

In today's world, many individuals find themselves deeply engrossed in social media. They spend countless hours scrolling through their feeds, sharing updates, and engaging with others. While social media can be an excellent tool for staying connected with friends and family, it can also negatively impact mental health.

A significant reason social media can be detrimental is that it often fosters feelings of inadequacy and lowers self-esteem. When we see others sharing highlights of their seemingly flawless lives, we may begin to compare ourselves and feel that our own lives fall short. This is particularly true for young people who are still shaping their sense of self.

Moreover, social media can be highly addictive. The constant influx of notifications and updates can be incredibly stimulating, making it easy to develop a habit of checking our phones every few minutes. This can result in less time being devoted to activities that are crucial for our well-being, such as spending quality time with loved ones, exercising, or engaging in hobbies.

Given these effects, it's essential to use social media mindfully. We should aim to reduce the time we spend on these platforms and focus on using them in ways that are positive and supportive of our mental health.

1. According to the text, why can social media cause people to feel inadequate?
 - A. Because it is addictive
 - B. Because it can be used to connect with friends and family
 - C. Because it can show the good effect
 - D. Because people often post about their seemingly perfect lives
 - E. Because it can be used to share updates and interact with others
2. What is one of the harmful consequences of being addicted to social media, as mentioned in the text?
 - A. It can lead to feelings of inadequacy.
 - B. It can cause people to spend less time on other important activities.
 - C. It can make people feel like their own lives are not as good.
 - D. It can be very stimulating.
 - E. It can be problem solver.

Why is Learning English Important

Language is the mean of communication. Mostly groups of society have their own languages. Some of them appear the top global languages. Most people in the world hear about English, Arabic, and Mandarin. However, English is the most global spoken language. Then if a man wants to catch a global goal, he has to master English.

Everyone recognizes that English is an international language. English is used in writing and speaking by many people all over the world. It can be either as a first or second language. We even hear British, American, Australian, and even Singaporean English. Those various names of English are used as the first language in those countries. Furthermore, some countries have their own languages as a mother language but also use English mostly in daily communication.

Besides usage in daily interaction, English is also used as a key to open doors leading to scientific and technical knowledge. No wonder we find manual guides and instructions of many devices written in English. Even if we have a pack of instant noodle, we will see the cooking instruction also written in English. This transfer of science and technology will include many countries in economic, social and politics development.

Finally, the most easily seen in the importance of learning English is that most top requirement in filling job opportunities is the ability using English; active or passive. Job applicants who master English are more favorable than ones who do not.

3. Language is the main of communication (par 1). What does the sentence mean?
 - A. Communication is not related to any language.
 - B. People who use language can communicate each other.
 - C. Every language is differently used as a communication tool.
 - D. Communication can be done through language.
 - E. We don't have to communicate to understand a language.
4. What is the second reason why should learn English?
 - A. It is used as the first language in several countries in the world.
 - B. It is a key to open doors leading to scientific and technical knowledge.
 - C. It will increase our opportunities to find a job abroad.
 - D. It is a key to open every door of success and make everyone smarter.
 - E. It is used as a main language in cooking instructions and another written text.
5. Why is English considered an international language?
 - A. It is the oldest language in the world.
 - B. It is used in writing and speaking by many people worldwide.
 - C. It is the only language spoken in Europe.
 - D. It is the easiest language to learn.
 - E. It is the official language of the United Nations only.

Dolphins

Dolphins are small-toothed cetaceans easily recognizable by their curved mouths, which give them a permanent "smile" There are 36 dolphin species, found in every ocean. Most dolphins are marine dolphins and live in the ocean or brackish waters along coastlines. There are a few species, however, like the South Asian River dolphin and the Amazon river dolphin, or boto, that live in freshwater streams and rivers. The largest dolphin, the Orca, can grow to be over 30 feet long. The smallest, the Maui dolphin, is just five feet long. Dolphins feed chiefly on fish and squid, which they track using echolocation, a built-in sonar that bounces sound waves off prey and reveals information like its location, size, and shape. An echolocating bottlenose dolphin can make up to a thousand clicking noises per second.

Living in pods that can number a dozen or more, dolphins are intensely social mammals that communicate with squeaks, whistles, and clicks. Whether dolphins have language, as humans do, is a topic that scientists have debated for decades. As mammals, they have warm blood and nurse their young. Dolphins have more than one mate, and generally produce a single offspring that will stay with the mother for up to six years, depending on the species. Dolphins are graceful, sleek swimmers that can reach speeds of more than 18 miles an hour. They are also playful and often frolic in a boat's wake, leaping out of the water-possibly for fun, to communicate, or even to shed pesky parasites.

For centuries, people have hunted dolphins for their meat and blubber. Today, their main threat comes from being caught accidentally in commercial fishing nets. Dolphins must rise regularly to the surface to breathe-becoming entangled in nets prevents this, leading to drowning. For Maine dolphins,

warming ocean temperatures because of climate change have caused some of their primary food sources to move into deeper, cooler water. Furthermore, marine heat waves, also caused by climate change, appear to have a negative effect on dolphins' reproductive rates and ability to survive. In addition to hunting and entanglement in fishing gear, freshwater dolphins face the additional threat of dams fragmenting and degrading habitat.

6. **According to the text, which of the following things is not a threat to dolphins?**

- A. Dolphins' meat and blubber hunting
- B. Entanglement in fishing gear
- C. Dams fragmenting
- D. Increasing habitat
- E. Climate change

7. **What is the primary method dolphins use to locate their prey?**

- A. Visual tracking
- B. Echolocation
- C. Smell detection
- D. Magnetic field sensing
- E. Heat sensing

8. **Which of the following is a threat to dolphins mentioned in the text?**

- A. Overpopulation of dolphins
- B. Climate change causing warmer ocean temperatures
- C. Lack of food due to natural migration
- D. Excessive breeding in captivity
- E. Noise pollution from submarines

9. **How do dolphins primarily communicate with each other?**

- A. Through body language and gestures
- B. Using squeaks, whistles, and clicks
- C. By releasing chemical signals
- D. Through visual displays like changing colours
- E. By producing low-frequency rumbles

10.

Nisa : I think students should have no homework

Fahri : I don't really agree with you _____

- A We have learned many things at school.
- B I think we have too much homework already.
- C In my opinion students should rest well at home.
- D It prevents us from doing fun things while we are at home.
- E I think homework could build up a habit of doing things independently.

11.

Avif : What is your opinion on the government's handling of environmental issues?

Glen : _____

- A They have done on an outstanding job in prioritizing addressing environmental concerns.
- B They have made some positive steps, but there is still a lot more to be done.
- C I don't have strong opinion on this matter.
- D They have been largely ineffective in addressing environmental issues.
- E I really appreciate what you've done, but i can't accept it.