

UNIT 3: TEEN STRESS AND PRESSURE

I.Choose the correct answer:

- 1.Adolescence is the period _____ child and young adulthood
 - a. for
 - b.between
 - c.and
 - d.from
- 2.Your body will change in shape and _____
 - a.height
 - b.high
 - c.tall
 - d.taller
- 3.Your brain will grow and you'll have improved self-control and _____ skills
 - a.housekeeping
 - b.reasoning
 - c.social
 - d.emotion control
- 4.They can't decide who _____ first
 - a.go
 - b.to go
 - c.went
 - d.going
- 5.The girls are making fun _____ me so I'm very embarrassed
 - a.to
 - b.for
 - c.with
 - d.of
- 6.Physical changes are different for every, so you don't need to feel embarrassed or _____
 - a.frustrated
 - b.tense
 - c.confident
 - d.delighted

7. I wish my parents could put themselves in my _____

- a. situation
- b. shoes
- c. feelings
- d. heart

8. Do you need to be that stressed _____?

- a. on
- b. in
- c. out
- d. with

9. My mother is a strong person. She stays _____ even in the worst situations

- a. calm
- b. healthy
- c. tense
- d. confident

10. You've been a bit tense lately so you need to _____ a break.

- a. get
- b. take
- c. has
- d. let

11. His father wants him to get the _____ score in this exam

- a. high
- b. higher
- c. highest
- d. as high as

12. She has _____ because she has a big assignment to complete

- a. frustration
- b. frustrated
- c. frustrating
- d. frustratedly

13. We need to prepare food, do laundry and chores at home. It's _____

- a. Social skill b. Self-care skills
c. Housekeeping skill d. Cognitive skills

14. I've won an essay contest. ----

_____!

- a. Congratulations! b. It's interesting
c. Oh poor! d. Good!

15. Your friend stayed up late studying for an important exam.

- a. Well done!
b. Stay calm. Everything will be all right.
c. I know how you feel
d. A really great job.

16. The two countries agreed to _____ full diplomatic relations.

- a. give up b. set up
c. deal with d. overcome

17. It's difficult to _____ changes in technology.

- a. go with b. look through
c. keep up with d. turn up

18. Six people applied for the job, but four of them were _____

- a. turned down b. turned up
c. turned on d. turned off

19. If I _____ in your shoes, I'd take it easy and try to forget it.

a.are

b.am

c.were

d.have

20.We should cooperate with others and resolve conflicts or have communication skills .

It's _____

a.Social skills

b.Housekeeping skills

c.Emotion control skills

d.Self-care skills

21.Magic number 18001567 is a _____ toll free service.

a. 24 hours

b. 24-hours

c. 24 – hour

d.24 hour

II. Use the correct form of the words:

1. You'll experience _____ changes as well
(emotion)

2.You'll feel you want more independence and
_____(responsible)

3.We need adult support and _____ to make
informaed decision and overcome stress (guide)

4. She is no longer in her _____ (adolescent)

5. I feel _____ when I have to wait for the bus in that neighbourhood(**worry**)
6. She is having too high _____ from her parents (**expect**)
7. Bill was _____ about the exam result
(**disappoint**)
8. Mai is feeling so _____ with her fashionable new hairstyle (**delight**)
9. I think taking a _____ class is a good idea if you want to be more confident (**speak**)
10. Linh is feeling a bit _____ about her study because she's failed the exam once again
(**frustrate**)
11. One of the _____ in my hometown is the traditional market, which is open every Sunday
(**attract**)
12. What are the differences between Dong Ho _____ and Sinh ones?(**paint**)
13. This is a very beautiful piece of _____
(**embroider**)
14. _____ is one of the biggest problems in this city (**employ**)
15. Photography is strictly _____ in this museum
(**forbid**)

16.Do you know what is the most _____town in this region? (**population**)

17.Remember to visit the Ancient Tower as it's the only_____ building in our area (**history**)

18.I feel so _____because I can't run as fast as my friends (**embarrass**)

19._____ can help you succeed in many fields (**confident**)

20.Find out more about the job so that you can make an _____choice (**inform**)