

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