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 1. 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 2. The word _"rapid"_ in paragraph 2 is closest in meaning to:

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

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

A. career paths   B. healthcare industry

C. meaningful impacts   D. opportunities

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

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

Question 5. 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 6. Which of the following is **TRUE** according to the passage?

A. Technology careers offer limited opportunities for growth.

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 7. 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 8. In which paragraph does the writer explore the role of educators?

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

[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 1. 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 2. 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 3. The word *"their"* in paragraph 3 refers to ____.
    A. users   B. researchers   C. notifications   D. professionals

Question 4. 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 5. 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 6. The word *"enhance"* in paragraph 4 is OPPOSITE in meaning to ____.
    A. diminish   B. reinforce   C. intensify   D. appreciate

Question 7. 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 8. 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 9. 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 10. 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.