

ENGLISH 9 – UNIT 3

Reading Practice

Read the following text and do the exercises that follow.

Practical stress management can help students deal with their worries and become more productive, competent and efficient. First of all, students must be able to design and stick to a timetable. Choose a relaxing break between work and study, even if it's just taking out time to breathe. In addition, a healthy lifestyle is essential for students. Let's drink more water as well as take out time to get some air and exercise. Furthermore, organization is very important in academic life for dealing with stress. By keeping academic notes organized, turning in assignments on time, and keeping track of all deadlines, stress can be reduced to a great extent. Stress can also get worse if a person feels lonely. Therefore, by letting out all your thoughts to someone you trust, you immediately feel a lot better. However, if you feel extremely stressed out, take a break and do something you love. Whether it is painting or listening to music, doing something you enjoy can cheer up your mood and distract you from a stressor. It's about time that we students accept that we can achieve just as much in life without all the stress.

A. Choose the best answer (A, B, C or D)

1. Practical stress management can help students ____.

- a. deal with stress
- b. have more time
- c. face up to the worst situation
- d. think critically

2. What should students pay attention to when designing a timetable?

- a. They have to arrange time to breathe.
- b. They need to set time for relaxation.
- c. They don't need to take notice of certain tasks.
- d. They should stop working and studying.

3. What can students do to lead a healthy lifestyle?

- a. Visit their doctor as scheduled.
- b. Not to put much pressure on time management.
- c. Follow the timetable strictly.
- d. Go outside for fresh air, do regular exercises and drink more water.

4. Why is organization important in academic life?

Compiled: Bo Khanh Linh

- a. Because it can help students get good grades.
- b. Because it is a must for all students.
- c. Because it can help students reduce stress.
- d. Because it leads to better results.

5. Which of the following sentences is true?

- a. You should stay alone when being under pressure.
- b. When you feel lonely, you should grab someone to talk.
- c. The lonelier you are, the more stress you can have.
- d. It is believed that stress can control itself.

6. What should you do when you are feeling stressed?

- a. Take time for reflection on your progress.
- b. Ease your soul and your mind.
- c. Stay away from other people.
- d. Take a break and do what you enjoy.

B. Match the highlighted words with the correct meanings.

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| 1. management (n) | a. prevent somebody from focusing on their work [làm phân tâm] |
| 2. competent (adj) | b. the control of something [việc kiểm soát] |
| 3. stick to (v) | c. to make certain that you know what is happening [theo dõi] |
| 4. essential (adj) | d. obey a law or do as planned [tuân theo, làm theo] |
| 5. keep track (v) | e. right away [ngay lập tức] |
| 6. immediately (adv) | f. something that causes stress [nguyên nhân gây áp lực] |
| 7. cheer up (v) | g. very important [rất quan trọng] |
| 8. distract (v) | h. make somebody feel happier [làm ai đó vui lên] |
| 9. stressor (n) | i. able to do something well [có năng lực] |
| 10. achieve (v) | j. get what you want [đạt được] |