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Final test

A. Listening.

I.- Listen and complete the sentences. (Track 06)

1. is a normal part of life.
2. and school are causes that makes 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 well being.

II.- Listen again and write T (true)/ F (false) for each statement.

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 child cope with stress.		

B. VOCABULARY

I. Choose the word that has the main stress placed differently from the others.

1. a. frustrated b. confident c. delighted d. embarrassed
2. a. assure b. pressure c. figure d. leisure
3. a. concentration b. favorable c. adolescence d. relaxation
4. a. recognize b. concentrate c. assignment d. cognitive
5. a. teenager b. vehicle c. activate d. nationwide

II.- Choose the best answer.

1. The new that provides advice for older people is totally free.
A. emotion B. helpline C. co-founder
2. They had an awful fight one year ago, but now they've their conflicts.
A. overcame B. collaborated C. resolved
3. Some people think that schools put too much on students nowadays.
A. interest B. emotion C. pressure
4. Overcoming negative feelings is a/ an control skill.
A. cognitive B. emotion C. housekeeping
5. Many young people are now involved in drug
A. trafficking B. resolving C. housekeeping
6. This work would help her her fear of being alone.
A. collaborate B. resolve C. overcome
7. He was proud of himself for being the of the company.
A. co-founder B. helpline C. guidance
8. How can you to stay calm under pressure?
A. overcome B. manage C. communicate
9. Her son showed an early in music.
A. emotion B. expectation C. interest
10. He decided to drop and set up his own company.
A. off B. out C. on

III. Choose the correct answer A, B, C, or D.

1. The passenger asked _____ we landed.
A. what B. when C. if D. why
2. He asked me what _____.
A. time was it B. time is it C. time it was D. none is correct.
3. He told me to rest for a while. "_____ for a while", he said.
A. To rest B. Rest C. Do you rest D. Resting
4. He asked "Why did she take my pen?"
- He asked why _____.
A. she took his pen B. did she take his pen
C. she had taken his pen D. she has taken his pen
5. Taking good notes _____ students to evaluate, organize and summarize information.
A. requests B. requires C. allows D. offers
6. Excuse me. Could you tell me _____?
A. what time is it B. what is the time C. what time it is D. it is what time
7. I suffer from depression and anxiety, but I don't know _____ to get over my problems.
A. what B. how C. where D. which
8. As children move toward _____, they are less likely to ask for advice.
A. dependent B. dependence C. independent D. independence
9. We wonder _____ from his office after that scandal
A. why did he not resign B. why he did not resign
C. why he not resign D. why didn't he resign
10. Miss Hoa said that unsuccessful test takers didn't know _____ the questions came from.
A. when B. where C. what D. why
11. A great way to improve _____ skills is to keep trying new things.
A. reason B. reasoned C. reasoning D. reasons'
12. Jeff wanted to know _____.
A. that why were his friends laughing B. why were his friends laughing
C. why his friends were laughing D. the reason why his friends laughing
13. I want to talk to my teacher about my problems, but I have no idea _____ to start, or _____ to talk to him.
A. what – where B. where – who C. why – whom D. where – how
14. Perhaps what you're reading or hearing is boring, which makes it hard to _____ on the book or the conversation.
A. concentrate B. rely C. depend D. notice
15. Mr Hawk told me that he would give me his answer the _____ day.
A. previous B. following C. before D. last
16. Mr. Tan told us that the kids who _____ in tests often _____ the others were lucky.
A. succeed – thought B. succeed – had thought
C. didn't succeed – were thinking D. didn't succeed – thought
17. Pressure _____ children to get into top schools has reached a crisis point.
A. at B. under C. on D. with
18. She _____ him whether he liked the steak she cooked.
A. asks B. wondered C. wanted to know D. asked
19. "What does she like?" he asked me.
A. He asked me what she likes B. He asked me what she liked.
C. He asked me what do I like. D. He asked me what did he like.
20. She said, "Don't tease me, John."
A. She said not to tease me to John. B. She said John not to tease me.
C. She told John not to tease her. D. She told John do not tease her.

IV.- Choose the best option to complete each sentence. Circle A, B or C.

1. He asked me _____ in Ha Noi I was studying.
A. what B. where C. how

2. She wondered _____ kind of stress we are having.
A. which B. why C. what
3. Many students do not know _____ to get cognitive skills.
A. how B. what C. how much
4. John asked his parents _____ important social skills are.
A. why B. which C. how
5. He _____ how to help his teen son deal with stress successfully.
A. thought B. said C. wondered
6. _____ I warned her about the quality of the product, she bought it as a souvenir.
A. However B. When C. Although
7. We travelled to a craft village _____ we had spent two hours in the gallery.
A. before B. after C. while
8. _____ she was knitting the hat, I was cooking dinner.
A. After B. While C. Before
9. We got a discount _____ we had spent more than \$200.
A. as B. although C. when
10. I'll take my foreign friends to the local market _____ they can see how people sell and buy things.
A. so B. because C. so that

V.- . Choose the best option to complete each sentence. Circle A, B or C.

1. Our schools have put various kinds of _____ on us.
A. homework B. pressures C. difficulties
2. We feel _____ to have a long summer holiday after a hard year of work.
A. delighted B. stressful C. embarrassed
3. During adolescence, teens experience both emotional and _____ changes.
A. physical B. spiritual C. social
4. Many teens try to work hard to meet parents' _____.
A. hope B. expectation C. belief
5. Cognitive skills enable teen to _____ better and be more self-disciplined.
A. emphasise B. focus C. concentrate
6. What is the point of trying to stay here when you don't have a job? You have been _____ for two years!
A. uncomfortable B. unemployed C. unhappy
7. Many city _____ find it difficult to deal with the city's pollution.
A. dwellers B. lovers C. individuals
8. City life not only offers young people with lots of opportunities, but it has lots of _____ as well.
A. variety B. advantages C. drawbacks
9. Sydney is a _____ city. People from all around the world come and live here.
A. multicultural B. affordable C. challenging
10. This city's _____ is awful. We've been waiting for hours without moving a single inch!
A. traffic accident B. vehicle C. transport

C. READING

I. Fill each blank with a suitable word to complete the following passage.

You can do a few things to make homework less (1) _____. First, be sure you understand the assignment. Write it (2) _____ in your notebook or day planner if you need to, and don't be afraid to ask questions about what is expected. It is much easier to take a minute to ask the teacher during or after class than to (3) _____ to remember later that night! If you want, you can also ask how long the particular homework assignment should take to complete so you can plan your time.

Second, use any extra time you have at school to work on your homework. Many schools have libraries that are (4)_____ designed to allow students to study or get homework done. The more work you can get done in school, the (5)_____ you will have to do at that night.

Third, pace yourself. If you don't finish your homework (6)_____ school, think about how much you have left and what else is going on that day, and then plan your time. Most (7)_____ students have between 1 and 3 hours of homework a night. If it is a heavy homework day, you will need to devote more time to homework.

No one is (8)_____ to understand everything, and maybe you need some help. The first place to turn for help is your teacher. But what if you don't feel comfortable with your teacher? If you are in a big enough school, there may be other teachers who teach the same subject. Speak to other teachers directly and you may be in luck. Sometimes it just helps to have someone (9)_____ something in a different way. (10)_____, you might also be able to get some help from another student. If there is someone you like who is a good student, think about asking that person if you can study together.

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|------------------|-----------------|--------------|--------------|
| 1. A. stressful | B. purpose | C. advantage | D. control |
| 2. A. up | B. into | C. off | D. down |
| 3. A. fight | B. discuss | C. struggle | D. add |
| 4. A. specify | B. specifically | C. special | D. specifies |
| 5. A. more | B. less | C. little | D. better |
| 6. A. during | B. since | C. in | D. on |
| 7. A. between | B. high-school | C. among | D. over |
| 8. A. stopped | B. leaved | C. expected | D. marked |
| 9. A. do | B. make | C. ask | D. explain |
| 10. A. Meanwhile | B. Therefore | C. Although | D. Moreover |

D.- WRITING

I. Rewrite the following sentences using question words before to-infinitives.

1. I don't know where I should visit this summer vacation.

.....

2. Could you tell me who I should ask for advice?

.....

3. She wondered what she should write in the final essay.

.....

4. "When should I start teaching my children to cook?"

She couldn't decide _____

5. "How should I deal with negative emotions and stress?"

Hoa asked Nam _____

II.- Rewrite using reported speech.

1. "I want a guitar for my birthday," he said.

- He said that.... ..

2. "Don't keep the window locked," he said to us.

- He told us.... ..

3. "How long are you going to stay here?" I asked him.

- I asked him

4. "Are you going by plane?" she asked me.

- She asked me

5. "Don't use too much hot water," she said to us.

- She asked us.....