8 What is said about the new rocket of SpaceX?

A. It can carry the same number of people as planes.

B. It can carry the same number of supplies as the government's shuttle.

C. Its transportation cost is 20 percent of the government's shuttle.

D. It will be used for space mining.

9 What does '**it**' in paragraph 6 refer to?

A. putting a few astronauts on Mars

B. sending several unmanned spacecraft to Mars

C. making a self-sustaining civilization on Mars

D. transporting supplies to the ISS

10 The word '**civilization**' in paragraph 6 is closest in meaning to

A. society

B. group

C. government

D. life

HỌC TỪ VỰNG

https://a2b1b2c1.tienganhb1.com/Sach-10-Bo-De-Thi-Doc-Hieu-VSTEP/8/PASSAGE1

Scan me

PASSAGE 2

Questions 11-20

15 minutes

GHI CHÚ

Các câu hỏi dễ hơn cần ưu tiên trả lời đúng

★ Câu hỏi thông tin chi tiết: **11, 14, 18**

★ Câu hỏi tham chiếu: **16**

★ Câu hỏi từ vựng: **15**

★ Câu hỏi ý chính: **20**

LIVEWORKSHEETS

Why do we spend so much of our time not doing the work we should be doing, or putting off minor tasks that have since piled up to create one enormous, insurmountable obstacle? Procrastinating, as putting things off like this is called, is in our genetic make-up; we avoid dull or difficult jobs, opting to browse the internet instead, until it's too late to do anything else.

'We often put things off despite knowing that it will make life harder and more stressful,' says Dr Piers Steel, the author of a book on procrastination and an authority on the science of motivation. 'If these tasks were fun, we'd just do them now, but we put off what is difficult or unpleasant.' Such as the paperwork that needs doing before leaving the office or cleaning the bits of your home that people can't see.

However, getting on and doing things bring people many benefits. The fact is, the less people procrastinate, the better relationships they have, and the healthier they are. This is obvious when you look at the couples who don't argue about whether anyone has cleaned the kitchen yet, then they can have more time to do physical exercise together, thus helping them keep fit and becoming closer. Some others, on the other hand, have endlessly rescheduling in their own heads and feel the chores piling up around them daily.

'We've evolved to respond to the moment, and not to set our sights too far in an uncertain world,' Dr Steel adds. 'We are not set up to appreciate long-term rewards, whether it's the benefit of a four-year degree, doing exercise or dieting. You feel the cost now and the reward comes much later. But humans value the short term.' Procrastination is often associated with unhappiness, so now is the time to unlearn your time-wasting techniques and work-avoidance tactics. 'You have two decision-making systems in your brain,' Dr Steel says, 'the limbic, which is responsible for the short term, and the prefrontal cortex, which deals with the future - it's responsible for civilisation. We bounce between long-term goals and short-term **temptations**, so we need goals that will translate our plans for the limbic system.'

For example, take students writing dissertations; they set themselves targets and word counts per day. **These** are thus turned from seemingly endless tasks into something concrete with easily measured progress. Dr Steel recommends such techniques, or 'pre-commitments', adding that engaging yourself and others a month or so before the 'deadline' makes it more likely a task will be completed.

Overcoming procrastination ultimately comes down to planning, which, if you're not careful, becomes procrastination in itself. But it's worth making sure you have everything in place to change your strategies for the better - a separate computer log-on screen for

LIVEWORKSHEETS

work and for play, the former with a plain background, fewer applications and limited internet access. If you wish to check your personal emails, make sure they're a log-out, rather than a click, away and remember every time you disengage, that it takes 15 minutes fully to re-immerse yourself in the task at hand.

11 What is true about procrastinating?

A. It is something people use as an excuse.

B. It is something many people can't help.

C. It is caused by the technology in people's lives.

D. It is more common when people have small jobs to do.

12 Why does the author mention the paperwork in paragraph 2?

A. to give an example of something people often put off

B. to show a task people feel pleasant to do.

C. to compare it with housework

D. to talk about a subject of the book by Dr Piers Steel.

13 What best paraphrases the following sentence in paragraph 3?

The fact is, the less people procrastinate, the better relationships they have, and the healthier they are.

A. People can improve their relationships and health when they do not procrastinate.

B. The more people procrastinate; the more relationships they can have.

C. Relationships can be badly affected when people put things off.

D. The less people procrastinate, the more relationships they have and the stronger they become.

14 According to paragraph 4, what should people who procrastinate do?

A. find out more about the way they make decisions.

B. be aware that their problem is relatively small.

C. attempt to overcome their natural tendencies.

D. take the advice of others in the same situation.

15 The word '**temptations**' in paragraph 4 is closest in meaning to

A. targets

B. goals

C. wishes

D. values

LIVEWORKSHEETS

16 What does the word '**these**' in paragraph 5 refers to?

A. students
B. dissertations
C. targets
D. word counts

17 Why does Dr Steel recommend making 'pre-commitments'?

A. They are an alternative to impossible goals.
B. They are an effective way of impressing others.
C. They allow people to achieve their aims sooner.
D. They make challenges feel more manageable.

18 What does the author do in paragraph 6?

A. reminds the reader to take the time to focus properly on a task
B. warns the reader against spending too long planning.
C. advises the reader to deal with non-work tasks quickly
D. encourages the reader to use breaks effectively

19 Which of the following idea will the author probably agree with?

A. Family members or friends can help avoid procrastination.
B. People should do minor tasks before challenging ones.
C. People should stay focused on important tasks only.
D. People should get on with things however difficult they are.

20 What is the passage mainly about?

A. causes of procrastination
B. benefits of not putting things off
C. effects of procrastination
D. causes, effects and solutions of procrastination

HỌC TỪ VỰNG

https://a2b1b2c1.tienganhb1.com/Sach-10-Bo-De-Thi-Doc-Hieu-VSTEP/8/PASSAGE2

Scan me

LIVEWORKSHEETS