

E10- UNIT 2- PRACTICE 3

C. READING

I. Read the passage and do the tasks below.

Most people relate stress to physical symptoms (triệu chứng) like an upset stomach or headaches. Research(nghiên cứu) has suggested that negative emotions and thoughts may also have close links to our brain. Researchers have started finding out why we tend to remember negative things more strongly and in more detail than good ones. "The brain handles(giải quyết) positive and negative information in different parts. Negative emotions involve more thinking, and the information is processed more thoroughly. Thus, we tend to ruminate(trầm ngâm) more about unpleasant events and use stronger words to describe them than happy ones," said Clifford Nass, a professor at Stanford University.

Rick Hanson also shares the idea that our minds naturally focus on the bad and discard the good. He stated, "negative stimuli(kích thích) produce more neural activity than do equally intense positive ones. They are also perceived(linh hội) more easily and quickly." This was obtained from his little experiment in which twenty people were asked to look at pictures showing anger or happiness. The participants could identify(xác định) angry faces faster than happy ones even if it was so quickly.

In a journal article Baumeister co-authored in 2001, "Bad is Stronger Than Good", he concluded, "bad emotions, bad parents and bad feedback have more impact than good ones." This is "a basic and wide-ranging principle of psychology". Thus, Baumeister and his colleagues noted that bad incidents, such as losing your dreamy job and breaking up with your girlfriend or boyfriend, may have a greater impact than landing a job or receiving a marriage proposal.

Part 1. Choose the best answers to complete the following sentences.

1. People have generally related stress to ____.
A. physical symptoms B. brain damage C. ruined relationships with other people
2. Positive events ____ to perceive than/as negative ones.
A. less time B. more time C. the same amount of time
3. Positive things ____.
A. do not produce neural activity
B. produce more neural activity than negative ones
C. produce less neural activity than negative ones
4. The best title for the above text is ____.
A. Stress makes us tired
B. People try to forget bad events.
C. Bad events have stronger impacts than good ones

Part 2. Decide whether the following statements are True (T), False (F) or Not Given (NG).

5. Positive emotions are easier to be forgotten than negative ones.
6. All information is processed in the same part of the brain.
7. The more we try to forget a bad event, the more we think about it.
8. Positive thoughts protect us from stress.
9. It's a wide-ranging rule that bad events have more influence on us than good ones.

Part 3. Choose A, B or C to answer the following questions. Which person ...?

10. ____ did an experiment with a small group of people.
A. Clifford Nass B. Rick Hanson C. Baumeister
11. ____ mentions that we use stronger words to speak about unpleasant events.
A. Clifford Nass B. Rick Hanson C. Baumeister
12. ____ gives specific examples of unhappy events.
A. Clifford Nass B. Rick Hanson C. Baumeister
13. ____ co-authored to publish a journal article
A. Clifford Nass B. Rick Hanson C. Baumeister

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

My first piece of advice to people who want to start getting fit is: don't buy an exercise bike. Typically, people who buy them use them for a week or so and then forget about them. They are effective if they are used regularly but you need to be **determined**. Most people will find it much easier to go for a gentle jog around the park.

As well as being easy to do, jogging is also relatively cheap compared to most other sports. You don't need to buy expensive clothes if you're just going running around the park or on the beach. The main thing is that they're comfortable, and that they keep you warm in the winter and cool in the summer. There is one piece of equipment, however, that you will have to spend time and money on, and that's your running shoes. Remember that you are not looking for a fashion item, but for something that will support your feet and protect you from **injury**. They can be expensive, but if they are good quality(chất lượng) they will last you a long time. It's always best to get expert(chuyên gia) advice, and the best place for that is a sports shop.

As for the actual jogging, the secret is to start gently, and not to do too much at the beginning – especially if you haven't had any exercise for a long time. Try a mixture(phảtrộn) of walking and running for ten minutes about three times a week at first. Once you are happy doing **that** you can then start to increase the amount you do gradually. After a few months you should hope to be able to run at a reasonable speed for twenty minutes three or four times a week. It's important that you feel comfortable with whatever you do. If you do, you'll start to enjoy it and will probably keep doing it. If it makes you feel uncomfortable, you'll probably stop after a short time and return to your bad habits. In any case, training too hard is not very effective(hữu hiệu). Research has shown that somebody who exercises for twice as long or twice as hard as another person doesn't automatically become twice as fit.

14. Which of the following would serve as the best title for the passage?

A. Exercise bikes B. Gentle jogging C. Keeping fit D. Running shoes

15. What is true about the exercise bikes?

A. Exercise bikes do not help you get fit.
B. It is more costly than most other sports.
C. Many people prefer it to gentle jogging.
D. Most people don't use it for very long.

16. The word "**determined**" in the passage probably means ____.

A. confident B. decisive C. flexible D. positive

17. According to the author, you should ____.

A. go jogging around a park or on the beach
B. go to sports shop for high quality running shoes
C. keep warm at all times when you are jogging
D. spend time and money on fashionable items

18. The word "**injury**" in the passage is closest in meaning to ____.

A. bleeding B. breaking C. shocking D. suffering

19. It is stated in the passage that ____.

A. you are advised to start jogging by walking for ten minutes
B. you should expect to feel much uncomfortable when jogging
C. you should jog three days a week and walk on the other days
D. you won't necessarily be a lot fitter by running twice as fast

20. The word "**gently**" in the passage is **opposite** in meaning to ____.

A. abruptly B. effectively C. rapidly D. smoothly

21. The word "**that**" in the passage probably refers to ____.

A. a mixture of walking and running B. about three times a week
C. actual jogging at first D. exercise for a long time