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. deadline
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

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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.

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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.

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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.

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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

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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

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