Tên: ……..

Lớp: S9…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Week: 35

Ngữ pháp HW: ……

Đọc HW: ……

FINAL TEST CORRECTION & READING

A. EXTRA VOCABULARY

- CLASSWORK

No.	New words	Meanings	No.	New words	Meanings
1	**self-deprecating** (adj)	tự chế giễu bản thân	6	**coping mechanism** (n)	cơ chế đối phó với căng thẳng
2	**breeding ground** (n)	môi trường sinh sôi, nảy sinh	7	**tongue-in-cheek** (adj)	nửa đùa nửa thật, mỉa mai nhẹ
3	**dopamine trap** (n)	bẫy dopamine, vòng lặp kích thích não bộ	8	**cognitive fatigue** (n)	mệt mỏi nhận thức, kiệt sức tư duy
4	**doomscrolling** (n)	hành động lướt mạng liên tục dù biết nội dung gây lo âu, tiêu cực	9	**chronically online** (adj)	nghiện mạng đến mức mất kết nối thực tế
5	**uncannily** (adv)	một cách kỳ lạ, đến mức đáng sợ	10	**bane** (n)	nguyên nhân gây khổ sở / thứ gây phiền toái lớn

- HOMEWORK

No.	New words	Meanings	No.	New words	Meanings
1	**disorientated** (adj)	mất phương hướng, không biết mình đang ở đâu	5	**crystal-clear** (adj)	trong vắt, rõ ràng tuyệt đối
2	**obscurity** (n)	sự vô danh, không được biết đến	6	**professional calling** (n)	thiên hướng nghề nghiệp
3	**baritone** (n)	giọng nam trung	7	**discontent** (n)	sự bất mãn, không hài lòng
4	**slim pickings** (n)	thu nhập ít ỏi, lợi nhuận không đáng kể			

B. CLASSWORK

LIVEWORKSHEETS

Brain Rot and Other Internet Slang

After 'brain rot' was named Oxford's Word of the Year for 2024, there was a surge in Internet searches for 'brain rot meaning'. Typically used in a humorous, **self-deprecating** way, the term describes being completely **fixated on** a trivial piece of media, such as memes, videos or TikToks. The expression 'This is giving me brain rot,' playfully acknowledges the dopamine trap of endless scrolling.

Such terms demonstrate the Internet's growing role as a **breeding ground** for new slang that represents not only how we communicate, but also how we think, see ourselves and interact with others. Some of the latest additions to our dictionaries reflect the need for new terms to express emerging social trends.

Spoiler Alert – Brain Rot Is Older than TikTok!

Although it may sound like a slang word invented by Gen Z, brain rot is not a new term. In fact, it was used by Henry David Thoreau in 'Walden', written over 150 years ago, to criticise society's preference for shallow thinking over deep reflection. In our age of viral content, meme culture and diminishing attention spans, Thoreau's concerns now feel **uncannily** relevant.

The fact is that brain rot refers not only to the flood of low-quality, overstimulating online content, but also to the negative impact that excessive exposure to such content can have on users' behaviour and, ultimately, their mental health. It's not just a meme-culture term – mainstream media is increasingly treating brain rot as a reference to a deeper problem.

FYP: Friend or **Frenemy**?

The FYP (For You Page) feature is designed to keep users engaged with the platform for as long as possible and is a major contributor to the brain rot phenomenon. The more you interact with a certain type of content, even out of casual interest, the more similar material the algorithm will show you. What starts as harmless curiosity can quickly turn into hours of mindless doomscrolling, especially if the content is fast-paced, emotional – or simply bizarre.

Many users are unaware that their FYP does not actually reflect their values or personality, but rather what the algorithm thinks will hold their attention. The result is often a chaotic, overstimulating feed that leaves users feeling drained and unfocused, **craving** the next dopamine hit.

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Goblin Mode and NPC Energy

Unsurprisingly, Internet slang evolved to reflect this reality. 'Goblin mode' was chosen by the public as the 2022 Oxford word of the year. It refers to the state of intentionally withdrawing from society and behaving in a lazy or **slobby** way, without any concern for appearances. While this may be harmless when used as an occasional **coping mechanism** or a need for **downtime**, when it becomes the norm, it may indicate a deeper disconnection from reality.

Then there's NPC energy or 'Non-Player Character' behaviour – a term borrowed from the gaming world to refer to a character that is not directly controlled by the player but instead is controlled by the game's artificial intelligence. Online, it's used to describe people who seem to merely repeat trends or scripted opinions, lacking independent thought. It's a **tongue-in-cheek** way of recognising how easily digital culture can turn people into passive consumers rather than active participants.

From Entertainment to Exhaustion

The real risk of adopting these habits lies in the gradual erosion of focus, creativity and emotional resilience. Getting caught up in endless loops of trivial content can lead to problems with concentration, **cognitive fatigue** and **strained relationships**.

When your mind is constantly occupied with fleeting trends and viral clips, it may become more difficult to maintain genuine in-real-life connections with the people around you. Taken to an extreme, this condition is described as being 'chronically online', where you are so absorbed in digital life that offline conversations and daily realities start to feel foreign.

Time to Touch Grass?

Needless to say, it was only a matter of time before a term was coined to refer to the antidote to these syndromes. And so the phrase 'touch grass' was born and has become popular advice for those who suffer from Internet addiction disorders. Originally used in a literal and humorous sense, it is now a serious reminder to disconnect from screens and go outside to reconnect with reality. Research consistently shows that spending time outdoors and IRL social interactions can improve mood, focus and emotional well-being.

Real Talk – It Goes Deeper Than Just Memes

At first glance, 'brain rot', 'goblin mode', 'NPC energy' and 'chronically online' may appear to be nothing more than the latest additions to the **jargon** of the younger generations. However, they reveal something more significant: a culture that is struggling with overstimulation, distraction and emotional fatigue. Beyond the humour, these terms reflect growing social concern about digital life and mental health. While the Internet is undoubtedly a powerful tool, it's also evident that constant exposure to rapid-fire content is reshaping our thought processes, and not necessarily for the better.

But going online doesn't have to mean being chronically online. It's not a matter of condemning the Internet as the **bane** of society. Whether we like it or not, it's clearly here to stay. The real challenge lies in knowing how to take advantage of this powerful tool without letting it control us or dictate our preferences. Sometimes the smartest move is to log off, step outside and literally touch grass.

LIVEWORKSHEETS

I. Read the text and choose the correct answer (A, B or C) based on the text.

1. **According to the text, what does the term "brain rot" originally describe?**
   A. A medical condition caused by spending too much time on social media
   B. Being completely fixated on trivial media content such as memes or videos
   C. A term invented by Gen Z to describe poor concentration at school
2. **What does the text say about the FYP algorithm?**
   A. It is designed to show content that matches users' real values and personality.
   B. It only recommends content to users who actively search for it.
   C. It shows more of whatever content users interact with, even out of casual interest.
3. **According to the text, what is the main risk of spending too much time on trivial online content?**
   A. It gradually reduces focus, creativity and emotional resilience.
   B. It makes people unable to use social media productively.
   C. It causes people to lose interest in gaming and entertainment.
4. **How does the text describe "goblin mode"?**
   A. A positive trend encouraging people to take better care of themselves
   B. A state of intentionally behaving in a lazy way without caring about appearances
   C. A gaming term used to describe characters controlled by artificial intelligence
5. **What is the writer's overall message in the final section of the text?**
   A. People should stop using the Internet to protect their mental health.
   B. The Internet is too powerful for individuals to control on their own.
   C. The real challenge is learning to use the Internet without letting it control us.

II. Read the text and fill in each blank with ONE word or number.

1. The term "brain rot" was named Oxford's Word of the Year for _____, leading to a surge in Internet searches for its meaning.
2. Brain rot is not a new term — it was first used by Henry David Thoreau over _____ years ago to criticise shallow thinking.
3. The FYP feature is designed to keep users _____ with the platform for as long as possible.
4. "Goblin mode" refers to the state of intentionally behaving in a lazy way without any concern for _____.
5. The phrase "touch grass" is now used as a serious reminder to _____ from screens and reconnect with reality.

C. HOMEWORK

GRAMMAR (21 questions)

I. Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ ở phần A. Extra Vocabulary (trang 1) 1 dòng vào vở ghi.

II. Circle the correct answers.

1. People who are chronically online _____ find it difficult to focus on real-life conversations.
   A. are usually B. usually are C. are D. usually

LIVEWORKSHEETS

2. Once people take to doomscrolling, they find it difficult to _____ the habit easily.
   A. give up B. put off C. carry on D. take up
3. He admitted _____ too much time watching mindless content instead of doing something productive.
   A. to spend B. spend C. spent D. spending
4. Most people cannot put up _____ a chaotic, overstimulating feed for long before feeling mentally drained.
   A. to B. with C. on D. for
5. She suggested _____ from social media for a week to improve her focus and emotional well-being.
   A. to disconnect B. disconnecting C. disconnect D. disconnected
6. The phrase _____ by Henry David Thoreau over 150 years ago is now more relevant than ever.
   A. using B. that used C. used D. to use
7. Young people who go in _____ viral trends often end up repeating scripted opinions without thinking critically.
   A. with B. to C. for D. on

III. Complete the second sentence using the word given. Do not change the word given. Use 2–5 words.

1. He delayed disconnecting from social media even though he knew it was affecting his focus. **PUT**
   He _____ from social media even though he knew it was affecting his focus.
2. She tries not to check her FYP during meals to protect her concentration. **AVOIDS**
   She _____ her FYP during meals to protect her concentration.
3. Spending time outdoors is something most chronically online people almost never do. **RARELY**
   Most chronically online people _____ outdoors.
4. The content that the algorithm shows you does not always reflect your real values. **SHOWN**
   The content _____ by the algorithm does not always reflect your real values.
5. Despite knowing the risks, many users continue scrolling through trivial content for hours. **CARRY**
   Despite knowing the risks, many users _____ through trivial content for hours.
6. She cannot stop looking at her FYP even when she knows it is harming her mental health. **KEEPS**
   She _____ her FYP even when she knows it is harming her mental health.
7. He began spending more time outdoors after quitting social media. **TOOK**
   He _____ outdoors after quitting social media.

IV. Arrange the words in the bracket to make a complete sentence.

1. (scrolling / people / through / mindlessly) their FYP often struggle to focus on real tasks.
   → _____ their FYP often struggle to focus on real tasks.
2. (brain rot / describing / the / term) was first used by Henry David Thoreau over 150 years ago.
   → _____ was first used by Henry David Thoreau over 150 years ago.
3. (a / concern / growing / about / mental health) is one reason why mainstream media takes brain rot seriously.
   → _____ is one reason why mainstream media takes brain rot seriously.

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4. The algorithm shows users (engaging / content / emotionally) to keep them on the platform longer.
   → The algorithm shows users _____ to keep them on the platform longer.
5. (the / to / advice / disconnect / from screens) has become increasingly popular among mental health professionals.
   → _____ has become increasingly popular among mental health professionals.
6. (users / who / the / are / chronically online) often find offline conversations difficult to maintain.
   → _____ often find offline conversations difficult to maintain.
7. "Touch grass" is (a / used / to describe / phrase) the act of stepping away from digital life.
   → "Touch grass" is _____ the act of stepping away from digital life.

CAMBRIDGE READING PRACTICE (6 questions)

Lưu ý:
1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài.

You are going to read an article about a jazz musician. For questions **31–36,** choose the answer (**A, B, C** or **D**) which you think fits best according to the text.

Mark your answers **on the separate answer sheet.**

Jazz musician

Reporter John Bungey meets the US singer Gregory Porter, one of the hottest names in jazz.

Gregory Porter may be tired – he arrived from Zurich just 40 minutes ago – but at least he knows where he is. This is not always the case. There is a smile as he sinks into a comfortable hotel chair. 'Yeah, it happens all the time. I wake up slowly, I'm kind of brain dead and I'm not sure where I am. . . . and then you can lose days – fly over some date line, and what happened to Thursday?' If any singer has a right to be disorientated it is Porter, thanks to a midlife surge that propelled him from obscurity into becoming jazz's music's number one vocal draw. Last year he spent 300 days on the road playing 250 dates. Every one sold out.

Porter sings jazz, gospel and soul in a rich baritone voice, often in a style that many thought had died out with black-and-white TV. He's a road dog whose career *line 16* depends on profitable live shows, not on the slim pickings of digital music streaming services. Hence a performing tour that sees him in Europe, with the odd American detour, all spring and summer. 'To be the most streamed artist in jazz, what does that mean? A cheque for about $120.' Good job, then, that he loves the roar of the crowd. 'There are certain nights when the voice is perfect and there's nothing you can't do. Your hearing is crystal-clear. You never know when that's going to happen and that's the magic of it.'

Porter, at 1.9 metres, has the build of the professional American football player he hoped he would be before injury intervened. He's wearing trainers and jogging bottoms plus a smart tweed jacket and waistcoat – sort of half off-duty, half on. And then there's the famous cap with its enveloping chin strap. No marketing department could dream him up.

At the age of 45, delayed success is all the sweeter. After college he tried odd jobs in a dog-food factory and mixing aromatherapy oils. He was a barista and in his mid-20s began to think that cookery might be his professional calling. In his free time he acted occasionally, but singing was a constant. 'I had a great voice when I was 22, but I was looking for someone to make me – a producer and an arranger – and they never came. And I suffered.'

He says he has often reflected on the forces that shape a life. 'What fascinates me is: how do you find your soil? Where is the best place to grow, to be what you can be?' Perhaps some people never do find their place. 'Yeah,' he says. 'Maybe that's the angry person behind the window when you've got to buy your ticket. Some people have settled in their discontent. I was pretty near there ... I just needed to make a statement, however small, even if nobody heard it.'

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That small statement – a demo, not a finished record – earned a hearing in Russia, where he played in concert halls to great acclaim. While there, he met his Russian wife, Victoria.

Porter writes more of his material than most singers in his field and says that spending so much of life being transported around between concerts does not get in the way; in fact sitting in the back of a car watching the scenery trundle by can inspire. 'Something about my eyes darting back and forth as things pass. Something about motion always triggers me and my brain goes into a place where I start thinking about my past, my dreams, my future. The poetry comes to me; the melody comes to me; they come together.'

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31 When he meets the writer, Porter is
- **A** relieved to find he has the right time and place.
- **B** more alert than he can sometimes be.
- **C** unaware of how late he is.
- **D** apologetic for being tired.

32 The phrase 'slim pickings' (line 16) tells us that Porter
- **A** is now in a position to choose the work he wants.
- **B** is listened to by relatively few younger people.
- **C** likes the simplicity of the idea of streaming.
- **D** earns little from streaming services.

33 In his description of Porter's appearance, the writer suggests that Porter
- **A** doesn't care much about how he looks off-stage.
- **B** doesn't yet have a well-planned individual image.
- **C** doesn't fit with the marketing image created for him.
- **D** doesn't use his muscular physique enough when performing.

34 When Porter says he 'suffered' in his twenties, he is referring to the fact that
- **A** none of the jobs he tried suited him.
- **B** certain people he trusted didn't support him.
- **C** the opportunity he longed for didn't happen.
- **D** he was often too busy to keep up his singing.

35 The 'angry person behind the window' (line 45) represents someone who
- **A** has no capacity for deep thoughts about life.
- **B** thinks of themselves before other people.
- **C** should make more of an effort in their job.
- **D** has accepted they're never going to achieve their dreams.

36 Porter says that travelling in the back of a car
- **A** is something he's had to get used to.
- **B** enables him to think creatively.
- **C** is less than ideal for writing down new songs.
- **D** has become his way of switching off and relaxing.

Advice

31 Porter talks about being alert in lines 4–7.

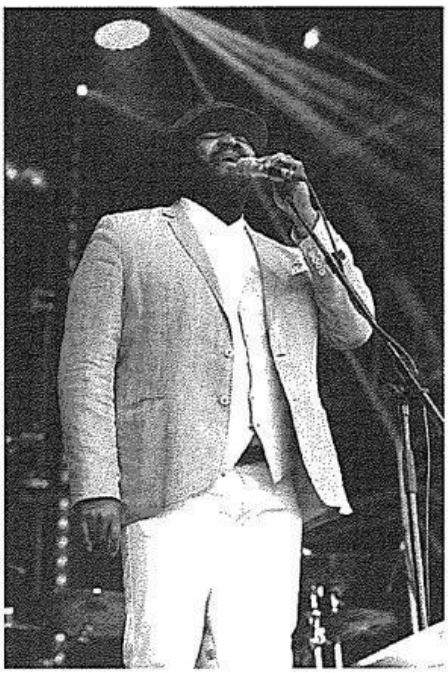
32 To get this you'll need to read on, because Porter comments again on this later in the paragraph.

33 Look at the end of the paragraph – especially the reference to 'off-duty'.

34 Find the reference to Porter suffering, and work out what he's talking about when he says this.

35 Read on either side of this quote to get the answer.

36 Look at everything Porter is quoted as saying in this paragraph, and the answer summarises this.



LIVEWORKSHEETS