Task 4

Read the following paragraphs. Determine the thesis, arguments, and a recommendation!

> However, this phenomenon cannot be a reason for us to ignore the health protocols. It is because there is no cure yet which can combat the ferocity of the coronavirus. The most important thing that we can do is stick to health protocols so that we can break the chain of virus spread.

1. _____

_____

> In the early pandemic, most of the people are disciplined in obeying the health protocols such as wearing masks, washing hands, and keeping a distance. These days, there is a pandemic fatigue where people are tired of being restricted for months in this pandemic.

2. _____

_____

> In addition, CDC or Centers for Disease Control and Prevention recommends us to wear masks since it can prevent us from getting or spreading the virus.

3. _____

_____

> People are starting to abandon the habit of wearing masks and keeping their distance amid the pandemic that has been going on for nearly nine months. Is it okay to ignore the health protocols? The answer is absolutely no. We should keep obeying the health protocols because the pandemic is not over yet.

4. _____

_____

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Therefore, we need to continue to protect ourselves from exposure to the virus for the good of ourselves and others. To overcome fatigue in the midst of a pandemic, we can try to keep in touch with the people closest to us so that we do not feel bored. We should remember that everyone can be exposed to viruses and vaccines still cannot be used, so it is important to always implement health protocols, especially when there is an urgent matter that requires us to leave the house.

5. _____

_____

Task 5

In pairs, fill in the blanks with appropriate conjunctions, modals, and suggestions phrases!

Why Students Should Manage Their Stress

Stress among students _____ (1) be caused by interpersonal relationships which include factors like relationships with family and friends or because of the academic itself. Workload of college, difficult tests, and other academic obstacles may also lead to stress. _____ (2), stress among students can be dangerous for several reasons.

_____ (3), the major negative effect of stress is on emotional health. Emotional health problem is more dangerous _____ (4) physical health problem because it can lead to most disastrous effects of all that is committing suicide. Emotional _____ (5) mental health is an expression of our emotions and signifies a failure adaptation to the range of demands in life. The stressful life events can lead to all the failure just by conquering our mind. Thus, it is very important to maintain our mental and emotional health _____ (6) once our emotional health is disturbed, it can lead to various diseases such as depression, anxiety, emotional eating, anger and so on.

_____ (7) disastrous effect of stress on an individual, especially students, is on academic performance. Actually this effect affected students beyond their thinking. Once they are in stress they have difficulty concentrating on their study and finally their result will ruin because they cannot do well in their exams. _____ (8) is how their academic performance

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shows such negative improvement from day to day because they cannot manage their stress well.

_____ (9), stress can be dangerous to a student's life. _____ (10), _____ (11) that we find the causes of stress which we are going through, know the bad effect that we may face and take actions to manage it.

Than	Therefore	Thus	That
Can	Firstly	Because	
Or	For those reasons	The second	It is better

Task 6

Listen to the following text and decide whether the following statements are true (T), false (F), or not mentioned (NM)!

No.	Statements	True/False/Not Mentioned
1.	There is a medical mask with more than 3 ply.	
2.	The usage of cloth masks can reduce the rate of spread of the virus.	
3.	WHO recommends 5 ply medical masks.	
4.	The usage of 3 ply medical masks is not very helpful to break the chain of the spread of the virus.	
5.	Cloth masks combined with medical masks is very good at preventing bacteria from entering	

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