerate)**

❖ COMMUNICATION

Exercise 10: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.

1. - **Phong:** " _____"
- **Mi:** This is where you can act and practise your interpretation skills with a group.
A. Could you please tell me where the Drama Club is?
B. Let's go to the Drama Club.
C. Can you tell me more about the Drama Club, please?
D. This is the Drama Club, isn't it?
2. - **Ann:** " _____"
- **Tom:** To connect with my friends, post images and share interesting posts.
A. What do you use Facebook for?
B. How often do you connect with your friends?
C. Have you ever posted pictures on Facebook?
D. Would you like to share these posts?
3. - **Tim:** Why do you use Instagram so often?
- **Sam:** " _____"
A. Almost every day.
B. Because I log on to it daily.
C. Both teenagers and adults use it nowadays.
D. Because it's really fun, and easy to browse.
4. - **Jack:** " _____"
- **Alice:** At 8 a.m. every day.
A. What time do they open and close the school library?
B. Could you tell me what time our school library is open?
C. Can you tell me where I can borrow books?
D. Should we meet at the school library after school?
5. - **Lan:** " _____"
- **Phuong:** Daily.
A. Do you usually use Facebook Messenger every day?
B. How many times a day do you use Facebook Messenger?
C. Can you tell me more about Facebook Messenger?
D. How often do you use Facebook Messenger?

Exercise 11: Choose the correct answer (A, B, C, or D) to arrange the following sentences into a meaningful conversation.

1. **a. Brian:** Yeah, I do! I like to check out new games and music sites.
b. Ally: Cool! I usually look for school club updates or interesting articles.
c. Ally: Hey Brian, do you often browse websites for fun?
A. a-b-c B. c-a-b C. b-a-c D. a-c-b
2. **a. Brian:** I understand. It's tough when your peers want you to do something you're not comfortable with.
b. Ally: Yeah, I wish it was easier to say no.
c. Ally: Sometimes I feel a lot of pressure from my friends to do things I don't want to.
A. a-b-c B. b-a-c C. c-a-b D. a-c-b
3. **a. Brian:** Yes, lots! It's a very enjoyable club. You should come and see.
b. Ally: Hey Brian, I heard you joined the arts and crafts club. How is it?
c. Ally: Maybe I will! It sounds like a good way to relax.
d. Brian: Oh, it's great! We make so many cool things, like bracelets and paintings.
e. Ally: That sounds really fun! Are there many other teenagers there?
A. a-d-e-b-c B. d-e-a-b-c C. c-b-a-d-e D. b-d-e-a-c

❖ READING

Exercise 12: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.



1. What does this notice mean?
 - A. He wants the room with cosmetics.
 - B. He wants the room made up with blue.
 - C. He wants the room cleaned and rearranged
 - D. He wants the room designed better
2. What does the sign mean?
 - A. There is no volleyball here.
 - B. People shouldn't play sports here.
 - C. You can't play basketball here.
 - D. It's not a good idea to play ball games here.
3. What does the sign say?
 - A. You can't get fuel here.
 - B. You can get some water here.
 - C. You can get gasoline here.
 - D. You can buy food here.
4. What does the notice say?
 - A. It's wet and slippery, so you should be careful when coming into this place.
 - B. You can play football here.
 - C. You should throw wastepaper into the right place.
 - D. You mustn't sleep here.
5. What does this sign mean?
 - A. Collect trash here.
 - B. Do not litter.
 - C. Do not throw trash down to the toilet.
 - D. Do not use the toilet now.

Exercise 13: Read the following advertisement/ notice/ flyer/ announcement and mark the letter A, B, C or D to indicate the correct option that best fits each of the numbered blanks

1

NOTICE: SPORTS CLUB FOR TEENAGERS

Do you love playing sports and (1) _____ new friends? Join our *Sports Club for Teenagers*! We meet every Saturday and Sunday (2) _____ 3:00 p.m. at the school sports ground. You can play football, basketball, badminton, and more. It's a great way (3) _____ healthy and have fun. Boys and girls from 13 to 18 years old are welcome. Don't worry if you're not very good — just come and enjoy! Sign up at the school office before Friday. Let's play, learn, and grow together!

- | | | | |
|----------------|------------|------------|------------|
| 1. A. making | B. taking | C. doing | D. seeking |
| 2. A. on | B. at | C. for | D. in |
| 3. A. stay | B. stayed | C. to stay | D. staying |
| 4. A. Focus on | B. Sign up | C. Take on | D. Look at |

2

NOTICE: PRESSURE FROM SCHOOLWORK

Are you feeling (1) _____ because of too much schoolwork? You're not alone. Many students feel pressure from exams, homework, and tight deadlines. This can lead (2) _____ tiredness, poor sleep, and even low motivation. It's important to take care of your mental health and find balance between studying and relaxing. Our school is (3) _____ a special *Support Meeting* to talk about these problems and share helpful tips. You'll learn how to (4) _____ your time better, reduce stress, and stay positive. Time: Wednesday at 4:00 p.m. Place: Room 203 Sign up at the student office or talk to your class teacher. Let's support each other and make school life healthier and happier!

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|-----------------|---------------|-------------|-----------------|
| 1. A. mature | B. stressed | C. tolerant | D. active |
| 2. A. at | B. on | C. to | D. for |
| 3. A. organizer | B. organizing | C. organize | D. organization |
| 4. A. coach | B. update | C. manage | D. connect |

Exercise 14: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

① Stress can have many (1) _____ on our physical health. It can affect the heart such as increasing the pulse rate, making the heart miss beats, or causing (2) _____ blood pressure. Stress can also affect the breathing system. It can make a person breathe too fast, resulting in a loss of carbon dioxide. Emotions are also (3) _____ affected by stress. Stressful people often anxious. They may have panic attacks or feel tired all the time. When people are (4) _____ stress, they often overreact to little problems. For example, a normally gentle parents under a lot of stress at work may shout at his/ her child for dropping a glass of juice. Stress can make people angry, (5) _____, or nervous. It is obvious that stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. (6) _____, to reduce stress, you should stop the work or study and rest for a while.

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|---------------|---------------|-------------|-------------|
| 1. A. effects | B. affects | C. pressure | D. imposes |
| 2. A. low | B. average | C. high | D. long |
| 3. A. easily | B. difficulty | C. hardly | D. normally |
| 4. A. in | B. under | C. at | D. below |
| 5. A. happy | B. positive | C. moody | D. excited |
| 6. A. So | B. But | C. For | D. And |

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 (6) _____ 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>)

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|-------------------|-----------------|-----------------|------------------|
| 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 |
| 6. A. on | B. about | C. with | D. at |

Exercise 15: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

① 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 too 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>)

- What can be the best title for the passage?

A. The Dangers of Caffeine for Teenagers	B. School and the Job Market Today
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- C. Teenage Stress and How to Deal With It D. The Importance of Physical Exercise for Teenagers
2. The word "**addictive**" in paragraph 2 is closest in meaning to _____.
A. harmful B. energizing C. causing dependence D. calming
3. The word "**they**" in paragraph 1 refers to _____.
A. parents B. peers C. homework assignments D. young people
4. Which of the following is NOT true according to the passage?
A. Caffeine is a recommended long-term solution for stress.
B. Physical exercise can help reduce stress.
C. Getting enough sleep helps avoid stress.
D. Teenagers today live in a highly competitive world.
5. According to the passage, what is one good strategy to manage time effectively and avoid stress?
A. Taking on as many tasks as possible to impress others.
B. Focusing on doing a few tasks very well instead of many tasks poorly.
C. Trying to please everyone by accepting all invitations.
D. Spending less time on schoolwork to have more free time.

2

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. What is the main idea of the passage?
A. The importance of school uniforms in British schools.
B. How British teenagers deal with stress from schoolwork.
C. A general overview of the daily life and concerns of teenagers in Britain.
D. The influence of social media on British teenagers' fashion choices.
2. The word "**trendy**" in paragraph 3 is closest in meaning to _____.
A. old-fashioned B. unpopular C. fashionable D. cheap
3. The word "**it**" in paragraph 2 refers to _____.
A. school B. school uniform C. an advantage D. a town
4. According to the passage, which of the following sentences is TRUE?
A. British teenagers generally spend little time on homework.
B. All teenagers in Britain enjoy wearing school uniforms.
C. Some British teenagers are judged based on their clothing.
D. Most British students take only 2-3 subjects for their GCSE exams.
5. Which of the following can be inferred from the passage?
A. Fitting in with peers is a concern for some British teenagers.
B. School uniforms always prevent bullying in British schools.
C. British teenagers do not care about their appearance.
D. British teenagers prefer watching TV to doing homework.

Exercise 16: Four phrases/sentences have been removed from the text below. Choose the correct answer to complete the text. Write only the letter A-D in each blank.

- 1 Peer pressure is common in today's society, (1) _____. 'Peers' sometimes mean 'friends'. The term 'peer pressure' can be understood as the pressure from someone (2) _____. Peer pressure can have both

positive and negative effects. (3) _____. It can lead them to the use of bad substances or poor behaviours. Positive peer pressure, on the other hand, can help teens develop skill sets to cope for adulthood later on. (4) _____ or push them to grow in a beneficial way. It can be undeniable that an environment with sincere, reliable and trustworthy friends is an effective way for teenagers to build happiness and avoid or recover from depression.

- A. It can encourage them to do well at school
- B. especially amongst teenagers
- C. Negative peer pressure can send teenagers in the wrong direction
- D. who is at the same age or has the same ability

② Today teenagers live in a very competitive world (1) _____ to feel stressed out from time to time. They are also trying to do so many tasks that it becomes harder and harder to balance study, relaxation and friends.

There are different ways of dealing with stress. (2) _____. Research has proved that physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm people down. Getting enough sleep is also an important way of (3) _____. Another way to avoid stress is by managing time effectively. It is better to do several tasks really well than performing too many tasks badly. Finally, if it all gets beyond their control, teenagers shouldn't panic. (4) _____. Do this regularly, and it will help them calm down and put things in order.

- A. Find the time to sit down quietly and breathe deeply for ten to twenty minutes
- B. avoiding stress and staying healthy and full of energy
- C. A good way to deal with stress is to exercise
- D. so it is very common for young people

❖ WRITING

Exercise 17: 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 18: 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 19: 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 20: Choose (A, B, C, or D) to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

- ❶
Dear Alex,
- a. I use it a lot to talk with friends and share photos, and it's great to see what everyone is doing.
 - b. Overall, I think it's a good way to stay in touch.
 - c. I wanted to tell you about social media.
 - d. It's also really useful for school projects, as we can quickly share information.
 - e. Sometimes I spend too much time on it, but it helps me feel connected. Best, Mai
- A. a-c-d-e-b B. c-e-a-d-b C. c-a-e-d-b D. b-a-d-c-e
- ❷
- a. It also helps us learn from each other and build good relationships.
 - b. Teamwork skills are very important for success in school and life.
 - c. Therefore, developing strong teamwork skills is essential for everyone.
 - d. When people combine their different ideas, they can solve problems better.
 - e. I believe that working together makes tasks easier and more fun.
- A. b-e-d-a-c B. b-a-d-e-c C. e-d-a-b-c D. d-a-e-b-c

Exercise 21: Choose (A, B, C, or D) to indicate the correct answer to each of the following questions.

- ❶
Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.
Many students experience stress at school. This can be a big challenge for them. _____.
a. To help with this, students could try to organize their time better, perhaps using a planner for homework.
b. I think it happens because of lots of homework, difficult tests, and sometimes even pressure from friends.
c. When students feel stressed, they might have trouble sleeping, feel sad, or find it hard to focus in class.
- A. b - c - a B. a - c - b C. c - b - a D. b - a - c

Choose the sentence that can END the text most appropriately.

- A. Therefore, managing stress is important for a student's well-being.
- B. School can be very hard sometimes.
- C. Homework is a big part of school life.
- D. Teachers give a lot of tests.

2

(1) _____. Psychologically, feeling stressed often makes teenagers pessimistic and unhappy, which can lead to several problems. For example, they might experience low performance at study because it's hard to concentrate, leading to more mistakes in their work. (2) _____. It's clear that stress has a big impact on both the mind and body of teenagers, making it important to find ways to manage it.

Choose the TOPIC SENTENCE that can BEGIN the text most appropriately.

- A. Teenagers face many challenges during their school years.
- B. Stress can seriously affect teenagers in many ways.
- C. Good sleep is important for a teenager's health.
- D. Managing stress is a crucial skill for young people.

Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

a. Beyond school, stress can also cause health issues, such as losing or putting on weight, and even difficulty sleeping.

b. These negative effects highlight the need for effective stress management techniques.

c. Additionally, emotional well-being plays a significant role in academic success.

- A. b-a-c
- B. c-b-a
- C. a-c-b
- D. a-b-c

❖ LISTENING

Exercise 22: 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 23: 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 parents and family don't cause stress.		
3.	Life challenges, such as leaving school or getting into tertiary studies or employment can cause stress.		
4.	We can't support our children when they are stressed.		
5.	Having a chat to the family doctor is a way to help the children free from stress.		

--- THE END ---