



learning how we think and feel. Although my original aim had been to achieve happiness for myself, I became more ambitious. I decided to build my career on trying to discover what made others happy also. I started out by studying creative people such as musicians, artists and athletes because they were people who devoted their lives to doing what they wanted to do, rather than things that just brought them financial rewards.

Later, I expanded the study by inventing a system called '**the experience sampling method**'. Ordinary people were asked to keep an electronic pager for a week which gave out a beeping sound eight times a day. Every time it did so, they wrote down where they were, what they were doing, how they felt and how much they were concentrating. This system has now been used on more than 10,000 people, and the answers are consistent: as with creative people, ordinary people are happiest when concentrating hard.

After carrying out 30 years of research and writing 18 books, I believe I have proved that happiness is quite different from what most people imagine. It is not something that can be bought or collected. People need more than just wealth and comfort in order to lead happy lives. I discovered that people who earn less than £10,000 are not generally as happy as people whose incomes are above that level. This suggests that there is a minimum amount of money we need to earn to make us happy, but above **that dividing line**, people's happiness has very little to do with how much poorer or richer they are. Multi-millionaires turn out to be only slightly happier than other people who are not so rich. What is more, people living below the dividing line and in poverty are often quite happy too.

I found that the most obvious cause of happiness is intense concentration. This must be the main reason why activities such as music, art, literature, sports and other forms of leisure have survived. In order to concentrate, whether you're reading a poem or building a sandcastle, what you need is a challenge that matches your ability. The way to remain continually happy, therefore, is to keep finding new opportunities to improve your skills. This may mean learning to do your job better or faster, or doing other more difficult jobs. As you grow older, you have to find new challenges which are more appropriate to your age. I have spent my life studying happiness and now, as I look back, I wonder if I have achieved it. Overall, I think I have, and my belief that I have found the keys to its secret has increased my happiness immeasurably.

*(Extracted from The Times)*

1. What does "**this**" in paragraph 1 refer to?
  - A. the writer's decision to study psychology
  - B. the writer's interest in happiness
  - C. the writer's observations of adults
  - D. the writer's unhappy childhood
2. What sort of people did the writer choose to concentrate on at the start of his career?
  - A. People who were clearly happier.
  - B. People with more freedom.
  - C. People whose main aim in life was not making money.
  - D. People whose objective was to become richer.
3. The "**experience sampling method**" in paragraph 3 showed in general that \_\_\_\_\_.
  - A. creative people are happier than other people.
  - B. uncreative people are just as happy as creative people.
  - C. people's happiness depends on who they are with.
  - D. people are happier when they are very focused on an activity.
4. The phrase "**that dividing line**" in paragraph 4 refers to a division between \_\_\_\_\_.
  - A. living more comfortably and less comfortably.
  - B. poor countries and rich countries.
  - C. happy people and unhappy people.
  - D. millionaires and poor people.
5. According to the writer, people concentrate more when they are doing \_\_\_\_\_.
  - A. something which they find enjoyable.
  - B. something which they find difficult but possible.
  - C. something which they find quite easy.
  - D. many things at the same time.

**PART 2. You are going to read an introduction to a book about polar bears. Six sentences have been removed from the text. Choose from the sentences A - G the one which fits each gap (6 - 10). There is ONE extra sentence which you do not need to use. There is one example (0) for you. (1.0 point)**

#### MY POLAR BEAR RESEARCH

The polar bear, more than any other animal, symbolises the Arctic. People all around the world who will never see one know what it looks like. Like the vastness of the polar sea ice it lives on, the sheer size of an adult polar bear is impressive. Its whiteness matches the backdrop of snow and ice that we all associate with the Arctic.

(0) \_\_\_ G \_\_\_ The Arctic is not a forgotten wasteland to a polar bear; it is home, and a comfortable home at that. For thousands of years, the climate, the ice, and the seals upon which it feeds have shaped the evolution of this predator. While it's easy to understand why the polar bear became such a powerful icon, it is difficult even now to comprehend its vulnerability to a changing environment.



**PART 2. Read the following passage and decide which answer A, B, C or D best fits each gap. (1.0 point)**

**THE FIRST BICYCLE**

The history of the bicycle goes back more than 200 years. In 1791, Count de Sivrac (1) \_\_\_\_\_ onlookers in a park in Paris as he showed off his two-wheeled invention, a machine called the 'celerifere'. It was basically an (2) \_\_\_\_\_ version of a children's toy which had been in use for many years. Sivrac's 'celerifere' had a wooden frame, made in the (3) \_\_\_\_\_ of a horse, which was mounted on a wheel at either end. To ride it, you sat on a small seat, just like a modern bicycle, and pushed (4) \_\_\_\_\_ against the ground with your legs - there were no pedals. It was impossible to steer a 'celerifere' and it had no brakes, but despite these problems the invention very much (5) \_\_\_\_\_ to the fashionable young men of Paris. Soon they were holding races up and down the streets. Minor injuries were common as riders attempted a final burst of (6) \_\_\_\_\_. Controlling the machine was difficult as the only way to change (7) \_\_\_\_\_ was to pull up the front of the 'celerifere' and (8) \_\_\_\_\_ it round while the front wheel was spinning in the air.

'Celeriferes' were not popular for long, however, as the (9) \_\_\_\_\_ of no springs, no steering and rough roads made riding them very uncomfortable. Even so, the wooden 'celerifere' was the (10) \_\_\_\_\_ of the modern bicycle.

- |                   |             |                |                 |
|-------------------|-------------|----------------|-----------------|
| 1. A. delighted   | B. cheered  | C. appreciated | D. overjoyed    |
| 2. A. increased   | B. enormous | C. extended    | D. enlarged     |
| 3. A. resemblance | B. shape    | C. body        | D. appearance   |
| 4. A. fast        | B. deeply   | C. heavily     | D. hard         |
| 5. A. attracted   | B. appealed | C. took        | D. called       |
| 6. A. velocity    | B. energy   | C. pace        | D. speed        |
| 7. A. direction   | B. route    | C. heading     | D. way          |
| 8. A. roll        | B. drive    | C. turn        | D. revolve      |
| 9. A. mixture     | B. link     | C. combination | D. union        |
| 10. A. origin     | B. design   | C. model       | D. introduction |

**PART 3. Fill each blank with ONE suitable word. There is one example (0) for you. (1.0 point)**

**BLUE WHALES**

Blue whales, the world's largest animals, have (0) *been* sighted again in British waters for the first time in (1) \_\_\_\_\_ least twenty years. Indications that a population of blue whales was inhabiting the waters west of Scotland came for the first time from the United States Navy, (2) \_\_\_\_\_ surveillance system picked up the songs of a lot of different whales. American zoologists subsequently identified the blue whale song among them.

Now marine biologist, Carol Booker, (3) \_\_\_\_\_ actually seen a blue whale there herself. She has no doubt about what she saw, because they have distinctive fins which are very small for (4) \_\_\_\_\_ size. She says, 'Worldwide they were almost extinct and it seemed they had completely vanished from the North Atlantic, so you can imagine how I felt actually seeing one! However, it is certainly (5) \_\_\_\_\_ soon to say if it is an indication of a population recovery.' She goes (6) \_\_\_\_\_ to say, 'What it does show is the importance of this area of the ocean for whales, and (7) \_\_\_\_\_ essential it is to control pollution of the seas.'

Bigger than (8) \_\_\_\_\_ dinosaur known to man, blue whales are the largest animals ever to (9) \_\_\_\_\_ lived on earth. A blue whale is more than six metres long at birth and, (10) \_\_\_\_\_ fully grown, its heart is the same height as a tall man and weighs as much as a horse.

**PART 4. Give the correct form of the words in the brackets. (1.0 point)**

**PLAY**

Play is an (1. ACTIVE) \_\_\_\_\_ that all children take part in, whether alone or with others. In fact, play offers a wide variety of benefits for children and is vital for a child's learning and (2. EMOTION) \_\_\_\_\_ development. It is central to the formation of a child's (3. PERSON) \_\_\_\_\_ and can help to increase the knowledge children need to cope with the challenges they encounter in school and at home. Play (4. ABLE) \_\_\_\_\_ children to realise their potential and to find (5. SOLVE) \_\_\_\_\_ to problems, thus allowing them to experience the satisfaction that success brings.

Experts tell us that it is impossible to (6. ESTIMATE) \_\_\_\_\_ the importance of play as it is (7. PROBABLE) \_\_\_\_\_ the most effective way that children have of trying out and (8. MASTER) \_\_\_\_\_ new skills. By opening children's minds to creativity and imagination, play is indeed a good (9. PREPARE) \_\_\_\_\_ for life.

However, as far as children themselves are concerned, the only value of play is quite simply in the fun and (10. PLEASE) \_\_\_\_\_ that it gives them.

**PART 5. (1.0 point)**

**For questions 1 - 5, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do NOT change the word given.**

1. He always calls his house his 'castle'. (REFERS)  
→ He always \_\_\_\_\_ his 'castle'.
2. She was proud of her work, and she was also well respected by her colleagues. (TAKE)  
→ Not only \_\_\_\_\_ her work, she was also well respected by her colleagues.
3. During the winter I prefer watching football to playing it. (SOONER)  
→ During the winter I \_\_\_\_\_ it.

4. Karen says it takes less than an hour to drive there, but I'm sure she has got it wrong. (MUST)

→ Karen says it takes less than an hour to drive there, but she \_\_\_\_\_ a mistake.

5. They can't come into the country without getting a visa first. (LONG)

→ They can't come into the country \_\_\_\_\_ a visa first.

*For questions 6 - 10, finish each of the sentences in such a way that it means exactly the same as the one printed before it.*

6. I'd like to thank your brother for his help.

→ I'm very grateful \_\_\_\_\_ his help.

7. Alice told Tom she thought he had scratched the car.

→ Alice accused \_\_\_\_\_ the car.

8. People believe that someone murdered Don.

→ It \_\_\_\_\_ murdered.

9. Without Jack's help, I wouldn't have been able to move the table.

→ If it \_\_\_\_\_, I wouldn't have been able to move the table.

10. The self-employed are generally more productive than office workers.

→ Office workers are generally \_\_\_\_\_ as the self-employed.

#### IV. WRITING (1.0 point)

*In about 120 - 150 words, write a PARAGRAPH answering the following question.*

*Do you agree with the following statement?*

***"Shopping online is better than going to shops."***

*Use specific reasons and details to support your answer.*

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*Thí sinh không được sử dụng tài liệu. Cán bộ coi thi không giải thích gì thêm*

Họ và tên thí sinh:..... Số báo danh:.....

Chữ ký cán bộ coi thi 1:..... Chữ ký cán bộ coi thi 2:.....