PASSAGE 10

Tra ID Đề [5888] - Tra ID Video [5889]

Decide whether the statements from 1 to 4 are True of False and choose the correct answer (A, B, c or D) for Question 5 and 6.

Stress isn't just a problem for adults. Young people, however, are also suffering from stress with different causes. Below are some factors that contribute to teenagers' unhealthy levels of stress.

School Pressure

Teenagers often feel stressed because of studying. Students may be under pressure to complete daily homework, finish projects and study for exams. In addition, teens may also want to participate in extracurricular activities, such as sports and clubs. The added pastimes may contribute to teenagers' stress and anxiety if the activities are competitive, and students have no relaxation time.

Peer Pressure

Although teenagers may have a group of close friends, their peers may force them to hang out instead of studying and that goes against their family rules. Peer pressure, bullying at school may affect teenagers' studying, and lead them to feel more stressful and frustrate

Family Problems

Teenagers can also feel tense at home because of family pressure and problems. Arguments with brothers or sisters, disagreements with parents over rules and family expectations may also cause teenagers' stress.

Question 1: Stress is a problem for both adults and young people.

Question 2: Youngsters can't be stressed if they do well in their classes.

Question 3: Peer pressure can make teens unable to concentrate on studying.

Question 4: The family is always the best place, so it doesn't cause stress for teenagers.

Question 5: According to the passage, which statement is NOT TRUE?

A. Students may be under pressure when they have no relaxation time.

B. Stress is a problem for both adults and young people.

C. Family expectations may lead to teenagers' stress.

D. Studying can't make teenagers feel stressed.

Question 6: According to the passage, why do extracurricular activities cause stress among students?

A. All students have to take them

B. They can be competitive

C. They distract students from their exams

D. They are against family rules

LIVEWORKSHEETS