



## E. LISTENING



**XIII** Listen to a woman talking about how to beat stress. Answer the following questions.

According to the woman,

1. What does letter "S" stand for? .....
2. What does letter "T" stand for? .....
3. What does letter "R" stand for? .....
4. What does letter "E" stand for? .....
5. What do the two last "S" stand for? .....

**XIV** Listen again. Fill in the blank with a suitable word/phrase.

Letter "S" involves	- reducing one (1) ..... or two when too busy.
Letter "T" involves....	- doing (2) ..... - having (3) ..... in your meals
Letter "R" involves....	- reading a good book - taking up a (4) ..... - walk your dogs, cats out or play with them. - spending some money on a (5) .....
Letter "E" involves...	- being (6) ..... about yourself, your abilities and others'
The 1 <sup>st</sup> letter "S" involves....	- having a good sleep at nights, but less than (7) .....
The 1 <sup>st</sup> letter "S" involves....	- learning how to become a (8) ..... person.

## F. WRITING



### XV Rewrite the following sentences based on the given words.

1. I don't like it when poor people are not respected by some richer ones.  
→ ..... (look)
2. Despite his hunger, he turned down on any food that his mother cooked for him.  
→ Although .....
3. How could you forget to inform her about our important party? How absent-minded you were!  
→ It .....
4. "You should really put all the assignments aside and let your hair off for one day.", suggested my Dad.  
→ My Dad .....
5. People are overusing plastic bags, which can do harm to our environment.  
→ Plastic bags .....

### XVI Make complete sentences based on the given words.

1. It/ very hard/ family members/ different generations/ live/ harmony/ if/ they/ not/ try/ understand/ each other.  
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2. In spite/ many/ drawbacks/ live/ big cities/ it/ can't/ deny/ big cities/ attract/ more and more people/ come/ work/ live.  
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3. I/ think/ living condition/ this country/ be/ much more difficult/ dangerous/ any other countries.  
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4. It/ unbelievable/ her grandmother/ know/ how/ use/ Facebook/ surf/ Internet.  
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5. My mother/ say/ when/ she/ be/ schoolgirl/ she/ have to/ walk/ nearly 45 minutes/ go/ school/ every day.  
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