Name: …….. **Reading**: ……

Class: S9…

Ngày làm bài: Thứ ……, ngày ……/…….

FCE READING INTENSIVE

CLASSWORK

Part 2: You are going to read an article about sleep and learning. Eight sentences have been removed from the article. Choose from the sentences A–I the one which fits each gap (1–8). There is one extra sentence which you do not need to use.

College students need their sleep!

Research into the connection between sleep and learning suggests that sleep is even more important than previously thought.

Only a month and a half into her first semester at college, Liz, a student at Harvard University, already wishes she had more time for sleep. Several mornings each week, Liz rises before six to join her teammates for rowing practice. On days like these she seldom sleeps more than seven hours per night, but it's not as if she doesn't try.

(1) __. She often misses opportunities to socialize in order to get her coursework done and still get to bed at a reasonable time. Even without knowing just how important sleep is to learning, she tries to make time for it.

This is not always easy, however. The many demands on her time include her chosen sport, as well as activities like studying optional extra subjects. **(2)** __. She and other students who think the same way as her sacrifice sleep to fit everything in. It isn't surprising to learn, therefore, that students represent one of the most sleep-deprived segments of the population. **(3)** __.

Studies have found that only eleven percent of college students sleep well consistently, while seventy-three percent experience at least occasional sleep issues, as Liz does. Forty percent of students felt well-rested no more than two days per week. Poor sleep is no longer considered a harmless aspect of college. **(4)** __. The results of this show that it has significant impact on memory and learning.

Inadequate sleep negatively affects our learning processes. It is simply more difficult to concentrate when we are sleep deprived; this affects our ability to focus on and gather information presented to us, and our ability to remember even those things we know we have learned in the past. **(5)** __. That is, the effect that many sleep researchers think it has on memory consolidation, the process by which connections in the brain strengthen and form into something more permanent.

A number of studies have shown that poor quality sleep can negatively impact on a person's ability to turn factual information or processes they've just learned into long-term memories. **(6)** __. And if this opportunity is missed – such as when a student stays awake all night – it generally can't be made up. Even if sleep is 'recovered' on subsequent nights, the brain will be less able to retain and make use of information gathered on the day before. **(7)** __.

Early in her first semester at Harvard, Liz feels like she is maintaining a healthy balance, but only just. Trying hard to get the most out of her time in college, she admits it's sometimes hard to see sleep as an important part of her athletic and scholastic objectives. **(8)** __. Rather than thinking of sleep as wasted time or even time off, we should, they say, instead view it as the time when our brain is doing some of its most important work.

Read the whole text quickly first (without filling the gaps)

Read before and after the gap

Don't pick a sentence that only repeats the idea

Choose a sentence that adds new, useful information

One sentence doesn't fit

There is always 1 extra sentence. Eliminate the one that doesn't match the text

Read the full text again after completing

Make sure all parts sound natural and logical together

Sentences A–I

Choose the correct sentence for each gap from the list below. There is **one extra sentence** you do not need to use.

A. Although it may seem unnecessary to do these, Liz views them as essential.
B. It also has less obvious but possibly even more profound impact.
C. Liz knows that she must nevertheless do her best to avoid it.
D. Research suggests that the most critical period of sleep for this to happen in is the one on the same day.
E. In fact, Liz's behaviour is not at all like that of other college students her age.
F. But that's exactly what many researchers say it is.
G. Quite the opposite, actually, as research into its effects progresses.
H. These findings shed new light on the importance of making time for sleep, not only for college students like Liz, but for anyone who wants to continue to learn.
I. Coursework, sports and new-found independence all contribute to the problem.

LIVEWORKSHEETS

Name: ……..

Class: S9…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Grammar: ……

Use of English: …….

Mini Test: …….

COOKING & EATING

FCE READING INTENSIVE

Lưu ý: *Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu đề có chú thích nghĩa: Con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.*

A. EXTRA VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	**inhabitant** (n)	cư dân	4	**sheer** (adj)	dựng đứng, dốc đứng (khi nói về núi)
2	**investment** (n)	khoản đầu tư	5	**depressing** (adj)	gây chán nản
3	**principle** (n)	nguyên lý, nguyên tắc	6	**practical level** (n)	phương diện thực tế

***Note:** *n = noun: danh từ;* *adj = adjective: tính từ.*

*Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ **1 dòng** vào vở ghi.

B. HOMEWORK

GRAMMAR

I. Circle the correct answers.

0. "I forgot my wallet." – "Don't worry, I _____ for the coffee."

A. am going to pay *(B.) will pay* *C. am paying* *D. pay*

1. My team and I _____ the new environmental campaign next Thursday. The posters are already printed.

A. will launch B. are going launch C. are launching D. launch

2. I think people _____ more virtual concerts in the future instead of attending live shows. It's just my guess.

A. will watch B. are watching C. going to watch D. watch

3. Look at the stage lights and the camera crew! They _____ a commercial here.

A. will film B. are going to film C. film D. are filming

4. My cousin _____ her final art exam next Friday, so she's very nervous.

A. is taking B. is to take C. will taking D. takes

5. I don't feel well. I think I _____ home early today.

A. will go B. go C. am going D. went

II. Circle the correct answers.

*0. We're flying to Berlin **(tomorrow / last Friday)**.*

1. Look at those clouds! It **will / is going to** rain soon.

2. I **am meeting / will meet** Sarah at the café at 4 p.m.

LIVEWORKSHEETS

3. They **are going to / will** buy a new laptop next month. That's their plan.

4. A: "These boxes are so heavy!" – B: "Don't worry! I **am going to / will** help you carry them."

5. Lisa is going to visit her grandparents **next weekend / last weekend**.

6. I am having a doctor's appointment **this Saturday / last Saturday**.

7. We are staying in London **two weeks ago / next week**.

8. She's taking her driving test **yesterday / tomorrow**.

III. Match to make meaningful sentences.

0. Don't worry, I won't let anyone interrupt	*0- **c***	a. for the environmental conference.
1. She isn't going to renew her contract because	1- __	b. robotics program this September.
2. We are flying to Geneva tomorrow	2- __	*c. you while you're presenting.*
3. He is joining the advanced	3- __	d. once the final testing phase is complete.
4. They are going to launch the new app	4- __	e. the working conditions are terrible.
5. I'm sure the documentary will challenge your	5- __	f. views on climate change once you watch it.

IV. Complete the sentences. Use the correct FUTURE TENSES (BE GOING TO/ FUTURE SIMPLE/PRESENT CONTINUOUS).

*0. I **am meeting** my cousin at the train station at 10 a.m. tomorrow.* ***(meet)***

1. Based on the schedule, the train _____ at platform 3 at exactly 6:15 p.m. **(arrive)**
2. I promise I _____ you as soon as I get home tonight. **(call)**
3. We _____ our grandparents in the countryside this weekend. **(visit)**
4. Watch out! That glass _____ off the edge of the table! **(fall)**
5. I think our team _____ the match. I really hope so! **(win)**
6. My sister _____ her new job next Monday. **(start)**

V. Rearrange the words/phrases to make correct sentences.

0. are / visiting / they / tomorrow / museum / the

→ ***They are visiting the museum tomorrow***.

1. the project / not / finish / will / by the deadline / we

→ _____.

2. to / the airport / going / I'm / be / at / at 6 a.m.

→ _____.

3. the documents / send / she / going / is / to / next week

→ _____.

4. is / meeting / with / our CEO / the investors / on Monday

→ _____.

5. to / they / moving / a new flat / are / next month

→ _____.

LIVEWORKSHEETS

Lưu ý:
1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài đọc.

CAMBRIDGE USE OF ENGLISH PRACTICE

Part 1

For questions **1–8**, read the text below and decide which answer (**A**, **B**, **C** or **D**) best fits each gap. There is an example at the beginning (**0**).

Mark your answers **on the separate answer sheet**.

Example:

0 **A** closed **B** contained **C** surrounded **D** shut



Lighting a town

The Norwegian town of Rjukan lies along the floor of a narrow valley, **(0)** ..... by sheer mountains. Because of its location, the town, with its 3,400 **(1)** ....., has in the past lived in shadow for half the year. During the day, from late September to mid-March, the town gets no direct natural sunlight at all. Its residents all agreed this **(2)** ..... that the town was incredibly depressing during the winter months.

However, that all changed in 2013 with the **(3)** ..... of a system of mirrors whose design Martin Anderson, an artist, had first **(4)** ..... up with some 12 years earlier. With financial **(5)** ..... from the local government and from several prominent business people, Anderson's idea became a **(6)** ..... . Today, high on the mountain opposite the town, **(7)** ..... three large solar-powered, computer-controlled mirrors **(8)** ..... the precise movement of the sun across the winter sky, reflecting its rays onto the town's market square and flooding it in bright sunlight.

1	**A**	totals	**B**	populations	**C**	numbers	**D**	inhabitants
2	**A**	meant	**B**	explained	**C**	showed	**D**	made
3	**A**	ending	**B**	conclusion	**C**	completion	**D**	result
4	**A**	brought	**B**	come	**C**	caught	**D**	got
5	**A**	budget	**B**	cost	**C**	expense	**D**	investment
6	**A**	reality	**B**	truth	**C**	principle	**D**	practicality
7	**A**	find	**B**	sit	**C**	stay	**D**	hold
8	**A**	passing	**B**	following	**C**	proceeding	**D**	continuing

LIVEWORKSHEETS