TỈNH LẠNG SƠN TRƯỜNG THPT CHUYỀN 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, gr	rassland and woodla	nd		
Wetland: lakes, pond	ds and a 2			
Wildlife includes bir	ds, insects and anim	als		
Subjects studied in	educational visits i	nclude		
Science: Children lo	ok at data about plar	nts, etc.		
Geography: includes	s learning to use a 3.	and co	ompass	
History: changes in	land use			
Leisure and tourism:	: mostly concentrates	s on the park's visito	rs	
Music: Children mal	ke 4 w	vith natural materials	, and experiment	
with rhythm and spe	ed.			
Benefits of outdoor	educational visits			
They give children a	feeling of freedom	that they may not ha	ve elsewhere.	
Children learn new 5	5 and ;	gain self-confidence.	,	
Practical issues				
Cost per child: 6	£			
Adults, such as 7	, free			
		(IELTS 1	9 Test 1, Listening se	ection 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.

Mus	eums	for	A 11
IVIIIS	emms	101	AII

	Mus	seums for All		
The association Mus	seums for All was st	arted two years ago.		
James says the task	of Museums for All	is to change people'	s 1o	f museum
visits.				
James worked for a	a big 2	company before	he was offered h	is current
position.				
James believes that	museums should b	pe more 3	in the way th	ney attract
visitors.				
James says that trad	itional museums use	ed to be aimed at pe	ople with a good st	tandard of
education.				
To raise interest in	museums, James we	ould like museums t	o have good 4	
with local schools.				
James wants museur	ns to be friendly, in	the same way that 5	are.	
James says that a trip	p to the museum car	n be 6	for some people.	
James feels that it is	the role of the 7	to invest	in rebuilding muser	ums.
The Museum Festiva	al next year will be l	neld in 8		
			(FCE Test	6, part 2)
Your answers				
1.	2.	3.	4.	5.
6.	7.	8.		
			-	
Part 3. For questio	ons 1-5, listen to a	conversation in a t	ourist information	office in
Guernsey and decid	de whether these st	atements are True	(T) or False (F). W	rite your
answers in the corr	esponding number	ed 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.
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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.

numbered boxes pro	ovidea.						
1. When discussing h	. When discussing his own cultural identity, Colin reveals						
A. his resilience to ch	A. his resilience to changing cultures.						
B. his unorthodox far	. his unorthodox family background.						
C. his ability to adapt	. his ability to adapt.						
D. his feeling of alier	nation.						
2. What does Colin re	egard as the defining	g aspect of a person's	s cultural identity?				
A. the sense of birth	right						
B. the emotion it general	erates						
C. the physical proxim	mity to heritage						
D. the symbols of trad	dition						
3. What is the influen	nce of a culture attrib	outed to?					
A. the dissemination	of wisdom						
B. connection between	en societies						
C. knowledge of one	's background						
D. the practice of arc	haic rituals						
4. According to Colin	n, what makes a cultu	ure successful on the	e global scene?				
A. its capacity for tol	erance						
3. its isolation from the mainstream							
C. its aptitude for res	C. its aptitude for resolving conflicts						
D. its ability to be sel	lf-effacing						
5. During the convers	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	Your answers						
1.	2.	3.	4.	5.			
		l	l				

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 wi	ll not be to	lerated in this office."	
A. Be that as it may	I		B. If need be	
C. Then so be it			D. Whatever it ma	y be
2. The hostage was	released unharmed by	y the kidna	ppers, but they were n	ever caught and
charged with	·			
A. fraud	B. forgery		C. abduction	D. trafficking
3. On his first of	day in the Milanes	e office,	the German executi	ve experienced
	on the part of the em	nployees in	the office, who saw h	im as a threat.
A. inadequacy	B. hostility		C. equality	D.
degradation				
4. The only room a	vailable was, to say th	ne least	Ther	e was no carpet,
no curtains, and the	only furniture was a	bed and a s	small bedside table.	
A. snug	B. dreary		C. stark	D. cushy
5. Regional parliar	nents 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 stu	dy at university		when she didn't	get the required
grades in her schoo	l leaving exams.			
A. fell through	B. wrote off		C. got back	D. put
in				
7. Who need more	than the	nec	essities of life?	
A. bare	B. naked	C. pure	D. sole	
8. All nations shoul	d	hands to v	vork out a plan to solv	e the problem of
global warming.				
A. join	B. hold		C. sl	nake
D. lend				
9. At the age of 11,	Taylor Swift was alre	ady trying	to	a record deal in
Nashville.				
A. land	B. create		C. steal	
D. grab				

10. Please	these:	figures to memory, so the	nat you wil	l be able to answer
the investors' qu	estions easily and con	nfidently.		
A. memorise	B. recall	C. ret	tain	D. commit
11. He's sometin	nes bad-tempered but	the's a good fellow		
A. at heart	B. with heart	C. by	C. by heart	
12. When it com	nes to the	, Alice always	support her	friends.
A. point	B. crunch	C. ma	ark	D. crisis
13. The problem	is not with the new o	design	, but ratl	ner the way it is
marketed.				
A. with or witho	out itself	B. in	and of itse	lf
C. just by itself		D. all	l by itself	
14. Richard is _	co	onfident, and this has he	lped him c	limb the corporate
ladder.				
A. acutely	B. blissfully	C. su	premely	D.
immensely				
15. I wish I hadr	n't said it. If only I co	uld	_•	
A. turn the clock	x round	B. tu	rn the clock	c down
C. turn the clock	back		D. turn th	ne clock forward
Your answers				
1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
Part 2. Mark th	ne letter A, B, C or D	to indicate the under	lined part	that needs
correction in ea	ch of the following o	questions. Find and co	rrect it.	
1. The <u>developin</u>	ng of the submarine w	vas <u>hindered</u> by the lack	of a powe	r source that
could propel an	underwater <u>vessel</u> .			
A. developing	B. hinder	ed C. propel	D.	. vessel
2. A beaver uses	its strong front teeth	to cut down trees and p	oeel off its b	oark.
A. its	B. cut down	C. peel	D.	. its
3. The Eastern b	luebird is considered	the most attractive bire	d <u>native of</u>	North America by
many birdwatch	ers.			
A. considered	B. most	C. native of	D.	. by

6.	7.	8.	9.	10.
1.	2.	3.	4.	5.
Your answers				
	(know).			
	s a sympathetic friend	i can be a constant	source of disco	uragement, all
	k after his luggage.	l oon ha a constant	source of disco	uragamant all
	e said it was rather	(g	enus) of him to a	ask a complete
among the soc			ama) -£1:	ada a a1.4.
	(s	peak) recognition of	a certain disposi	tion or habitus
	(confide).	1)	C	W 1 1 W
	he genial master poet I	Langston Hughes, w	no became a litel	ong triend and
•	were becoming very he		ha haarii 110 1	ana £ni 1
	ions reached a new lev		(intense) an	u by lunchtime
	with		(intanca) co	d by lynahtima
	ng that can be said in fav		regans and animal	Tights activists
•	t he knew all the answers		vacana and animal	righta activists
			111 a 11 W110 I	icvei gave liie
together.	modest and (ASSUM	IE)	mon who m	avar gova tha
	y (1 ¹ 011011)	relationshi	p, i uoli i kilow w	my mey ie suii
-	y (FUNCTION)	ralationahi	n: I don't know w	yhy they're still
pursuits.	n LND)	youin, devoied	omy to picasurat	ic pasimics and
	SPEND)	youth devoted	only to plagurah	le nactimes and
remarkable.	of the company in s		<i></i>	market is
-	s of the company in s	such a (COMPETE)	market is
numbered spa		correct iorini u	. Julii Biuthelle	w word in the
	juestions 1-10, write			
	B. exposed	C are likely	D symptom	g
of it.	me nundred ennuren <u>ez</u>	iposeu to the disease	are likely to devi	oroh <u>aarribroma</u>
• •	one hundred children ex		•	elon symntoms
students write A. suppose	•	C. on	D. aggaya	
college				
0011000				

III. READING

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. 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 C. sniff 5. A. sense B. smell 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.**

Part 1. Read the text below and decide which answer A, B, C or D best fits each gap.

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 multimillionaires 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.

A. 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.

B. 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.

C. 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 l ike 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.

D. 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

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

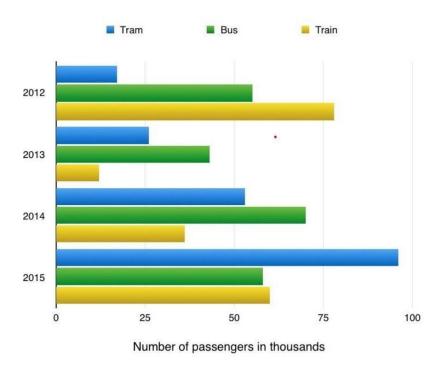
1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

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.



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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