PRACTICE TEST UNIT 8:BECOMING INDEPENDENT

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from that of the other three in pronunciation in each of the following questions.

Question 1: A. figure B. decisive C. strive D. advice
Question 2: A. recently B. coach C. decisive D. conceal

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

Question 3: A. successful B. essential C. humorous D. unselfish
Question 4: A. borrow B. provide C. destroy D. succeed

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 5: _____ my friend came to see me late.
A. It was last night that B. It was last night which
C. It was last night when D. It was last night whom

Question 6: Money-management app taught me how to be responsible with money,_____ ?
A. hasn't they **B.** isn't it **C.** didn't it **D.** did it

Question 7: Among the two,Sarah is_____ .
A. independent **B.**the independenter **C.** the most independent **D.** the more independent

Question 8: There are some necessary skills that you should learn _____independence for the future.
A. to achieve **B.** to achieving **C.** achieve **D.**achieving

Question 9: These days, many people _____ leading an independent life.
A. attempt to B. work on C. strive for D. head for

Read the following article about pros of self-study and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 10 to 15.

BENEFITS OF SELF-STUDY

■ Freedom: Self-study provides learners (**10**) _____ the freedom to choose what, when, and how they want to learn. They can personalize their learning experience, explore their interests, and learn at their own pace.

■ Responsibility: Self-study promotes self-discipline and responsibility. Learners are accountable for their learning, and they must develop (**11**) _____ motivation and commitment to complete their studies.

■ Confidence: Self-study helps learners build confidence in their abilities. They learn to rely on themselves, become more independent, and feel more accomplished when they achieve their learning goals.

■ Flexibility: Self-study is flexible and (**12**) _____. Learners can study anytime and anywhere, and they can easily adjust their learning schedule to fit their lifestyle.

Question 10: A. with **B.** on **C.** at **D.** for
Question 11: A. a **B.** an **C.** the **D.** Ø (no article)
Question 12: A.inconvenient **B.** convenience **C.**conveniently **D.** convenient

DRAWBACKS OF SELF-STUDY

■**Lack of support:** Self-study can be isolating, and learners may not have access to the same level of support and guidance as they would in a traditional classroom. They may struggle to stay(**13**) _____ without the encouragement of a teacher or mentor.

■**Time-consuming:** Self-study requires learners to spend more time planning, researching, and organizing their studies. (**14**) _____ students not have a teacher's guidance,they may also need to spend extra time solving problems on their own,

■**Limited social interaction:** Self-study can limit learners' opportunities for social interaction and collaboration. They may miss out on the chance to share ideas, learn from peers, and build relationships with teachers and mentors.

LIVEWORKSHEETS

■**Lack of feedback:** Self-study may lack feedback and (**15**) _____ . Learners may not receive regular evaluations of their progress, which can make it difficult to identify areas of weakness and improve their learning.

Question 13: A. motivating **B.** motivated **C.** motivation **D.** motivate
Question 14: A. Should **B.** Had **C.** Were **D.** Do
Question 15: A.introduction **B.** session **C.**access **D.**assessment

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 16:

a. Teenagers may want to work part-time while still in school. Let's look at the pros and cons of teens having part- time jobs.
b. So, if teenagers fail to balance work and study, they may not be able to get good grades or may even drop out of school.
c. Secondly, they can learn to manage their time better.
d. First, a part-time job provides extra pocket money.
e. In conclusion, teenagers should be aware of both the pros and cons of working part-time.
f. On the other hand, working teens may become tired and stressed as they will have less time to rest and study.

A.a – d– c – f – b – e **B.** a – d – f – c – b – e **C.**a – b – f – c – d – e **D.** a – b – d – c – f – e

Question 17:

a. Best wishes.
b. First of all, self-study gives learners more freedom. They decide what they should study and how to learn depending on their abilities.
c. Dear Lucy; I hope you are well. I am thinking about the advantages of self-study - learning at home without a teacher.
d. Secondly, they can make learners responsible. They set their learning goals and make study plans to achieve them.
e. Finally, it makes them more confident. Completing tasks and solving problems on their own boost learners' confidence.

A.a – b – d – e – c **B.** c – b – d – e – a **C.**a – b – e – c – d **D.** c – e – b – d – a

Mark the letter A, B, C, D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 18 to 23

Becoming independent

Many young people strive to be independent. **(18)**_____, and you don't have to rely on anyone else. However, to live independently, you need a number of life skills in order not to **(19)**_____ and older brothers or sisters. One of the most important skills is time management **(20)**_____ and self-esteem. With good time management skills, you can perform **(21)**_____, including your responsibilities at school and at home with pleasing results. Moreover, you will not feel stressed when exam dates are approaching. These skills can also help you act more independently and **(22)**_____, get better grades at school and have more time for your family and friends.

Developing time-management skills is not as challenging as you may think. Firstly, make a plan for things you need to do, including appointments and deadlines. Using a diary or apps on mobile devices will remind you of what you need to accomplish and when you need to accomplish it. Secondly, prioritize your activities. You need to decide which tasks are the most urgent and important. Thirdly, develop routines because routines, when established, take less time for you to do your tasks.

Time management skills are not hard to develop; once you master them, you will find out that they are great keys to success and **(23)**_____.

Question 18:

A. meaning you are able to take care of yourself **B.** What means you are able to take care of yourself
C. That means you are able to take care of yourself **D.** meant you are able to take care of yourself

Question 19:

LIVEWORKSHEETS

A. depend on your parents **B.** depended on your parents
C. to depend on your parents **D.** depending on your parents

Question 20:

A. can help you build your confidence **B.** which can help you build your confidence
C. where can help you build your confidence **D.** can be helped you build your confidence

Question 21: **A.** their daily tasks **B.** our daily tasks **C.** my daily tasks **D.** your daily tasks

Question 22: **A.** responsibly **B.** responsibility **C.** responsible **D.** responsibilation

Question 23: **A.** you can become independent. **B.** her can become independent.
C. this is can become independent. **D.** that is can become independent

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.

Building Confidence in Teens

Confidence is one's belief in their own ability. Confident people rationally believe they are capable of doing things well and therefore aren't afraid to do those things or even try new things. Teens (**24**)_____are confident to grow up have a good (**25**)_____of self and become happy adults. Parents can help teens build their confidence throughout their adolescence by following these tips: Be trustworthy. Be there when your teen needs you. Provide a safe home environment and firm but fair discipline. This is a foundation that your teen's confidence can stand on. Give your teen choices. One of the things that confidence helps teens do is making a decision. You can help teens make decision by offering them choices as often as possible. (**26**)_____your teen to try new things. Be available to take them where they need to go and do so without complaining. Become your teen's biggest fan, (**27**) _____ it is in sports, or in school. Allow your teen to fail, do not fix their problems for them. If they need you to help talk the problem through, ask open ended questions so that they come to their own conclusions. Praise your teen when praise is suitable. We know that too (**28**)_____ praise is not good either, but suitable praise is necessary for your teen's self-confidence.

24.A. when	**B.** who	**C.** which	**D.** where
25.A. feeling	**B.** state	**C.** sense	**D.** ability
26.A. Believe	B. Prefer	C. Like	D. Encourage
27.A. and	B. however	C. whether	D. but
28.A. much	B. many	C.all	D. some

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions.

One of your most important goals as a parent is to raise children who become independent and self-reliant people. However, some well-intended, but misguided parents have raised contingent children rather than responsible ones.

Contingent children are dependent on others for how they feel about themselves. Those children are raised by parents who act on their own needs for power and use control to ensure that they remain the dominant forces in their children's lives.

Independent children differ from contingent children in several ways. If your children are independent, you have provided them with the belief that they are competent and capable of **taking care of** themselves. You offered them the guidance to find activities that are meaningful and satisfying. You gave your children the freedom to experience life fully and learn its many important lessons.

The most important thing about raising independent children is that you understand the essential responsibilities that you and **they** need to accept.

Your responsibilities revolve primarily around providing your children with the opportunity, means, and support to pursue their goals. The psychological means include providing love, guidance, and encouragement in their efforts. The practical means include ensuring that your children have the materials needed, proper instruction, and transportation, as well as other logistical concerns.

Your child's responsibilities Involve doing what is necessary to maximize the opportunities that you give them. These responsibilities include giving their best effort, being responsible and disciplined, staying committed, and giving an achievement opportunity a realistic try, as well as, completing all tasks and exercises, getting the most out of instruction, being cooperative, and expressing appreciation and gratitude for others' efforts.

LIVEWORKSHEETS

(Excerpted from Parenting: Raise Independent Children)

Question 29. What is the passage mainly about?

A. Ways to raise independent children **B**. Independent children

C. Contingent children **D**. How to be good parents

Question 30. Which of the following is **NOT TRUE** about parents of independent children?

A. They offered their kids the guidance to find meaningful activities.

B. They gave their children the freedom to experience life.

C. They help their children believe that they are competent and capable of taking care of themselves.

D. They use control to ensure that they remain the dominant forces in their children's lives.

Question 31. Which psychological means should parents provide their children to make them independent?

A. love, guidance and encouragement **B**. appreciation and gratitude

C. instruction, money and love **D**. instruction and transportation

Question 32. What does the word **taking care of** mean?

A. look after **B.** take after **C.** look into **D.**take over

Question 33. The word "**They**" in the last paragraph refers to _____.

A. responsibilities **B**. children **C**. parents **D**.thing

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 34 to 40.

Being aware of one's own emotions - recognizing and acknowledging feelings as they happen - is at the very heart of Emotional Intelligence. And this awareness encompasses not only moods but also thoughts about those moods. People who are able to monitor their feelings as they arise are less likely to be ruled by them and are thus better able to manage their emotions.

Managing emotions does not mean suppressing them; or giving free rein to every feeling. Psychologist Daniel Goleman, who has contributed to popularize the notion of Emotional Intelligence, insisted that the goal is balance and that every feeling has value and significance. As Goleman said, "A life without passion would be a dull wasteland of neutrality, cut off and isolated from the richness of life itself." Thus, we manage our emotions by expressing them in an appropriate manner. Emotions can also be managed by engaging in activities that cheer us up, soothe our hurts, or reassure us when we feel anxious.

Clearly, awareness and management of emotions are not independent. For instance, you might think that individuals who seem to experience their feelings more intensely than others would be less able to manage them. However, a **critical** component of awareness of emotions is the ability to assign meaning to them - to know why we are experiencing a particular feeling or mood. Psychologists have found that, among individuals who experience intense emotions, individual differences in the ability to assign meaning to those feelings predict differences in the ability to manage **them**. In other words, if two individuals are intensely angry, the one who is better able to understand why he or she is angry will also be better able to manage the anger.

Self-motivation refers to strong emotional self-control, which enables a person to get moving and **pursue** worthy goals, persist at tasks even when frustrated, and resist the temptation to act on impulse. Resisting impulsive behavior is, according to Goleman, "the root of all emotional self-control."

Of all the attributes of Emotional Intelligence, the ability to postpone immediate gratification and to persist in working toward some greater future gain is most closely related to success - whether one is trying to build a business, get a college degree, or even stay on a diet.

34. Which of the following can we infer from paragraph 1?

A. People who can manage their emotions successfully will be controlled by them.

B. If people pay attention to their feelings, they will not be able to manage them.

C. If people pay attention to their feelings, they can control their emotions better.

D. Some people can have much better understanding of their feelings than others.

35. According to the passage, people should be aware of their emotions so that they can _____.

A. manage their emotions appropriately

B. explain their emotions to others

C. stop feeling angry and overthinking

D. experience feelings more intensively

36. All of the followings are mentioned in paragraph 2 about our emotions EXCEPT _____.

LIVEWORKSHEETS

A. emotions are part of a satisfying life
B. we should ignore some feelings
C. we can manage our emotions
D. every feeling is equally important

37. The word "**critical**" in paragraph 3 is **opposite** in meaning to _____.
A. inessential **B.** indecisive **C.** dynamic **D.** important

38. The word "**them**" in paragraph 3 refers to _____.
A. intense emotions **B.** individuals **C.** individual differences **D.** psychologists

39. In paragraph 3, the author explains the concept of awareness and management of emotions by _____.
A. giving an example of why people get angry
B. comparing how two people might respond to an intense emotion
C. explaining why some people are not aware of their emotions
D. describing how people learn to control their emotions

40. The word "**pursue**" in paragraph 4 mostly means _____.
A. find out about something **B.** improve or develop something
C. try to achieve something **D.** be involved in something

LIVEWORKSHEETS