UNIT 8. Becoming independent

TEST 3

I. Find the word which has a different stress pattern from the others.

1. A. succeed	B. remove	C. measure	D. affect
2. A. reliable	B. permission	C. financial	D. housekeeper
3. A. emotional	B. relationship	C. achievement	D. management
4. A. sufficiency	B. adventurous	C. application	D. experiment
5. A. habitually	B. confidential	C. observatory	D. reluctantly

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II. Choose the best option A, B, C, or D to complete the sentences.

1. An independent person is _____ of doing things by himself.
   A. capable B. capably C. capability D. capabilities
2. It isn't _____ for him to take charge of the financial burden on his family.
   A. mind B. easy C. boring D. expensive
3. She has a very _____ attitude towards work. She doesn't need to be reminded about her duties.
   A. responsible B. irresponsible C. dependent D. self-confident
4. Self-study can be a challenge if you do not find the material interesting or if you find it difficult to stay _____.
   A. motivation B. motivating C. motivate D. motivated
5. We based our decision _____ the facts in the report.
   A. to B. on C. from D. through
6. She is too young to get involved _____ a romantic relationship now.
   A. for B. with C. at D. in
7. They had an _____ life, so they can decide everything on their own.
   A. independent B. interesting C. determined D. dependent
8. An example of _____ is when a child doesn't need anyone to remind him of what to do.
   A. self-esteem B. self-educated C. self-discipline D. self-employment
9. In case of emergency, you have to act very _____.
   A. decide B. decisive C. decisively D. decision
10. Her parents are very old, so they rely _____ her to do their shopping and cooking.
    A. towards B. at C. to D. on

III. Complete the passage with the words from the box.

skills	self-control	maintain	with	greatly
anger	recognizing	overcome	worth	nutrition

Personal Skills

Personal skills are the essential life skills we need to help (1) _____ a healthy body and mind.

These skills include many of those on the World Health Organization's list, such as resilience, (2) _____ and self-awareness. They include (3) _____ such as how we recognize, manage and cope with emotions. You can find out more about your personality type on our page *Myers-Briggs Type Indicators (MBTI)* and our page *Keeping your Mind Healthy* is also (4) _____ a read.

Being able to manage (5) _____ and stress can also be essential life skills. Learning about anger and stress, (6) _____ what may trigger them (in ourselves and others), what the symptoms are and how to control or manage such emotions can (7) _____ enhance the quality of our lives. You can find more about how to cope with stress on our pages *Stress and Managing Stress*. We also have a section on *Anger and Anger Management*.

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Many people battle (8) _____ low self-esteem and confidence, which can cause stress and prevent them from reaching their full potential. Our pages *Improving Self-Esteem* and *Building Confidence* provide practical ways to (9) _____ these issues.

Our personal skills pages also contain a section on Caring for your Body, including more on the importance of food, diet and (10) _____, and why and how you should exercise to remain healthy.

IV. Circle the correct options in brackets.

1. (It is / It was) _____ Sarah who told the director about the problem.
2. It was Tom's bad behavior (who / that) _____ made her sad.
3. Money is needed, but (it is / it was) _____ friendship that is really important.
4. It was my close friend (who / which) _____ came up with a fantastic idea for the trip.
5. It is by being good listeners that teenagers (can have / could have) _____ interactive skills with others.
6. It was Thomas Edison who (invents / invented) _____ the light bulb.
7. It is in France that my family (is / was) _____ going to spend the holidays.
8. It was my mom who (taught / teaches) _____ me how to make pancakes.
9. It was the shimmering lanterns in Hoi An Ancient Town (where / that) _____ attracted us.
10. It was (in / on) _____ the library that he taught me how to use the time-management app.

V. Read the passage and answer the questions.

Essential Life Skills

Certain skills may be more or less relevant to you depending on your life circumstances, your culture, beliefs, age, geographic location, etc. However, in 1999, the World Health Organization identified six key areas of life skills:

Communication and interpersonal skills. This broadly describes the skills needed to get on and work with other people, and particularly to transfer and receive messages either in writing or verbally.

Decision-making and problem-solving. This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them.

Creative thinking and critical thinking. This describes the ability to think in different and unusual ways about problems, and find new solutions, or generate new ideas, coupled with the ability to assess information carefully and understand its relevance.

Self-awareness and empathy, which are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you.

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Assertiveness and equanimity, or self-control. These describe the skills needed to stand up for yourself and other people, and remain calm even in the face of considerable provocation.

Resilience and ability to cope with problems, which describes the ability to **recover from setbacks**, and treat them as opportunities to learn, or simply experiences.

1. When did the World Health Organization identified the key areas of life skills?

_____

2. How many key areas of life skills are there?

_____

3. What are communication and interpersonal skills?

_____

4. Are decision-making and problem-solving the essential skills?

_____

5. What is creative thinking?

_____

6. What are two key parts of emotional intelligence?

_____

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7. What skills help protect yourself and others, and remain calm even in the face of provocation?

_____

8. What does the word "**setbacks**" in the last paragraph mean: failures or successes?

_____

VI. Complete the dialogue with the sentences from the box.

A. I'm going to visit my grandparents in Nha Trang.
B. Have a good trip!
C. Thank you very much.
D. How are you these days?
E. Who will you go with?
F. Ah, I heard that you're going on a trip abroad this summer, right?

Nam: Hi, Mark. (1) _____.
Mark: Hi, Nam. I'm so good, thank you. How about you?
Nam: Fine, thanks. (2) _____.
Mark: Right. I will go to Singapore in two weeks, right after the closing ceremony.
Nam: (3) _____.
Mark: Well, I will go with my parents and my sister.
Nam: That's great! (4) _____.
Mark: Thanks so much. And you? Where are you going this summer?
Nam: (5) _____. I'm going to stay there for a month to swim in the sea with my cousins.
Mark: Wonderful. Have a great time!
Nam: (6) _____.

VII. Complete the second sentences so that they have the same meaning as the first ones.

1. Establishing these good habits helped her keep healthy and happy.
It was establishing _____
2. She needs to learn how to use money wisely.
It is how to use _____
3. Phong is the best decision-maker in my class.
It is Phong _____
4. Students should learn skills to write CVs and submit applications at the school-leaving age.
It is at _____
5. These courses are for students with additional learning needs.
It is these courses _____
6. The organizers arranged tours of the fashion capital of Paris for potential candidates.
It was the organizers _____
7. An important part of being an adult is becoming more independent from your parents.
It is becoming _____
8. Good time management skills will help us to reduce stress in our lives.
It is good time _____

VIII. Circle the underlined part A, B, C, or D that needs correction.

1. Creative thinking is all about develop innovative solutions to problems.
A B C D
2. Conversation skills are very importance for teens to develop relationships.
A B C D
3. Knowing how to handle an emergency is also a basic live skill to learn.
A B C D
4. It's possible for us to submit the project on time as it's really difficult.
A B C D

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5. Have good time management skills means you can use your time wisely.
A B C D

6. It is Bill Gates who has donated a big sum on money to several charities.
A B C D

7. It is only by hard work who you will succeed.
A B C D

8. It was my brother who text her anytime and anywhere.
A B C D

9. It wasn't until she entered college that she began to live independent.
A B C D

10. Being independent means you are able to take care of yourself, and you don't have to rely in anyone
A B C D
else.

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