

**ĐỀ MINH HỌA SỐ 30**  
**KỶ THI TỐT NGHIỆP TRUNG HỌC PHỔ THÔNG NĂM 2025**  
**Môn thi: TIẾNG ANH**

**Thời gian làm bài: 50 phút, không kể thời gian phát đề**

*Read the following advertisement 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 1 to 6.*

**Experience the Journey of a Lifetime!**

I embarked on an (1) \_\_\_\_\_ through the mountains last summer. The (2) \_\_\_\_\_ scenery along the route was breathtaking, with lush green hills and sparkling rivers. Many travelers, (3) \_\_\_\_\_ by the beauty of nature, took countless photos to capture the moment. The bus was filled (4) \_\_\_\_\_ tourists, eager to share their experiences. During the trip, we had a chance to stop (5) \_\_\_\_\_ several stunning natural landscapes at the villages. The bus driver, with years of experience, navigated the winding roads with ease. It was a journey that left me wanting to (6) \_\_\_\_\_ a visit to this place again.

**Question 1:**

- |                              |                              |
|------------------------------|------------------------------|
| A. unforgettable journey bus | B. unforgettable bus journey |
| C. journey unforgettable bus | D. bus unforgettable journey |

**Question 2:**

- |           |            |          |              |
|-----------|------------|----------|--------------|
| A. amazed | B. amazing | C. amaze | D. amazement |
|-----------|------------|----------|--------------|

**Question 3:**

- |            |               |                |             |
|------------|---------------|----------------|-------------|
| A. excited | B. who excite | C. are excited | D. exciting |
|------------|---------------|----------------|-------------|

**Question 4:**

- |       |         |       |       |
|-------|---------|-------|-------|
| A. to | B. with | C. in | D. on |
|-------|---------|-------|-------|

**Question 5:**

- |              |           |             |                |
|--------------|-----------|-------------|----------------|
| A. to admire | B. admire | C. admiring | D. to admiring |
|--------------|-----------|-------------|----------------|

**Question 6:**

- |         |        |         |         |
|---------|--------|---------|---------|
| A. take | B. pay | C. give | D. drop |
|---------|--------|---------|---------|

**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.**

**People, Social Media, and Insults**

In today's world, social media plays a significant role in how people interact. Unfortunately, it has also become a (7) \_\_\_\_\_ for insults, especially aimed at celebrities. Many users tend to react without thinking, often driven by emotions. This behavior can lead to a toxic environment where (8) \_\_\_\_\_ are affected by negative comments.

## Unintentional Participation

Some individuals may not even realize they are (9) \_\_\_\_\_ to this culture of hostility. It's essential to understand that online interactions can have real-world consequences. While many enjoy following their favorite stars, a significant (10) \_\_\_\_\_ of users engage in hurtful remarks. This highlights the need for better digital literacy and awareness. (11) \_\_\_\_\_ spreading negativity, we should (12) \_\_\_\_\_ uplifting each other in our online communities.

### Question 7:

- A. platform                      B. context                      C. foundation                      D. background

### Question 8:

- A. other                      B. the other                      C. another                      D. others

### Question 9:

- A. attributing                      B. distributing                      C. contributing                      D. substituting

### Question 10:

- A. level                      B. number                      C. amount                      D. quantity

### Question 11:

- A. Except for                      B. On top of                      C. In terms of                      D. Rather than

### Question 12:

- A. add up                      B. take out                      C. focus on                      D. look over

**Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentence to make a meaningful paragraph/letter in each of the following questions.**

### Question 13:

- a. Sarah: I recently started dating someone new!  
b. Sarah: Are you seeing anyone special these days?  
c. John: No, I'm single at the moment. How about you?

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

### Question 14:

- a. Maria: That's good to hear. What about the schools?  
b. Tim: Yes, many homes were damaged, but people are starting to recover.  
c. Maria: It must be tough for everyone affected.  
d. Maria: Have you heard how the community is doing after Hurricane Milton?  
e. Tim: They've opened shelters for those who lost their homes.

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

**Question 15:**

Dear Alex,

- a. I would really appreciate it if you could share any tips you might have on what to pack for our adventure.
- b. I hope this message finds you well and that you're as excited as I am about the upcoming hiking trip this weekend!
- c. I can't wait to explore the new trails we talked about; they seem absolutely breathtaking and are supposed to offer stunning views.
- d. Additionally, have you had a chance to check the weather forecast? I'm really hoping it stays sunny and warm for our hike.
- e. Thanks so much for suggesting this adventure; it's exactly what I needed to recharge and enjoy some time in nature!

Write back soon,  
Chris

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

**Question 16:**

- a. Engaging with literature stimulates the imagination, allowing readers to explore new worlds and ideas that they might never encounter in real life.
- b. Reading books offers numerous benefits that can enhance personal growth and well-being.
- c. Many studies have shown that regular reading reduces stress, helping individuals to relax and escape from the pressures of daily life.
- d. Furthermore, reading can significantly improve vocabulary and language skills, contributing to better communication abilities.
- e. In conclusion, the positive impact of reading on mental health, communication, and emotional intelligence makes it an invaluable habit.

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

**Question 17:**

- a. Moreover, increasing awareness of the benefits of renewable energy can lead to more public support for sustainable practices.
- b. The shift towards renewable energy sources is crucial for sustainable development and combating climate change.
- c. Nevertheless, many countries still rely heavily on fossil fuels, which contribute to environmental degradation and global warming.
- d. In conclusion, transitioning to renewable energy sources is not only necessary for environmental health but also for economic prosperity.
- e. The adoption of solar, wind, and hydroelectric power can significantly reduce greenhouse gas emissions and create a cleaner environment.

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

**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 16 to 22.**

The emergence of Robot Doctors has revolutionized the field of healthcare, providing innovative solutions for various medical challenges. Equipped with cutting-edge technology, (18) \_\_\_\_\_. These robots, designed to assist in surgical procedures, utilize advanced algorithms and real-time data analysis to enhance precision and minimize risks during operations.

In recent years, studies have shown that the integration of robotics in surgery leads to quicker recovery times for patients, (19) \_\_\_\_\_. However, not all healthcare professionals are supportive of this technological shift.

Moreover, many proponents argue that Robot Doctors (20) \_\_\_\_\_, allowing them to focus on critical patient care and ensuring that patients receive the best possible care. This perspective emphasizes the collaborative potential between human medical staff and robotic systems.

The development of these technologies has been influenced by the increasing demand for precision and reliability in modern healthcare practices, (21) \_\_\_\_\_. However, despite the numerous advantages of Robot Doctors, (22) \_\_\_\_\_, leading to an ongoing debate about robots' role in the healthcare system.

**Question 18:**

- A. complex tasks are performed by these robots with remarkable efficiency
- B. these robots are able to perform complex tasks with remarkable efficiency
- C. remarkable efficiency can be achieved in complex tasks with these robots
- D. tasks that are complex come naturally to these robots with remarkable efficiency

**Question 19:**

- A. that has proven to provide healthcare systems with increased operational efficiency and effectiveness
- B. which indicating that traditional methods may soon become obsolete due to these advancements
- C. whose benefits are expected to be evident in the reduction of post-operative complications, for example
- D. who heightened mounting concerns regarding the role of human surgeons in the future of medicine

**Question 20:**

- A. of which the design was made to alleviate the workload of healthcare professionals
- B. have been designed to alleviate the workload of healthcare professionals
- C. that have been designed to alleviate the workload of healthcare professionals
- D. having been designed to alleviate the workload of healthcare professionals

**Question 21:**

- A. causing many patients to feel overwhelmed by the complexity of modern medical technologies
- B. resulting in more healthcare professionals choosing to rely on outdated methods for treatment
- C. leading to innovations that enhance diagnostic capabilities and improve patient outcomes significantly
- D. making it harder for practitioners to adapt to the fast-changing landscape of healthcare regulations

**Question 22:**

- A. many patients prefer traditional doctors for their unique and personalized approach to treatment
- B. concerns regarding the potential loss of human touch in patient care cannot be overlooked
- C. the advent of these technologies has been met with universal acceptance from healthcare professionals
- D. studies show that Robot Doctors consistently outperform human doctors in all areas of patient care

**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's widely accepted that teachers and parents should praise the effort kids make - rather than praise their innate ability - if they want their students and children to be successful. Similarly, a new study suggests that encouraging children to silently repeat statements to themselves that emphasize effort over ability could bring greater success.

“Our study found that the math performance of children with low self-confidence improves significantly when they tell themselves that they will make an effort,” said Eddie Brummelman, an assistant professor of child development at the University of Amsterdam and co-author of the study that published Tuesday in the journal *Child Development*. The Dutch researchers studied 212 children ages 9 to 13 years old - an age when researchers said negative feelings about students' abilities at school become more common. “We did not find the same result among children with low self-confidence who spoke to themselves about ability. Self-talk about effort is the key.”

Additionally, other studies have shown that engaging in positive self-talk can improve children's performance in sports such as handball, soccer and swimming. It has also been indicated in several studies that children who engage in self-talk that emphasizes incompetence and failure experience more anxiety and depression. And according to the researchers of this study, self-talk that focuses on effort and hard work removed a “psychological barrier” that hindered children's performance when it came to math.

The researchers said they chose to focus on math not only because of its key role in schools' curriculum but because math performance is known to be significantly affected by negative beliefs about ability. “When children with negative beliefs about their abilities work on mathematics problems, they are prone to anticipate and worry about failures. They consider challenges (e.g., a problem that they find difficult to solve) as signals that they lack ability, triggering disengagement from the task and worsening performance.”

(Adapted from edition.cnn.com)

**Question 23:** According to the passage, all of the following are benefits of positive self-talk EXCEPT \_\_\_\_\_.

- A. It can enhance children's performance in sports like handball and soccer.
- B. It encourages children to focus on their past failures and incompetence.
- C. It helps reduce anxiety and depression in children.
- D. It removes psychological barriers to performance in subjects like math.

**Question 24:** The word silently in paragraph 1 is OPPOSITE in meaning to \_\_\_\_\_.

- A. honestly
- B. quietly
- C. loudly
- D. confidently

**Question 25:** The word hindered in paragraph 3 could be best replaced by \_\_\_\_\_.

- A. declined
- B. obstructed
- C. excluded
- D. demolished

**Question 26:** Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Children who reflect on their failures and lack of skills often benefit from a lower degree of anxiety and depression.
- B. Children who engage in self-talk about their incompetence and mistakes tend to take it as a stimulus.
- C. Children who dwell on their shortcomings and past failures often experience higher anxiety and depression.
- D. Children who focus on their strengths and achievements tend to have lower levels of anxiety and depression.

**Question 27:** The word they in paragraph 4 refers to \_\_\_\_\_.

- A. signals
- B. challenges
- C. abilities
- D. children

**Question 28:** Which of the following is NOT TRUE according to the passage?

- A. The study focused on the math performance of children in the 9 to 13 age group.
- B. A co-author of the study is an assistant professor from the University of Amsterdam.
- C. The study showed that positive self-talk can improve children's performance in sports.
- D. The study found a link between positive self-talk and improvements in math performance.

**Question 29:** In which paragraph does the writer mention a study on self-talk improving math performance?

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

**Question 30:** In which paragraph does the writer discuss negative beliefs affecting math engagement?

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

**Read the following passage about 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] What if there was a simple exercise that you could do anywhere in just a few minutes that was scientifically shown to improve your mood and your outlook on the future, at least for a while? [II] That exercise exists. [III] It's called the "best possible self" intervention, or BPS, and multiple recent studies confirm that it can lift your mood and increase your optimism, at least on a temporary basis. [IV]

BPS involves completing a brief writing exercise in which you imagine your best possible self in a potential future when everything has gone right. You entered your dream university, your family life is going great, you have a healthy bank account. Take a few minutes to visualize that ideal life and then write a description of that life, and feel free to add as many details as you want. It may seem like **this** would not help much, but research done by Johannes Bodo Heckerens and Michael Eid of Freie University in Berlin have recorded remarkable results.

To investigate the effectiveness of BPS, the researchers conducted an analysis of 34 studies which required test subjects to do a written BPS exercise. The studies included a total of 2,627 people who were randomly picked from the overall population, with about three quarters of them being female. The result was a small but measurable increase in positive **affect** and overall optimism, the researchers wrote.

Previously, they had also conducted their own study, asking 188 psychology undergraduate students to complete a BPS exercise. In the end, it was found that BPS led to improvements in mood and expectations both after the exercise and up to a week later. They suggested that future studies should look at what happens when subjects repeat BPS regularly and see if it produces a **sustained** improvement in optimism over time.

In the meantime, there's really nothing stopping you from testing BPS: It only takes a few minutes, costs nothing, and will leave you feeling better. Also, **visualizing a future in which you've achieved your goals will make it easier to actually reach those goals**. In fact, this might be a good weekly ritual, maybe something to do every Sunday evening to start off the week positively. One advice is to not worry about getting your perfect future "right" and just write whatever you think of. And of course, there is no need to focus on whether your writing is good.

(Adapted from inc.com)

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

**Many people struggle with feelings of anxiety and sadness in their daily lives.**

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

Question 32: The word **this** in paragraph 2 refers to \_\_\_\_\_.

- A. completing writing exercise
- B. visualising ideal life
- C. imagining best possible self
- D. adding many details

Question 33: The word **affect** in paragraph 3 could be best replaced by \_\_\_\_\_.

- A. direction
- B. influence
- C. emotion
- D. impression

Question 34: According to the passage, which of the following is NOT mentioned as a benefit of the BPS intervention?

- A. enhanced family relationships
- B. improvement in overall optimism
- C. increase in positive affect
- D. temporary boost in mood

**Question 35:** Which of the following best summarizes paragraph 2?

- A. The BPS exercise requires imagining and writing about your ideal future life.
- B. Research shows that BPS can lead to a significant increase in happiness.
- C. BPS is a writing exercise that helps people visualize their best possible self.
- D. Studies conducted in Berlin demonstrate the effectiveness of the BPS intervention.

**Question 36:** The word **sustained** in paragraph 4 is OPPOSITE in meaning to \_\_\_\_\_.

- A. definite
- B. momentary
- C. enduring
- D. persistent

**Question 37:** Which of the following is NOT TRUE according to the passage?

- A. Aside from their own research, Heekerens and Eid also looked at other studies on BPS.
- B. The studies that Heekerens and Eid analysed mainly focused on the overall population.
- C. In general, research on BPS found that it resulted in increased optimism in the long run.
- D. Future studies should investigate the effects of frequently completing the BPS exercise.

**Question 38:** Which of the following best paraphrases the underlined sentence in paragraph 5?

- A. Envisioning a future where you reach your targets will warn you against ignoring those targets.
- B. Visualizing a future where you meet your targets can simplify the process of achieving them.
- C. Imagining a future in which you've fulfilled your dreams will save you time achieving them.
- D. Dreaming of a future in which you succeed at your ambitions will aid you in disseminating them.

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

- A. There is an urgent need for BPS studies that focus on gender.
- B. If done once a week, BPS will achieve maximum effectiveness.
- C. BPS is an easy and risk-free exercise that anyone can try out.
- D. Doing BPS improves both your mental health and writing skills.

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

- A. The "best possible self" method helps individuals focus on their dreams, but it is often difficult to implement in daily life.
- B. The "best possible self" intervention is a simple writing exercise that can temporarily improve mood and optimism through visualization of future success.
- C. BPS is a complex exercise requiring professional guidance to enhance one's outlook on life and achieve long-term happiness.
- D. Imagining your ideal life through writing can help boost mood, but it requires significant effort and careful planning to see results.

## NEW WORDS AND PHRASES

STT	Từ vựng	Phiên âm	Nghĩa
1	navigate	/'nævigeɪt/	1. điều hướng2. định hướng, xoay sở trong một tình huống phức tạp
2	unforgettable	/'ʌnfər'getəbl/	không thể quên, khó quên
3	platform	/'plætfɔ:rm/	1. nền tảng2. sân ga
4	foundation	/'faʊn'deɪʃn/	1. nền tảng, cơ sở2. quỹ từ thiện3. kem nền (make-up)
5	background	/'bækgraʊnd/	1. bối cảnh, xuất thân2. nền
6	attribute	/'ætrɪbjʊ:t/	1. thuộc tính, đặc điểm2. gán cho, quy cho (ai/cái gì)
7	distribute	/'dɪ'strɪbjʊ:t/	phân phối, phân phát
8	contribute	/'kɒn'trɪbjʊ:t/	đóng góp, góp phần
9	substitute	/'sʌbstɪtju:t/	1. thay thế (người hoặc vật)2. cầu thủ dự bị
10	add up	/'æd ʌp/	1. cộng lại, tính tổng2. có lý, hợp lý
11	take out	/'teɪk aʊt/	1. mang đi, lấy ra2. đăng ký dịch vụ (ngân hàng, bảo hiểm)
12	focus on	/'fɒskəs ɑ:n/	tập trung vào
13	look over	/'lʊk 'oʊvər/	xem xét, kiểm tra qua
14	alleviate	/'ə'li:vieɪt/	làm dịu, giảm bớt
15	diagnostic	/'daɪəg'nɒstɪk/	(adj) chẩn đoán
16	practitioner	/'præktɪ'ʃənər/	1. người hành nghề (bác sĩ, luật sư)2. người thực hành một nghề nghiệp
17	universal	/'ju:nɪ'vɜ:rsəl/	phổ quát, chung
18	silently	/'saɪləntli/	một cách lặng lẽ, âm thầm
19	hinder	/'hɪndər/	cản trở, gây trở ngại
20	dwell on	/'dwel ɑ:n/	suy nghĩ, nghĩ ngẫm mãi về (điều tiêu cực)
21	affect (n)	/'æfekt/	cảm xúc, biểu cảm
22	sustained	/'sʌ'steɪnd/	duy trì, kéo dài
23	visualize	/'vɪʒʊəlaɪz/	hình dung, tưởng tượng
24	simplify	/'sɪmplɪfaɪ/	đơn giản hóa
25	disseminate	/'dɪ'sem.ə'neɪt/	lan truyền, phổ biến