ĐỀ THI THỬ CHUẨN CẤU TRÚC MỚI

ĐỀ 03

(Đề thi có 04 trang)

KỲ THI TỐT NGHIỆP THPT NĂM 2025

MÔN: TIẾNG ANH

Thời gian làm bài 50 phút, không kể thời gian phát đề

Họ và tên thí sinh:.....

Số báo danh: .....

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6:

JOIN THE FITNESS REVOLUTION

Are you looking to get (1)_____ shape but don't know where to start? Our online fitness platform gives you access to the best workouts to fit your schedule. Whether you prefer yoga, cardio, or strength training, we've got something for everyone. You can (2)_____ our workouts anytime, anywhere, without needing any special equipment. Plus, our expert trainers are always available to help (3)_____ your form and provide tips for improvement. Don't wait to (4)_____ your fitness goals – sign up today and enjoy a free month of workouts! No matter your fitness level, you'll (5)_____ results and feel better than ever. Remember, your journey (6)_____ with the first step.

Question 1: A. off	**B.** in	**C.** up	**D.** on
Question 2: A. skip	**B.** access	**C.** complete	**D.** ignore
Question 3: A. take	**B.** advise	**C.** correct	**D.** adapt
Question 4: A. reach	**B.** find	**C.** look	**D.** search
Question 5: A. watch	**B.** see	**C.** buy	**D.** skip
Question 6: A. begins	**B.** completes	**C.** agrees	**D.** ends

Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that bestfits each of the numbered blanks from 7 to 12.

Tips for Better Time Management

Want to get more done in less time? Follow these strategies for improving your productivity and focus!

Common Struggles:

Many people (7)_____ effective time management, leading to stress and unfinished tasks. Research shows that nearly 70% of workers feel overwhelmed by their workload.

Actionable Solutions!

- Prioritize your tasks! Start by making a to-do list and (8)_____ the most important tasks first.
- Break down big projects! Tackling a large project can be daunting, but breaking it into smaller, manageable parts helps (9)_____ progress without feeling overwhelmed.
- Avoid distractions! (10)_____ multitasking, focus on one task at a time to (11)_____ your efficiency.
- Take breaks! Give yourself regular breaks to rest and recharge, which can help maintain a higher (12)_____ of productivity.

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Question 7. **A.** lack **B.** excel **C.** organize **D.** have
Question 8. **A.** skip **B.** compete **C.** avoid **D.** tackle
Question 9. **A.** install **B.**pause **C.** ensure **D.** discourage
Question 10. **A.** Instead of **B.** Due to **C.** While **D.** In case of
Question 11. **A.** slow **B.** boost **C.** limit **D.** stop
Question 12. **A.** level **B.** drop **C.** decrease **D.** soar

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of thefollowing questions from 13 to 17.

Question 13. a. David: Hey, Sarah! You've been traveling a lot lately, right?
b. David: That's amazing! How was the experience?
c. Sarah: Hi, David! Yes, I just got back from Europe.
A. a-b-c **B.** c-a-b **C.** a-c-b **D.** b-a-c

Question 14. a. Kate: I'm starting with landscapes, but I want to try portraits eventually.
b. Kate: I've decided to take up painting as a hobby.
c. Anna: That sounds like a lot of fun!
d. Kate: Yeah, it helps me relax after work.
e. Anna: What kind of painting are you doing?
A. a-c-e-b-d **B.** b-c-d-e-a **C.** a-d-c-e-b **D.** a-b-d-c-e

Question 15. Hi Josh,
a. I managed to fix the issue with my laptop, thanks to your advice.
b. It was just a small technical glitch, but I wouldn't have figured it out on my own.
c. Now it's running smoothly, and I can get back to work.
d. By the way, let's grab coffee sometime next week!
e. I'd love to hear about your latest project.
Best,
Emma
A. a-b-c-d-e **B.** b-a-d-c-e **C.** a-c-b-e-d **D.** a-b-e-c-d

Question 16. a. Having a daily routine really keeps me organized.
b. I start my day with a short meditation session followed by a healthy breakfast.
c. Then, I plan out my tasks and set aside time for each.
d. This helps me stay productive throughout the day without feeling overwhelmed.
e. In the end, I feel much more accomplished and balanced.
A. a-c-b-d-e **B.** a-b-c-d-e **C.** b-c-a-e-d **D.** a-d-c-b-e

Question 17. a. The local park has been renovated and now features a brand-new playground.
b. However, the increase in visitors has led to some littering issues.
c. Many families and children enjoy spending time there on weekends.
d. To address this, the city plans to install more trash bins and hire extra staff for maintenance.
e. Overall, it's a great improvement, but keeping the park clean will require community effort.
A. a-c-b-d-e **B.** a-b-e-c-d **C.** a-c-d-b-e **D.** a-d-b-c-e

Read the following passage about effective English language learning and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from from 18 to 22.

Learning a new language, especially English, can be both challenging and rewarding. To maximize your language learning potential, it's essential to adopt effective strategies. (18) _____. By understanding your learning style and setting clear goals, you can create a personalized learning plan.

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One of the most effective ways to improve your English is through consistent practice. (19) _____. This could involve reading books, articles, or news, watching movies or TV shows, or listening to English songs or podcasts.

To enhance your speaking skills, it's crucial to engage in regular conversation practice. (20) _____. Joining language exchange groups or finding a language partner can provide opportunities to practice speaking and receive feedback.

While practice is essential, it's equally important to learn correct grammar and vocabulary. (21) _____. Using grammar books, online resources, or language apps can help you master the rules of English grammar.

In conclusion, effective English language learning requires a combination of consistent practice, strategic learning, and a positive mindset. (22) _____. By embracing these strategies, you can achieve your English language goals and open up new opportunities.

Question 18.

A. However, learning a new language can be time-consuming.

B. It is important to identify your strengths and weaknesses.

C. Many language learning apps are available to help you practice.

D. English is the most widely spoken language in the world.

Question 19.

A. Immerse yourself in the language as much as possible.

B. It's important to set realistic goals for your language learning journey.

C. Learning grammar rules can be tedious, but it's necessary.

D. Speaking English fluently requires a lot of practice.

Question 20.

A. Speaking English fluently requires a lot of practice.

B. It's important to find a language learning method that suits your style.

C. Reading English books and articles can improve your vocabulary.

D. Listening to English songs and podcasts can help you improve your pronunciation.

Question 21.

A. It's important to find a language learning method that suits your style.

B. Reading English books and articles can improve your vocabulary.

C. Listening to English songs and podcasts can help you improve your pronunciation.

D. Grammar is the foundation of any language.

Question 22.

A. In conclusion, learning a new language can be a challenging but rewarding experience.

B. Therefore, it's important to stay motivated and persistent.

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C. However, don't be afraid to make mistakes.

D. By setting clear goals and working hard, you can achieve your language learning goals.

Read the following passage about career paths and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Choosing a career path is a significant decision that can impact an individual's life in various ways. Many factors influence this decision, including personal interests, skills, and market demand. It's essential to find a career that aligns with one's passions and strengths to ensure long-term satisfaction and success.

One popular career path is in the field of technology. With the ***rapid*** advancement of technology, there is a growing demand for professionals with expertise in areas such as software development, cybersecurity, and data analysis. These careers not only offer high salaries but also opportunities for continuous learning and growth.

Another promising field is healthcare. Careers in healthcare, such as nursing, medical research, and healthcare administration, provide a chance to make a meaningful impact on people's lives. The healthcare industry is also known for ***its*** job stability and growth potential.

Education is another ***vital*** sector that offers rewarding career paths. Teachers, school administrators, and education consultants play a crucial role in shaping the future by educating the next generation. Despite the challenges, careers in education are fulfilling and offer opportunities for professional development.

Entrepreneurship is an alternative career path that attracts many individuals. Starting a business involves risks but also offers the potential for significant rewards. Entrepreneurs have the freedom to innovate and create solutions that can benefit society.

Question 23. Which of the following is NOT mentioned as a factor influencing career choice?

A. Personal interests **B.** Market demand **C.** Job location **D.** Skills

Question 24. The word ***"rapid"*** in paragraph 2 is closest in meaning to:

A. slow **B.** fast **C.** steady **D.** brief

Question 25. The word ***"its"*** in paragraph 3 refers to:

A. career paths **B.** healthcare industry

C. meaningful impacts **D.** opportunities

Question 26. The word ***"vital"*** in paragraph 4 could be best replaced by:

A. insignificant **B.** minor **C.** essential **D.** optional

Question 27. Which of the following best paraphrases the underlined sentence in paragraph 5?

A. Entrepreneurship is the only viable career path.

B. Starting a business is risk-free and always successful.

C. Entrepreneurship offers the potential for significant rewards despite the risks.

D. Entrepreneurs cannot create solutions that benefit society.

Question 28. Which of the following is TRUE according to the passage?

A. Technology careers offer limited opportunities for growth.

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B. Healthcare careers lack job stability.

C. Careers in education are fulfilling and offer professional development.

D. Entrepreneurship is a risk-free career path.

Question 29. In which paragraph does the writer mention the importance of continuous learning?

A. Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4

Question 30. In which paragraph does the writer explore the role of educators?

A. Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4

Read the following passage about the impact of social media on mental health and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

[I] In recent years, social media platforms have become a central part of daily life, offering users countless ways to connect, share, and communicate. [II] While these platforms offer many advantages, experts have noted rising concerns about their effects on mental health, particularly among young people (Smith & Anderson, 2018). [III] Studies reveal that excessive social media use can contribute to feelings of anxiety, depression, and loneliness, despite its intention to promote connection and social interaction (Twenge & Campbell, 2019). [IV]

A primary reason for these mental health concerns is the tendency for social media users to compare themselves to others. Platforms like Instagram and Facebook often highlight idealized lifestyles, leading users to feel inadequate about their own lives. Additionally, the constant notifications and messages contribute to a ***"fear of missing out,"*** or FOMO, which keeps individuals in a cycle of checking their phones, often reducing the quality of sleep and overall well-being.

There is also a growing body of research suggesting a link between social media use and decreased attention spans. When users frequently switch between apps and notifications, ***their*** ability to focus for extended periods may diminish (Rosen, 2019). This shift in attention can interfere with productivity, especially in academic and professional settings, where sustained focus is essential.

Addressing these challenges requires a multi-faceted approach. Some mental health professionals suggest limiting screen time and setting boundaries, such as "device-free" hours before bedtime. Others recommend engaging in offline activities, like reading or exercising, to reduce dependence on social media and build healthier habits. According to psychologists, such strategies can ***enhance*** mental resilience and allow for more meaningful, balanced relationships (Robinson & Smith, 2020).

(Adapted from *Social Media and Mental Health Research* by Twenge, Rosen, and colleagues)

Question 31. Where in paragraph I does the following sentence best fit?

Young people are particularly affected due to their high engagement with these platforms.

A. [I] **B.** [II] **C.** [III] **D.** [IV]

Question 32. The phrase ***"fear of missing out"*** in paragraph 2 could be best replaced by ____.

A. longing to interact **B.** desire to know
C. worry of exclusion **D.** aim of satisfaction

Question 33. The word ***"their"*** in paragraph 3 refers to ____.

A. users **B.** researchers **C.** notifications **D.** professionals

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Question 34. According to paragraph 2, which of the following is NOT an effect of social media on mental health?

A. improved self-esteem **B.** increased anxiety
C. fear of missing out **D.** sleep disruption

Question 35. Which of the following best summarizes paragraph 3?

A. Social media contributes to concentration issues that affect users' academic achievements.
B. Notifications and app-switching harm the focus needed in professional environments.
C. Frequent notifications on social media can decrease users' attention spans and productivity.
D. Distractions from social media only affect students' performance negatively.

Question 36. The word ***"enhance"*** in paragraph 4 is OPPOSITE in meaning to ____.

A. diminish **B.** reinforce **C.** intensify **D.** appreciate

Question 37. Which of the following is TRUE according to the passage?

A. Notifications have a minor impact on users' attention spans.
B. Offline activities can help improve mental health by limiting social media use.
C. Social media's primary effect is fostering productivity and interaction.
D. Screen time restrictions are not necessary for mental health.

Question 38. Which of the following best paraphrases the underlined sentence in paragraph 4?

A. A balanced approach is required to mitigate the harmful impacts of social media.
B. Mental health professionals are solely responsible for regulating social media use.
C. With consistent screen time, individuals can build healthier online habits.
D. Dependence on social media requires a combination of therapeutic techniques.

Question 39. Which of the following can be inferred from the passage?

A. Social media platforms generally have a positive influence on young users.
B. Social media-related anxiety is often temporary and not very impactful.
C. Balanced social media usage, along with offline activities, can reduce stress.
D. FOMO and lack of attention are uncommon issues among young users.

Question 40. Which of the following best summarizes the passage?

A. Social media, despite its benefits, presents mental health risks like anxiety and distraction, particularly among young users, and managing screen time can mitigate these effects.
B. The use of social media helps improve relationships and communication but reduces the attention spans of its users.
C. Social media is harmful to all users, causing loneliness and detachment, and must be restricted in all settings.
D. Platforms like Instagram and Facebook serve as effective tools for social bonding, minimizing the effects of anxiety and low self-esteem.

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