

1. forum /'fɔːrəm/ (n) diễn đàn
2. user-friendly /ˌjuː.zə'frend.li/ (adj) thân thiện với người dùng
3. craft /kra:ft/ (n) thủ công
4. provide sb with sth /prə'vaɪd/ (vp) cung cấp cho ai với cái gì
5. competition /ˌkɒmpə'tɪʃn/ (n) cuộc thi
6. tournament /'tʊənəmənt/ (n) giải đấu
7. concentrate /'kɒnsntreɪt/ (v) tập trung
8. bully /'bʊli/ (n) người bắt nạt
9. scare /skeə(r)/ (v) làm cho sợ hãi
10. mature /mə'tʃʊə(r)/ (adj) trưởng thành
11. expectation /ˌekspek'teɪʃn/ (n) sự kỳ vọng
12. talkative /'tɔːkətɪv/ (adj) lảm nhảm
13. 1request /rɪ'kwest/ (v/n) yêu cầu, lời yêu cầu
14. participate /pɑː'tɪsɪpeɪt/ (v) tham gia
15. cheat on /tʃi:t ɒn/ (phr.v) gian lận
16. tolerant /'tɒlərənt/ (adj) chấp thuận

**I. Circle the correct options to complete the phrases.**

1. upload:

- A. a website    B. a post    C. an account    D. a forum

2. browse:

- A. a post    B. a picture    C. a clip    D. a website

3. check:

- A. a clip    B. a notification    C. a picture    D. a forum

4. log on:

- A. to a school    B. to a club    C. to an account    D. to a password

**II. Choose correct answer**

1. As children move toward ..... , they are less likely to ask for advice.

- A. dependent    B. dependence    C. independent    D. independence

2. My parents asked me to figure out ..... gave me so much trouble.

- A. what    B. which    C. how many    D. where

3. We need to prepare food, do laundry and chores at home. It's .....

- A. social skills    B. self-care skills    C. housekeeping skills    D. cognitive skills

4. .... and young adults, both male and female, benefit from physical activity.

- A. Adolescence    B. Adolescents    C. Frustrations    D. Newborns

5. Do parents get ..... from their children studies?

- A. satisfyingly      B. satisfying      C. satisfied      D. satisfy
6. She has been ..... because she has a big assignment to complete.
- A. frustration      B. frustrated      C. frustrating      D. frustratedly
7. The headmaster was very. .... with Tom because of his bad behaviour at school.
- A. upset      B. confident      C. proud      D. tired
8. Our teacher broke the final project ..... three separate parts.
- A. in      B. into      C. away      D. down
9. "I'm fighting with my sister again! It feels like we can never resolve our conflicts."
- A. recognise      B. concentrate      C. manage      D. deal with
10. Recognising your feelings is a way to ..... stress.
- A. create      B. cause      C. overcome      D. conduct
11. .... is the practice of doing things that involve risks in order to achieve something.
- A. Risk-taking      B. Cognitive skill      C. Competitiveness      D. Competition
12. Helen was worried about the final term test, and she didn't sleep well. She was very tired after a ..... night.
- A. frustrated      B. confused      C. independent      D. sleepless
13. Some students say that their parents have influence ..... their achievement.
- A. on      B. in      C. with      D. to
16. I have stomach ache, ..... I don't want to eat anything.
- A. but      B. so      C. because      D. or
17. My mother eats a lot of fruit and vegetables, ..... she does exercise every morning.
- A. even      B. but      C. and      D. so
18. Helen was worried about the final term test, and she didn't sleep well. She was very tired after a ..... night.
- A. frustrated      B. confused      C. independent      D. sleepless

**III. Make sentences using the words and phrases below. You can add necessary words.**

1. Teenagers / should/play/sport/keep fit.

.....

2. Teens/may feel/stressed/when/ classmates/do better/ than them / school.

.....

3. Some teens / participate / school clubs/make/new/friends.

.....  
4. Some teens / feel / pressure / because / they/want/fit/ a group.

.....  
5. main causes / teen stress / include / peer pressure / schoolwork pressure / pressure from parents.