

## Unit 8: Becoming independent

### Part 1: Vocabulary:

WORD	PRONUNCIATION	MEANING
achieve (v)	/ə'tʃi:v/	đạt được, giành được
carry out	/'kæri aʊt/	tiến hành
combine (v)	/kəm'bain/	kết hợp
come up with	/'kʌm 'ʌp wɪð/	nghĩ ra, nảy ra
confidence (n)	/'kɒnfɪdəns/	sự tự tin
confident (adj)	/'kɒnfɪdənt/	tự tin
deal with	/'di:l wɪð/	giải quyết, đối phó
decision making skill (np)	/dɪ'sɪʒn meɪkɪŋ skɪl/	kỹ năng đưa ra quyết định
get around	/'get ə'raʊnd/	đi lại
get into the habit of	/'get ɪntə ðə 'hæbit əv/	tạo thói quen
independence (n)	/,ɪndɪ'pendəns/	sự độc lập
independent (adj)	/,ɪndɪ'pendənt/	độc lập, không lệ thuộc
learner (n)	/'lɜ:nə/	người học
learning goal (np)	/'lɜ:nɪŋ ɡo:l/	mục tiêu học tập
life skill (n)	/'laɪf skɪl/	kỹ năng sống
make use of	/'meɪk 'ju:s əv/	tận dụng
manage (v)	/'mænɪdʒ/	quản lý
measure (v)	/'meʒə/	đo
money management skill (np)	/'mʌni mænɪdʒmənt 'skɪl/	kỹ năng quản lý tiền
non-stick container (np)	/,nɒn 'stɪk kən'teɪnə/	nồi chống dính
remove (v)	/rɪ'mu:v/	lấy ra, loại bỏ
responsibility (n)	/rɪ'spɒnsə'bɪləti/	sự chịu trách nhiệm, trách nhiệm
responsible (adj)	/rɪ'spɒnsəbl/	có trách nhiệm
rice cooker (np)	/'raɪs 'kʊkə/	nồi cơm điện
self-motivated (adj)	/,self 'məʊtɪvɪteɪtɪd/	có động lực, năng nổ

self-study (n)	/'self 'stʌdi/	sự tự học
time management skill (np)	/'taɪm mænɪdʒmənt skɪl/	kỹ năng quản lý thời gian

**Part 2:**

Noun			
1 Situation	/sɪtʃu'eɪʃn/	Tình huống	
2 Confidence	/'kɒnfɪdəns/	Sự tự tin	
3 Trust	/trʌst/	Sự tin tưởng	
4 Schedule	/'ʃedju:l/	Lịch làm việc	
5 Duty	/'du:ti/	Nhiệm vụ	
6 Pressure	/'preʃə(r)/	Áp lực	
7 Problem	/'prɒbləm/	Vấn đề	
8 Effort	/'efət/	Nỗ lực	
9 Characteristic	/kærəktə'rɪstɪk/	Đặc điểm	
10 Instruction	/ɪn'strʌkʃn/	Hướng dẫn, chỉ dẫn	
11 Task	/ta:sk/	Nhiệm vụ	
12 Diary	/'daɪəri/	Nhật ký	
Verb			
1 Contact	/'kɒntækt/	Liên hệ, liên lạc	
2 Deal with	Deal	Đối mặt, xử lý	
3 Manage	/'mænɪdʒ/	Xoay xởa, cố gắng	
4 Convince	/kən'veɪns/	Thuyết phục	
5 Install	/ɪn'stɔ:l/	Lắp đặt	
6 Encourage	/ɪn'kʌrɪdʒ/	Khuyến khích	
7 Succeed	/sək'si:d/	Thành công	
8 Force	/fɔ:s/	Bắt, ép buộc	

9	Sign up for	/saɪn ʌp fo:(r)/	Đăng ký
10	Communicate	/kə'mju:nɪkeɪt/	Giao tiếp
11	Identify	/aɪ'dentɪfaɪ/	Xác định
12	Carry out	/'kæri aʊt/	Tiến hành, thực hiện
13	Give up	/gɪv ʌp/	Từ bỏ
<b>Adjective</b>			
1	Independent	/ɪndɪ'pendənt/	Độc lập
2	Responsible	/rɪ'spɒnsəbl/	Trách nhiệm
3	Self-motivated	/self 'məʊtɪvɪətɪd/	Có động lực
4	Reliable	/rɪ'laiəbl/	Tin cậy, tin tưởng
5	Honest	/'ɒnɪst/	Trung thực
<b>Phrases</b>			
1	Out and about	/aʊt ænd ə'baut/	Đi ra ngoài
2	Pay attention to	/peɪ ə'tenʃn tu:/	Chú ý tới
3	Life skill	/laɪf skɪl/	Kỹ năng sống
4	Pocket money	/'pɒkɪt 'mʌni/	Tiền tiêu vặt
5	Make decision	/meɪk dɪ'sɪʒn/	Quyết định
6	Take responsibility for	/teɪk rɪ'spɒnsə'bɪləti fo:(r)/	Chịu trách nhiệm

**Ex IX: Choose the best answer.**

1. You should ..... how much time you need for each task and always do one thing at a time.

A. devote      B. decide      C. develop      D. deduce

2. ..... independent is not as challenging as some people may think.

A. become      B. becomes      C. becoming      D. becoming

3. What do they do if the task they are working ..... is too difficult?

A. on                    B. with                    C. out                    D. over

4. If you plan to go to university, you ..... study hard to get good grades.

A. must                    B. might                    C. should                    D. need

5. Do English teenagers learn to become independent in the same way ..... Vietnamese teenagers?

A. to                    B. with                    C. like                    D. as

6. Would you please kindly give me some advice on how to ..... my goals?

A. have                    B. set                    C. make                    D. take

7. Can you choose a life skill that teenagers need to ..... in order to become more independent?

A. manage                    B. foster                    C. develop                    D. pursue

8. George learned how to cook by himself ..... he was at university in London.

A. when                    B. where                    C. what                    D. who

9. It helps to set clear rules, give teenagers responsibility, and build decision-..... skills.

A. doing                    B. giving                    C. taking                    D. making

10. What skills do you think you will definitely ..... while studying abroad?

A. achieve                    B. gain                    C. collect                    D. obtain

**Ex X: Mark the letter A, B, C or D to indicate the word CLOSEST in meaning to the underlined word in each of the following sentences.**

1. High salary and good working environment can motivate employees to work for the company for longer period of time.

A. persuade                    B. enhance                    C. encourage D. force

2. He has made efforts to finish the project two days ahead of schedule.

A. try best                    B. try out                    C. try on                    D. try out for

3. Teenager years form an important period of their development that influences adult life.

A. incline                    B. impact                    C. indicate                    D. identify

4. It is quite expensive and unhealthy to eat out so frequently.

A. valuable                    B. priceless                    C. worth                    D. costly

5. There are many things that you can do to help your child develop independence.

A. decline      B. decrease      C. improve      D. maintain

6. Parents also talk about their concerns and the importance of staying in touch with their children.

A. worries      B. interests      C. decisions      D. thoughts

7. They have more confidence to discover who they are and what they want to do with their lives.

A. invent      B. explore      C. excavate      D. investigate

8. It also makes it easier for them to bounce back from mistakes and challenges.

A. develop      B. construct      C. recover      D. resume

9. It is a good idea to monitor how well your child is going with independence and adjust the rules accordingly.

A. track      B. manage      C. supervise      D. control

10. Children can get good advice and learn practical skills from good support network.

A. idea      B. guide      C. instruction D. suggestion

**Ex XI: Mark the letter A, B, C or D to indicate the word OPPOSITE in meaning to the underlined word in each of the following sentences.**

1. What other skills do you think teenagers need to become independent?

A. repetitive      B. refusal      C. reliant      D. reliable

2. You should try because there are some simple steps in doing laundry.

A. complicated      B. difficult      C. ineffective D. confusing

3. Using some advanced equipment in our house really saves time and money.

A. ancient      B. traditional C. conventional      D. old-fashioned

4. Most musicians and singers in this program are not professionally trained.

A. amateurly B. informally C. officially      D. casually

5. Achieving independence is an essential part of the journey to adulthood.

A. apparent      B. obvious      C. unimportant      D. compulsory

6. Supportive, strong relationships help teenagers feel safe and secure.

A. helpless      B. irresponsible      C. refusal      D. innocent

7. Managing conflicts with teenagers can strengthen your relationships and help your child develop important skills.

A. decrease      B. deteriorate      C. decline      D. develop

8. In adolescence, parents and children often begin to spend more time apart.

A. separately      B. individually      C. mutually      D. together

9. Teenagers aren't always enthusiastic about spending time with their parents, but it's worth insisting that they do.

A. active      B. unwilling      C. ignorant      D. excited

10. Staying connected with your teenage child is about building closeness in your relationship.

A. distance      B. openness      C. bond      D. contact

**Ex XII: Fill in the gap with a suitable word given in the box.**

communication	changes	responsibilities	academic	opinions
learning	activities	independent	development	experience

1. Practical skills mean that learners can apply the ..... skills to their real life.

2. Independent ..... often involves learning at home without a teacher to ask for help.

3. Jack does part-time jobs because he wants to gain work ..... and learn how to manage his money.

4. Becoming ..... is about learning useful skills, making decisions by your self and knowing how to manage your time.

5. As teenagers go through physical and emotional ..... of adolescence, they often experience intense and overwhelming emotions.

6. Exploring ..... and ideas is one of the ways your child works out where they fit in the world.

7. Talking about your own opinions and feelings calmly can help to keep the lines of ..... open between you and your child.

8. .... like youth groups, sporting clubs, volunteer activities can help or encourage teenagers to learn new skills. Pham Thu Tra - 0989552182
9. It is a good idea to explain to your child why younger and older children are given different types of .....
10. Making mistakes may help children learn from experience and continue to shape their brain's .....

**Ex XIII: Complete the sentence with the correct form of the word provided.**

1. Mrs. Smith has the habit of planning her weekly schedule including all her activities and ..... (**RESPONSIBLE**)
2. The girl is ..... because she can cook and do the laundry by her self. (**DEPEND**)
3. A good night's sleep is ..... for not only teenagers but also old people. (**NEED**)
4. Students should self-study because it gives them much more ..... (**FREE**)
5. They should develop some certain skills such as good ..... and relationship skills. (**COMMUNICATE**)
6. My school provides many extracurricular ..... for students such as sports, clubs, and bands. (**ACT**)
7. We all agree that a good sleep is good for brain's ..... and good health. (**DEVELOP**)
8. The teacher is proud of these students because they are highly - ..... and quite confident. (**MOTIVATION**)
9. Some young people volunteer at local hospitals and take part in clean-up activities to improve their ..... (**NEIGHBOUR**)
10. Some universities require community service for their ..... (**ADMIT**)