

Part 1: Vocabulary

Section A: Matching

Match the words with their correct definitions.

1. **Apprehensive**
2. **Overwhelmed**
3. **Agitated**
4. **Resilient**
5. **Dilemma**

- a. Feeling confused and unable to cope due to too many tasks or emotions.
- b. A difficult situation where a choice must be made between two options.
- c. Worried that something bad might happen.
- d. Able to recover quickly from difficulties.
- e. Feeling restless or nervous due to stress or anxiety.

Section B: Matching

Match the words with their correct definitions.

1. **Disruptive**
2. **Etiquette**
3. **Inappropriate**
4. **Offended**
5. **Considerate**

- a. Good manners and polite behavior in a social situation.
- b. Thoughtful and respectful of other people's feelings.
- c. Causing a disturbance or interruption.
- d. Hurt or upset by someone's words or actions.
- e. Not suitable or acceptable in a certain situation.

Section C: Fill in the Blanks

Complete the sentences using the words in the box.

[flexibility, warm-up, fitness, stamina, intense]

1. You need good _____ to run long distances without getting tired.
2. Stretching helps improve _____ and prevents injuries.
3. Before starting your workout, always do a _____ to prepare your body.
4. She does _____ workouts like high-intensity interval training (HIIT).
5. His _____ level has improved since he started exercising regularly.

Section D: Fill in the Blanks

Complete the sentences using the words in the box.

[interrupt, ignore, glance, rude, vibrate]

1. It is _____ to talk loudly on your phone in a quiet place.
2. Please don't _____ me when I'm speaking.
3. He only took a quick _____ at his phone before putting it away.
4. Some people completely _____ others when they are texting.
5. I always keep my phone on _____ mode in meetings.

Part 2: Grammar

Section A: Present Simple vs. Present Continuous

Choose the correct verb form.

1. My best friend (**struggles** / **is struggling**) with anxiety these days.
2. She (**rarely worries** / **is rarely worrying**) about small problems.
3. Right now, they (**overthink** / **are overthinking**) the situation instead of solving it.
4. He (**doesn't usually feel** / **isn't usually feeling**) nervous before presentations.
5. I (**can't concentrate** / **am not concentrating**) at the moment because I'm too anxious.

Section B: Modal Verbs for Rules and Advice

Choose the correct option.

1. You (**should** / **must**) turn off your phone in a movie theater. It's a rule.
2. You (**shouldn't** / **don't have to**) check your phone during a conversation. It's impolite.
3. You (**must** / **might**) put your phone on silent in class. It's a strict rule.
4. You (**can** / **shouldn't**) use your phone while driving. It's dangerous.
5. You (**have to** / **don't have to**) answer every call immediately. It's your choice.

Section C: Error Correction

Find and correct the mistakes in these sentences.

1. She is feel uneasy about the final exam. → _____
2. Right now, they worries too much about the results. → _____
3. He don't handle pressure well. → _____
4. I am always feel anxious before big events. → _____
5. She usually overthinking every small detail. → _____

Section D: Error Correction

Find and correct the mistakes in these sentences.

1. You should to keep your phone on silent in public places. → _____
2. He must not using his phone while talking to others. → _____
3. It's impolite to speaking loudly on the phone in a restaurant. → _____
4. You don't have put your phone away, but it's polite. → _____
5. She musts check her phone every minute. → _____