

## B. VOCABULARY AND GRAMMAR

### Exercise 1. Choose the best answer A, B, C or D to complete the sentences.

1. A child comes to his parents to see that they \_\_\_\_\_ his needs, desires, and ambition.  
A. agree      B. respect      C. admire      D. worry
2. Children learn from how they see their parents \_\_\_\_\_; when parents are getting along well, their relationship supports their child's development.  
A. involve      B. influence      C. affect      D. interact
3. Knocking on closed doors before entering can be a great way for children to practice \_\_\_\_\_ behaviors.  
A. respecting      B. respectful      C. respective      D. respected
4. Parents should teach children about \_\_\_\_\_ by establishing a rule about knocking on closed doors before entering.  
A. loneliness      B. care      C. privacy      D. peace
5. Going into any argument, both sides know that either one is going to change the other's \_\_\_\_\_.  
A. head      B. mind      C. brain      D. feeling
6. During the examination, students \_\_\_\_\_ keep silent and focus on their own papers.  
A. need      B. can      C. might      D. have to
7. We \_\_\_\_\_ make decisions together about what to do for special events such as birthdays.  
A. should      B. shouldn't      C. must      D. mustn't
8. Parents \_\_\_\_\_ ask too many questions about where children go and what they do  
A. should      B. shouldn't      C. must      D. mustn't
9. You \_\_\_\_\_ discuss family issues with all family members, including children.  
A. must      B. mustn't      C. have to      D. don't have to
10. You \_\_\_\_\_ put the knife in your mouth - it's very dangerous.  
A. have to      B. don't have to      C. must      D. mustn't
11. \_\_\_\_\_ their neighbours who they have a very good relationship with.  
A. They are      B. There are      C. It is      D. This is
12. Some parents care a lot about the appropriate behavior when having a meal with other people. That is why they want to teach their children good \_\_\_\_\_ from a very early age.  
A. table manners      B. behave      C. attitude      D. knowledge
13. I do not mind at all. You \_\_\_\_\_ apologize.  
A. shouldn't      B. needn't      C. mustn't      D. oughtn't to
14. It's time for you to stop relying \_\_\_\_\_ your parents.  
A. on      B. in      C. at      D. with
15. She strives \_\_\_\_\_ a balance between studies and relationships.  
A. on      B. at      C. for      D. to
16. Yoga and meditation help to improve the ability to cope \_\_\_\_\_ stress and anxiety.  
A. about      B. with      C. for      D. about
17. He must have suffered \_\_\_\_\_ the flu for a long time.  
A. from      B. at      C. in      D. down

18. As being forbidden in my family rules, I \_\_\_\_\_ stay overnight at my friend's house.  
A. shouldn't      B. mustn't      C. don't have to      D. may not

19. As a parents, one of the most important goals is to \_\_\_\_\_ children who will become independent and self-reliant in the future.  
A. raise      B. bring      C. grow      D. take

20. She was excited \_\_\_\_\_ a letter from her mother last week.  
A. to receive      B. receive      C. receiving      D. to receiving

21. It is \_\_\_\_\_ of him to help the elderly.  
A. generous      B. generously      C. generosity      D. generosities

22. If you have any problems, go to Ann. She'll always \_\_\_\_\_ a sympathetic ear.  
A. give      B. bring      C. lend      D. borrow

23. Teenage depression is a \_\_\_\_\_ problem that impacts every aspect of a teen's life.  
A. dangerous      B. serious      C. bad      D. harmful

24. They were finally \_\_\_\_\_ with each other, after not speaking for nearly five years.  
A. reconciled      B. persuaded      C. interested      D. fond

25. Rapid changes in personality, falling grades, constant sadness, anxiety, or sleep problems could indicate depression, bullying, or another \_\_\_\_\_ health issue.  
A. emotion      B. emotional      C. feeling      D. nervous

26. Teenagers do not have to work and \_\_\_\_\_ on their favorite study, club activities and going out  
A. gather      B. bring      C. concentrate      D. depend

27. With their many similar tastes, he found her a most \_\_\_\_\_ companion.  
A. sympathetic      B. kind      C. approved      D. interested

28. The fact that teens focus more on their friends may leave their parents \_\_\_\_\_ hurt.  
A. believing      B. thinking      C. giving      D. feeling

29. He is 16, but he often \_\_\_\_\_ younger.  
A. seems      B. remains      C. makes      D. suggests

30. Understanding the impacts of dating on teen years can help parents in their \_\_\_\_\_ with teens.  
A. access      B. expression      C. communication      D. behaviour

31. The courses try to get young people to feel \_\_\_\_\_ in applying new skills in order to live independently.  
A. sure      B. confident      C. excited      D. interesting

32. Teens should have the ability to \_\_\_\_\_ loneliness.  
A. deal to      B. cope with      C. set up      D. look after

33. General \_\_\_\_\_ skills are part of being independent and responsible.  
A. house      B. housekeeper      C. housekeeping      D. house-making

34. During our courses, you write an independent living plan to meet individual needs, such as \_\_\_\_\_, meal planning, and financial management  
A. self-esteem      B. self-examination      C. self-fulfilment      D. self-expression

35. Parents can teach their teen to \_\_\_\_\_ to achieve positive outcomes.

A. affect      B. succeed      C. encourage      D. strive

36. Effective \_\_\_\_\_ skills help you break each project down into the achievable tasks.

A. time - keeping      B. time – consuming  
C. time - management      C. time – line

37. When teens learn how to use their time \_\_\_\_\_, they not only get more tasks accomplished, but they also feel good about themselves and their abilities

A. wise      B. wisely      C. in wisdom      D. of wisdom

38. Setting money aside for emergencies helps you be sure \_\_\_\_\_ your rent and bills on time.

A. to pay      B. about paying      C. that to pay      D. to be paid

39. With a “To Do” list, you are less \_\_\_\_\_ to forget to do tasks.

A. like      B. alike      C. likely      D. likely than

40. Messy desks and drawers take you much time \_\_\_\_\_ through piles of documents.

A. search      B. on searching      C. searching      D. to search

41. Parents should learn how to teach their children personal \_\_\_\_\_.

A. time-management      B. time consuming  
C. timeline      D. timekeeping

42. Over the past few years, in both the USA and the UK, the number of multi-generational households with three or four generations living \_\_\_\_\_ has increased.

A. under the same roof      B. under the same building  
C. on the same roof      D. just the same

43. It is important for children to learn self-sufficiency, developing high self-esteem and be \_\_\_\_\_ from early on in life.

A. motivated      B. motivational      C. motive      D. motivating

44. Independent learners become \_\_\_\_\_ adults who have faith in their abilities to succeed achieve and overcome challenges.

A. confident      B. over-confident      C. confidential      D. reluctant

45. Parents and teachers play a \_\_\_\_\_ role in helping children become independent.

A. final      B. quick      C. deciding      D. decisive

46. When independence becomes your \_\_\_\_\_, it leads to the 4C's: confidence, competence, creativity, and character.

A. priority      B. variety      C. importance      D. action

47. The natural desire to protect children can make parents \_\_\_\_\_.

A. over-protecting      B. over-protective      C. protectively      D. protectiveness

48. A \_\_\_\_\_ skilled person can work, learn and recreate collaboratively with others.

A. sociable      B. social      C. socially      D. society

49. I was \_\_\_\_\_ to recognize that I could work more effectively with my time log.

A. willing      B. fond      C. determine      D. amazed

50. Breaks provide valuable rest \_\_\_\_\_ you to think creatively.

A. able      B. enable      C. enabling      D. to enable

51. Nowadays, children are learning computer skills before they \_\_\_\_\_ any life skills.  
A. require      B. enquire      C. realize      D. acquire

52. It is Phong's sense of responsibility \_\_\_\_\_ make him successful in his life.  
A. that      B. what      C. which      D. who

53. Time management requires the investment of a little time to \_\_\_\_\_ and organize your life and work.  
A. deal      B. strive      C. prioritize      D. recognize

54. Kids need to have \_\_\_\_\_ to do things by themselves as early as possible.  
A. offers      B. jobs      C. conditions      D. opportunities

55. I can watch TV and play computer games on Sunday because I \_\_\_\_\_ go to school that day.  
A. mustn't      B. shouldn't      C. don't need      D. don't have to

56. My mother \_\_\_\_\_ me from going home after 10 p.m. every day.  
A. forbids      B. lets      C. allows      D. permits

57. She was so \_\_\_\_\_ in her job that she didn't hear anybody knocking at the door.  
A. attracted      B. absorbed      C. drawn      D. concentrated

58. Judy's parents respect her \_\_\_\_\_ to move out and live independently.  
A. decide      B. decision      C. decisiveness      D. deciding

59. They took \_\_\_\_\_ measures to prevent poisonous gases from escaping.  
A. fruitful      B. beneficial      C. valid      D. effective

60. Last year we managed \_\_\_\_\_ a holiday that suited everyone.  
A. found      B. to find      C. find      D. finding

**Exercise 2. Indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

1. It is believed that **conflicts** between parents and children can be resolved by means of heart-to-heart talks.  
A. agreements      B. disagreements      C. differences      D. similarities

2. It's **typical** of young teens to pursue fashion styles and music tastes different from those of their parents.  
A. rare      B. characteristic      C. surprising      D. open

3. While parents may be more experienced in life, they should not **impose** their decision on their children.  
A. reject      B. deny      C. accept      D. force

4. **Domestic** problems such as arguments with parents may distract children from schoolwork and lead to poor academic results.  
A. relating to money      B. within the family  
C. involving violence      D. within the country

6. Many working women **rely on** relatives to help take care of their children.  
A. work on      B. depend on      C. decide on      D. focus on

5. Living under the same roof with several generations can be **frustrating** because of the lack of space and privacy.  
A. delightful      B. angry      C. annoying      D. demanding

7. We really do not like his **sneaky** behavior, which has made us feel uncomfortable.  
A. wearing fashionable clothes      B. doing things carefully  
C. acting in a secret or deceptive way      D. doing things carelessly

8. Many young people live a life of constant **anxiety** over money and job security.  
A. worry      B. relaxation      C. pleasure      D. debts

9. She can learn to observe herself, **figuring out** what she does easily and what takes more work.  
A. watching out      B. selling out      C. working out      D. standing out

10. An **indecisive** commander is unlikely to win the confidence of his men.  
A. slow      B. determined      C. hesitant      D. reliant

**Exercise 3. Indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.**

1. The milk in the fridge smell **awful**; don't drink it.  
A. fantastic      B. terrible      C. strange      D. normal

2. It is **unreasonable** to judge those who dye their hair as naughty and unreliable.  
A. illogical      B. logical      C. positive      D. negative

3. Several governments now **encourage** young people to take part in dating events.  
A. discourage      B. advise      C. distract      D. enable

4. Flowers of this kind grow very **quickly** if there is enough warmth and sunshine.  
A. fast      B. well      C. slowly      D. easily

5. Jonas was so poor that he had to **drop out of school** and started working as a waiter in the local restaurant.  
A. continue working      B. stop working      C. continue to study      D. stop learning

6. The students become more and more worried as the exam dates are **approaching**.  
A. drawing back      B. getting done      C. moving slowly      D. solving easily

7. Her parents don't think she should wear **flashy** clothes every day.  
A. fashionable      B. sparkling      C. expensive      D. casual

8. You should **take initiative** and engage your classmates in friendly conversation.  
A. act after other people      B. pioneer  
C. act before other people      D. all are correct

9. I am now **reconciled** with two of my estranged siblings- not just my older brother, but my sister, whom I hadn't spoken to for 17 years.  
A. opposed to      B. fallen out with      C. connected with      D. harmonized

10. A chronic lack of sleep may make us **irritable** and reduce our motivation to work.  
A. uncomfortable      B. calm      C. responsive      D. miserable