

ĐỀ THI THỬ SỐ 5

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.

Why Your Break Matters Maximize Your Lunch Break!

During a busy workday, a (1) _____ is very important. It is a time to relax and enjoy some food. My break, (2) _____ at 12:30, allows me to step away from my tasks for a while.

Quick and Easy Meal Choices

I am often fond (3) _____ sandwiches or salads because they are easy to eat.

Make the Most of Your Time

Sometimes, I need to hurry (4) _____ where to go for lunch. I usually have only 30 minutes, so I have to (5) _____ a decision quickly. Whether I eat at my desk or go to a nearby café, this short break helps me feel (6) _____ and more focused for the rest of the day.

Question 1: A. break quick lunch B. quick break lunch C. quick lunch break D. lunch quick break

Question 2: A. starting B. is started C. start D. that starts

Question 3: A. in B. at C. of D. on

Question 4: A. choosing B. to choose C. to choosing D. choose

Question 5: A. do B. make C. give D. set

Question 6: A. refresh B. refreshed C. refreshing D. refreshment

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.

Planning the Perfect Event Venue Capacity

When planning an event, it is important to consider the (7) _____ of the venue. A venue should have enough room for a large (8) _____ of people to feel comfortable. If the place is too small, it can become crowded and unpleasant. Additionally, some items, like decorations and furniture, can (9) _____ space that could otherwise be used for guests to move around.

Overcoming Challenges

(10) _____ these challenges, event organizers work hard to make sure that (11) _____ person has a good experience. They think about the needs of their (12) _____, such as seating, food, and entertainment, to ensure that everyone enjoys the event.

Question 7: A. capacity B. likelihood C. capability D. probability

Question 8: A. extent B. amount C. number D. scale

Question 9: A. take in B. take over C. take up D. take out

Question 10: A. Instead of B. Except for C. In light of D. Rather than

Question 11: A. every B. many C. other D. few

Question 12: A. audiences B. spectators C. viewers D. bystanders

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

Question 13:

a. Mia: That's amazing, Jake! I could tell you really liked her.

b. Jake: Thanks! I'm excited to see where this goes.

c. Jake: I finally asked her out, and she said yes!

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

Question 14:

a. Lan: Great! We can rent bikes and ride around the lake.

b. Duy: Sounds fun! I'll bring some snacks for us to enjoy.

c. Lan: Perfect! I can't wait for a relaxing day out.

d. Lan: Are we still on for our trip to Western Lake this Saturday?

e. Duy: Absolutely! I'm really looking forward to 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:

Dear Hanh,

- This is a wonderful opportunity not only to give back to the community but also to make a positive difference in the lives of these animals.
- They are looking for volunteers to help with various tasks, including cleaning the facilities, feeding the animals, and spending some quality playtime with the pets.
- Additionally, I believe we will have the chance to meet new people who share our passion for animals and enjoy some great conversations.
- I recently discovered a volunteering event that is being organized at the local animal shelter this Saturday, and I genuinely think it would be a fantastic experience for us to participate!
- Please let me know if you're interested in this volunteering opportunity, and I can sign us up and gather more information for us!

Best,

Quang

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:

- Smartphones also serve as powerful tools for learning, offering access to a wealth of information and educational resources at our fingertips, which can be particularly valuable for students and professionals alike.
- While smartphones are often criticized for their potential negative impacts, they also provide numerous benefits that can greatly enhance our daily lives.
- One of the primary advantages of having a smartphone is the ability to stay connected with friends and family through instant messaging and social media platforms, regardless of geographical distance.
- Additionally, many apps can help users manage their time more effectively, track their fitness goals, and even assist with budgeting, making them versatile devices that support various aspects of life.
- In summary, although it's essential to be aware of the potential downsides of smartphone use, the advantages they offer in communication, education, and personal management cannot be overlooked.

A. b-c-a-d-e

B. c-a-d-b-e

C. d-c-b-a-e

D. a-d-c-b-e

Question 17:

- This surge in tourism has not only boosted the local economy but has also prompted significant investments in infrastructure, enhancing the overall experience for both domestic and international travelers.
- Over the past few years, Nha Trang has emerged as a popular tourist destination, attracting millions of visitors each year with its stunning beaches and vibrant culture.
- Furthermore, the local government is actively promoting eco-friendly tourism initiatives to ensure that Nha Trang remains an attractive and sustainable destination for future generations.
- In summary, Nha Trang's ability to attract a diverse array of tourists is essential for its continued growth, ensuring that the city thrives while preserving its natural beauty and cultural heritage.
- Known for its picturesque coastline and rich marine life, the city offers a variety of activities such as snorkeling, diving, and exploring nearby islands, making it a favorite among adventure seekers.

A. b-d-a-c-e

B. e-a-d-b-c

C. b-e-a-c-d

D. b-d-e-a-c

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.

Many parents encourage their children to study hard and take on many subjects. This pressure (18) _____. They might feel overwhelmed by the number of assignments and exams they have to prepare for each week. While parents want their children to succeed, this approach can lead to stress and anxiety. (19) _____ Some students, (20) _____, find it difficult to balance their studies with other activities. These children often have little time for hobbies or spending time with friends. This lack of balance can affect their mental health, leading to burnout. Parents may not realize the impact of their expectations on their children's well-being. (21) _____.

To help reduce this pressure, students should be given time to relax and explore their interests. Given the chance to take breaks, (22) _____. It is important for parents to communicate with their children about their feelings regarding school. By listening and understanding, parents can support their children's education in a healthier way. Creating a balance between studying and personal time can lead to happier and more successful students.

Question 18:

- having often been felt by students who struggle to keep up with their schoolwork
- is often felt by students who struggle to keep up with their schoolwork

- C. that is often felt by students who struggle to keep up with their schoolwork
- D. of which it is often felt by students who struggle to keep up with their schoolwork

Question 19:

- A. Because studying hard is not really important, it's essential for children to relax and have fun
- B. Children should enjoy learning, but the intense focus on grades can take away their love for education
- C. Students often excel when they are motivated, and pressure may boost their confidence and creativity
- D. Some parents believe that strict rules and discipline lead to lower academic performance and behavior

Question 20:

- A. who having their lives revolved around school
- B. revolved their own lives around school
- C. have their lives revolved around school
- D. whose lives revolve around school

Question 21:

- A. Instead of encouraging a love for learning, they might unintentionally create a fear of failure
- B. Students believe that studying hard will always guarantee success in all subjects without any stress
- C. Some children enjoy school so much that they find studying easy and rarely need to seek help
- D. Many students struggle to manage their time, leading to poor grades and missed deadlines in school

Question 22:

- A. their studies will bring better performances
 - B. better performances are seen in their studies
 - C. students often perform better in their studies
 - D. improvements can be made by students in their studies
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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.

If you've ever spent hour after hour, day after day staring at your computer or smartphone screen, it is very likely that you have or will suffer from a condition known as "tech neck". This is a term that refers to the pain, stiffness, and even injury that can result from bending your head to look at an electronic device for too long. When you look straight ahead, the weight of the human head is between 4.5 to 5.5 kilograms. However, even when you only bend your neck forward 15 degrees to look at your phone, the weight that your head puts on your upper body can reach over 12 kilograms. This added weight places even more strain on the neck and shoulders. Now, imagine bending your neck at 45 degrees — that's almost 50 pounds of weight that your neck muscles, upper back and shoulders have to support for minutes or hours every single day. Such tension on your spine, neck, and shoulders will eventually cause problems. The most common symptoms of "tech neck" includes feeling a sharp neck pain that can last for days or even weeks. On top of that, your shoulders may also hurt and you could also experience headaches, either from having your head forward over your shoulders too far or from tilting it down too much.

Moreover, there are also *chronic* issues associated with "text neck". When your muscles have to tighten in order to hold up your head, the discs in your spine will become weaker over a long period of time, which means *they* can move out of their position or even break apart, causing extreme pain which may take you months of intense treatment or even surgery to fully recover from.

(Adapted from easytechseniors.com)

Question 23: Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. This extra weight gives rise to further comfort in the neck and shoulders.
- B. This increased weight intensifies the strain on the neck and shoulders.
- C. This added weight relieves tension in the neck and shoulders.
- D. This excess weight enhances flexibility in the neck and shoulders.

Question 24: According to the passage, all of the following are symptoms of "tech neck" EXCEPT _____.

- A. persistent neck pain
- B. shoulder discomfort
- C. limited back mobility
- D. headaches from poor posture

Question 25: The word *common* in paragraph 3 is OPPOSITE in meaning to _____.

- A. serious
- B. rare
- C. typical
- D. negligible

Question 26: The word *chronic* in paragraph 4 could be best replaced by _____.

- A. long-term
- B. stable
- C. forceful
- D. tireless

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

- A. issues
- B. muscles
- C. discs
- D. months

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

- A. The term "tech neck" refers to any pain caused by using electronic devices.
- B. Head is normally supported by your neck, upper back and shoulders.
- C. Leaning your head down too much to look at devices can lead to headaches.
- D. Some health issues related to "tech neck" are not easy to treat effectively.

Question 29: In which paragraph does the writer mention the symptoms of “tech neck”?

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

Question 30: In which paragraph does the writer discuss the impact of bending the neck at different angles while using electronic devices?

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] Some people say great ideas come when we do not expect them, and many psychologists agree: creative insights can occur more often after a period of "incubation" – in which you focus on something entirely different from the task or problem that you need to find unique ideas or solutions for. [II]

There are many reasons why a period of incubation could lead to new and inventive insights. [III] According to one popular theory, it depends on the power of the subconscious mind: when we leave our task, the brain continues to work and connect separate ideas in the background without us knowing, until a good solution pops out. [IV] Also, it allows us to gain some psychological distance from our task. When you spend a long time focusing on one problem, you can become stuck on certain obvious solutions, so incubating should help widen your mental focus so you can come back with a fresh perspective.

In 2012, the psychologist Benjamin Baird tried to test these ideas with an experiment in which participants were first asked to find as many surprising uses as possible for common objects like a brick. After some minutes of brainstorming, there was a short incubation period in which some students were allowed to rest completely while others were either given a simple mental task, which requires focus but still allow the mind to wander, or a difficult task that demands full concentration. The benefits of performing the undemanding task during the incubation were striking, with these participants showing a 40% rise in the creativity of their ideas when returning to the task. More importantly, there were no benefits for the participants who rested or had to fully focus on a task during the incubation.

It may seem surprising that the rest period had not boosted creativity, but Baird suspects that we still need to distract our focus with something to provoke the *optimum* amount of mind wandering. This is good news for procrastinators, since many of our ‘time-wasting’ activities may offer the best level of distraction for greater creativity. The key is to find moderation, as evidenced by a study from professors Jihae Shin and Adam Grant, who asked participants to brainstorm the best ways someone could spend \$10,000 and also gave them links to funny YouTube videos that they could access during the exercise. In the end, those who took a few short breaks to watch the videos tended to generate more creative ideas than those who did not take breaks or delayed too much. Facing an *impending* deadline, we may fear taking any time away from the task at hand. But there should be no guilt about spending a few moments of pleasant distraction or leaving the task altogether as we allow an innovative solution to slowly appear while our mind wanders from time to time.

(Adapted from bbc.com)

Question 31: Where in paragraphs 1 and 2 does the following sentence best fit?

For example, many people experience sudden solutions while taking a walk or showering.

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

Question 32: The word *it* in paragraph 2 refers to _____.

A. period of incubation B. popular theory C. the subconscious mind D. good solution

Question 33: According to the passage, which of the following is NOT mentioned as a reason why a period of incubation could lead to new insights?

- A. It allows the brain to connect separate ideas subconsciously.
- B. It helps to avoid getting stuck on obvious solutions.
- C. It gives the mind a chance to focus deeply on the same problem.
- D. It provides psychological distance from the task.

Question 34: Which of the following best summarizes paragraph 3?

- A. Baird’s research showed that participants engaging in simple mental tasks during breaks exhibited greater creativity than those who rested or concentrated fully.
- B. An experiment conducted by Benjamin Baird demonstrated that resting helps improve creativity in brainstorming tasks.
- C. The study indicated that any form of incubation is beneficial for enhancing creativity during problem-solving activities.
- D. Participants who completed demanding tasks showed significantly higher creativity than those who took breaks or did simple tasks in Baird’s experiment.

Question 35: The word *optimum* in paragraph 4 is OPPOSITE in meaning to _____.

A. minimal B. substandard C. flexible D. excessive

Question 36: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Individuals watching the funny videos during their breaks failed to come up with more creative ideas than those who either did not take breaks or took too long to start brainstorming.
- B. Those who took brief breaks to view the videos were more likely to come up with a larger number of ideas compared to those who either skipped breaks or waited too long.
- C. Participants who watched the videos during short breaks produced more innovative ideas than those who either did not take breaks or procrastinated excessively.
- D. Participants addicted to brief video-watching breaks tended to produce more inventive ideas than those who either missed their breaks or postponed their tasks for too long.

Question 37: The word *impending* in paragraph 5 could be best replaced by _____.

- A. alarming B. threatening C. approaching D. advancing

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

- A. One of Baird's goals was to accurately measure how creative people can become with everyday objects.
- B. Baird's experiment showed that full concentration will make people unable to come up with good ideas.
- C. In Baird's opinion, our mind should wander while still focusing on something for increased creativity.
- D. In Shin and Grant's study, those who watched videos generated far more ideas than those who did not.

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

- A. Psychologists have fully understood how the subconscious mind operates.
- B. Focusing slightly on a distracting task is the best way to enhance creativity.
- C. Watching short videos is the best activity to help you find innovative ideas.
- D. Most of us do not believe in our subconscious mind when a deadline is near.

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

- A. Taking breaks from a task can help boost creativity, as research shows that allowing the mind to wander leads to better problem-solving and new ideas.
- B. Continuous focus is crucial for creating creative insights, and distractions should be kept to a maximum to achieve the best results.
- C. Constant concentration is imperative, as interruptions can often prevent the brain from effectively connecting ideas and finding solutions.
- D. Creative ideas come more easily after resting, though doing unrelated activities can encourage innovative thinking and fresh solutions.

THE END

NEW WORDS AND PHRASES

STT	Từ vựng	Phiên âm	Nghĩa
1	capacity	/kə'pæs.ə.ti/	1. sức chứa, dung tích 2. khả năng làm việc hoặc thực hiện một nhiệm vụ
2	likelihood	/'laɪ.kli.hʊd/	khả năng xảy ra, xác suất
3	capability	/'keɪ.pə'bil.ə.ti/	khả năng, năng lực (làm một việc gì đó)
4	probability	/'prɒb.ə'bil.ə.ti/	1. xác suất, khả năng xảy ra 2. khả năng một sự kiện sẽ xảy ra
5	take in	/teɪk ɪn/	1. tiếp nhận, tiếp thu 2. hấp thụ (thông tin, cảm xúc)
6	take over	/teɪk 'oʊ.vər/	1. đảm nhận, tiếp quản 2. chiếm quyền kiểm soát
7	take up	/teɪk ʌp/	1. bắt đầu (một sở thích, hoạt động mới) 2. chiếm (không gian, thời gian)
8	take out	/teɪk aʊt/	1. lấy ra, mang ra 2. đưa ra khỏi (một địa điểm, tình huống)
9	audience	/'ɔː.di.əns/	khán giả, người xem (trong một buổi biểu diễn, sự kiện)
10	spectator	/'spek'teɪ.tər/	người quan sát (thường là khán giả trong sự kiện thể thao)
11	viewer	/'vjʊː.ər/	người xem (truyền hình, video)
12	bystander	/'baɪ.stændər/	người đứng xem, chứng kiến (không tham gia vào sự kiện)
13	unintentionally	/'ʌn.ɪn'ten.ʃən.ə.li/	một cách vô tình, không cố ý
14	mobility	/'mɒs'bil.ə.ti/	tính di động, khả năng di chuyển
15	common	/'kɒm.ən/	phổ biến, thường gặp
16	typical	/'tɪp.ɪ.kəl/	điển hình, đặc trưng
17	negligible	/'neg.lɪ.dʒə.bəl/	không đáng kể, nhỏ bé
18	chronic	/'krɒn.ɪk/	1. mãn tính (bệnh lý kéo dài) 2. xảy ra liên tục, thường xuyên
19	long-term	/'lɒŋ'tɜːrm/	dài hạn, kéo dài trong thời gian
20	stable	/'steɪ.bəl/	ổn định, không thay đổi
21	forceful	/'fɔːs.fəl/	mạnh mẽ, có sức ảnh hưởng
22	subconsciously	/'sʌb'kɒn.ʃəs.li/	1. tiềm thức 2. không nhận thức rõ ràng
23	participant	/'pɑːr'tɪs.ə.pənt/	người tham gia, người góp mặt trong một hoạt động
24	incubation	/'ɪŋ.kju:'beɪ.ʃən/	1. ấp trứng (thời gian trứng phát triển thành chim) 2. quá trình phát triển một ý tưởng hoặc kế hoạch
25	optimum	/'ɒp.tɪ.məm/	tối ưu, tốt nhất trong điều kiện cụ thể
26	minimal	/'mɪn.ɪ.məl/	tối thiểu, không nhiều
27	substandard	/'sʌb'stænd.dərd/	dưới tiêu chuẩn, không đạt yêu cầu
28	excessive	/'ɪk'ses.ɪv/	thái quá, vượt mức cho phép
29	impending	/'ɪm'pend.ɪŋ/	sắp xảy ra, đến gần (thường mang nghĩa tiêu cực)
30	alarming	/'ə'lɑːr.mɪŋ/	gây lo ngại, đáng báo động