

# ĐỀ THI THỬ SỐ 4

## ĐỀ PHÁT TRIỂN THEO FORM MINH HỌA

(Thời gian làm bài: 50 phút, không tính thời gian giao đề)

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 1 to 6.

### Master Your Busy Schedule with Ease!

#### Overwhelmed by Your Daily Tasks?

Having a (1) \_\_\_\_\_ can feel incredibly stressful. Every day, tasks pile up, leaving you feeling overwhelmed and out of control. But don't worry—there's a way to take charge of your time and boost your productivity.

#### Time Management Made Simple

To manage your time better, you can try to (2) \_\_\_\_\_ time by making a list of things that you need to do. This way, you can focus (3) \_\_\_\_\_ what is most important.

#### Take Breaks, Boost Productivity!

It is advised (4) \_\_\_\_\_ short breaks during the day. You can a few minutes to relax, (5) \_\_\_\_\_ clear your mind, increases your productivity. By following their advice, you can handle your busy schedule better and feel less (6) \_\_\_\_\_.

**Question 1:** A. hectic work schedule

B. work hectic schedule

C. hectic schedule work

D. schedule hectic work

**Question 2:** A. kill

B. save

C. give

D. waste

**Question 3:** A. with

B. at

C. in

D. on

**Question 4:** A. take

B. taking

C. to take

D. to taking

**Question 5:** A. helped

B. helping

C. is helped

D. that helps

**Question 6:** A. stress

B. stressed

C. stressing

D. stressful

Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 7 to 12.

### Tips for Finding Affordable Housing

#### Challenges in Renting

Finding a place to live can be challenging, especially if you are on a tight budget. Many people struggle to (7) \_\_\_\_\_ high rent prices. (8) \_\_\_\_\_ the rising costs, many families are facing tough decisions about where to live. Some might have to move to smaller places or even share with (9) \_\_\_\_\_ people to make ends meet.

#### Risks and Rights

If someone cannot pay their rent, they risk being (10) \_\_\_\_\_ from their home. This situation can be very stressful for anyone. It's essential to find a place that fits your budget and meets your needs. Renting a home should involve a comfortable (11) \_\_\_\_\_ of space and amenities, and it's important to know what your rights are as a tenant. Rental agreements usually (12) \_\_\_\_\_ of rules and guidelines that both the landlord and tenant must follow.

**Question 7:** A. put in

B. cope with

C. look over

D. fall out

**Question 8:** A. Rather than

B. On top of

C. Due to

D. Except for

**Question 9:** A. another

B. other

C. others

D. the other

**Question 10:** A. expelled

B. deported

C. evicted

D. discharged

**Question 11:** A. number

B. scale

C. amount

D. extent

**Question 12:** A. compose

B. contain

C. consist

D. comprise

Arrange the sentences below in order to make a meaningful paragraph/letter in each of the following questions.

**Question 13:**

a. Emma: Thank you! It was a tough time, but now she's strong!

b. Emma: My sister is feeling much better after her treatment!

c. Sarah: That's wonderful news, Emma! I'm so glad to hear that!

A. c-b-a

B. c-a-b

C. a-c-b

D. b-c-a

**Question 14:**

- a. Khoa: Me too! We should study together to get ready.
  - b. Linh: Did you hear about the new exam format for this semester?
  - c. Khoa: Yes, it's going to be quite different from last year!
  - d. Linh: That sounds like a plan! Let's start this weekend!
  - e. Linh: I know! I'm nervous about how to prepare for it.
- A. a-d-c-e-b                      B. b-c-e-a-d                      C. d-e-a-b-c                      D. c-d-e-b-a

**Question 15:**

- Hi An,
- a. These tips focus on effective strategies for time management and how to retain information better.
  - b. I recently discovered some really useful learning tips on Threads that I believe could help you improve your study techniques.
  - c. If you'd like, I can send you the links to those threads so you can explore them for yourself.
  - d. I always find it beneficial to learn new methods that can enhance our study habits and make learning more enjoyable.
  - e. Just let me know if you're interested in the information, and I'll share it with you right away!

- Cheers,  
Tu
- A. d-b-a-c-e                      B. b-a-c-d-e                      C. a-e-c-b-d                      D. c-b-e-a-d

**Question 16:**

- a. Proper waste disposal is essential for maintaining a clean and healthy environment.
- b. Educating the public about recycling and composting can also help reduce the amount of waste that ends up in landfills.
- c. One major concern regarding improper waste disposal is that it can lead to pollution and harm local wildlife and ecosystems.
- d. Additionally, communities that implement effective waste management practices tend to have better overall health outcomes for their residents.
- e. In conclusion, addressing waste disposal correctly is vital for environmental sustainability and public health.

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

**Question 17:**

- a. In conclusion, India's rise as the most populous nation marks a new chapter in global demographics with far-reaching implications.
- b. This change not only highlights the rapid growth of India's population but also poses various challenges related to resource management and infrastructure development.
- c. Currently, the Indian government is focusing on sustainable development initiatives to accommodate this growing population and improve living conditions.
- d. This demographic shift represents a significant milestone, as China's population is now estimated at around 1.41 billion, leading to a population gap of approximately 10 million.
- e. As of 2023, India has officially surpassed China to become the most populous country in the world, with over 1.4 billion inhabitants.

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

**Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.**

Choosing a university is an important decision for many students. Having considered various factors, such as location, courses, and campus life, (18) \_\_\_\_\_. This choice can shape their future and career paths, influencing not only their education but also their social experiences. (19) \_\_\_\_\_. When visiting campuses, students can see the environment where they will study and live for the next few years. Prospective students (20) \_\_\_\_\_. This first-hand experience can help them understand what to expect from their education. Additionally, considering the available facilities, such as libraries and study spaces, can also play a significant role in their decision. Some students, (21) \_\_\_\_\_, find it helpful to make a list of their priorities. They can compare the strengths and weaknesses of each university they are considering, taking into account factors like academic reputation and campus culture. (22) \_\_\_\_\_. Ultimately, the right university will support their dreams, provide opportunities for growth, and help them thrive as individuals in their chosen fields.

**Question 18:**

- A. feeling excited and anxious about their options is normal
- B. excitement and anxiety are common among students about their options

- C. students often feel excited and anxious about their options
- D. their options are often met with excitement and anxiety among students

**Question 19:**

- A. Some students believe that university choice is less important than personal interests or hobbies in life
- B. It is essential to research different universities to find the right fit, as this decision can affect their lives
- C. Many students prefer to choose a university depending on its ranking and popularity among peers
- D. In many cases, students do not need to consider the university's location or campus culture carefully

**Question 20:**

- A. are encouraged to talk to current students to gather information about the programs offered
- B. having been encouraged to talk to current students to gather information about the programs offered
- C. who are encouraged to talk to current students to gather information about the programs offered
- D. of whom encouraged to talk to current students to gather information about the programs offered

**Question 21:**

- A. who having different opinions from their families
- B. whose families may have different opinions
- C. may have different opinions from their families
- D. face contrasting opinions with their families

**Question 22:**

- A. By ignoring their families' opinions, students will feel more confident in their university selection process
- B. Students often feel stressed when they cannot agree with their families about which university to choose
- C. Once they have gathered necessary information, they can make an informed choice about their future
- D. Many students find it easy to decide without discussing their choices with their families or friends

**Read the following passage and mark the letter A, B, C, D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.**

It is common knowledge that our teeth are generally quite sensitive to pain. But wouldn't it be better if they could just chew away under any conditions? In spite of our dental discomfort, it turns out there's a good reason our teeth are so sensitive.

To begin with, we should understand how our teeth can hurt. A normal tooth has three layers, and only the innermost layer, called the pulp, can feel pain. This is because it contains a large number of nerves that scientists call afferent sensory fibres, and *they* only respond to one sensation: pain. So, whereas people with tooth sensitivity may complain of tooth pain triggered by heat or cold, the nerves in the pulp don't actually sense temperature, but instead only feel pain.

So, what's the point? Whenever a tooth is being damaged, pain acts as a signal that we can easily *perceive*, which urges us to avoid making things worse, said Julius Manz, spokesperson for the American Dental Association. "If you eat something too hot or chew something too cold, or if the tooth is worn down to the point where the underlying tissue underneath is exposed, all of those things cause pain, and then the pain tells the person that they should not use that tooth or do something to try to protect it a little bit more. So, it's really a protective mechanism more than anything," Manz explained.

If teeth didn't feel pain, we might continue to use them in situations that damage them so much that they break or have to be removed completely, Manz said. And for humans, this can be a big problem because, unlike sharks and alligators, we can't replace them when they are broken.

(Adapted from livescience.com)

**Question 23:** The word *discomfort* in paragraph 1 is OPPOSITE in meaning to \_\_\_\_\_.

- A. ease
- B. distress
- C. irritation
- D. satisfaction

**Question 24:** The word *they* in paragraph 2 refers to \_\_\_\_\_.

- A. teeth
- B. nerves
- C. scientists
- D. people

**Question 25:** According to the passage, all of the following are reasons for tooth pain EXCEPT \_\_\_\_\_.

- A. The pulp layer only responds to pain.
- B. Pulp nerves respond to sensations like pressure.
- C. The pulp layer contains afferent fibers.
- D. Tooth sensitivity is triggered by heat or cold.

**Question 26:** The word *perceive* in paragraph 3 could be best replaced by \_\_\_\_\_.

- A. capture
- B. observe
- C. reveal
- D. notice

**Question 27:** Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Sharks and alligators regenerate teeth easily, and humans are able to do the same.
- B. Humans are unable to replace lost or damaged teeth, like certain animals like sharks and alligators.

- C. Humans, unlike sharks and alligators, cannot grow new teeth to replace damaged ones.  
D. Unlike sharks and alligators, humans have the ability to regenerate or replace broken teeth.

**Question 28:** Which of the following is TRUE according to the passage?

- A. In a normal human tooth, layers other than the pulp do not respond to pain.  
B. Afferent sensory fibres is the scientific name of nerves lying in a tooth's layers.  
C. The tissue underneath your teeth is most often exposed when you eat hot things.  
D. If our teeth did not hurt, most of us would do things that heavily damage it.

**Question 29:** In which paragraph does the writer discuss the fact that humans cannot regenerate teeth?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

**Question 30:** In which paragraph does the writer mention the protective role of pain in preventing further tooth damage?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

**Read the following passage and mark the letter A, B, C, D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.**

[I] For many people, 'working from home' has become 'working from bed'. [II] According to a study in 2020, 72% of the 1,000 Americans surveyed reported that they had worked remotely from their bed during the COVID-19 pandemic. [III] However, turning beds into work offices can lead to health problems, both mental and physical. [IV]

According to Susan Hallbeck, director of health-care-system engineering at the Mayo Clinic, one of the largest medical research institutions in the US, young people are especially likely to fall victim to these bad habits because they may not notice the damage right away. But over time, *adverse* effects will emerge, including headaches, permanent stiffness in your back, arthritis and cervical pain, which is pain in the bones, ligaments and muscles in your neck that allow motion. And depending on how bad your habits have been over this last year, the damage may have already been done. This is why if you must continue working from bed, try recreating the experience of sitting in an upright chair as much as you can.

When you work from bed for a long time, it doesn't just affect your body. Setting up your workstation on your own bed and your brain and body will eventually stop associating bed with rest, making it harder to sleep. In other words, you are 'teaching' your brain that the bed is not for sleeping but for staying awake and focusing on your work. That's a big reason why the pandemic has led to 'coronasomnia' - the global increase in insomnia and sleep disorders that has accompanied COVID-19. And when your sleep habits are *disrupted*, your productivity, creativity and concentration will be reduced, resulting in negative impacts on your work performance. Some people claim that this is not an issue for them: they can still work in bed without problems. Despite this, it must be remembered that the consequences will not occur right away for everyone. Many factors like genetics, environmental factors, how bad the habits are, how long you do *them*, and your age, whether working from bed for a year or longer is going to be bad for you. So, although your body and brain may feel great right now, this will not always be the case. It may seem like an unnecessary concern in the stressful COVID-19 era, but it's better to be safe than sorry.

(Adapted from bbc.com)

**Question 31:** Where in paragraph 1 does the following sentence best fit?

*This marked a 50% increase since the start of the crisis.*

- A. [I] B. [II] C. [III] D. [IV]

**Question 32:** The word *adverse* in paragraph 2 is OPPOSITE in meaning to \_\_\_\_\_.

- A. significant B. unfavourable C. beneficial D. unsuccessful

**Question 33:** According to the passage, which of the following is NOT mentioned as a potential adverse effect of bad habits related to posture?

- A. headaches B. permanent stiffness in the back  
C. arthritis D. reduced cardiovascular fitness

**Question 34:** The word *disrupted* in paragraph 3 could be best replaced by \_\_\_\_\_.

- A. discontinued B. suspended C. removed D. disarranged

**Question 35:** Which of the following best summarizes paragraph 3?

- A. Setting up a workstation in bed can enhance focus and creativity during work.  
B. Coronasomnia is primarily caused by insufficient sleep and can be easily remedied.  
C. Working from bed blurs the lines between rest and productivity, leading to sleep issues.  
D. Long hours of remote work increase productivity but decrease sleep quality.

**Question 36:** The word *them* in paragraph 4 refers to \_\_\_\_\_.

- A. consequences B. genetics C. factors D. habits

**Question 37:** Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. However, it's important to note that not everyone will experience immediate consequences.
- B. Nonetheless, everyone will face consequences eventually, though not all at once.
- C. Even so, everyone should be aware that problems may arise quickly for most individuals.
- D. Yet, the impact of these habits will be felt soon by many individuals.

**Question 38:** Which of the following is TRUE according to the passage?

- A. More than 70 percent of Americans are now working remotely from their beds.
- B. Young people suffer more from working in bed since they have bad habits.
- C. The pandemic is a direct contributor to the global increase in insomnia.
- D. Not everyone suffers from working in bed after a period of one year.

**Question 39:** Which of the following can be inferred from the passage?

- A. Remote workers who do not work from bed may have better sleep habits than those who do.
- B. Those who have insomnia or sleep disorders are far more likely to suffer from COVID-19.
- C. People are now not very concerned about work since COVID-19 times are too stressful.
- D. In the best conditions, you would never feel the negative effects of working from bed.

**Question 40:** Which of the following best summarizes the passage?

- A. Many people have adapted to remote work from bed since the appearance of coronavirus, because of its convenience.
- B. Although working from home is convenient, it can result in immediate discomfort and should be avoided for better productivity.
- C. The trend of working from bed during the pandemic has positive effects on mental health and does not affect sleep patterns.
- D. Working from bed has become common during the COVID-19 pandemic, but it can lead to serious health issues over time.

THE END

## NEW WORDS AND PHRASES

| STT | Từ vựng      | Phiên âm         | Nghĩa                                                                               |
|-----|--------------|------------------|-------------------------------------------------------------------------------------|
| 1   | put in       | /put in/         | 1. đặt vào, đưa vào <br> 2. dành thời gian hoặc nỗ lực cho một việc gì đó           |
| 2   | cope with    | /koup wið/       | đối phó với, xử lý                                                                  |
| 3   | look over    | /lʊk 'oʊ.vər/    | xem xét, kiểm tra qua                                                               |
| 4   | fall out     | /fɔ:l aʊt/       | 1. rơi ra <br> 2. xảy ra xung đột hoặc bất hòa                                      |
| 5   | expel        | /ɪk'spel/        | đuổi học, trục xuất                                                                 |
| 6   | deport       | /di'pɔ:rt/       | trục xuất (thường là khỏi một quốc gia)                                             |
| 7   | evict        | /i'vɪkt/         | đuổi ra, khai trừ (thường là khỏi một nơi cư trú)                                   |
| 8   | discharge    | /dɪs'tʃɑ:rdʒ/    | 1. giải phóng, thả ra <br> 2. cho phép rời khỏi, cho xuất viện <br> 3. cho xuất ngũ |
| 9   | compose      | /kəm'pəʊz/       | 1. sáng tác, soạn thảo <br> 2. cấu tạo, hình thành                                  |
| 10  | contain      | /kən'teɪn/       | 1. chứa đựng <br> 2. kiềm chế, ngăn chặn                                            |
| 11  | consist      | /kən'sɪst/       | bao gồm, gồm có                                                                     |
| 12  | comprise     | /kəm'praɪz/      | bao gồm, cấu thành                                                                  |
| 13  | improper     | /ɪm'prɒp.ər/     | không thích hợp, không đúng mực                                                     |
| 14  | far-reaching | /fɑ:r 'ri:ˌtʃɪŋ/ | có ảnh hưởng sâu rộng, tác động lớn                                                 |
| 15  | implication  | /ɪm'plɪ'keɪʃən/  | 1. hàm ý, ngụ ý <br> 2. hậu quả, tác động                                           |
| 16  | sustainable  | /sə'steɪnəbl/    | bền vững, có thể duy trì                                                            |
| 17  | surpass      | /sər'pæs/        | vượt qua, hơn                                                                       |
| 18  | inhabitant   | /ɪn'hæbɪtənt/    | cư dân, người sống trong một khu vực                                                |
| 19  | reputation   | /ˌrepjʊ'teɪʃən/  | danh tiếng, uy tín                                                                  |
| 20  | discomfort   | /dɪs'kʌmfərt/    | sự khó chịu, sự không thoải mái                                                     |
| 21  | perceive     | /pər'si:v/       | nhận thấy, cảm nhận                                                                 |
| 22  | adverse      | /'æd.vɜ:rs/      | bất lợi, có hại                                                                     |
| 23  | associate    | /ə'soʊʃieɪt/     | 1. liên kết, kết hợp <br> 2. kết bạn                                                |
| 24  | disrupt      | /dɪs'rʌpt/       | gây rối, làm gián đoạn                                                              |
| 25  | productivity | /ˌprɒdʌk'tɪvɪti/ | năng suất, hiệu quả sản xuất                                                        |
| 26  | immediate    | /ɪ'mi:diət/      | ngay lập tức, tức thời                                                              |
| 27  | insomnia     | /ɪn'sɒmniə/      | chứng mất ngủ                                                                       |