

- 18 Which virus is NOT mentioned in the passage as being zoonotic?
- A. SARS B. HIV
C. Flu D. Hendra
- 19 Which is the main reason for the increase in zoonotic diseases?
- A. raising animals B. destruction of habitat
C. eating animals D. international travel
- 20 What topic can be discussed after this passage?
- A. causes of zoonotic diseases
B. effects of zoonotic diseases
C. solutions to zoonotic diseases
D. animals causing zoonotic diseases

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PASSAGE 3

Questions 21-30



15 minutes

GHI CHÚ

Các câu hỏi dễ hơn cần ưu tiên trả lời đúng

- ★ Câu hỏi thông tin chi tiết: 25, 26, 29, 30
- ★ Câu hỏi tham chiếu: 22
- ★ Câu hỏi từ vựng: 27
- ★ Câu hỏi ý chính: 21, 24

Today we know that the mind is a product of the brain, but how exactly does this 1.5-kilo (three-pound) **piece of flesh** create a mind that allows you to think about yourself, experience happiness and anger, or remember events that happened 20 minutes or

20 years ago? This isn't a new question. Today, however, powerful new techniques for visualizing the sources of thought, emotion, behavior, and memory are transforming the way we understand the brain and the mind it creates.

Have you ever stopped and thought, "What's wrong with me today? I just don't feel like myself"? This self-awareness – the ability to think about yourself and how you're feeling – is an important part of being human. This part of your mind has its origins in the prefrontal cortex – a region of your brain just behind your forehead that extends to about your ears. Before this area began to function (around age two), you didn't understand that you were a separate entity with your own identity. In time, as this part of your brain developed, you became more aware of yourself and your thoughts and feelings.

Perhaps one of the most important factors involved in shaping our identity is memory. Most scientists define it as a stored pattern of connections between neurons in the brain. Every feeling you remember, every thought you think, alters the connections within the vast network of brain cells, and memories are reinforced, weakened, or newly formed. Most people's earliest memories reach back to about age three or so. Very few people recall anything before this time because the part of the brain that helps form long-term memories (the hippocampus) was not yet mature, or fully developed. This doesn't mean earlier memories don't exist in your mind, though. Some scientists believe highly emotional memories might be stored in another structure in the brain (the amygdala) that may be functional at birth. Though these memories are not accessible to the conscious mind, they might still influence the way we feel and behave, even into adulthood.

But where do our emotions come from, and how do they shape the people we are and the way we perceive the world? Forty years ago, psychologist Paul Ekman demonstrated that facial expressions used to exhibit certain emotions are recognized by people everywhere. Ekman suggested that these emotions and their **corresponding** facial expressions evolved to help us deal quickly with situations that can affect our welfare. Though humans may share certain emotions and recognize them in others, we don't all have the same emotional response to every situation. In fact, most emotional responses are learned and stored in our memories. The smell of freshly cut grass, for example, will generate happy feelings in someone who spent enjoyable childhood summers in the countryside, but not in someone who was forced to work long hours on a farm. Once an emotional association like this is made, it is very difficult to reverse it. But we can learn to control our emotions by becoming consciously aware of their underlying causes and by not reacting automatically to things in our environment.

But is it really possible to control our emotions? Researcher Richard Davidson has demonstrated that people who experience negative emotions display activity in their right prefrontal cortex. In those with a more positive perspective, the activity occurs in the left prefrontal cortex. He conducted a study on whether or not people can shift their negative feelings toward a calmer state of mind. In his research, one group of volunteers received eight weeks of training using meditation and relaxation techniques and at the end of the study, they showed a clear shift in brain activity toward the left happier frontal cortex.

For centuries, people have studied the brain, but it is only in recent years that we have really started to learn how it works. Nevertheless, there is still a long way to go before we understand our mind's many complexities.

- 21 What is the passage mainly about?
 - A. how memory works
 - B. how the mind works
 - C. mind reading
 - D. how our emotions are processed
- 22 The phrase piece of flesh in paragraph 1 refers to
 - A. heart
 - B. mind
 - C. brain
 - D. body
- 23 Which of these statements is NOT true?
 - A. Self-awareness develops around the age of two.
 - B. The prefrontal cortex affects a person's emotions.
 - C. The prefrontal cortex is located at the back of the brain.
 - D. Memories depend on the connections between brain cells.
- 24 What can be the heading for paragraph 3?
 - A. Who am I?
 - B. Why do I have emotions?
 - C. How do I remember?
 - D. Can I control how I feel?
- 25 Why don't most people remember what happened before three years of age?
 - A. The prefrontal cortex is not developed at this stage.
 - B. Early memories disappear soon after they are formed.
 - C. The part of the brain that forms memory is not fully developed at this stage.
 - D. After the age of three, children tend to forget emotional memories.

- 26 What is true about unconscious memories?
- A. They don't exist in people's mind.
 - B. They cannot affect people's emotions.
 - C. They are inaccessible to the conscious mind.
 - D. They are stored in the hippocampus.
- 27 The word '**corresponding**' in paragraph 4 is closest in meaning to
- A. sending
 - B. changing
 - C. powerful
 - D. related
- 28 Why did the author mention '**the smell of freshly cut grass**' in paragraph 4?
- A. to say that people share the same emotions in every situation.
 - B. to give an example of different emotions people have in the same situation.
 - C. to demonstrate that most people love spending their summers in the countryside
 - D. to show that it relates to the negative feelings of people working on a farm.
- 29 Where is the activity center for negative emotions?
- A. in the amygdala
 - B. in the hippocampus
 - C. in the left prefrontal cortex
 - D. in the right prefrontal cortex
- 30 According to researcher Richard Davidson, what helps people shift away from a negative state of mind?
- A. meditation and relaxation
 - B. memory-retention techniques
 - C. changing facial expressions
 - D. being conscious of underlying emotions

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