

**I. Find the word which has a different sound in the part underlined.**

|                    |                 |                |                |
|--------------------|-----------------|----------------|----------------|
| 1. A. <u>him</u>   | B. <u>heir</u>  | C. <u>hair</u> | D. <u>his</u>  |
| 2. A. <u>car</u>   | B. <u>four</u>  | C. <u>grow</u> | D. <u>here</u> |
| 3. A. <u>habit</u> | B. <u>he</u>    | C. <u>her</u>  | D. <u>hour</u> |
| 4. A. <u>sure</u>  | B. <u>red</u>   | C. <u>row</u>  | D. <u>run</u>  |
| 5. A. <u>how</u>   | B. <u>where</u> | C. <u>when</u> | D. <u>why</u>  |

**II. Fill in each blank with a suitable word or phrase from the box.**

distracting, obstacle, counselor, well-balanced,  
due date, fattening, priority, anxiety, stressed, appropriately

1. Jessica was trying to study for her history exam, but her phone's notifications kept \_\_\_\_\_ her.
2. A \_\_\_\_\_ could be a good person to talk to about your personal challenges.
3. Taking deep breaths and practicing relaxation techniques can help reduce feelings of \_\_\_\_\_.
4. Bella wanted to build muscle, so she avoided \_\_\_\_\_ foods like cake and ice cream.
5. Having too much homework and extracurricular activities can make many teenagers feel \_\_\_\_\_ out.
6. Despite his busy schedule, Kelvin manages to get enough sleep, exercise, and socialize with friends. He leads a \_\_\_\_\_ life.
7. Susan wanted to join the soccer team, but her lack of experience was a major \_\_\_\_\_ to her success.
8. Remember to finish your science project by the \_\_\_\_\_. Ms. Ella won't accept it after that.
9. Earning good grades is a \_\_\_\_\_ for me, but I also want to make time for relaxation and hobbies.
10. The school manager wants students to dress \_\_\_\_\_ for the ceremony, which means formal vests and shoes.

**III. Circle the correct option in brackets. (Khoanh vào lựa chọn đúng trong ngoặc.)**

1. If it rains tomorrow, the teenagers (**mustn't** / **must**) wear raincoats to school.
2. They (**might** / **should**) understand the new concept better if they study together.
3. You'll feel hungry before lunch if you (**won't eat** / **don't eat**) breakfast.
4. Emily (**can** / **must**) buy the new phone she wants if she saves money.
5. If Johnny exercises more, he (**must** / **might**) feel healthier.
6. She will probably fail if she (**doesn't study** / **studies**) for the test.
7. If the team trains hard, they (**will** / **should**) have a chance of winning the competition.
8. You (**can** / **may not**) improve your skills if you practice playing guitar every day.
9. If teenagers don't eat healthy food, they (**should** / **may**) experience health problems later.
10. Your parents (**aren't** / **won't be**) happy if you can't finish your chores before playing video games.

**IV. Choose the best option to complete each dialogue.**

1. Aria: "I'm feeling tired lately. Maybe I should sleep more." - Penelope: "\_\_\_\_\_"

A. Don't worry, you'll be fine.      B. Getting less sleep will boost your energy.  
C. You should stay up late and study more. D. That's a great idea! Aim for  8 hours of sleep every night.

2. Joe: "Hey, Michael, how do you stay energized throughout the day?" - Michael: "\_\_\_\_\_"

A. I stay up late playing video games.  
B. I sleep through most of my classes.  
C. I eat a healthy breakfast with fruits and whole grains.  
D. I skip breakfast because I'm not hungry.

3. Nigel: I feel tired after school. Should I take a nap before studying? - John: "\_\_\_\_\_"

A. Sure, napping for 20-30 minutes can refresh your mind.  
B. Napping for too long can make you feel even sleepier.  
C. You should eat a lot of sugary snacks to get energy.  
D. Naps are a waste of time. You should just study.

4. Jim: "What do you usually eat for breakfast, Susan?" - Susan: "\_\_\_\_\_"

A. I usually skip breakfast because I'm not hungry in the morning.  
B. I don't often eat chips and candy because they're unhealthy foods.  
C. I try to have a balanced breakfast with whole grains, fruits, and protein.  
D. I don't eat breakfast at home, but I grab something on the way to school.

5. Avery: "Do you want to join me for a run after school?" - Ella: "\_\_\_\_\_"

A. I'd love to! Exercise is important for good health.  
B. Great! I need someone to talk to about my day.  
C. Don't worry, everyone feels tired sometimes.  
D. Maybe I shouldn't watch more TV before bed.

6. Violet: "Hey, I'm so tired all the time! I can barely stay awake in class." - Abigail: "I can see that. Maybe you should \_\_\_\_\_."

A. stay up late studying to catch up  
B. go to bed earlier and get a good night's sleep  
C. skip breakfast to save time in the morning  
D. drink lots of sugary drinks for an energy boost

**V. Read the passage and choose the correct answer A, B, C, or D.**

It's important to acknowledge that stress is a normal part of life, (1) \_\_\_\_\_ it's vital to learn healthy ways to manage it. Talking to trusted (2) \_\_\_\_\_, like a parent, teacher, or counselor, can be a great way to receive support and guidance.

Finding healthy outlets for stress is (3) \_\_\_\_\_. Regular exercise, spending time in nature, listening to calming music, or pursuing creative hobbies can all be (4) \_\_\_\_\_ coping mechanisms. Learning healthy sleep hygiene and maintaining a (5) \_\_\_\_\_ diet can also significantly impact stress levels. Finally, remember to be kind to yourself. Don't be afraid to ask for help and (6) \_\_\_\_\_ your well-being.

|               |              |               |                 |
|---------------|--------------|---------------|-----------------|
| 1. A. so      | B. but       | C. therefore  | D. however      |
| 2. A. adult   | B. men       | C. infant     | D. adolescent   |
| 3. A. low     | B. dependent | C. light      | D. crucial      |
| 4. A. helpful | B. helpless  | C. hopeful    | D. hopeless     |
| 5. A. fair    | B. balanced  | C. equalized  | D. delicious    |
| 6. A. prior   | B. priority  | C. prioritize | D. prioritizing |

**VI: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.**

1. - Nam: "Dad, I've got the first rank in class in English this semester!" - Mr. Thanh: "\_\_\_\_\_"

A. Thank you! B. Never mind. C. Well done! D. You're welcome.

2. Your friend stayed up late studying for an important exam.

A. Well done!  
B. Stay calm. Everything will be all right.  
C. I know how you feel  
D. A really great job.

3. The teacher asks the whole class to \_\_\_\_\_ on studying to prepare well for the midterm exam.

A. advise B. focus C. connect D. coach

4. Most teenagers today have at least one social media \_\_\_\_\_ for entertainment and study.

A. account B. leader C. midterm D. teenager

5. Ally tries to overcome the \_\_\_\_\_ from her family by studying hard to get the best results.

A. media B. teamwork C. website D. pressure