



Unit 3: TEEN STRESS AND PRESSURE

I. Choose the word which has the underlined part pronounced differently from the rest

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|-----------------|----------------|---------------|-----------------|
| 1. A. calm | B. adolescence | C. adulthood | D. relaxed |
| 2. A. depressed | B. embarrassed | C. frustrated | D. relaxed |
| 3. A. confident | B. left | C. emergency | D. independence |
| 4. A. confident | B. concentrate | C. cognitive | D. somebody |
| 5- A. illusion | B. adulthood | C. frustrated | D. much |

II. Complete the sentences in reported speech. Note whether the sentence is a request, a statement or a question and whether you have to change the tenses or not

6. "I was very tired," she said.

—> She said _____

7. "Be careful. Ben," she said.

—> She told Ben _____

8. "I will get myself a drink," she says.

—> She says _____

9. "Why haven't you phoned me?" he asked me.

—> He wondered _____

10. "I cannot drive them home," he said.

—> He said _____

11. "Peter, do you prefer tea or coffee?" she says.

—> She asks Peter _____

12. "Where did you spend your holidays last year?" she asked me.

—> She asked me _____

13. He said, "Don't go too far."

—> He advised her _____

14. "Have you been shopping?" he asked US.

—> He wanted to know _____

15. "Don't make so much noise," he says.

—> He asks US _____

III. Choose the correct answer to complete each of the sentences

16. We don't know _____ to put the sofa.
A. why B. where C. what D. who
17. No one could tell me _____ to start the engine.
A. how B. what C. why D. whom
18. The rules didn't specify _____ to speak to in case of an emergency.
A. what B. when C. who D. why
19. I had no idea _____ to write my home paper about.
A. why B. which C. when D. what
20. I didn't know _____ to laugh or cry.
A. whether B. if C. who D. which
21. I was _____ that you could stay.
A. embarrassed B. delighted C. tense D. stressed
22. We are confident in our _____ of a full recovery.
A. belief B. guess C. expectation D. wish
23. To our great _____, it rained every day of the trip.
A. disappointment B. happiness C. excitement D. dream
24. We need to focus _____ the main issues.
A. in B. with C. by D. upon
25. He wasn't able to cope _____ the stresses and strains of the job.
A. on B. about C. with D. to

II. Read the following text and then choose from the list A-G given below the best phrase to fill each of the spaces. Each correct phrase may only be used once. Two of the suggested answers do not fit at all

It's like a pressure cooker in here! No doubt, school is tough. For some, it's the worry (31)____, while for others it's being able to get a 4.0 GPA and get into Stanford. No matter what our goals are, we all struggle with a tremendous amount of stress and pressure.

At school there (32) _____, derived from a need for perfection, worry over grades, parental pressure, competition, sports, or a tough class load.

Academic pressure does not begin in college. The nervous breakdowns, panic attacks, burnouts, and depression (33) _____. The same situation is not always stressful for all people, and all people do not undergo the same feelings or off-putting thoughts when stressed.

Having a strong support network to fall back on when times get tough at school (34) _____. Friends can be the best people to relieve your stress, but they can also be the reason behind the stress.

Choose the friends that will be positive and supportive (35) _____. Having a good group of friends at help you maintain a healthy and enjoyable lifestyle.

(<http://WWW.pamf.org/teen/life/stress/academicpressure.html>)

- A. are also apparent in many younger students
- B. when the going gets tough
- C. is a lot of activities to take part in
- D. is a range of academic pressure we feel
- E. is not as important as having good relationships with teachers
- F. of being able to get enough credits to graduate high school
- G. is critical to staying upbeat and maintaining a big picture perspective

**I. Find a mistake in each sentence below**

26. A (A) glamorous 20-year-old stylist is (B) unlikely to empathize (C) to a working (D) mother of three.
27. Dave (A) thumped the (B) table (C) in (D) frustrating.
28. I'll (A) show you (B) why to (C) load the (D) software.
29. She (A) wonder (B) why he (C) left his (D) job.
30. I (A) was just (B) totally stressed (C) in and afraid (A) I couldn't continue.

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LUYỆN THI- TEST 4

