

**Exercise 1: Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.**

1. A. physical                      B. minimise                      C. priority                      D. deadiline
2. A. carry                      B. garbage                      C. paragraph                      D. attraction
3. A. accomplish                      B. additional                      C. anxiety                      D. assignment
4. A. head                      B. bread                      C. leave                      D. instead
5. A. counsellor                      B. physical                      C. optimistic                      D. submit

**Exercise 2: Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.**

1. A. organise                      B. physical                      C. maintaining                      D. counsellor
2. A. worried                      B. cognitive                      C. concentrate                      D. frustrated
3. A. disappoint                      B. badminton                      C. confident                      D. medical
4. A. advise                      B. delay                      C. mental                      D. awake
5. A. accomplish                      B. assignment                      C. distraction                      D. minimise

**Exercise 3: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.**

1. Teens should learn to \_\_\_\_\_ conflicts appropriately to maintain healthy relationships.  
A. resolve                      B. delay                      C. concentrate                      D. accomplish
2. Prioritizing sleep is crucial; don't \_\_\_\_\_ bedtime due to distractions.  
A. concentrate                      B. accomplish                      C. delay                      D. resolve
3. Being \_\_\_\_\_ helps teens recognize their emotions and cope with stress.  
A. self-disciplined                      B. stressed out                      C. self-aware                      D. well-balanced
4. A positive \_\_\_\_\_ contributes to overall well-being.  
A. mood                      B. independence                      C. priority                      D. due date
5. Set a \_\_\_\_\_ for completing school projects to avoid last-minute stress.  
A. distraction                      B. due date                      C. counsellor                      D. assignment
6. \_\_\_\_\_ is a critical stage of development when teens transition from childhood to adulthood.  
A. Counsellor                      B. Adolescence                      C. Distraction                      D. Priority
7. Regular exercise is essential for maintaining \_\_\_\_\_ health and preventing obesity.  
A. physical                      B. fattening                      C. additional                      D. stressed out

8. To \_\_\_\_\_ stress, consider talking to a school counselor or seeking professional help.  
A. delay                      B. minimize              C. attract              D. accomplish
9. Setting a \_\_\_\_\_ for completing assignments helps manage time effectively.  
A. anxiety                      B. mood                      C. deadline              D. distraction
10. Avoid \_\_\_\_\_ foods like sugary snacks and opt for nutritious options instead.  
A. appropriate              B. additional              C. optimistic              D. fattening
11. Staying \_\_\_\_\_ means maintaining a healthy mix of physical activity, social interactions, and rest.  
A. well-balanced      B. stressed out              C. self-aware              D. self-disciplined
12. An additional benefit of exercise is improved mood and reduced \_\_\_\_\_.  
A. due date                      B. anxiety                      C. task                      D. assignment
13. A \_\_\_\_\_ can provide guidance on academic and emotional matters.  
A. accomplishment      B. adolescence              C. adulthood              D. counsellor
14. Prioritize tasks to \_\_\_\_\_ them efficiently.  
A. raise                      B. accomplish              C. minimize              D. delay
15. A \_\_\_\_\_ approach to eating helps maintain a healthy weight.  
A. self-aware                      B. beautiful                      C. stressed out              D. self-disciplined
16. Don't let academic pressures leave you feeling \_\_\_\_\_.  
A. fattening                      B. stressed out              C. happy                      D. optimistic
17. Stay \_\_\_\_\_ even during challenging times; a positive mindset is essential.  
A. frustrated                      B. physical                      C. optimistic              D. relaxed
18. Avoid \_\_\_\_\_ like excessive screen time when studying.  
A. moods                      B. priorities                      C. distractions              D. due dates
19. Regular exercise has both physical and \_\_\_\_\_ health benefits.  
A. mental                      B. embarrassed              C. optimistic              D. fattening
20. If it snows tomorrow, we \_\_\_\_\_ have to cancel our outdoor event.  
A. can                      B. may                      C. must                      D. should
21. If you enroll in our intensive Spanish class, you \_\_\_\_\_ speak this language fluently after 2 months.  
A. can                      B. should                      C. must                      D. need
22. If you want to pass the driving test, you \_\_\_\_\_ study harder and practise more regularly.

A. may                      B. will                      C. must                      D. might

23. If it's a private event, you \_\_\_\_\_ attend without an invitation.

A. shouldn't              B. mustn't              C. may not              D. needn't

24. If you want to stay healthy, you \_\_\_\_\_ eat too much junk food.

A. shouldn't              B. needn't              C. can't              D. might not

25. If they start saving money from now, they \_\_\_\_\_ afford to go to Ha Long Bay on holiday.

A. should              B. need              C. can              D. must

26. If I get the job offer today, I \_\_\_\_\_ accept it and start working on Monday.

A. should              B. might              C. need              D. must

27. If you want to enhance your well-being, you \_\_\_\_\_ stay up too late.

A. needn't              B. may not              C. might not              D. shouldn't

28. If you don't charge the battery, your device \_\_\_\_\_ function properly.

A. mustn't              B. can't              C. shouldn't              D. needn't

29. If you want to travel to Australia, you \_\_\_\_\_ have a valid passport.

A. should              B. may              C. can              D. must

30. If they want to graduate, they \_\_\_\_\_ complete all the required coursework.

A. must              B. should              C. can              D. might

31. If we don't book our tickets in advance, we \_\_\_\_\_ guarantee seats for the concert.

A. shouldn't              B. mustn't              C. can't              D. might not

32. If you want to have a productive meeting, you \_\_\_\_\_ carefully make a plan and set clear goals.

A. can              B. might              C. must              D. may

33. If the traffic is heavy, we \_\_\_\_\_ make it to the movie theater before the show starts.

A. needn't              B. shouldn't              C. might not              D. mustn't

34. If you want to sleep well at night, you \_\_\_\_\_ drink too much caffeine after 3 p.m.

A. shouldn't              B. may not              C. can't              D. won't

35. If you don't have a membership, you \_\_\_\_\_ access this exclusive club.

A. may not              B. might not              C. shouldn't              D. can't

36. If they want to participate in the competition, they \_\_\_\_\_ violate any of these regulations.

A. shouldn't              B. mustn't              C. can't              D. might not

37. If you want to avoid traffic, you \_\_\_\_\_ leave early in the morning or consider another route.

A. will                      B. need                      C. should                      D. must

38. If you want to succeed in their career, you \_\_\_\_\_ consider pursuing further education.

A. can                      B. might                      C. can                      D. must

39. If the team works effectively, they \_\_\_\_\_ complete the project ahead of schedule.

A. can                      B. must                      C. can't                      D. mustn't

**Word Box:**

mental	counsellor	well-balanced	fattening
accomplish	priority	delay	anxiety

**Sentences:**

40. Thanks to great planning and hard work, she was able to \_\_\_\_\_ her goals.

41. The \_\_\_\_\_ provides support and advice to students who are facing academic difficulties.

42. The therapist gave her some tips to reduce her \_\_\_\_\_ levels.

43. To maintain a healthy lifestyle, it's important to have a \_\_\_\_\_ diet with a lot of vegetables and fruits.

44. Eating too much \_\_\_\_\_ food can make you gain weight fast.

**Exercise 4: Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

1. Teens who engage in regular physical activity often feel delighted and energized.

A. embarrassed                      B. disappointed                      C. worried                      D. pleased

2. Making health a priority ensures that teens allocate time for exercise and nutritious meals.

A. precedence                      B. deadline                      C. distraction                      D. anxiety

3. Achieving fitness goals, like running a mile or doing yoga, leaves teens feeling accomplished.

A. mental                      B. stressed                      C. finished                      D. optimistic

4. Teens experiencing anxiety can benefit from mindfulness practices and seeking professional support.

A. nervousness                      B. counsellor                      C. mood                      D. priority

5. You may not be able to identify if your teenager is stressed or is just being a "teen."

A. tensed                      B. worried                      C. depressed                      D. terrible

**Exercise 5: Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.**

6. Managing schoolwork, extracurricular activities, and social life can leave teens feeling **stressed out**.

A. pleased                  B. relaxed                  C. frightened                  D. tensed

7. You should follow these simple strategies to **overcome** stress.

A. control                  B. get over                  C. manage                  D. fail

8. Some teens may feel **pessimistic** about their body image, but focusing on positive aspects helps build confidence.

A. optimistic                  B. inexpensive                  C. unhealthy                  D. unwealthy

9. The team had to **delay** the meeting until next week due to an emergency.

A. put on                  B. take on                  C. turn down                  D. go on

10. If you practise good posture, you can appear more **confident**.

A. additional                  B. distrustful                  C. calm                  D. delighted

***Exercise 6: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.***

It's important to acknowledge that stress is a normal part of life, (1) \_\_\_\_\_ it's vital to learn healthy ways to manage it. Talking to trusted (2) \_\_\_\_\_, like a parent, teacher, or counsellor, can be a great way to receive support and guidance.

Finding healthy outlets for stress is (3) \_\_\_\_\_. Regular exercise, spending time in nature, listening to calming music, or pursuing creative hobbies can all be (4) \_\_\_\_\_ coping mechanisms. Learning healthy sleep hygiene and maintaining a (5) \_\_\_\_\_ diet can also significantly impact stress levels. Finally, remember to be kind to yourself. Don't be afraid to ask for help and prioritize your well-being.

- |               |              |              |               |
|---------------|--------------|--------------|---------------|
| 1. A. so      | B. but       | C. therefore | D. however    |
| 2. A. adult   | B. men       | C. infant    | D. adolescent |
| 3. A. low     | B. dependent | C. light     | D. crucial    |
| 4. A. helpful | B. helpless  | C. hopeful   | D. hopeless   |
| 5. A. fair    | B. balanced  | C. equalized | D. delicious  |

It's not easy to manage school and life, but with some good time (1) \_\_\_\_\_ techniques, it's possible to achieve a study-life balance. Here are some tips for secondary-school students. Firstly, (2) \_\_\_\_\_ a schedule. Plan your week in advance, allocating specific times for studying, attending classes, and doing homework. You should also include breaks and time for relaxation or hobbies. Secondly, learn to

prioritise. You should identify the most important tasks and focus (3) \_\_\_\_\_ those first. If necessary, you can delay less urgent activities until you've finished your important tasks. Remember that it's okay to say no sometimes if you feel overwhelmed. Thirdly, take (4) \_\_\_\_\_ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also advisable to get small tasks done during short breaks between classes. Finally, don't be too hard on yourself if you can't do everything perfectly. It's normal to occasionally feel stressed out. In these situations, you can consider (5) \_\_\_\_\_ to a teacher or school counsellor for support.

- |                      |               |               |                 |
|----------------------|---------------|---------------|-----------------|
| 1. A. limitation     | B. period     | C. management | D. awareness    |
| 2. A. give           | B. hold       | C. work       | D. make         |
| 3. A. to             | B. on         | C. with       | D. of           |
| 4. A. responsibility | B. action     | C. advantage  | D. moment       |
| 5. A. talking        | B. to talking | C. talked     | D. to be talked |

Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to (1) \_\_\_\_\_ a chance in the job market afterward. It's no wonder that many young people worry (2) \_\_\_\_\_ letting down their parents, their peers, and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, parties, sports activities, and friends. The result is that young people (3) \_\_\_\_\_ from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which (4) \_\_\_\_\_ become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, (5) \_\_\_\_\_ it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

- |                |            |            |               |
|----------------|------------|------------|---------------|
| 1. A. wonder   | B. have    | C. doing   | D. take on    |
| 2. A. of       | B. at      | C. about   | D. with       |
| 3. A. suffer   | B. please  | C. balance | D. cope with  |
| 4. A. can't    | B. mustn't | C. have to | D. can        |
| 5. A. although | B. unless  | C. because | D. because of |