TEST FOR UNIT 3

I. Choose the word whose underlined part is pronounced differently from the others.

1.	a. treasure	b. pleasure	c. ensure	d. measure
2.	a. daughter	b. author	c. laundry	d. sausage
3.	a. dials	b. calls	c. says	d. plays
4.	a. education	b. graduate	c. individual	d. confident
5.	a. embarrassed	b. awareness	c. abandoned	d. captain

II. Choose the word that has the main stressplaced differently from the others.

1.	a. frustrated	b. confident	c. delighted	d. embarrassed
2.	a. assure	b. pressure	c. figure	d. leisure
3.	a. concentration	b. favorable	c. adolescence	d. relaxation
4.	a. recognize	b. concentrate	c. assignment	d. cognitive
5.	a. teenager	b. vehicle	c. activate	d. nationwide

III. Choose the best answer a, b, c or d to complete the sentence.

1. Did you forget your purse _____ purpose so you wouldn't have to pay?

   a.on b. of c. in d. for

2. He was sentenced to ten years in prison on charges of drug _____.

   a.charging b.stealing c.trafficking d.trading

3. In recent years, there has been thousands of victims of sexual and physical_____.

   a.sentence b.crime c.abuse d.conduct

4. Harrison's greatest attribute is his ability to work _____ pressure.

   a.within b.under c.in d. on

5. My parents always criticize me for not getting good grades at school. I wish they put themselves in my_____.

   a.pants b.legs c.hands d. shoes

6. He wondered_____to tell the news to his parents.

   a.why b.how c.what d.which

7. He _____a bachelor's degree in computer information systems in 1951.

   a.forced b.sent c.took d.gained

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8. "You must come to my party," she told me.
   a. She told me I come to her party. b. She told me to come her party.
   c. She told me I had to come to her party. d. She told me I came to her party.
9. "My life's got stuck these days. I am so depressed and unable to think of anything."
   "_____"
   a. You will be tired. b. Stay stuck there,
   c. Stay calm. Everything will be alright. d. No, thanks.
10. "Mom, I've got the first rank in class this semester!" "_____"
    a.Well done! b. Thank you! c. Never mind! d. Let's go!

IV. Write the correct form or tense of the verbs in brackets.

1. She asked him where he_____(spend) his money so far.
2. She_____(ask) me the same question three times since yesterday.
3. His doctor advised him_____(not take) any strenuous exercise.
4. He asked me what I_____(want) to eat that night.
5. I am driving John to the airport tomorrow. His own car_____(repair).
6. Would you mind_____(take) the book back to the library for me?
7. The new teaching methods encourage children_____(think) for themselves.
8. He_____(work) as a research and development chemist for 10 years, then he retired.

V. Write the correct form of the words in brackets.

1. Nowadays young people want to leave home as soon as they reach _____. (adult)
2. A good night's sleep will improve your _____. (concentrate)
3. Teens should learn to be _____ when making a presentation. (confidence)
4. Going away to college has made me much more _____. (depend)
5. A lot of people eat too much when they're _____. (depress)
6. I have a bad habit of taking on more _____ than I can handle. (responsible)
7. Students have spoken of their growing _____ with school administrators. (frustrate)
8. Ann suffered from depression and a number of other _____ problems. (emotion)
9. Have you thought of talking to a marriage guidance _____? (counsel)
10. Her networking and _____ skills came in handy for a charity boxing eventshe hosted. (organize)

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VI. Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following sentences.

1. At the moment, aid agencies are focusing their efforts of women and children.
   A B C D
2. They said the support service will be set up the next month.
   A B C D
3. Sarah wondered if to attend the life skills workshop that weekend.
   A B C D
4. Robert told me that his father had flown to Dallas last year.
   A B C D
5. He always feels left off when his friends talk about sports.
   A B C D
6. For more information, call our free-toll number and speak to a customer service representative.
   A B C D
7. He asked his father where to cope with negative emotions.
   A B C D
8. Joan made the laundry, washing up, and housework holding her with one arm.
   A B C D

VII. Match a sentence in column A to a response in column B.

A	B
1. What should I do if I were bulliedat school?	a. Hmm, I think you should smile with them at first and say something fun to attract their attention.
2. I am so depressed about the upcoming exam. If you were me, what would you do?	b. Because they have enough knowledge to give us the most suitable advice.
3. How long have you been sleepless?	c. My best friend. She understands me much more than anyone else in this world.
4. Could you give me some advice about how to make new friends?	d. You should tell your teacher about the situation.
5. Why do we need to talk to the counselor?	e. This Sunday at 3pm.
6. How do you feel now?	f. For a week.
7. Who do you share with when you're depressed?	g. If I were you, I would share my feelings with my mom.
8. When will you attend the conference on human rights?	h. Very terrible. I don't know how to overcome it.

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VIII. Choose the correct answers to complete the passage.

When we feel anxious, we often give ourselves negative messages like: "I can't do this", "I'm useless" and "I'm going to fail".

It can be difficult but (1)_____ to replace these with positive thoughts such as: 'this is just anxiety, it can't harm me' and, 'relax, concentrate - it's going to be okay'.

Picturing how you'd like things to go can help you feel more (2)_____. Try to imagine yourself (3)_____ up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

It can sometimes feel like your whole future depends on (4)_____ grades you get. There can be a lot of pressure (5)_____ young people to do well in exams which cancause a lot of stress and anxiety. You might have (6)_____ certain grades or put into ahigher set, and feel if you don't get the grade you'll let your teachers or parents (7)_____.

Remember, exams are important – but they're not the only way to a successful future. Lots of people (8)_____ success in life without doing well in school exams.

1.	a. afford	b. allow	c. let	d. try
2.	a. positive	b. negative	c. tense	d. stressful
3.	a. to turn	b. turning	c. turn	d. turned
4.	a. why	b. when	c. what	d. how
5.	a. about	b. with	c. on	d. for
6.	a. been predict	b. predicted	c. be predicted	d. been predicted
7.	a. down	b. up	c. on	d. off
8.	a. take	b. achieve	c.go	d.seek

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IX. Read the text then choose the correct answers.

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.

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?
   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.

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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 more lonely 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.

X. Complete the second sentence so that it has a similar meaning to the first sentence, using the word in capital.

1. He said he wouldn't have enough time to finish the job. (WILL)

   _____

2. When did your friends eat that chocolate cake? (WAS)

   _____

3. "What are the skills you concern most?" my teacher asked. (I)

   _____

4. I have never read such as interesting novel as *The Little Prince*. (MOST)

   _____

5. Finish your homework or you can't go out with your friend. (IF)

   _____

6. They're not sure how they should operate the new system. (TO)

   _____

7. It took me 4 hours to read the first chapter of the book. (SPENT)

   _____

8. Snowboarding is more dangerous than tennis. (AS)

   _____

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XI. Read the following tips for time management and rewrite them in form of advice. Use the phrases for giving advice you have learnt.

Examples: Encourage the group to reach their goals

→I think you should encourage the group to reach their goals.

1. Set goal

_____

2. Keep a to-do list

_____

3. Prioritize your tasks

_____

4. Avoid distractions and interactions to your work

_____

5. Learn how to take a positive attitude towards frustration and failure

_____

6. Organize your work to meet deadline

_____

7. Review your progress

_____

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