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Vocabulary: .....  
 Reading: .....  
 Mini Test: .....

## FASHION VOCABULARY & DEBATE

**\*Lưu ý:** Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu đề có chủ thích nghĩa: con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.

### VOCABULARY

| No. | New words                 | Meanings                                                                     | No. | New words                              | Meanings                                            |
|-----|---------------------------|------------------------------------------------------------------------------|-----|----------------------------------------|-----------------------------------------------------|
| 1   | <b>casual clothes</b> (n) | thường phục                                                                  | 9   | <b>glamorous</b> (a)                   | đặc biệt thu hút                                    |
| 2   | <b>formal clothes</b> (n) | trang phục trang trọng                                                       | 10  | <b>hipster</b> (n)                     | người có tính thẩm mỹ trong một lĩnh vực thời trang |
| 3   | <b>old-fashioned</b> (a)  | lạc hậu                                                                      | 11  | <b>brand loyalty</b> (n)               | sự trung thành với một nhãn hiệu                    |
| 4   | <b>timeless</b> (a)       | vô tận, mãi mãi                                                              | 12  | <b>a must-have item</b> (n)            | món đồ buộc phải có                                 |
| 5   | <b>well-dressed</b> (a)   | thanh lịch, trang nhã                                                        | 13  | <b>iconic</b> (a)                      | mang tính biểu tượng                                |
| 6   | <b>smart-casual</b> (a)   | gọn gàng, lịch sự nhưng không quá trang trọng                                | 14  | <b>keep up with fashion</b> (phr.v)    | bắt kịp với thời trang                              |
| 7   | <b>trendy</b> (n/a)       | người rất bị ảnh hưởng bởi những ý tưởng thời trang mới nhất /hợp thời trang | 15  | <b>have an eye for fashion</b> (phr.v) | có sở thích, năng khiếu về thời trang               |
| 8   | <b>sophisticated</b> (a)  | sành điệu                                                                    | 16  | <b>mix and match</b> (v/a)             | phối đồ, kết hợp đồ                                 |

\* **Note:** n = noun: danh từ; a = adjective: tính từ; v = verb : động từ; phr.v = phrasal verb: cụm động từ.

\* **Con thuộc nghĩa của từ, chép mỗi từ 1 dòng vào vở ghi và chỉnh phát âm theo từ điển.**

### HOMEWORK

**I. Circle the underlined parts that need correction and correct them.**

0. The lasering beam heals the eye painlessly.

(A)

B

C

→ laser

1. In the past, scooters were ridden mostly by hipsers who considered them

A

B

C

→ \_\_\_\_\_

cute and fun.

2. He has to keep up an appearance, he has to meet passengers, and to be

A

B

→ \_\_\_\_\_

well-dress.

C

3. He like trendy clothes and modern furniture.

A B

C

→ \_\_\_\_\_

4. That song stands out as a timeless classic.

A B C

→ \_\_\_\_\_

5. The doll come with mix and match accessories, including skirts, pants, tops,

A B C

→ \_\_\_\_\_

and dresses.

## II. Circle the correct answer A, B, or C.

0. Helen \_\_\_\_\_ the music club's activities when she was still a student.

A. got involved in B. converted into C. worked her way up

1. I don't \_\_\_\_\_ fashion so I always ask for recommendations from my friends.

A. keep up with B. have an eye for C. mix and match

2. Apparently the sales department felt that the electric leg was a \_\_\_\_\_ item to keep up with the competitors.

A. well-dressed B. timeless C. must-have

3. He was dressed in \_\_\_\_\_ clothes - sneakers, blue jeans, and a T-shirt.

A. casual B. formal C. trendy

4. This is where all the North London \_\_\_\_\_ go for a night out.

A. trendies B. hipsters C. items

5. The film Casablanca won three Academy Awards, and its characters, dialogue, and music have become \_\_\_\_\_.

A. timeless B. old-fashioned C. iconic

## CAMBRIDGE PRACTICE

### \*Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới 1 dòng để ghi nhớ.

2. Các con gạch chân các từ khoá chính trong bài đọc.

You are going to read an article about why people put off doing things. For questions 31–36, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers on the separate answer sheet.

## Don't put it off, do it now!

**Procrastination – or avoiding doing the jobs we know we should be doing – is a common problem.**

Why do we spend so much of our time not doing the work we should be doing, or putting off minor tasks that have since piled up to create one enormous, insurmountable obstacle? Procrastinating, as putting things off like this is called, is in our genetic make-up; we avoid dull or difficult jobs, opting to browse the internet instead, until it's too late to do anything else. Some people, a fortunate and focused minority, seem born with the ability to just get on with things, but what about the rest of us?

'We often put things off despite knowing that it will make life harder and more stressful,' says Dr Piers Steel, the author of a book on procrastination and an authority on the science of motivation. 'If these tasks were fun, we'd just do them now, but we put off what is difficult or unpleasant.' Such as the paperwork that needs doing before leaving the office or cleaning the bits of your home that people can't see.



'You can put off anything,' Dr Steel continues. 'But we know that we really should get on and do these things. The fact is, the less people procrastinate, the more money they have, the better relationships they have, and the healthier they are.' This is obvious when you look at the couples who don't argue about whether anyone has cleaned the kitchen yet, the young go-getters who rise straight to the top at work, the health freaks who simply go for that run instead of endlessly rescheduling it in their own heads. And then, of course, there are the rest of us, who feel the chores piling up around us daily.

'We've evolved to respond to the moment, and not to set our sights too far in an uncertain world,' Dr Steel adds. 'We are not set up to appreciate long-term rewards, whether it's the benefit of a four-year degree, doing exercise or dieting. You feel the cost now and the reward comes much later. But humans value the short term.' Procrastination is often associated with unhappiness, so now is the time to unlearn your time-wasting techniques and work-avoidance tactics. 'You have two decision-making systems in your brain,' Dr Steel says, 'the limbic, which is responsible for the short term, and the prefrontal cortex, which deals with the future – it's responsible for civilisation. We bounce between long-term goals and short-term temptations, so we need goals that will translate our plans for the limbic system.'

line 24 For example, take students writing dissertations: they set themselves targets and word counts per day. These are thus turned from seemingly endless tasks into something concrete with easily measured progress. Dr Steel recommends such techniques, or 'pre-commitments', adding that engaging yourself and others a month or so before the 'deadline' makes it more likely a task will be completed. The added benefit is that you will want to avoid the embarrassment of not following up on something people are expecting you to do – telling everyone you are going to take up jogging makes you more likely to do so.

Overcoming procrastination ultimately comes down to planning, which, if you're not careful, becomes procrastination in itself. But it's worth making sure you have everything in place to change your strategies for the better – a separate computer log-on screen for work and for play, the former with a plain background, fewer applications and limited internet access. If you wish to check your personal emails, make sure they're a log-out, rather than a click, away and remember every time you disengage, that it takes 15 minutes fully to re-immersing yourself in the task at hand.

'Successful people don't pretend they don't procrastinate,' Dr Steel says. 'People who pretend they have willpower are less successful.' Instead, plan for procrastination: make your work environment a temple of productivity by cutting out all distractions, so you can really focus on moving forward.

31 What does the writer say about procrastinating in the first paragraph?

- A It is something people use as an excuse.
- B It is something many people can't help.
- C It is caused by the technology in people's lives.
- D It is more common when people have small jobs to do.

32 What is the writer's main point in the third paragraph?

- A There are plenty of examples that support Dr Steel's claims.
- B It is hard to understand people who manage not to put things off.
- C Dr Steel had difficulty finding people who never procrastinate.
- D Research shows that successful people enjoy their work.

33 In the fourth paragraph, Dr Steel says that people who procrastinate should

- A find out more about the way they make decisions.
- B be aware that their problem is relatively small.
- C attempt to overcome their natural tendencies.
- D take the advice of others in the same situation.

**34** What does 'these' refer to in line 24?

- A** students
- B** dissertations
- C** targets
- D** word counts

**35** Why does Dr Steel recommend making 'pre-commitments'?

- A** They are an alternative to impossible goals.
- B** They are an effective way of impressing others.
- C** They allow people to achieve their aims sooner.
- D** They make challenges feel more manageable.

**36** What does the writer do in the sixth paragraph?

- A** reminds the reader to take the time to focus properly on a task
- B** warns the reader against spending too long getting organised
- C** advises the reader to deal with non-work tasks quickly
- D** encourages the reader to use breaks effectively

**I. Choose the correct answer.**

1. Nancy said, "I may leave tomorrow."

- A. Nancy said that she might leave the next day.      B. Nancy said that she might leave tomorrow.  
C. Nancy asked if she should leave the next day.      D. Nancy informed me to leave tomorrow.

2. Keshav said, "Rita is busy right now."

- A. Keshav said Rita was busy.      B. Keshav informed that Rita was busy then.  
C. Keshav said Rita had been busy.      D. Keshav informed that Rita is busy.

3. The teacher said, "You are suspended!."

- A. The teacher exclaimed that I am suspended.      B. The teacher exclaimed to me to suspend.  
C. The teacher informed me that I was suspended.      D. The teacher exclaimed that I was suspended.

4. He said, "I have been a great mentor."

- A. He said that he had been a great mentor.      B. He said that he was a great mentor.  
C. He exclaimed that he was a great mentor.      D. He said that he has been a great mentor.

**II. Put the letters in brackets into the correct order to complete these sentences.**

1. If you look out of the window on the left, you'll see that we're now \_\_\_\_\_ (P A P A R O C I H N G) the Eiffel Tower.

2. He said that someone had \_\_\_\_\_ (S O I O P E N D) his coffee.

3. They are \_\_\_\_\_ (R E N O N A B I G D) the bridge to speed up the flow of traffic.

4. They found his blood contained the drug at a level that you might expect in an overdose, far exceeding a \_\_\_\_\_ (H A R E T E U P I C T) dose.

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