

## UNIT 3: TEEN STRESS AND PRESSURE

### I. Choose the correct answer:

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. over come

17. It's difficult to \_\_\_\_\_ changes in technology.

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. It 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 informed 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**)