

Exercise 1: Listen and complete the sentences. (Track 06)

1. is a normal part of life.
2. and school are causes that make teenagers stress.
3. Teenagers are stressed with their social with friends.
4. of time or having too much to do often causes stress.
5. Stress that hangs around for a long period of time can be to your child's health and wellbeing.

Exercise 2: Listen again and choose True or False.

No.	Statements	T	F
1.	Stress can even be beneficial in some situations.		
2.	Expectations and pressure to do well at school from parents and family don't cause stress.		
3.	Life challenges, such as leaving school or getting into tertiary studies or employment can cause stress.		
4.	We can't support our children when they are stressed.		
5.	Having a chat to the family doctor is a way to help the children free from stress.		

Exercise 3: Read the text and look for the words that match the definitions.

Vietnam teens devote more leisure time to cyberspace than reality

A recent survey of 400 students aged from 13 to 19 in Hanoi and Ho Chi Minh City has illustrated an 'immense gap' in the lives of urban teenagers and highlighted worrying problems about their conceptions, attitudes, and behavior.

The teenagers in the survey spent the most time within the four walls of classrooms, with little left for sports or community-related activities. Besides the time at school, 92 percent of students said they have 'extra time' for studies at the homes of teachers for two or three subjects, including Mathematics and English.

Lack of career orientation

Regardless of their diligence in their studies, 46 percent of teens said they do not know what type of career path they want to pursue.

It seems that many students consider their studies a duty, instead of a motivation to possess knowledge.

In fact, parents spend less than two hours a day talking with their children. Most of this time is spent at the dining table or watching television.

Sadly, most of these interactions between parents and children are uncomfortable for teens, because they are often reprimanded for their social lives.

Consequently, 30 percent of teens blame their parents for disregarding their needs and desires. Forty percent said they are often intimidated by their parents, and 50 percent admitted that they are shy about telling private stories to their parents.

Match words in column A with Definitions in column B

Words	Definition
1. survey	a. a young person between 13 and 19 years old
2. attitude	b. enthusiasm for doing something
3. activity	c. to say or think that someone or something did something wrong or is responsible for something bad happening
4. teenager	d. when two or more people or things communicate with or react to each other
5. career	e. a situation in which something is happening or a lot of things are being done
6. motivation	f. an examination of opinions, behaviour, etc., of a particular group or people, which is usually done by asking them questions
7. interaction	g. not feeling comfortable and pleasant, or not making you feel comfortable and pleasant
8. uncomfortable	h. only for one person or group and not for everyone
9. blame	i. a feeling or opinion about something or someone
10. private	j. the job or series of jobs that you do during your working life

Exercise 4: Read the passage and answer the questions.

William Henry Gates III (born October 28, 1955) is a co-founder of the Microsoft Corporation and is an American business magnate, investor, author and philanthropist.

In 1975, Gates and Paul Allen launched Microsoft, which became the world's largest PC software company. During his career at Microsoft, Gates held the positions of chairman, CEO and chief software architect, while also being the largest individual shareholder until May 2014. Gates stepped down as chief executive officer of Microsoft in January 2000, but he remained as chairman and created the position of chief software architect for himself. In June 2006, Gates announced that he would be transitioning from full-time work at Microsoft to part-time work and full-time work at the Bill & Melinda Gates Foundation. He gradually transferred his duties to Ray Ozzie and Craig Mundie. He stepped down as chairman of Microsoft in February 2014 and assumed a new post as technology adviser to support the newly appointed CEO Satya Nadella.

Since 1987, Gates has been included in the Forbes list of the world's wealthiest people. As of September 2017, he is the richest person in the world, with an estimated net worth of US\$86 billion. In 2009, Gates and Warren Buffett founded The Giving Pledge, whereby they and other billionaires pledge to give at least half of their wealth to philanthropy. The foundation works to save lives and improve global health, and is working with Rotary International to eliminate polio.

1. When was William Henry Gates born?

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2. Who launched Microsoft - the world's largest PC software company?

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3. Did Gates step down as chairman of Microsoft in February 2014?

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4. Who founded the Giving Pledge?

.....
5. What's the purpose of this foundation?

Exercise 5: Khoanh tròn đáp án đúng.
Anxiety during puberty

Many psychologists believe that boys and girls are (1)____ to anxiety when they experience puberty for a number of reasons. Puberty often starts at the middle of(2)____(from 15 to 17 years old) when people experience rapid changes in their body as well as their brain. Such change may cause a lot of anxiety if adolescents are not(3)____ of what they are undergoing. For girls, acne is always a big crisis and for

boys, changes in their voice sometimes bother them. Those teenagers may lose their confidence because they are ashamed of the changes of appearance. Besides, the surge in hormones also (4)____ to high levels of anxiety of teenagers. During (5)____, mood swings happen very often and teenagers easily get (6)_____ at tiny problems. It is necessary that parents fully understand their children to help them deal (7)____ anxiety.

1. A. near	B. gone	C. about	D. close
2. A. adolescence	B. adolescent	C. adulthood	D. adult
3. A. well-aware	B. well-understand	C. self-discipline	D. well-behaved
4. A. comes	B. contributes	C. distributes	D. attributes
5. A. adulthood	B. childhood	C. puberty	D. teenage
6. A. interested	B. keen	C. frustrated	D. excited
7. A. on	B. in	C. with	D. about

Exercise 6: Đọc đoạn văn sau, điền T (True) trước câu trả lời có nội dung đúng với nội dung bài đọc, điền F (False) trước câu có nội dung không đúng với nội dung bài đọc.

George is in his mid-adolescence and like many of his peers, he is undergoing great changes in his body as well as his brain. He and his friends are experiencing puberty, an important phase of development of a person when physical and mental changes take place. Boys in particular may find numerous changes within themselves which they sometimes cannot understand properly without the guidance of parents and other experienced adults. When boys enter their puberty, they often start taking interest in abstract concepts and subjects such as justice, politics and arts. They also begin to understand the world around them, planning out a life for themselves, having dreams and life goals to fulfill.

Along with a very new view of life and sense of self comes anxiety and confusion. Boys in their puberty develop a strong sense of personal identity. Therefore, they often try to get attention from others to prove themselves. They are also curious about the adult world. Sometimes, they can be misled by the negative things from the world around them. For example, boys start to smoke or drink because they are curious and

they think they are cool to do so. They make a lot of friends and from peer groups. They may have good friends and they may not be mature enough to identify bad ones. In short, this is a period of experiencing new things and new people, both the good and the bad.

It is crucial that parents are ready for the changes of their boys so that they can help their boys go through this period. A cozy home environment where adolescents can stay comfortable and share their feelings and experience is important. Parents should be sensitive to provide reasonable guidelines. Force and punishments are not highly recommended in this phase as adolescents tend to be rebellious.

- _____ 1. There are only changes in a boy's body during his puberty.
- _____ 2. Boys can always understand their changes properly without the guide of parents and other experienced adults.
- _____ 3. When boys enter their puberty, they often lose interest in abstract concepts and subjects.
- _____ 4. Boys often plan their life before they enter puberty.
- _____ 5. Boys encounter anxiety and confusion during puberty.
- _____ 6. Boys may start to smoke or drink because of their curiosity.
- _____ 7. Boys only have bad experiences during adolescence.
- _____ 8. Force and punishment are highly advisable when dealing with boys in their puberty.