4. A. coach B. update C. manage D. connect

Exercise 20: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

❶ Many people think that teenagers do not have (1)_____ stress because they do not need to earn money and work for 8 hours a day. However, teenagers like adults have their own stress at their age. They often feel (2)_____ about their studying, because they have to complete school work on many different subjects and study hard for exams. They also suffer from stress about their social life and getting on (3)_____ with their friends. This is the time when they are compared with other friends about their behaviours and physical changes. They are scared of failure and being judget by others. Therefore, parents are teenagers' friends and mentors who can (4)_____ and help them find the solutions (5)_____ their problems. Parents should spend more time (6)_____ to their sons and daughters and understanding them.

1. A. a few B. any C. many D. two

2. A. stressed B. stress C. stressfully D. stresses

3. A. gooder B. good C. best D. well

4. A. sharing B. share C. shared D. shares

5. A. to B. at C. on D. in

6. A. talk B. to talk C. talking D. talks

❷ Stress can have many (1)_____ on our physical health. It can affect the heart such as increasing the pulse rate, making the heart miss beats, or causing (2)_____ blood pressure. Stress can also affect the breathing system. It can make a person breathe too fast, resulting in a loss of carbon dioxide. Emotions are also (3)_____ affected by stress. Stressful people often anxious. They may have panic attacks or feel tired all the time. When people are (4)_____ stress, they often overreact to little problems. For example, a normally gentle parents under a lot of stress at work may shout at his/ her child for dropping a glass of juice. Stress can make people angry, (5)_____, or nervous. It is obvious that stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. (6)_____, to reduce stress, you should stop the work or study and rest for a while.

1. A. effects B. affects C. pressure D. imposes

2. A. low B. average C. high D. long

3. A. easily B. difficulty C. hardly D. normally

4. A. in B. under C. at D. below

5. A. happy B. positive C. moody D. excited

6. A. So B. But C. For D. And

❸ Every teenage feels (1)_____ at times. There are different kinds of troubles, such as academic pressures, family issues and difficulties with peers. We must say that they are the main things that teens have to (2)_____ with on a daily basis. None of us can avoid stress completely, but (3)_____ give us some advice about things we can do to reduce our stress levels.

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Firstly, it's important to exercise regularly, and avoid eating (4)_____ food. It is also important to take time out every day to do something that makes you happy. It may be listening to your favorite music, talking to a friend, or (5)_____ time with a pet.

It is always helpful to talk (6)_____ your problems with others whether that's a friend, your parents or a teacher. As the saying goes, "A problem shared, is a problem halved!"

(Adapted from https://znanija.com/task/9402134)

1. A. stress	B. stressing	C. stressed	D. stressful
2. A. cope	B. think	C. talk	D. keep
3. A. psychology	B. psychologies	C. psychologist	D. psychologists
4. A. healthy	B. health	C. unhealthy	D. unhealth
5. A. to spending	B. spending	C. spend	D. to spend
6. A. on	B. about	C. with	D. at

Exercise 21: Read and tick True or False sentences.

Social networking is changing the world. People get a lot of benefits from using social networks. First of all, it is the easiest way to stay in touch with family, friends and other people who don't live near you. Secondly, social networking is a fast means of communication, users can chat and make video calls with other people anywhere in the world. Thirdly, people can update news and information quickly even if they are at home. Finally, people can share their feelings, stories or earn money through social networks. However, there are also disadvantages of using social networks, we shouldn't spend too much time on it.

Statements	TRUE	FALSE
1. Social networking brings us a lot of benefits.		
2. It is difficult to stay in touch with family, friends when using social networks.		
3. Users can chat and make video calls with other people in only some areas on social networks.		
4. When we are at home, we can also update news and information quickly.		
5. People cannot earn money from social networks.		
6. We shouldn't spend too much time on it.		

Exercise 22: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

❶

WHAT IS IT LIKE BEING A TEENAGER IN BRITAIN?

School

LIVEWORKSHEETS

until it becomes harder and harder to balance homework assignments, parties, sports activities and friends result is that young people suffer from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which become **addictive**. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

Another way to avoid stress is to manage your time effectively. It is better to do a few tasks really well, than lots of tasks badly. Know your limits and try not to take on too much. Finally, if it all gets beyond your control, don't panic or get hysterical. Find the time to sit down quietly and breathe deeply for ten to twenty minutes. Do this regularly, and it will help you calm down and put things into perspective.

(Adapted from https://en.islcollective.com/english-esl-worksheets//reading-teen-stress/80208)

1. What can be the best title for the passage?

A. The Dangers of Caffeine for Teenagers

B. School and the Job Market Today

C. Teenage Stress and How to Deal With It

D. The Importance of Physical Exercise for Teenagers

2. The word "**addictive**" in paragraph 2 is closest in meaning to _____

A. harmful B. energizing C. causing dependence D. calming

3. The word "**they**" in paragraph 1 refers to _____.

A. parents B. peers C. homework assignments D. young people

4. Which of the following is NOT true according to the passage?

A. Caffeine is a recommended long-term solution for stress.

B. Physical exercise can help reduce stress.

C. Getting enough sleep helps avoid stress.

D. Teenagers today live in a highly competitive world.

5. According to the passage, what is one good strategy to manage time effectively and avoid stress?

A. Taking on as many tasks as possible to impress others.

B. Focusing on doing a few tasks very well instead of many tasks poorly.

C. Trying to please everyone by accepting all invitations.

D. Spending less time on schoolwork to have more free time.

Exercise 23: Four phrases/sentences have been removed from the text below. Choose the correct answer to complete the text. Write only the letter A-D in each blank.

❶ Peer pressure is common in today's society, (1)_____. 'Peers' sometimes mean 'friends'. The term 'peer pressure' can be understood as the pressure from someone (2)_____. Peer pressure can have both positive and negative effects. (3)_____. It can lead them to the use of bad substances or poor behaviours.

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Positive peer pressure, on the other hand, can help teens develop skill sets to cope for adulthood later on. (4)_____ or push them to grow in a beneficial way. It can be undeniable that an environment with sincere, reliable and trustworthy friends is an effective way for teenagers to build happiness and avoid or recover from depression.

A. It can encourage them to do well at school

B. especially amongst teenagers

C. Negative peer pressure can send teenagers in the wrong direction

D. who is at the same age or has the same ability

❷ Today teenagers live in a very competitive world (1)_____ to feel stressed out from time to time. They are also trying to do so many tasks that it becomes harder and harder to balance study, relaxation and friends.

There are different ways of dealing with stress. (2)_____. Research has proved that physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm people down. Getting enough sleep is also an important way of (3)_____. Another way to avoid stress is by managing time effectively. It is better to do several tasks really well than performing too many tasks badly. Finally, if it all gets beyond their control, teenagers shouldn't panic. (4)_____. Do this regularly, and it will help them calm down and put things in order.

A. Find the time to sit down quietly and breathe deeply for ten to twenty minutes

B. avoiding stress and staying healthy and full of energy

C. A good way to deal with stress is to exercise

D. so it is very common for young people

E. WRITING

Exercise 24: Rearrange the words to make complete sentences.

1. to grab our attention/ often use various strategies/ to grab our attention/ and keep us engaged, making it difficult to concentrate/ Social media platforms/. /

2. keep distracting me/ social media platforms /focus on studying/ when notifications from/ It can be challenging to/. /

3. is a growing concern in today's digital age,/ to their smartphones and the internet/ Teen social media addiction/ where individuals are constantly connected/. /

4. my ability to focus on other aspects of my life/ for browsing social media/ to set aside dedicated time slots/ so that/ I find it helpful/ it doesn't interfere with/. /

5. and concentrate on one thing/ to prioritize tasks/ at a time to maximize productivity/ It's important/. /

Exercise 25: Combine the following two simple sentences into a compound sentence.

1. My family hasn't been to New York. We have been to Paris.

2. She is my favourite singer. She is also a good actress.

LIVEWORKSHEETS