

UNIT 3: TEEN STRESS AND PRESSURE

I.Choose the correct answer:

- 1.Adolescence is the period _____ child and young adulthood
 - a. for
 - b.between
 - c.and
 - d.from
- 2.Your body will change in shape and _____
 - a.height
 - b.high
 - c.tall
 - d.taller
- 3.Your brain will grow and you'll have improved self-control and _____ skills
 - a.housekeeping
 - b.reasoning
 - c.social
 - d.emotion control
- 4.They can't decide who _____ first
 - a.go
 - b.to go
 - c.went
 - d.going
- 5.The girls are making fun _____ me so I'm very embarrassed
 - a.to
 - b.for
 - c.with
 - d.of
- 6.Physical changes are different for every, so you don't need to feel embarrassed or _____
 - a.frustrated
 - b.tense
 - c.confident
 - d.delighted

7.I wish my parents could put themselves in my _____

- | | |
|-------------|---------|
| a.situation | b.shoes |
| c.feelings | d.heart |

8.Do you need to be that stressed _____?

- | | |
|-------|--------|
| a.on | b.in |
| c.out | d.with |

9.My mother is a strong person. She stays _____ even in the worst situations

- | | |
|---------|-------------|
| a.calm | b.healthy |
| c.tense | d.confident |

10.You've been a bit tense lately so you need to _____ a break.

- | | |
|-------|--------|
| a.get | b.take |
| c.has | d.let |

11.His father wants him to get the _____ score in this exam

- | | |
|-----------|--------------|
| a. high | b.higher |
| c.highest | d.as high as |

12.She has _____ because she has a big assignment to complete

- | | |
|---------------|----------------|
| a.frustration | b.frustrated |
| c.frustrating | d.frustratedly |

13. We need to prepare food, do laundry and chores at home. It's _____

- a. Social skill b. Self-care skills
c. Housekeeping skill d. Cognitive skills

14. I've won an essay contest. ----

_____!

- a. Congratulations! b. It's interesting
c. Oh poor! d. Good!

15. Your friend stayed up late studying for an important exam.

- a. Well done!
b. Stay calm. Everything will be all right.
c. I know how you feel
d. A really great job.

16. The two countries agreed to _____ full diplomatic relations.

- a. give up b. set up
c. deal with d. overcome

17. It's difficult to _____ changes in technology.

- a. go with b. look through
c. keep up with d. turn up

18. Six people applied for the job, but four of them were _____

- a. turned down b. turned up
c. turned on d. turned off

19. If I _____ in your shoes, I'd take it easy and try to forget it.

a.are

b.am

c.were

d.have

20.We should cooperate with others and resolve conflicts or have communication skills .

It's _____

a.Social skills

b.Housekeeping skills

c.Emotion control skills

d.Self-care skills

21.Magic number 18001567 is a _____ toll free service.

a. 24 hours

b. 24-hours

c. 24 – hour

d.24 hour

II. Use the correct form of the words:

1. You'll experience _____ changes as well
(emotion)

2.You'll feel you want more independence and
_____ (responsible)

3.We need adult support and _____ to make
informaed decision and overcome stress (guide)

4. She is no longer in her _____ (adolescent)

5. I feel _____ when I have to wait for the bus in that neighbourhood(**worry**)
6. She is having too high _____ from her parents (**expect**)
7. Bill was _____ about the exam result
(**disappoint**)
8. Mai is feeling so _____ with her fashionable new hairstyle (**delight**)
9. I think taking a _____ class is a good idea if you want to be more confident (**speak**)
10. Linh is feeling a bit _____ about her study because she's failed the exam once again
(**frustrate**)
11. One of the _____ in my hometown is the traditional market, which is open every Sunday
(**attract**)
12. What are the differences between Dong Ho _____ and Sinh ones?(**paint**)
13. This is a very beautiful piece of _____
(**embroider**)
14. _____ is one of the biggest problems in this city (**employ**)
15. Photography is strictly _____ in this museum
(**forbid**)

16. Do you know what is the most _____ town in this region? (**population**)

17. Remember to visit the Ancient Tower as it's the only _____ building in our area (**history**)

18. I feel so _____ because I can't run as fast as my friends (**embarrass**)

19. _____ can help you succeed in many fields (**confident**)

20. Find out more about the job so that you can make an _____ choice (**inform**)