

## Unit 3: TEEN STRESS AND PRESSURE

**I. Choose the word which has the underlined part pronounced differently from the rest**

1. A. calm	B. adolescence	C. adulthood	D. relaxed
2. A. depressed	B. embarrassed	C. frustrated	D. relaxed
3. A. confident	B. left	C. emergency	D. independence
4. A. confident	B. concentrate	C. cognitive	D. somebody
5. A. illusion	B. adulthood	C. frustrated	D. much

**II. Complete the sentences in reported speech. Note whether the sentence is a request, a statement or a question and whether you have to change the tenses or not**

TA9

## LUYỆN THI- TEST 4

6. "I was very tired," she said.

→ She said \_\_\_\_\_

7. "Be careful. Ben," she said.

→ She told Ben \_\_\_\_\_

8. "I will get myself a drink," she says.

→ She says \_\_\_\_\_

9. "Why haven't you phoned me?" he asked me.

→ He wondered \_\_\_\_\_

10. "I cannot drive them home," he said.

→ He said \_\_\_\_\_

11. "Peter, do you prefer tea or coffee?" she says.

→ She asks Peter \_\_\_\_\_

12. "Where did you spend your holidays last year?" she asked me.

→ She asked me \_\_\_\_\_

13. He said, "Don't go too far."

→ He advised her \_\_\_\_\_

14. "Have you been shopping?" he asked US.

→ He wanted to know \_\_\_\_\_

15. "Don't make so much noise," he says.

→ He asks US \_\_\_\_\_

## III. Choose the correct answer to complete each of the sentences

16. We don't know \_\_\_\_\_ to put the sofa.  
A. why      B. where      C. what      D. who

17. No one could tell me \_\_\_\_\_ to start the engine.  
A. how      B. what      C. why      D. whom

18. The rules didn't specify \_\_\_\_\_ to speak to in case of an emergency.  
A. what      B. when      C. who      D. why

19. I had no idea \_\_\_\_\_ to write my home paper about.  
A. why      B. which      C. when      D. what

20. I didn't know \_\_\_\_\_ to laugh or cry.  
A. whether      B. if      C. whoD. which

21. I was \_\_\_\_\_ that you could stay.  
A. embarrassed      B. delighted      C. tense      D. stressed

22. We are confident in our \_\_\_\_\_ of a full recovery.  
A. belief      B. guess      C. expectation      D. wish

23. To our great \_\_\_\_\_, it rained every day of the trip.  
A. disappointment      B. happiness      C. excitement D. dream

24. We need to focus \_\_\_\_\_ the main issues.  
A. in      B. with      C. by      D. upon

25. He wasn't able to cope \_\_\_\_\_ the stresses and strains of the job.  
A. on      B. about      C. with      D. to

TA9

## LUYỆN THI- TEST 4

II. Read the following text and then choose from the list A-G given below the best phrase to fill each of the spaces. Each correct phrase may only be used once. Two of the suggested answers do not fit at all

It's like a pressure cooker in here! No doubt, school is tough. For some, it's the worry (31) \_\_\_, while for others it's being able to get a 4.0 GPA and get into Stanford. No matter what our goals are, we all struggle with a tremendous amount of stress and pressure.

At school there (32) \_\_\_, derived from a need for perfection, worry over grades, parental pressure, competition, sports, or a tough class load.

Academic pressure does not begin in college. The nervous breakdowns, panic attacks, burnouts, and depression (33) \_\_\_. The same situation is not always stressful for all people, and all people do not undergo the same feelings or off-putting thoughts when stressed.

Having a strong support network to fall back on when times get tough at school (34) \_\_\_. Friends can be the best people to relieve your stress, but they can also be the reason behind the stress.

Choose the friends that will be positive and supportive (35) \_\_\_. Having a good group of friends at help you maintain a healthy and enjoyable lifestyle.

(<http://WWW.pamf.org/teen/life/stress/academicpressure.html>)

- A. are also apparent in many younger students
- B. when the going gets tough
- C. is a lot of activities to take part in
- D. is a range of academic pressure we feel
- E. is not as important as having good relationships with teachers
- F. of being able to get enough credits to graduate high school
- G. is critical to staying upbeat and maintaining a big picture perspective

**I. Find a mistake in each sentence below**

26. A (A) glamorous 20-year-old stylist is (B) unlikely to empathize (C) to a working (D) mother of three.

27. Dave (A) thumped the (B) table (C) in (D) frustrating.

28. I'll (A) show you (B) why to (C) load the (D) software.

29. She (A) wonder (B) why he (C) left his (D) job.

30. I (A) was just (B) totally stressed (C) in and afraid (A) I couldn't continue.

TA9

LUYỆN THI- TEST 4

