PRACTICE TEST

II)-Mary is interested in the Life Skills courses offered by *Metropolitan Center for Independent Living* (MCIL). Below is her letter asking for further information, but the parts are jumped-up. Put them in the right order, and write the answer in each blank.

June 1st, 20____

Dear Ms White,

1. ____ **A.** I would like to know when each course or workshop starts, how much the tuition fee is and how I should pay.
2. ____ **B.** I hope that your answers to my questions will help me to make the right decision about the course.
3. ____ **C.** I understand it is time for me to acquire some life skills to make my own decisions and direct my own life.
4. ____ **D.** Thank you very much for your time. I look forward to hearing from you.
5. ____ **E.** I am 16 years old and I have just finished Grade 11 in May.
6. ____ **F.** I have heard that you also hold workshops for people to gain knowledge of specific resources, organizations, and for socializing and networking.
7. ____ **G.** I read in your advertisement that you offer classes on easy and healthy cooking, finding and keeping roommates, art for fun and relaxation, and interpersonal skills.
8. ____ **H.** Could you also tell me how and whom I could contact for more information?

Sincerely yours,

Mary

I)-Find the word which has a different sound in the part underlined.

1. **A.** decide	**B.** decisive	**C.** decision	**D.** reliable
2. **A.** pyramid	**B.** hygiene	**C.** nylon	**D.** lifestyle
3. **A.** enquire	**B.** quay	**C.** quality	**D.** quarter

II)-Choose the word which has a different stress pattern from the others.

4. **A.** international	**B.** interpersonal	**C.** intelligently	**D.** intellectually
5. **A.** determined	**B.** examine	**C.** reliant	**D.** medicine

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III)-Choose the best answer A, B, C or D to complete the sentences.

6. 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
7. Teens should have the ability to _____ loneliness.
   A. deal **B.** cope with **C.** set up **D.** look after
8. General _____ skills are part of being independent and responsible.
   A. house **B.** housekeeper **C.** housekeeping **D.** house-making
9. 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
10. Parents can teach their teen to _____ to achieve positive outcomes.
   A. affect **B.** succeed **C.** encourage **D.** strive
11. Effective _____ skills help you break each project down into the achievable tasks.
   A. time-keeping **B.** time-consuming **C.** time-management **D.** time-line
12. 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
13. 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
14. With a "To Do" list, you are less _____ to forget to do tasks.
   A. like **B.** alike **C.** likely **D.** likely than
15. Messy desks and drawers take you much time _____ through piles of documents.
   A. search **B.** on searching **C.** searching **D.** to search

IV)-Fill in each blank in the passage with the correct word from the box. There are some extra words.

independent	*encourage*	*accidents*	*haircut*
routines	*try*	*injuries*	*independently*

Tips on Teaching Teens How to Take Care of Their Body

In order for your teens to be happy while they live **(16)**_____, they will need to be successful at keeping their bodies healthy and clean. These life skills are taught throughout your teens' childhood and adolescence by encouraging good hygiene **(17)**_____ and healthy habits. Re-enforcing or establishing these good habits will help your teens keep them healthy and happy as they continue to grow up and become young adults.

The good hygiene habits that your teens should have are to brush their teeth twice daily, shower or bathe once daily, wash hair regularly, wash hands often, brush hair at least daily and get **(18)**_____ regularly, trim nails once a week, take care of any **(19)**_____ as they happen and until they are healed, and wear clean clothes.

It is okay to let good hygiene and healthy habits slide in small intervals, but **(20)**_____ your teens to stick to the routine as much as possible. If you allow it to slide too long they can develop a bad habit and loose the good habits you have taught them.

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V)-Combine the sentences, using the *to*-infinitive.

21. Foreigners try and eat some homemade meals in Viet Nam. It is probably healthy.

_____

22. You should go out of your comfort zone and meet other people. It is important to do so.

_____

23. You should use Action Plans to break large projects down into manageable steps. It is very helpful.

_____

24. We should focus on one task at a time to produce higher quality work. It is reasonable to do so.

_____

25. We shouldn't do too many tasks at the same time. It is very stressful.

_____

VI)-Choose the word among A, B, C or D that best fits the blank space in the following passage.

Coping with loneliness is a very important skill of needed independent living skills for teens **(26)**_____ every teen has needed it. It doesn't matter **(27)**_____ they are going to college, starting a new **(28)**_____ and moving into an apartment or getting married. Leaving your childhood home and being on your own for the first time will cause some **(29)**_____ of loneliness. Teens who know how to recognize loneliness as the temporary feeling it is, use their support system and work through their loneliness have learned a valuable life skill and they do just fine.

Those who cannot get over their loneliness may make wrong **(30)**_____ about where and how to live or **(31)**_____ to live with.

We should recognize that being alone does not mean being lonely. Being **(32)**_____ with ourselves is part of having a healthy **(33)**_____. Reading, drawing, crafting and listening to music are activities that we can enjoy by ourselves without feeling lonely.

We should get involved in activities with our friends and activities we can help others. There are so many **(34)**_____ for us to connect with our family and friends, such as email, letter writing, online social networking, texting and **(35)**_____ phone calls.

26. A. because	**B.** so	**C.** although	**D.** but
27. A. how	**B.** what	**C.** if	**D.** unless
28. A. work	**B.** job	**C.** employment	**D.** problem
29. A. position	**B.** situation	**C.** amount	**D.** level
30. A. decisions	**B.** efforts	**C.** differences	**D.** fun
31. A. when	**B.** what	**C.** who	**D.** that
32. A. comfort	**B.** comfortable	**C.** comfortably	**D.** uncomfortable
33. A. opinion	**B.** position	**C.** way	**D.** attitude
34. A. ways	**B.** designs	**C.** streets	**D.** things
35. A. doing	**B.** bringing	**C.** making	**D.** taking

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VII)-Read the passage, and choose the correct answer A, B, C or D for each question.

Learning The Basics of Essential Life Skills

Living on your own might be something that you dream of achieving some day, but at the same time, the thought can be scary. You need an income, and then after that you need the survival skills to take care of yourself without anyone there to support you.

This guide will help prepare you for that transition so that some day you can live independently.

First, create a support network. We need people to be there for us and to also be honest with us and tell us how we can improve ourselves. Preferably, this network will extend beyond family members and include at least one close friend that you trust. Ultimately, when you are living on your own, you might encounter many obstacles you have never thought of and you will want someone there to be supportive of you and to help you as you navigate a life of independence.

Second, master your weaknesses. It is a good idea to try and be aware of your weaknesses. If possible, have your close friend tell you what they feel are your biggest weaknesses. It is also good to know your strengths, but it is your weaknesses that you need to work on. For instance, you might get very focused on playing video games for hours, maybe days at a time. While it is okay to play video games, playing them for days at a time when trying to live on your own can lead to you losing your job and also your house. So, it is important that you recognize your weaknesses and do your best to work with them.

Next, learn to balance your schedule. It is important to learn how to do multiple things in a day. You need to be flexible and willing to schedule time for activities, work, and social engagements.

Then, live a healthy lifestyle. You should exercise and try to eat healthy. You also have to maintain your hygiene or you might find yourself out of a job.

Last but not least, follow your dreams and make them come true. Look through the newspapers and online and find that apartment or house that you desire to live in. Decide that you are going to move out and make it happen. Ultimately, living on your own is something that you have to make happen for yourself. So, decide that is what you want and don't allow anything to deter you from your goal.

36. In order to live independently, you should _____.

A. dream of achieving some day

B. need someone to support you in case of emergency

C. not have the scary thought without anyone there to support you

D. have a job and the necessary life skills

37. The support network is very important because _____.

A. we don't have any family member to trust or rely on

B. it helps us to improve ourselves and get over obstacles

C. we may think of obstacles and we want someone to be supportive of us

D. it can help us navigate a life of independence

38. All of the following are correct about mastering your weaknesses EXCEPT that _____.

A. you should know both your strengths and weaknesses

B. being aware of your weaknesses helps you avoid big mistakes

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C. your friends can't recognize your weaknesses for you

D. you should recognize your weaknesses and get rid of them

39. Learning to balance your schedule helps you _____.

A. complete your tasks at work, home and in society

B. play video games for hours without worrying losing your job

C. be flexible and willing to recognize your weaknesses

D. learn how to do multiple things at work

40. In order to make your dream of living independently come true, you have to _____.

A. find an apartment online for your parents to move out

B. live by yourself instead of living with your parents

C. find yourself out of a job because of maintaining your hygiene

D. never allow anything to deter you from your healthy lifestyle

VIII)-Complete the conversation about becoming independent, using the responses (A-F) given. There is one extra.

A. Parents should take the time to teach us how to deal with a fire or an electric shock at home.

B. When teens learn how to use their time wisely, they not only get more tasks finished, they also feel good about themselves and their abilities as well.

C. In order to live independently, a teen will need to have a job.

D. It's the life skill that teens need to learn to become independent, and they don't depend on their parents to go to places.

E. Yeah, we should keep our bodies healthy and clean so that we will be happy while living independently.

F. I think we should identify what you want or set a goal first.

Lan: Nick, in your opinion, what should we do first to become independent?

Nick: (41)_____

_____

Lan: I agree with you, Nick. But in order to take actions to get the goals, you should learn how to get life skills. I think necessary life skills will need to be acquired in order to become a happy and successful adult. What's next?

Nick: Next, it's time-management skill. (42)_____

_____

Lan: And I think adults such as our teachers or parents learn how to teach us personal time-management skills. And then, transportation skills?

Nick: That's right – the ability to get from one place to another. (43)_____

_____

Lan: And they take responsibility for being late. How about the ability to deal with emergencies?

Nick: You're right, Lan. (44)_____

_____. If so, I would just call 114.

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