Question 1. a. Tom: Hi, Anna! Yeah, I've been going to the gym regularly.
b. Anna: Hi, Tom! Have you been working out? You look great!
c. Anna: It shows! Keep it up, you're doing awesome!

A. a-b-c **B.** b-a-c **C.** a-c-b **D.** c-b-a

Question 2. a. Lucy: Great! Graphic design is such a creative field.
b. Mark: I'm thinking about switching my career to graphic design.
c. Lucy: That's an interesting choice! Have you taken any courses?
d. Mark: Yes, I've started some online classes to build my skills.
e. Mark: I know, and I'm really excited to learn more about it.

A. b-a-d-c-e **B.** a-c-b-d-e **C.** b-c-d-a-e **D.** a-d-c-b-e

Question 3. Hi Ben,
a. I feel much stronger and more energized.
b. I've been following the workout routine you recommended, and it's been amazing!
c. The exercises are challenging but effective.
d. Thanks again for helping me get started on this journey!
e. I appreciate your advice on staying consistent.
Best,Michael

A. b-a-d-e-c **B.** a-d-c-b-e **C.** a-b-d-c-e **D.** b-a-c-e-d.

Question 3. a. This helps you focus on what matters most.
b. Make sure to allocate time for breaks to avoid burnout.
c. By the end of the day, you'll feel more accomplished and less stressed.
d. Organizing your day can greatly improve productivity.
e. Start by listing the most urgent tasks in the morning.

A. d-e-b-c-a **B.** a-c-b-d-e **C.** d-e-a-b-c. **D.** b-a-c-d-e

Question 4. a. Many people, especially students, have started using these resources.
b. The local library just opened a new section dedicated to environmental education.
c. This section includes books, documentaries, and interactive exhibits about climate change and conservation.
d. The goal is to raise awareness and encourage sustainable practices in the community.
e. It's a great initiative that will benefit both current and future generations.

A. b-c-a-d-e. **B.** a-c-b-d-e **C.** a-d-c-b-e **D.** b-c-e-a-d

SOCIAL MEDIA AND TRAVEL: SHARING EXPERIENCES AND INSPIRING OTHERS

Traveling and **exploring** new places is not just an exciting way to experience different cultures and expand horizons but also an opportunity to share these adventures with a global audience through social media. Platforms like Instagram, TikTok, Facebook, and YouTube have revolutionized the way people document and share their travel experiences. By capturing photos,

LIVEWORKSHEETS

videos, and stories, travelers can inspire others, exchange travel tips, and connect with like-minded individuals worldwide.

One of the key benefits of combining travel with social media is the ability to create a virtual diary. Travelers can chronicle their journeys, from breathtaking landscapes to unique cultural encounters, and share them with friends and followers. This not only helps preserve memories but also serves as a source of inspiration for those seeking new destinations. Hashtags like #TravelGoals and #Wanderlust have become popular ways for users to discover new places and plan **their** own trips.

Social media also promotes cross-cultural understanding. By sharing authentic experiences, travelers can highlight lesser-known aspects of a culture, breaking stereotypes and encouraging curiosity. Live streams, blog posts, and interactive Q&A sessions allow audiences to engage directly with travelers, fostering real-time cultural exchange.

For aspiring travel influencers, social media offers the opportunity to turn their passion into a career. Many travel bloggers and content creators collaborate with tourism boards, hotels, and brands to showcase destinations and experiences. This has transformed how people discover and plan travel, often relying on personal recommendations and reviews shared online.

However, the intersection of social media and travel comes with challenges. **The pressure to create visually appealing content can sometimes detract from the authenticity of the travel experience**. Travelers may prioritize capturing the perfect shot over truly immersing themselves in the moment.

In conclusion, social media has become an integral part of modern travel. It enables individuals to share their journeys, inspire others, and connect across cultures. By using these platforms responsibly, travelers can amplify the joys of exploration while respecting the destinations they visit.

(Adapted from www.forbes.com)

Question 1. Which of the following is NOT mentioned as a benefit of traveling?
A. Gaining new perspectives **B.** Meeting diverse people
C. Learning to drive **D.** Enhancing personal growth

Question 2. The word **"exploring"** in paragraph 1 is closest in meaning to:
A. avoiding **B.** submerging **C.** investigate **D.** detaching

Question 3. The word "**their**" in paragraph 2 refers to:
A. destinations **B.** journeys **C.** cultures **D.** travelers

Question 4. The word "**creators**" in paragraph 4 could be best replaced by:
A. producers **B.** editors **C.** copiers **D.** investors

Question 5. Which of the following best paraphrases the underlined sentence in paragraph 5?
A. Social media reduces the cost of traveling for most people.
B. Social media inspires travelers to visit more authentic destinations.
C. The focus on creating visually appealing content for social media can diminish the authenticity of the travel experience.
D. Travelers who prioritize taking photos are more likely to enjoy their trips.

Question 6. Which of the following is TRUE according to the passage?

LIVEWORKSHEETS

A. Social media has made it harder for travelers to document their journeys.
B. Travelers can use social media to inspire others and share travel tips.
C. The use of hashtags like #TravelGoals and #Wanderlust discourages cultural exchange.
D. Social media eliminates all challenges associated with traveling.

Question 7. In which paragraph does the writer mention the challenge of using social media to share tourism experience?

A. Paragraph 1 **B.** Paragraph 5 **C.** Paragraph 3 **D.** Paragraph 4

Question 8. In which paragraph does the writer mention how sharing travel memories online can inspire others?

A. Paragraph 1 **B.** Paragraph 3 **C.** Paragraph 2 **D.** Paragraph 4

SOCIAL MEDIA AND MENTAL HEALTH: BALANCING CONNECTION AND WELL-BEING

[**I**] In recent years, social media platforms have become a central part of daily life, offering users countless ways to connect, share, and communicate. [**II**] While these platforms offer many advantages, experts have noted rising concerns about their effects on mental health, particularly among young people (Smith & Anderson, 2018). [**III**] Studies reveal that excessive social media use can contribute to feelings of anxiety, depression, and loneliness, despite its intention to promote connection and social interaction (Twenge & Campbell, 2019). [**IV**]

A primary reason for these mental health concerns is the tendency for social media users to compare themselves to others. Platforms like Instagram and Facebook often highlight idealized lifestyles, leading users to feel inadequate about their own lives. Additionally, the constant notifications and messages contribute to a ***"fear of missing out,"*** or FOMO, which keeps individuals in a cycle of checking their phones, often reducing the quality of sleep and overall well-being.

There is also a growing body of research suggesting a link between social media use and decreased attention spans. When users frequently switch between apps and notifications, ***their*** ability to focus for extended periods may diminish (Rosen, 2019). This shift in attention can interfere with productivity, especially in academic and professional settings, where sustained focus is essential.

Addressing these challenges requires a multi-faceted approach. Some mental health professionals suggest limiting screen time and setting boundaries, such as "device-free" hours before bedtime. Others recommend engaging in offline activities, like reading or exercising, to reduce dependence on social media and build healthier habits. According to psychologists, such strategies can ***enhance*** mental resilience and allow for more meaningful, balanced relationships (Robinson & Smith, 2020).

(Adapted from Social Media and Mental Health Research by Twenge, Rosen, and colleagues)

Question 1. Where in paragraph I does the following sentence best fit?

Many people have admitted that they have become heavily reliant on social media to connect with people and maintain their existing relationships.

A. [I] **B. [II]** **C. [III]** **D. [IV]**

Question 2. The phrase **"fear of missing out"** in paragraph 2 could be best replaced by ____.

A. longing to interact **B.** desire to know
C. worry of exclusion **D.** aim of satisfaction

Question 3. The word **"their"** in paragraph 3 refers to ____.

A. users **B.** researchers **C.** notifications **D.** professionals

LIVEWORKSHEETS

Question 4. According to paragraph 2, which of the following is NOT an effect of social media on mental health?

A. improved self-esteem **B.** increased anxiety
C. fear of missing out **D.** sleep disruption

Question 5. Which of the following best summarizes paragraph 3?

A. Social media contributes to concentration issues that affect users' academic achievements.
B. Notifications and app-switching harm the focus needed in professional environments.
C. Frequent notifications on social media can decrease users' attention spans and productivity.
D. Distractions from social media only affect students' performance negatively.

Question 6. The word **"enhance"** in paragraph 4 is OPPOSITE in meaning to ____.

A. diminish **B.** reinforce **C.** intensify **D.** appreciate

Question 7. Which of the following is TRUE according to the passage?

A. Notifications have a minor impact on users' attention spans.
B. Offline activities can help improve mental health by limiting social media use.
C. Social media's primary effect is fostering productivity and interaction.
D. Screen time restrictions are not necessary for mental health.

Question 8. Which of the following best paraphrases the underlined sentence in paragraph 4?

A. Mitigating the harmful impacts of social media demands a comprehensive and diverse strategy.
B. Solving these challenges can rely on a single solution or method.
C. Lessening the harmful impacts of social media requires using multiple strategies that address one aspect of the issue.
D. Dependence on social media requires a combination of therapeutic techniques.

Question 9. Which of the following can be inferred from the passage?

A. Social media platforms generally have a positive influence on young users.
B. Social media-related anxiety is often temporary and not very impactful.
C. Balanced social media usage, along with offline activities, can reduce stress.
D. FOMO and lack of attention are uncommon issues among young users.

Question 10. Which of the following best summarizes the passage?

A. Social media, despite its benefits, presents mental health risks like anxiety and distraction, particularly among young users, and managing screen time can mitigate these effects.
B. The use of social media helps improve relationships and communication but reduces the attention spans of its users.
C. Social media is harmful to all users, causing loneliness and detachment, and must be restricted in all settings.
D. Platforms like Instagram and Facebook serve as effective tools for social bonding, minimizing the effects of anxiety and low self-esteem.

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