

Read the following advertisement 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 1 to 6.

Stop Checking Your Phone Too Much!

- Many young people spend a lot of time on social media every day, and this can affect their (1)_____ and happiness. Our app helps you reduce screen time by giving you useful tips, reminders, and support that keep you (2)_____ real life.
- The app, (3)_____ is easy to use and designed by experts, helps you build better habits and feel better each day. Social media websites use a (4)_____ of tricks to keep you online longer, such as notifications and personalized content.
- Scientists say that too much screen time can tire your (5)_____ cortex and make it hard to concentrate for long periods. By using MindFlow, you can cut down on bad phone habits and dangerous addictions (6)_____ your mental health and relationships.
- ❖ Download MindFlow now and start living better!

<https://med.stanford.edu/mk>

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|-------------|---------------|-------------------|------------------|-----------------|
| Question 1: | A. healthy | B. healthful | C. healthily | D. health |
| Question 2: | A. focused on | B. involved in | C. interested in | D. connected to |
| Question 3: | A. whom | B. who | C. which | D. whose |
| Question 4: | A. lot | B. number | C. some | D. each |
| Question 5: | A. prefrontal | B. temporal | C. sensory | D. visual |
| Question 6: | A. affecting | B. which affected | C. had affected | D. was affected |

Read of the following leaflet 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 7 to 12.

STOP DOOMSCROLLING—PROTECT YOUR HEALTH!

What is doomscrolling?

- "Doomscrolling" means scrolling through bad news online for a long time. (7)_____ it is common today, this habit is bad for your health.
- ❖ **Why is it bad?**
- Spending too much time on social media causes digital (8)_____. This makes you feel stressed and worried. Because of constant bad news, you cannot sleep well at night.

➤ Many people have compulsive (9)_____ habits—they look at their phones every few minutes. (10)_____ problem is that your brain cannot rest. Some people feel anxious, while others feel very tired.

❖ Health Problems

- ✓ Stress and anxiety become worse
- ✓ Sleep is broken and not good
- ✓ Emotions become weak and tired
- ✓ (11)_____ affects your mind

❖ What You Can Do

- ✓ Stop scrolling before bed
- ✓ Turn off phone notifications
- ✓ Choose better information sources
- ✓ Spend time with family and friends
- ✓ Go for walks outside

❖ Remember

➤ It all comes down (12)_____ protecting your health now—this will help you feel better. Stop doomscrolling today and enjoy life more!

❖ Your health is important. Take care of yourself!

Question 7: A. In spite of B. However C. Although D. Unless

Question 8: A. fatigue B. addiction C. burnout D. overload

Question 9: A. scrolling B. checking C. touching D. using

Question 10: A. Other B. The others C. Another D. Others

Question 11: A. Negative news information B. News information negative
C. Information negative news D. Negative information news

Question 12: A. with B. for C. at D. to

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.

Question 13:

- a. Mr. Tom: Yes, but I like the local market! Here, I know the farmers. I help them, and they help my family. We are a good community!
 - b. Sarah: Oh, I understand now! Local shops help everyone. I want to come with you next time!
 - c. Sarah: Hello, Mr. Tom! Why do you always shop at the local market? The big supermarket is cheaper.
- A. b-c-a B. c-a-b C. c-b-a D. a-b-c

Question 14:

- a. Student: Now I know that space is important, and I will study at the library every day because my room is too noisy and small for learning.

- b. Student: When I go to the library, I feel happy, and I can focus on my books, because the place is clean and peaceful.
- c. Student: Teacher, I study in my bedroom, but I cannot remember my lessons because it is not quiet.
- d. Teacher: You are right, and if you study in a good space with light and quiet, your brain works better, so you will remember everything easily.
- e. Teacher: I understand your problem, and I think a good study space helps you learn better, so you should find a quiet place to study.

A. c-d-a-e-b

B. e-a-d-c-b

C. c-e-b-d-a

D. d-c-e-b-a

Question 15:

Dear Mai,

- a. When I came to your beautiful traditional village for ecotourism, I saw that local people earned good money and felt happy.
- b. Although big hotels take money away, ecotourism helps small local shops and families earn more income together.
- c. If more people choose ecotourism, your community will grow much stronger, and your children can stay happily in the peaceful village.
- d. Because many foreign tourists visit your natural places, your family can sell fresh food and keep your home very comfortable.
- e. Since you protect the forest areas carefully now, many animals stay safe, and more tourists will definitely come to see them.

I love your village!

Your friend,

LK

A. a-d-c-b-e

B. d-a-e-c-b

C. c-d-b-a-e

D. b-c-a-d-e

Question 16:

- a. If students review their lessons after one day, then after one week, and finally after one month, their memory becomes much stronger because repetition creates permanent neural connections in the brain.
- b. Modern education strategies combine frequent practice, meaningful exercises, and interactive learning, so students can fight the forgetting curve and remember important information for a long time successfully.
- c. When students learn new information, they forget it quickly because the brain cannot keep everything permanently in memory without revision and regular practice.
- d. Although many students study hard before exams, they forget information quickly because they do not use active recall or connect new knowledge with previous learning experiences regularly.
- e. The forgetting curve is a psychological theory that explains how we lose information over time, so teachers now use spaced repetition and multiple reviews to help students retain knowledge effectively.

A. a-d-c-e-b

B. d-e-c-a-b

C. c-e-a-d-b

D. a-d-e-c-b

Question 17:

- a. If parents take children to national parks, kids develop curiosity about animals and plants, so they become enthusiastic about nature protection.
- b. Ecotourism teaches young people environmental conservation, and it helps them understand why protecting nature is truly important.
- c. Although technology attracts young people's attention, ecotourism offers unforgettable experiences that connect children with nature and create emotional bonds.
- d. When families do ecotourism activities, children learn to love nature because they experience wildlife directly instead of just reading about it.
- e. Since families spend time in natural environments, children gain physical exercise and mental health, so they develop responsibility for nature.

A. d-a-c-b-e

B. d-e-b-c-a

C. d-c-e-a-b

D. d-b-a-c-e

Read the following passage about GLP-1 Therapies: A Global Health Initiative 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.

The World Health Organization has recently recommended GLP-1 therapies for obesity treatment in many countries around the world. These medicines, which include semaglutide and tirzepatide, (18)_____. If governments had taken decisive action earlier on obesity prevention programs, the expected cost of three trillion dollars per year by 2030 would have been avoided completely. Obesity is now recognized as a chronic disease requiring professional medical supervision, not just a lifestyle problem or personal choice.

(19)_____. The fact that fewer than ten percent of people who need these medicines will have them by 2030 shows serious and ongoing problems throughout the healthcare system. (20)_____. Most developing countries and poor communities cannot afford these expensive treatments for their citizens at all.

The WHO warns about serious manufacturing challenges and bottlenecks; furthermore, health systems in poor countries face many severe difficulties and resource shortages. These systemic factors prevent more people from receiving GLP-1 therapies effectively. Some GLP-1 drugs have been successfully added to the essential medicines list for diabetes treatment, (21)_____. The organization plans to work cooperatively with governments and international partners from 2026 onwards to improve access and lower prices significantly.

If countries invest in better production facilities and comprehensive support programs, more people could benefit from these important treatments. (22)_____, private businesses, and health organizations worldwide. Without immediate action and commitment, obesity will continue to cost the world billions of dollars annually and cause serious health problems for millions of vulnerable people everywhere.

<https://www.reuters.com/tc>

Question 18:

- A. have been used to manage chronic diseases in people with obesity-related issues
- B. serve for extended treatment among obese adults having significant metabolic conditions
- C. are used for long-term care in adults with obesity and related health conditions
- D. are provided during long-term management of patients with obesity complications

Question 19:

- A. Still, procurement for particular medicines becomes substantially constrained but difficult everywhere
- B. Nevertheless, availability of treatment options proves severely restricted yet problematic worldwide
- C. However, access to these drugs remains very limited and challenging globally
- D. Yet, obtaining pharmaceutical therapy stays quite restricted or problematic internationally

Question 20:

- A. High costs and limited production capacity are the main barriers preventing wider distribution
- B. Limited funding and weak capacity is the primary obstacle preventing much wider market accessibility
- C. Production issues but financial constraints remain the main challenge limiting broader market distribution
- D. Expensive output yet insufficient capacity are the key barrier preventing broader distribution

Question 21:

- A. which is a positive and encouraging step forward for patients globally
- B. where exists a favorable and uplifting initiative ahead for recipients globally
- C. were beneficial and inspiring moves ahead to individuals worldwide
- D. have been a favorable and uplifting development onward toward recipients around the world

Question 22:

- A. What the solution requires is close cooperation between governments
- B. How the plan demands is thorough collaboration among agencies
- C. Whether the strategy needs is unified partnership among institutions
- D. Where the initiative involves is broad coordination between organizations

Read the following passage about THE IMPACT OF SOCIAL MEDIA FILTERS ON BEAUTY STANDARDS and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Social media filters have changed how young people see themselves. Apps like "Bold Glamour" and "Teenage Look" create smooth, edited versions of faces that look very real. These filters smooth skin, brighten eyes, and change facial features in ways that are hard to notice. Analytical filters measure face proportions using mathematical ratios. People start comparing **their** real faces to their own filtered images instead of comparing themselves to celebrities. They often show these filtered photos to cosmetic surgeons as examples of what they want to achieve.

Doctors report that patients now have very specific beauty requests. Instead of asking to "look better," clients request lifted eye corners, thinner jawlines, fuller lips, and contoured noses based on their filtered

selfies. Popular treatments include lip fillers, jaw fillers, and "Barbie Botox" for longer necks. Most patients are teenagers or people in their twenties. They see these procedures as **preventative** measures against aging, not just as improvements. Nonsurgical cosmetic procedures have increased dramatically, with TikTok filters playing a major role in this growth.

However, filters create dangerous psychological problems. They show impossible beauty standards—perfect skin without pores, perfectly balanced features, and angles requiring heavy editing or surgery. When users fail filter tests or realize they cannot match their filtered faces, they feel more **insecure**. These cosmetic treatments become quick fixes for filter-created problems, not real concerns about appearance or health needs.

Medical professionals now have a bigger responsibility. They must help patients understand realistic expectations and explain that filter myths are not truthful. **Practitioners teach patients that their value does not come from filtered images or digital perfection.** They remind clients that natural beauty matters more than mathematical proportions or edited versions of themselves seen on screens.

<https://www.dazeddigital.com/tc>

Question 23: Which of the following is NOT mentioned as an effect of TikTok filters?

- A. They make people compare real faces to their filtered images
- B. They help reduce anxiety about cosmetic surgery
- C. They encourage specific beauty requests from surgeons
- D. They increase demand for cosmetic procedures

Question 24: The word "**their**" in paragraph 1 refers to _____.

- A. People
- B. Celebrities
- C. Cosmetic surgeons
- D. Facial features

Question 25: The word "**preventative**" in paragraph 2 is OPPOSITE in meaning to _____.

- A. temporary B. harmful C. curative D. cosmetic

Question 26: The word "**insecure**" in paragraph 3 could be best replaced by _____.

- A. uncertain B. anxious C. uncomfortable D. doubtful

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Practitioners teach patients that filtered images and digital perfection do not represent authentic beauty.
- B. Practitioners teach patients that their self-worth should not depend on edited images or digital enhancements.
- C. Practitioners teach patients that natural appearance matters more than filtered versions seen online daily.
- D. Practitioners teach patients that their value comes from within, not from filtered images or digital perfection.

Question 28: Which of the following is TRUE according to the passage?

- A. Most cosmetic patients are teenagers or young adults who want to match their filtered selfies.
- B. Medical professionals encourage patients to pursue cosmetic treatments as preventative measures against aging.
- C. Analytical filters create realistic beauty standards that help users understand their natural appearance better.
- D. Patients originally compared themselves to filtered images rather than to celebrities on social media.

Question 29: In which paragraph does the writer mention why people bring filtered photos to cosmetic surgeons?

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

Question 30: In which paragraph does the writer mention what medical professionals remind patients?

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

Read the following passage about the Bed Rotting: A Deceptive Trend and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

The phenomenon of "bed rotting" has become a viral trend on TikTok, where young people spend entire days lying in **their** beds. They watch shows, scroll through social media, eat snacks, and nap repeatedly. Many users frame this behavior as self-care and deserved relaxation. [I] However, mental health experts strongly disagree, warning that "bed rotting" is misleading and harmful to both physical and mental health. The trend can trigger depression among vulnerable individuals. Young people often wallow in self-pity when engaging in this isolation, believing rest justifies avoiding responsibilities.

While occasional rest is acceptable, specialists emphasize that regularly spending most of your time in bed signals deeper problems. Prolonged "bed rotting" causes increased loneliness, depression, and anxiety through social withdrawal and insufficient natural light exposure. Physical complications also develop, including poor sleep patterns, muscle weakness, back pain, and circulation issues with elevated blood clot risks. [II] This behavior creates a harmful cycle where staying horizontal worsens mood and reduces motivation, making it increasingly difficult to resume normal daily activities and engagement with life.

For individuals with chronic illness or persistent pain, extended bed rest becomes medically necessary; however, passively remaining in bed without implementing constructive coping methods can worsen existing symptoms significantly. Mental health professionals recommend healthier alternatives, such as getting up when feasible, moving your body, limiting endless scrolling, and maintaining meaningful connections with friends and family members. It is crucial to seek help from loved ones or therapists when "bed rotting" interferes with daily functioning, relationships, or emotional well-being. [III]

In conclusion, "bed rotting" appears harmless and cozy online, but it actually triggers or deepens depressive episodes significantly. The trend should be taken seriously rather than celebrated as a wellness practice. Understanding the difference between genuine rest and harmful isolation helps young people make better choices about their health and future. [IV] Promoting awareness about authentic self-care

practices remains vital for protecting mental well-being in our increasingly digital world. Young people deserve education about healthier lifestyle decisions that genuinely support recovery and personal growth.

<https://www.healthline.com/tc>

Question 31: The phrase “wallow in self-pity” in paragraph 1 has the closest meaning to _____.

- A. come out of B. give in to C. break away from D. move beyond

Question 32: Which consequence of "bed rotting" is NOT mentioned in the passage?

- A. Permanent cognitive impairment or significant memory loss
B. Increased depression, anxiety, and loneliness
C. Muscle weakness and circulation issues with elevated blood clot risks
D. Reduced motivation and difficulty resuming normal daily activities

Question 33: Where in the paragraph does the following sentence best fit?

Taking action early prevents this destructive pattern from becoming increasingly entrenched in psychological stability.

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

Question 34: The word “their” in paragraph 1 refers to _____.

- A. the phenomenon of "bed rotting"
B. TikTok
C. the viral trend
D. young people

Question 35: The word “clot” in paragraph 2 is OPPOSITE in meaning to _____.

- A. thicken B. spread C. solidify D. compress

Question 36: Which of the following best summarises paragraph 3?

- A. Bed rest is medically necessary for chronic illness patients, and mental health professionals recommend extended periods of complete rest and physical inactivity without any structured coping strategies or social engagement.
B. Young people experiencing chronic pain should immediately seek professional therapeutic support and avoid all forms of bed rest to prevent depression and anxiety from becoming worse over time.
C. While bed rest may be medically necessary for chronic illness, passive inactivity without constructive coping methods and social engagement can worsen existing symptoms and psychological stability significantly.
D. Individuals with persistent illness should prevent mental health problems by maintaining regular contact with friends and family members, limiting endless scrolling, and taking early action to avoid psychological entrenchment.

Question 37: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Recognizing the distinction between authentic rest and detrimental isolation enables young people to decide more wisely regarding their well-being and long-term prospects.

- B.** Young people who distinguish between healthy relaxation and negative withdrawal can identify destructive patterns before they develop into more serious psychological complications.
- C.** Teaching young people to recognize the boundaries between restorative rest and damaging isolation prevents them from misinterpreting harmful behaviors as legitimate wellness activities.
- D.** Young people benefit from understanding that genuine rest differs from isolation, which helps them establish better boundaries and avoid misconceptions about acceptable self-care practices.

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

- A.** Mental health professionals recommend moving your body, limiting scrolling, and maintaining connections with friends and family members.
- B.** The passage states that occasional bed rotting throughout the week has no negative health risks or consequences.
- C.** Young people with chronic illness should avoid bed rest entirely and stay active outdoors.
- D.** Bed rotting triggers depression only among vulnerable individuals with pre-existing mental health conditions.

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

- A.** Bed rotting affects only teenagers and does not impact adults who maintain regular work schedules or daily responsibilities outside their homes.
- B.** Social media platforms should completely ban bed rotting content to protect young people from developing depression and other serious mental health conditions.
- C.** People who engage in bed rotting rarely experience physical health problems because staying in bed reduces physical stress on the body significantly.
- D.** Early intervention and education about healthy coping strategies may prevent bed rotting from becoming a serious long-term psychological issue for vulnerable individuals.

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

- A.** Bed rotting is a harmless online trend offering genuine rest for young people managing stress from school and work responsibilities throughout their daily lives.
- B.** Young people enjoy bed rotting because social media platforms encourage this behavior, and mental health experts have not yet studied its consequences thoroughly.
- C.** Bed rotting appears to be self-care online but actually harms mental and physical health by isolating people and creating cycles of depression that require intervention.
- D.** The passage recommends that all young people should avoid spending any time in bed to maintain their physical fitness and emotional well-being successfully always.