Nick: That sounds amazing, Mai! I've never really tried acting, but it seems like a great opportunity to step out of my comfort zone. Besides, I've always admired theater productions. How can I sign up for these clubs?

Mai: You can usually sign up during the club fair at the beginning of the school year. There, each club will have a booth where they provide information and sign-up sheets. (4) _____ Sometimes, clubs also hold introductory meetings where you can learn more before making a decision.

Nick: (5) _____ I'm excited to try something new and meet like-minded peers. It seems like joining school clubs can be a great way to further explore our interests and make the most of our time here.

Mai: Absolutely, Nick! It's an excellent way to grow personally and connect with others who share your passions. (6) _____

C. READING

Exercise 1: Read the following passage and circle the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

① The first major cause for stress is school. Test (1) _____, trying to achieve excellent grades, starting a new school, trying to fit in, those can cause stress school, stress cannot be always (2) _____, some will cause pressure that will cause one (3) _____work harder. But mainly stress leads to headaches, lack of concentration, forgetfulness or stomachaches. I understand these past couple weeks I have (4) _____more stress than I ever have left before. I had these those school comp paper due, Seneys huge test coming up, and semester tests in general. (5) _____, school is a major source for stress.

1. A. took B. take C. taking D. taken
2. A. good B. terrible C. interesting D. bad-tempered
3. A. by B. in C. with D. to
4. A. removed B. undertaken C. gone D. flown
5. A. Summary B. In addition C. Moreover D. Add to

② Every teenage feels (1) _____ at times. There are different kinds of troubles, such as academic pressures, family issues and difficulties with peers. We must say that they are the main things that teens have to (2) _____ with on a daily basis. None of us can avoid stress completely, but (3) _____ give us some advice about things we can do to reduce our stress levels.

Firstly, it's important to exercise regularly, and avoid eating (4) _____ food. It is also important to take time out every day to do something that makes you happy. It may be listening to your favorite music, talking to a friend, or (5) _____ time with a pet.

It is always helpful to talk about your problems with others whether that's a friend, your parents or a teacher. As the saying goes, "A problem shared, is a problem halved!"

(Adapted from https://znanija.com/task/9402134)

1. A. stress B. stressing C. stressed D. stressful
2. A. cope B. think C. talk D. keep
3. A. psychology B. psychologies C. psychologist D. psychologists
4. A. healthy B. health C. unhealthy D. unhealth
5. A. to spending B. spending C. spend D. to spend

Exercise 2: Read the following passage and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

WHAT IS IT LIKE BEING A TEENAGER IN BRITAIN?

School

British teenagers spend most of their time at school. Students in Britain can leave school at sixteen (grade 11). This is also the age when most students take their first important exams, the GCSE (General Certificate of Secondary Education). Most teens take between 5-10 subjects, which means a lot of studying. They are spending more time on homework than teenagers ever before. Forget watching TV, teenagers in Britain now spend 2-3 hours on homework after school.

LIVEWORKSHEETS

School uniform

Visit almost any school in Britain and the first thing you'll notice is the school uniform. Although school uniform has its advantages, when they are: 15 or 16 most teenagers are tired of wearing it. When there is more than one school in a town, school uniforms can highlight differences between schools. In London there are many cases of bullying and fighting between pupils from different schools.

Clothes and looks

In Britain, some teens judge you by the shirt or trainers you are wearing, is 40% of British teenagers believe its important to wear designer labels. If you want to follow the crowd, you need to wear trendy labels. Teenagers in Britain wear fashionable trainers and the more expensive, the better.

1. Most students in Britain take the GCSE when_____
   A. they are 11 years old B. they are 16 years old
   C. they finish grade 10 D. they begin grade 11
2. What is the first thing you'll notice when you visit almost any school in Britain?
   A. the school logo B. the school gate
   C. the school playground D. the school uniform
3. What do most teenagers in Britain prefer to wear?
   A. trendy labels B. expensive uniforms
   C. fashionable hats D. economical trainers
4. The word 'highlight' in paragraph 2 is closest in meaning to_____
   A. confuse B. remark C. emphasize D. decrease
5. According to the passage, which of the following statements is NOT true?
   A. Students in Britain can take 8 subjects at the GCSE.
   B. Most British teenagers spend 2-3 hours watching TV after school.
   C. Most 16-year-old students in Britain don't like school uniforms.
   D. Many British teenagers judge their friends by their shirt or trainers.

Exercise 3: Read the following passage and answer the questions.

Teen stress

Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to have a chance in the job market afterwards. It's no wonder that many young people worry about letting down their parents, their peers and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends result is that young people suffer from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

Another way to avoid stress is to manage your time effectively. It is better to do a few tasks really well, than lots of tasks badly. Know your limits and try not to take on top much. Finally, if it all gets beyond your control, don't panic or get hysterical. Find the time to sit down quietly and breathe deeply for ten to twenty minutes. Do this regularly, and it will help you calm down and put things into perspective.

(Adapted from https://en.islcollective.com/english-esl-worksheets//reading-teen-stress/80208)

1. Why do young people suffer from stress?
   →
2. Is caffeine only in the form of coffee?
   →
3. What does physical exercise increase in the brain?
   →
4. What is the benefit of getting enough sleep?
   →
5. How much time do you need to sit down quietly and breathe deeply?
   →

LIVEWORKSHEETS