

Part 4:

1. Effective time management is crucial for students aiming to balance academic, social, and personal responsibilities. By mastering time management, students can enhance their productivity and reduce stress, leading to greater overall success. One key strategy is prioritizing tasks. Students should identify the most critical assignments and exams, focusing on these before moving on to less urgent activities. Creating a daily or weekly planner can greatly help in this regard, allowing students to visually organize their time and commitments.

Setting specific study times and sticking to a routine also promotes effective time management. This could mean dedicating certain hours each day to studying and completing assignments, which helps in establishing a consistent workflow and reduces last-minute cramming.

Additionally, minimizing distractions is essential. This might involve studying in a quiet location, turning off mobile devices, or using apps that block distracting websites during study sessions.

Finally, it's important for students to allow time for breaks and leisure activities. Regular breaks enhance focus and prevent burnout, while leisure activities can restore the mind and body, keeping students motivated and productive.

1. Effective time management helps students be more productive and less stressed
A. True B. False
2. Students should do less important homework before focusing on major exams.
A. True B. False
3. Having a specific study schedule helps with good time management.
A. True B. False
4. Taking breaks and having fun are important for students to stay focused and avoid feeling too tired.
A. True B. False
5. What is a benefit of effective time management for students?
A. Reduces productivity B. Increases stress
C. Enhances productivity and reduces stress D. Leads to procrastination

6. Which of the following is a recommended strategy for students to manage their time effectively?
- A. Regularly taking breaks and engaging in leisure activities.
 - B. Studying in noisy environments.
 - C. Prioritizing less important tasks first
 - D. Studying only on weekends.

2. When I first started college, I was nervous but also excited about this new chapter of my life. On my first day of classes, I was happy to meet so many friendly students. We introduced ourselves and talked about where we were from and what we wanted to study. Over the next few weeks, I adjusted to my schedule of classes and activities. I enjoyed living in the dorms because there was always something social going on any I made many new friends. My classes were interesting too. The professors were engaging and passionate about their subjects. Though the workload was challenging at times, I learned so much from lectures, discussions, and assignments. Outside class, I joined a college soccer team and took part in campus events will never forget the feeling of independence and personal growth I experienced in that firt year of college. Though difficult at times, it was a period of discovery finding my own way in the world.

1. The person enjoyed the social atmosphere of living in the dorms.
A. True B. False
2. The person found the college classes boring and the professors unengaging.
A. True B. False
3. The person experienced a feeling of independence and personal growth during their first year of college.
A. True B. False
4. The person did not participate in any extracurricular activities during their first year of college.
A. True B. False
5. What aspect of college life did the person particularly enjoy during their first year?
A. The challenging workload of the classes B. The isolation of academic life
C. The strict rules of the dormitories D. The social atmosphere of the dorms.

6. Which of the following activities did the person engage in outside of their academic schedule?

- A. Participating in a college soccer team
- B. Joining a book club
- C. Working a part-time job on campus
- D. Volunteering at a local shelter.

3. Most people think that going zero-waste is an impractical idea due to the omnipresence and convenience of plastic. But Moe has proved that a zero-waste lifestyle is easier than we think.

Moe Karl, a university graduate in environmental studies, has committed himself to a zero-waste lifestyle for about 3 years. Instead of taking plastic bags to the market, he carries boxes and net bags for everything from vegetables and meat to rice and pepper. Only in very dire circumstances does he buy packaged stuff from the supermarket. Even for things like pepper, peanut and rice, he brings along his own containers so that he can put them away on the shelf as soon as he arrives home.

When it comes to what has not been eaten at the end of the meal, he does not throw them away. He turns them into fertilizers for his vegetable garden. Every scrap there is, from leaves to eggshells, he puts in container, sprinkles in some fungi and lets them do their work. It could get a bit smelly, but it does not matter when it is in open space. That is his own secret recipe for a vegetable garden that not only feeds his entire family, but some of his neighbors's as well. Homegrown veggies certainly taste better than store bought ones. By and large, his lifestyle helps reduce the amount of food waste and keep trash away from his living space.

1. Moe finished a degree in environmental studies.

A. True B. False

2. Under no circumstances does Moe buy packaged things from the supermarket/

A. True B. False

3. Moe never keeps leftovers for his vegetable garden.

A. True B. False

4. Moe's lifestyle fails to reduce the amount of trash within his neighborhood.

A. True B. False

5. What does the passage mainly discuss?

A. Disadvantages of using plastic bags

B. How to address environmental problems

C. Solutions to global food waste

D. Living without waste

6. What can be inferred about Moe's zero-waste lifestyle?

- A. It benefits both Moe and his neighbors B. It guarantees adequate supplies of the local food
- C. It is only applicable to solid food. D. It gives out an unpleasant smell around his house.

Part 5: Choose A B C D

1. Last weekend, Tom and his classmates went on a (1)_____ trip to the mountains. They packed early in the morning and set off just (2)_____ the sun rose. The ride was nice, and they sang songs along the way. When they (3)_____, the scenery was breathtaking. They went up the slopes, and the fresh mountain air energized them. (4)_____ lunchtime, they located an ideal location and set up a picnic. Later, they came upon the clear stream and cooled down with a quick bath. As the day came to a close, they gathered around _____ (5) to cook marshmallows and tell stories. When it was time to go home, they were all exhausted but joyful. Tom's vacation was a huge success, and he couldn't wait to _____ (6) his next time.

1. A. Crucial B. boring C. Usual D. Thrilling
2. A. for B. as C. in D. to
3. A. departed B. arrived C. left D. appeared
4. A. At B. In C. Off D. ON
5. A. Campfire B. pool C. station D. parking lot
6. A. disarrange B. arrange C. disorder D. confuse

2. Good habits are very important(1)_____ students to succeed in school and be happy. Here are some excellent habits that every student should develop:

Study Every Day: It's helpful to review your lessons a little each day. This way, you can remember information better and feel less (2)_____ when exams come.

Eat healthy food: Eating a (3)_____ diet with fruits, vegetables, and proteins gives you the energy you need to focus in class and during study time.

Sleep well: Good sleep is crucial: Try to get about 8 hours of sleep each night to wake up feeling refresh and ready to learn.

Keep clean: Always wash your hands, keep your room and study area tidy, and organize your school supplies. This helps you stay healthy and find your things (4)_____.

Read books: Reading books can improve your (5)_____ and comprehension skills, helping you understand your school subjects better.

Exercise: regular physical activity, like playing sports or even walking, keeps you body strong and your mind clear.

By (6)_____ these habits, you won't not only improve your academic performance but also enjoy a moment balanced and joyful. Start adopting these habits today and see the positive changes in your school life beyond!

1. A.beyond B.for C.without D.against
2. A. excited B. stressed C. confused D. carefree
3. A. excessive B.limited C. unbalanced D. balanced
4. A. easily B. never C. rarely D. hardly
5. A. challenges B. vocabulary C. hesitation D. obstacles
6. A. ignoring B. practicing C. avoiding D. dismissing

3. THE CRYPT OF CIVILISATION

A time capsule which is made of metal or (1)_____ plastic serves as a snapshot of the culture, lifestyle and technology of the era (2)_____ it was created. One of its most notable examples is the Civilisation. An extraordinary time capsule project located at Oglethorpe University, Georgia

(3)_____ by Dr.Thornwell Jacobs in the 1930s and sealed in 1940, the monumental time capsule within its stainless steel a treasure (4)_____ of artifacts, documents and recordings representing the century civilisation. The purpose of the crypt is to show people in the future how life was in the past (5)_____ that future generations open, they will gain insight (6)_____ the accomplishments and aspirations forebears. All in all, the crypt of civilisation is a special place that connects past, present and future timeless embrace of human endeavour.

1. A. brand B.rare C. fragile D.tough

2. A. where B. that C. on when D. in which

3. A. Relieved B. Conceived C. Perceived D. received

4. A. hunt B. box C. trove D. draw

5. A. the monument B.just as C. In the end D. by the time

6. A. into B. beyond C. against D. upon

4. It is often not easy to understand people who live an unusual lifestyle because it goes (1)_____ the grain especially concerns about health. But Don Gorske is a (2)_____ example of one of those who lead a healthy but out-of-the-norms life. Don has eaten 2 Big Macs on a daily basis for over 50 eyars, and until now – he has consumed more than 30,000 Big Macs. For two decades, he has claimed the world record for the most Big Macs eaten, and has (3)_____ his record to a total of 34,128 Big Mac burgers. (4)_____ the considerable neighborhood and the (5)_____ of French fries from his order. (6)_____ about 86 kilograms. Don't believe that the Big Mac is the reason for his healthy weight.

1. A. up to B. beyond C. against D. over
2. A. major B. main C. central D. prime
3. A. extracted B. expanded C. extended D. expired
4. A. Although B. Despite C. Even D. Due to
5. A. Exclusion B. In conclusion C. decision D. implosion
6. A. At B. In C. On D. from

5. Personal development plays an important role in helping young students build a strong and positive foundation for their future life. It concludes assisting students to get (1)_____ good study habits and improving interpersonal skills. One way to practice personal development is through self-reflection. Teenagers should take the (2)_____ to analyze their strengths and weaknesses and determine (3)_____ to best use them in the future. Through self-reflection, they can understand purpose and set (4)_____ up for success both academically and socially. Another important aspect of personal development is emotional intelligence. It means having some common sense (5)_____ responding to situations and getting on well with colleagues. Students, therefore, (6)_____ a lot from this area and personal development in their journey to adulthood.

1. A. up B. out of C. on D. into
2. A. money B. touch C. contact D. time
3. A. what B. whether C. how D. that
4. A. yourselves B. themselves C. ourselves D. myself
5. A. Effectively B. uselessly C. tastefully D. excitingly
6. A. deceive B. uncover C. benefit D. impact