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| TỈNH HƯNG YÊN  **TRƯỜNG THPT**  **CHUYÊN HƯNG YÊN**  (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 15 trang, 4 câu*) |

**I. LISTENING (50 POINTS)**

**Part 1: You will hear a conversation about filling in a survey on transport.**

**For questions 1-7, fill in each gap with NO MORE THAN ONE WORDS AND/OR A NUMBER. (14 pts)**

Adapted from IELTS Cambridge 10

**Transport Survey**

Name: Luisa **1**. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Address: 19 White Stone Rd  
Area: Bradfield  
Postcode: **2**. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Occupation: **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**   
Reason for visit to town: to go to the **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Suggestions for improvement:  
• better **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_**   
• have more **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
• more frequent **7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** 

**Part 2: You are going to hear somebody giving their opinion about the media and its influence on society. For questions 8-15, complete the sentences with a word or short phrase. (16 pts)**

Adapted from FCE EngExam

The three forms of media are TV, radio and newspapers

Politicians use the media during political **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entertainers use it to stay in the **9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The percentage of people who did not have a particular point of view about the privacy of celebrities was **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The most influential form of media is **11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We can be deceived by TV when we are shown carefully selected **12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Some TV stations turn true events into fiction

A newspaper had to pay **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for printing lies about a pop singer.

Sometimes a paper can avoid being sued if it makes a public **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There are two kinds of newspaper, the “quality” papers and the **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part 3: For questions 16-20, you are going to listen to a piece of news about the thriving Singapore. Listen carefully and decide whether the following statements are True (T) or False (F) (10 pts)**

Adapted from Bloomberg news

**16**. The GDP per capita of the UK is overshadowed by that of Singapore.

**17**. Prime Minister Lee Kuan Yew, and other founding members of Singapore acknowledged the island nation's lack of natural resources prior to its independence in 1965.

**18**. It is an important maritime center since it has access to the Strait of Malacca.

**19**. Low tax is the legacy of that approach to attracting business to this country, with only 17% charge today.

**20**. During the period of the beginning of Prime Minister Lee Hsien Loong's tenure and 2022, the total value of assets under his management in Singapore quintupled.

**Part 4: You will hear an interview with a biology student called Gail Koch, who is spending a year in the rainforest working as a field scientist. For questions 21-25, choose the best answer A, B or C. (10 pts)**

Adapted from FCE Exam Essential

**21.** What does Gail say about being a field scientist?

**A.** She sometimes fears she will never be a proper one.

**B.** Being so keen compensates for what she does not know.

**C.** It can be difficult to do a job that is rarely understood.

**22.** Gail’s research involves

**A.** finding out about lizards from local guides.

**B.** more excitement than other field researchers experience.

**C.** moving carefully through the rainforest.

**23.** According to Gail, working as a field scientist is

**A.** a popular career choice.

**B.** well paid after people have qualified.

**C.** good preparation for work in other scientific areas.

**24.** What does Gail say about her time at the research station?

**A.** She has developed her ability to analyse statistics.

**B.** It has improved her chances of doing another course.

**C.** She has learned how to complete each of her projects on time.

**25.** What disadvantage of being at the research station does Gail mention?

**A.** She sometimes feels she has too much work to get through.

**B.** She has spent a lot of time trying to make herself more comfortable.

**C.** She may not be keeping up to date with new developments.

**II. LEXICO AND GRAMMAR (30 POINTS)**

**Part 1: Choose the answer A, B, C, or D that best completes each of the following sentences. Write your answers in the corresponding numbered boxes. (15 pts)**

1. Keith’s \_\_\_\_\_\_\_ income looks impressive, but once tax and social security contributions are deducted, it’s not so much.

A. full B. grand C. net D. gross

2. We have developed rapid order processing to \_\_\_\_\_\_\_ deliveries to customers.

A. expedite B. fasten C. heighten D. quicken

3. If you need help, please don’t hesitate to call me. I can be there \_\_\_\_\_\_\_.

A. in a fix B. in a flash C. in a daze D. in the bag

4. He felt his heart \_\_\_\_\_\_\_ as his bride-to-be began her walk down the aisle.

A. fasten B. quicken C. expedite D. heighten

5. Somehow, I managed to \_\_\_\_\_\_\_ my physics exam. The pass mark was 55 and I got 56.

A. scrape through B. shake off C. sit through D. slip off

6. I know it’s difficult, but you’ll just have to \_\_\_\_\_\_\_\_ and bear it.

A. laugh B. smile C. grin D. chuckle

7. As a poet, I think she \_\_\_\_\_\_\_\_ comparison with the greatest this century.

A. stands B. makes C. leads D. matches

8. We all have to follow the rules, and none of us is \_\_\_\_\_\_\_\_ the law.

A. beyond B. over C. above D. onto

9. After hours and hours trying to solve the problem, I was at my \_\_\_\_\_\_\_\_\_ end.

A. nerves' B. wits' C. humours' D. tethers'

10. Her punky hairstyle showed she was not one for following the \_\_\_\_\_\_\_\_\_.

A. flock B. herd C. swarm D. group

11. China, which has been producing cars \_\_\_\_\_\_\_ joint ventures with foreign partners, is now launching its own brand \_\_\_\_\_ the global market.

1. through/on B. for/over C. of/throughout D. alongside/ in

12. The school of fish, hiding among the jagged coral, \_\_\_\_\_\_\_\_\_\_\_\_\_ by the hammerhead shark, despite the gloomy camouflage of the surroundings.

1. were easily seen B. was easily seen

C. seen D. being seen

13. \_\_\_\_\_\_\_\_\_\_ around stones that are sunwarmed, even the smallest of stones creates tiny currents of warm air.

1. The cool air B. If the air is cool C. That the air cools D. The cooler the air

14. \_\_\_\_\_\_\_\_\_ Brian realize that he was in the wrong room. He left the room without saying a word.

1. Only after he had entered and looked around
2. It was not until he had entered and looked around did
3. Not until he had entered and looked around did
4. No sooner had he entered and looked around than

15. Owning and living in a freestanding house is still a goal of young adults, \_\_\_\_\_\_\_\_\_\_\_ earlier generations.

A. as did B. as it was of C. like that of D. so have

**Part 2: Identify the underlined word or phrase that must be changed in order for the sentence to be correct, and then correct the mistake. (5 pts)**

1. What the witness said in court was inconsistent to the statement he made to the police.

2. Survivors from those distant days naturally tend to dislike today's convenient food.

3. Radar equipment is used to detecting enemy aircraft, which is an astounding breakthrough in human history.

4. The WHO reports that malaria counts for 20% of all child deaths in Africa, and which one African child dies of the disease every 45 seconds.

5. There are now some interesting handsome Spanish tall exchange students staying in our hostel.

**Part 3: Give the correct form of each given word to complete the following sentences. Write your answers in the numbered boxes. (10 pts)**

1. For all his \_\_\_\_\_\_\_\_\_\_\_\_\_\_, he never really connects with other people. (SOCIAL)

2. The work was done well thanks to their \_\_\_\_\_\_\_\_\_\_\_\_\_\_ attitude. (OPERATE)

3. Isn’t it time for you to have a medical \_\_\_\_\_\_\_\_\_\_\_\_ (CHECK)

4. The school is very proud of having its own \_\_\_\_\_\_\_\_\_\_\_ in scientific research. (EXPERT)

5. There comes the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage; if you lose a match, you will be eliminated. (KNOCK)

6. You need to think of all the \_\_\_\_\_\_\_\_ before making the decision to emigrate. (PRACTICE)

7. Police officers have to strictly follow a new set of rules if they want to get \_\_\_\_\_\_\_\_\_\_ statements from a defendant. (ADMIT)

8. No student should high-five another student in the dining hall for pulling an \_\_\_\_\_\_\_\_\_ (NIGHT)

9. Polar bears need sea ice to hunt, and warming melts sea ice; so, the connection between human-caused global warming and the \_\_\_\_\_\_\_\_\_\_ of the polar bears is crystal clear. (DANGER)

10. In the early medieval world, time past and present was meaningless because the vast majority of people were \_\_\_\_\_\_\_\_\_\_, they did not even know their own age. (NUMBER)

**III. READING (60 points)**

**Part 1: Read the text below and think of the word which best fits each space. Use only ONE word in each space. (10 pts)**

**Adapted from Objective Proficiency**

**SOCKS**

Mr Twenty-First Century strikes a pose on the pages of a 1939 issue of British Vogue magazine. He wears a jump-suit, belt and waistcoat festooned 1\_\_\_\_\_\_\_\_\_ hardware. His hat is ‘an antenna snatching radio out of the ether’, Vogue tells us. 2\_\_\_\_\_\_\_ quite today’s mobile-phone man, 3\_\_\_\_\_\_\_ close. However, as we reach his socks, the best Vogue’s futurologist can come up with is ‘disposable’.

Throwaway insults are 4\_\_\_\_\_\_\_\_ new for socks. And that’s not 5\_\_\_\_\_\_\_\_ they have to put up with. Over a day, the average human foot 6\_\_\_\_\_\_\_\_\_ off at least half a cup of moisture - manna from heaven for those odour-causing micro-organisms. Yet socks are 7\_\_\_\_\_\_\_ the most ancient of human inventions- an Egyptian mummy’s knitted socks are arguably the oldest surviving examples, while hand-sewn versions may 8\_\_\_\_\_\_\_\_ back to the Bronze Age. They surely deserve a better future than consignment to the bin.

Not 9\_\_\_\_\_\_\_\_\_ appreciates the sock’s versatility, though. Albert Einstein famously eschewed socks altogether, apparently regarding them as an unnecessary luxury. I too go sockless in the summer. 0\_\_\_\_\_\_\_\_\_ the frost begins to bite, I can’t help wondering, could Einstein have been wrong?

**Part 2: Read the text below and decide which answer best fits each space. (10 pts)**

**Adapted from Succeed in Cambridge English Advanced**

Few inventions have 1\_\_\_\_\_\_\_\_\_ more scorn and praise 2\_\_\_\_\_\_\_ them at the same time than television. And few have done so much to unite the world into one vast audience 3\_\_\_\_\_\_\_\_ news, sport, information and entertainment. Television must be 4\_\_\_\_\_\_\_\_\_ alongside printing as one of the most significant inventions of all time in the 5\_\_\_\_\_\_\_\_\_\_ of communications. In just a few decades it has reached 6\_\_\_\_\_\_\_\_\_\_ every home in the developed world and an ever-increasing proportion of homes in developing countries. It took over half a century from the first suggestion that television might be possible before the first 7\_\_\_\_\_\_\_\_ pictures were produced in laboratories in Britain and America.

In 1926 John Baird’s genius for publicity brought television to the 8\_\_\_\_\_\_\_\_\_ of a British audience. It has since 9\_\_\_\_\_\_\_\_\_ such heights of success and taken on such a pivotal function that it is difficult to imagine a world 10\_\_\_\_\_\_\_\_\_ of this groundbreaking invention.

1. A. had B. even C. been D. done

2. A. taken over B. heaped upon C. picked on D. given over

3. A. for B. on C. in D. over

4. A. awarded B. rated C. graduated D. assembled

5. A. location B. site C. post D. field

6. A. simultaneously B. actually C. virtually D. substantially

7. A. flaring B. glimmering C. sparkling D. flickering

8. A. attention B. concentration C. initiation D. surveillance

9. A. found B. left C. gained D. reached

10. A. short B. shredded C. bereft D. lacking

**Part 3: Read the passage below and choose the answer (A, B, C or D) which you think fits best according to the text. (10 pts)**

**Adapted from TOEFL Reading Test**

The next few decades will see great changes in the way energy is supplied and used.  In some major oil producing nations, 'peak oil' has already been reached, and there are increasing fears of global warming.  Consequently, many countries are focusing on the switch to a low carbon economy. This transition will lead to major changes in the supply and use of electricity.  **[A]** Firstly, there will be an increase in overall demand, as consumers switch from oil and gas to electricity to power their homes and vehicles.  **[B]** Secondly, there will be an increase in power generation, not only in terms of how much is generated, but also how it is generated, as there is growing electricity generation from renewable sources. **[C]** To meet these challenges, countries are investing in Smart Grid technology.  **[D]** This system aims to provide the electricity industry with a better understanding of power generation and demand, and to use this information to create a more efficient power network.

Smart Grid technology basically involves the application of a computer system to the electricity network.  The computer system can be used to collect information about supply and demand and improve engineer's ability to manage the system.  With better information about electricity demand, the network will be able to increase the amount of electricity delivered per unit generated, leading to potential reductions in fuel needs and carbon emissions.  Moreover, the computer system will assist in reducing operational and maintenance costs.

Smart Grid technology offers benefits to the consumer too.  They will be able to collect real-time information on their energy use for each appliance.  Varying tariffs throughout the day will give customers the incentive to use appliances at times when supply greatly exceeds demand, leading to great reductions in bills.  For example, they may use their washing machines at night.  Smart meters can also be connected to the internet or telephone system, allowing customers to switch appliances on or off remotely.  Furthermore, if houses are fitted with the apparatus to generate **their** own power, appliances can be set to run directly from the on-site power source, and any excess can be sold to the grid.

With these changes comes a range of challenges.  The first involves managing the supply and demand.  Sources of renewable energy, such as wind, wave and solar, are notoriously unpredictable, and nuclear power, which is also set to increase as nations switch to alternative energy sources, is inflexible.  With oil and gas, it is relatively simple to increase the supply of energy to match the increasing demand during peak times of the day or year.  With alternative sources, this is far more difficult, and may lead to blackouts or system collapse.  Potential solutions include investigating new and efficient ways to store energy and encouraging consumers to use electricity at off-peak times.

A second problem is the fact that many renewable power generation sources are located in remote areas, such as windy uplands and coastal regions, where there is currently a lack of electrical infrastructure.  New infrastructures therefore must be built.  Thankfully, with improved smart technology, this can be done more efficiently by reducing the reinforcement or construction costs.

Although Smart Technology is still in its infancy, pilot schemes to promote and test it are already underway.  Consumers are currently testing the new smart meters which can be used in their homes to manage electricity use.  There are also a number of demonstrations being planned to show how smart technology could practically work, and trials are in place to test the new electrical infrastructure.  It is likely that technology will be added in 'layers', starting with 'quick win' methods which will provide initial carbon savings, to be followed by more advanced systems at a later date.  Cities are prime candidates for investment into smart energy, due to the high population density and high energy use.  It is here where Smart Technology is likely to be promoted first, utilising a range of sustainable power sources, transport solutions and an infrastructure for charging electrically powered vehicles.  The infrastructure is already changing fast.  By the year 2050, changes in the energy supply will have transformed our homes, our roads and our behaviour.Top of Form

1. According to paragraph 1, what has happened in some oil producing countries?

 A They are unwilling to sell their oil any more.  
 B They are not producing as much oil as they used to.  
 C The supply of oil is unpredictable.  
 D Global warming is more sever here than in other countries.  
2. Where in [paragraph 1](javascript:scrollText(0)) can the following sentence be placed?  
There is also likely more electricity generation centres, as households and communities take up the opportunity to install photovoltaic cells and small scale wind turbines. 

 A.  B.  C.  D.  
3. Which of the following is NOT a benefit of Smart Grid technology to consumers?

 A. It can reduce their electricity bills.  
 B. It can tell them how much energy each appliance is using.  
 C. It can allow them to turn appliances on and off when they are not at home.  
 D. It can reduce the amount of energy needed to power appliances.  
4. According to [paragraph 4](javascript:scrollText(3)), what is the problem with using renewable sources of power?

 A. They do not provide much energy.  
 B. They often cause system failure and blackouts.  
 C. They do not supply a continuous flow of energy.  
 D. They can't be used at off-peak times.  
5.  In [paragraph 6](javascript:scrollText(5)), what can be inferred about cities in the future?

 A. More people will be living in cities in the future than nowadays.  
 B. People in cities will be using cars and buses powered by electricity.  
 C. All buildings will generate their own electricity.  
 D. Smart Grid technology will only be available in cities.  
6. The word 'remote' in [paragraph 5](javascript:scrollText(4)) could be best replace by:

 A. isolated  B. crowded  C. attractive  D. alone  
7. The word 'underway' in [paragraph 6](javascript:scrollText(5)) is closest in meaning to:

 A. permanent  B. complete  C. beneficial  D. in progress  
8. What is the main idea of the final paragraph? ([paragraph 6](javascript:scrollText(5))).

 A. To describe who will benefit from Smart Grid technology first.  
 B. To outline the advantages of Smart Grid technology.  
 C. To summarise the main ideas in the previous paragraphs.  
 D. To describe how, where and when Smart Technology will be introduced.  
9. In paragraph 6, what can be inferred about the introduction of Smart Grid Technology?

A. The technologies which produce most benefits will be introduced first.  
B. The cheapest technologies will be introduced first.

C. The technologies which are most difficult to put into place will be introduced first.  
D. Technologically advanced systems will be introduced first.

10. The word ‘**their**’ refer to

A. houses B. appliances C. meters D. apparatus

**Part 4: Read the passage and aswer the questions. (20 pts)**

Adapted from 5 Practice for the IELTS Academic Test

**Questions 1 – 5:** The reading passage on *Deer Farming In Australia* has 5 paragraphs (**A – E**). From the list of headings below choose the most suitable headings for paragraphs **A – E**. Write the appropriate number (**i – viii**) in boxes 1**– 5** on your answer sheet.

NB There are more headings than paragraphs, so you will not use them all.

|  |
| --- |
| i. Industry Structures  ii. Disease Affects Production  iii. Trends in Production  iv. Government Assistance  v. How Deer Came to Australia  vi. Research and Development  vii. Asian Competition  viii. Industry Development |

1. Paragraph A

2. Paragraph B

3. Paragraph C

4. Paragraph D

5. Paragraph E

**Deer Farming In Australia**

**Paragraph A**

Deer are not indigenous to Australia. They were introduced into the country during the nineteenth century under the acclimatization programs governing the introduction of exotic species of animals and birds into Australia. Six species of deer were released at various locations. The animals dispersed and established wild populations at various locations across Australia, mostly depending upon their points of release into the wild. These animals formed the basis for the deer industry in Australia today.

Commercial deer farming in Australia commenced in Victoria in 1971 with the authorized capture of rusa deer from the Royal National Park, NSW. Until 1985, only four species of deer, two from temperate climates (red, fallow) and two tropical species (rusa, chital) were confined for commercial farming. Late in 1985, pressure from industry to increase herd numbers saw the development of import protocols. This resulted in the introduction of large numbers of red deer hybrids from New Zealand and North American elk directly from Canada. The national farmed deer herd is now distributed throughout all states although most are in New South Wales and Victoria.

**Paragraph B**

The number of animals processed annually has continued to increase, despite the downward trend in venison prices since 1997. Of concern is the apparent increase in the number of female animals processed and the number of whole herds committed for processing. With more than 40,000 animals processed in 1998/99 and 60,000 in 1999/2000, there is justified concern that future years may see a dramatic drop in production. At least 85% of all venison produced in Australia is exported, principally to Europe. At least 90% of all velvet antler produced is exported in an unprocessed state to Asia.

Schemes to promote Australian deer products continue to have a positive effect on sales that in turn have a positive effect on prices paid to growers. The industry appears to be showing limited signs that it is emerging from a state of depression caused by both internal and external factors that include: (i) the Asian currency downturn; (ii) the industry’s lack of competitive advantage in influential markets (particularly in respect to New Zealand competition), and; (iii) within industry processing and marketing competition for limited product volumes of venison.

**Paragraph C**

From the formation of the Australian Deer Breeders Federation in 1979, the industry representative body has evolved through the Deer Farmers Federation of Australia to the Deer Industry Association of Australia Ltd (DIAA), which was registered in 1995. The industry has established two product development and marketing companies, the Australian Deer Horn and Co-Products Pty Ltd (ADH) and the Deer Industry Projects and Development Pty Ltd, which trades as the Deer Industry Company (DIC). ADH collects and markets Australian deer horn and co-products on behalf of Australian deer farmers. It promotes the harvest of velvet antler according to the strict quality assurance program promoted by the industry. The company also plans and co-ordinates regular velvet accreditation courses for Australian deer farmers.

**Paragraph D**

Estimates suggest that until the early 1990s the rate of the annual increase in the number of farmed deer was up to 25%, but after 1993 this rate of increase fell to probably less than 10%. The main reasons for the decline in the deer herd growth rate at such a critical time for the market were: (i) severe drought conditions up to 1998 affecting eastern Australia during 1993-96 and (ii) the consequent slaughter of large numbers of breeding females, at very low prices. These factors combined to decrease confidence within the industry. Lack of confidence saw a drop in new investment within the industry and a lack of willingness of established farmers to expand their herds. With the development of strong overseas markets for venison and velvet and the prospect of better seasons ahead in 1996, the trends described were seen to have been significantly reversed. However, the relatively small size of the Australian herd was seen to impose undesirable restraints on the rate at which herd numbers could be expanded to meet the demands for products.

Supply difficulties were exacerbated when the supply of products, particularly venison, was maintained by the slaughter of young breeding females. The net result was depletion of the industry’s female breeding herds.

**Paragraph E**

Industry programs are funded by statutory levies on sales of animals for venison, velvet antler sales and the sale of live animals into export markets. The industry has a 1996 - 2000 five year plan including animal nutrition, pasture quality, carcass quality, antler harvesting, promotional material and technical bulletins. All projects have generated a significant volume of information, which compliments similar work undertaken in New Zealand and other deer farming countries.

Major projects funded by levy funds include the Venison Market Project from 1992 to 1996. This initiative resulted in a dramatic increase in international demand for Australian venison and an increase in the domestic consumption of venison. In an effort to maintain existing venison markets in the short term and to increase them in the long term, in 1997 the industry’s top priority became the increase in size and production capacity of the national herd.

**Question 6-10**

Read the passage about *Deer Farming in Australia* again and look at the statements below.

In boxes 6 - 10on your answer sheet write:

**TRUE** *if the statement is true*

**FALSE** *if the statement is false*

**NOT GIVEN** *if the information is not given in the reading passage*

6. Until 1985 only 2 species of the originally released Australian deer were not used for

farming.

7. Since 1985 many imported deer have been interbred with the established herds.

8. The drop in deer numbers since 1997 led to an increase in the price of venison.

9. Only a small amount of Australian venison production is consumed domestically.

10. Current economic conditions in Asian countries have had positive effect on the

Australian deer industry.

**Part 5: Identify which section A–D each of the following is mentioned. Write ONE letter A–D in the corresponding numbered space provided. Each letter may be used more than once. (10 points)**

**Adapted from FCE Extra 2 – Test 2**

**Confident people What’s their secret?**

*Confident people may look as though they were born that way, but most will tell you that it’s a skill they’ve learned because they had to. Nina Hathway asks five people how they did it.*

**A - Jenny**

When I left school I was very shy and I always thought I’d stay that way. I was about twenty- five when I was asked to help out at my daughter’s school. I was sure I wouldn’t cope, but I surprised myself by doing well and someone there suggested that I should do a university course.

There was a huge knot in my stomach the day I turned up for my first lecture. But my confidence gradually grew - I became more outgoing. Looking back, working at the school was the turning point in my life that has helped everything else fall into place.

**B - Michaela**

It all started four years ago when my father became ill and I had to take over the family business. I was so scared; I went over the top and became a bit too aggressive and impatient. I thought that was what confident people were like, but gradually I learned otherwise. To be confident you’ve got to believe in yourself.

If things get too demanding for me at work, I don’t let myself feel guilty if I save a number of tasks until the next day. When I’m confronted with something difficult, I tell myself that I’ve got nothing to lose. It’s fear that makes you lack confidence, so I’m always having quiet chats with myself to put aside those fears!

**C - Lisa**

People think I’m very confident but, in fact, the calmer I look, the more terrified I really am. I’ve had to develop the ability to look confident because it’s the most vital thing in TV. Interviewing people has helped me realise that most -if not all- of us get tense in important situations, and we feel calmer when we speak to someone who’s genuinely friendly. The best ever piece of advice came from my mother when I was agonising as a teenager about wearing the right clothes. She simply said, ‘Who’s looking at you? Everybody’s too busy worrying about how they look. ‘I’ve found that’s well worth remembering.

I also think you gain confidence by tackling things that scare you. When I took my driving test, I was so nervous, but I passed. After that I felt sure that I’d never feel so frightened again, and I never have.

**D - Barbara**

My confidence comes naturally from really enjoying the work I do, but it’s something that I’ve built up over the years. If you just get on with it and learn from any mistakes you make, you’re more confident the next time round. I work hard and I’m popular in the restaurant, but it’s probable that one out of ten people doesn’t like me. I don’t let that affect me. You’ve got to like yourself for what you are, not try to be what others expect.

My company runs a lot of training courses, and going on those has built up my self-esteem. The company also encourages employees to set manageable targets. It helps no end if you can see you’re achieving something tangible, rather than reaching for the stars all at once, and ending up with nothing but air!

**E - Kim**

After I left college, I worked for years as a secretary and would sit in meetings, not always agreeing with what was being said, but too scared to speak up. Eventually, I summoned up the confidence to start making my point. Even so, when I first worked in politics, I’d never spoken in public before and always used to shake like a leaf. I would say to myself, ‘Don’t be so silly. People do this every day of their lives, so there’s no reason why you can’t. ‘I also found it helpful to jot a few things down to refer to - rather like having a comfort blanket!

I don’t think there is anyone who isn’t a little shaky when it comes to talking publicly. The real secret of confidence lies in telling yourself over and over again, ‘Nothing is impossible.’

**Which person or people state(s) the following?**

I used to avoid giving my opinions at work. **1 \_\_\_\_\_\_\_**

Taking time off from your professional development can make you feel more self-assured.

**2** \_\_\_\_\_\_\_\_\_\_\_\_\_\_

I never thought I’d be a confident person. **3 \_\_\_\_\_\_\_**

I’m not influenced by people’s opinions of me. **4 \_\_\_\_\_\_\_**

Everyone gets nervous at times.  **\_\_\_\_ 5 \_\_\_\_; E**

Initially, I misunderstood what confidence was. **6 \_\_\_\_\_\_\_**

I find making notes very supportive in my work. **7 \_\_\_\_\_\_\_**

I’ve worked on having a confident appearance. **8 \_\_\_\_\_\_\_**

My behaviour helps others relax too. **9 \_\_\_\_\_\_\_**

Getting things wrong can have a positive result. **10 \_\_\_\_\_\_\_**

**IV. WRITING**

**Part 1: The chart below shows the results of a survey about people’s coffee and tea buying and drinking habits in five Australian cities. Summarize the information by selecting and reporting the main features and make comparisons where relevant. Write at least 150 words. (20 points).A graph of coffee and tea buying habits

Description automatically generated**

**Part 2: Write an essay of at least 250 words to express your opinion on the following topic:**

**Many people believe that scientific research should be carried out and controlled by governments rather than private companies. To what extent do you agree or disagree?**

***To what extent do you agree or disagree* with this statement*?* (40 points).**

**------ THE END ---------**

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