

TIPS FOR BETTER TIME MANAGEMENT

Want to get more done in less time? Follow these strategies for improving your productivity and focus!

Common Struggles:

Many people (1) _____ effective time management, leading to stress and unfinished tasks. Research shows that nearly 70% of workers feel overwhelmed by their workload.

Actionable Solutions!

- Prioritize your tasks! Start by making a to-do list and (2) _____ with the most important tasks first.
- Break down big projects! Tackling a large project can be daunting, but breaking it into smaller, (3) _____ parts helps ensure progress without feeling overwhelmed.
- Avoid distractions! (4) _____ multitasking, focus on one task at a time to (5) _____ your efficiency.
- Take breaks! Give yourself regular breaks to rest and recharge, (6) _____ can help maintain a higher level of productivity.

- Question 1.** A. organize B. have C. excel D. lack
Question 2. A. give up B. compete C. think D. deal
Question 3. A. managed B. manageable C. manage D. management
Question 4. A. Instead of B. So that C. Because D. Although
Question 5. A. slow B. limit C. boost D. stop
Question 6. A. which B. that C. who D. why

Question 7.

Dear Sir or Madam,

- a. I am currently in my final year of high school, specializing in electronic appliances.
- b. I am writing to apply for the part-time assistant advertised on your website on 10 November.
- c. Additionally, I can communicate effectively in English with foreign customers.
- d. Thank you for your consideration. I look forward to hearing from you soon.
- e. If my application is approved, I will be ready to start work next December.

Yours faithfully,

Elsa

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

Question 8.

- a. From 1960 to 1980, the rural population declined gradually.
- b. The line graph shows Vietnam's urban population steadily increased from 1960 to 2020 while the rural population decreased.
- c. In 1960, most *Vietnamese* people lived in rural areas.
- d. By contrast, the urban population rose throughout the same period, from 15% to 19%.
- e. In a period of 40 years, it continued to grow, reaching 37% by 2020.

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

Question 9.

- a. Additionally, he established the first labs in Nha Trang.
- b. Alexandre Yersin was a Swiss-born doctor.
- c. This doctor greatly contributed to medicine and Vietnam by discovering bacteria.
- d. He was also the founder of Ha Noi Medical University.
- e. His legacy includes a museum and a university named in his honor.

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

Question 10.

- a. **Customer Service:** Hello, this is the Bus Operation Center.
- b. **Tom:** The buses are always running late, especially during rush hour.
- c. **Tom:** I want to complain about bus No. 7.
- d. **Customer Service:** What seems to be the problem?
- e. **Customer Service:** I'm sorry to hear that. Unfortunately, there's nothing we can do about it. Due to the high volume of traffic, buses can sometimes be delayed.

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

Question 11.

- a. **Mai:** Nam, I'd like to introduce you to Alan Samson, our newcomer from Australia.
- b. **Alan:** Hi, nice to meet you too.

c. Nam: Hi, Alan! It's my pleasure to meet you.

A. a-c-b

B. a-b-c

C. b-a-c

D. c-a-b

A new study highlights the health benefits of natural spaces in urban areas. Researchers found that people (12) _____ with plenty of green space, such as parks, have lower stress levels. (13) _____ showed higher stress levels than men in the same situation.

The research proved that why (14) _____. There is good evidence from the UK and elsewhere suggests that green spaces lead to lower blood pressure, better mental health, and (15) _____ or dying from heart disease.

Studies also indicate that spending time in natural environments improves mental and physical health, reducing the burden on healthcare systems. Consequently, (16) _____ and green areas as part of their efforts to enhance public well-being.

Question 12.

A. that lives in neighbourhoods

B. living in neighbourhoods

C. live in neighbourhoods

D. who was living neighbourhoods

Question 13.

A. Those with little neighbourhood green space

B. People with less green spaces

C. These lived with little green space

D. Those lived less green space

Question 14.

A. green space seem to be good for many aspects in human health

B. green space seem good at many aspects of human health

C. green spaces seem to be good for many aspects of human health

D. green spaces seem well for human health

Question 15.

A. reduce risks of being overweight

B. reduce risks being overweight

C. reduce risks for being overweight

D. reducing risks of overweight

Question 16.

A. many cities are now developed of park

B. many cities are now prioritizing the development of parks

C. many cities now prioritize the develop of parks

D. many cities are now prioritizing the develop of parks

EASY LANGUAGE LEARNING

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Question 17. A. to

B. through

C. by

D. of

Question 18. A. Neither

B. When

C. Whether

D. What

Question 19. A. skip

B. write

C. decrease

D. build

Question 20. A. communicator

B. communicate

C. communicative

D. communication

Question 21. A. lessons

B. opportunities

C. views

D. lives

Question 22. A. easiest

B. easier

C. as easy

D. easily

[I] In today's globalized world, cultural diversity has become a fundamental aspect of many societies. [II] Many countries are experiencing increasing levels of migration. [III] With the rise of immigration and the blending of traditions, people from various cultural backgrounds are now living side by side in cities across the globe. [IV]

One of the key advantages of cultural diversity is the richness that **it** adds to a society. Different cultures introduce unique viewpoints, foods, languages, and traditions, which help people broaden their understanding of the world. In schools and workplaces, cultural diversity fosters creativity and innovation, as individuals from different backgrounds approach problems in **innovative** ways. However, there are also challenges associated with living in culturally diverse communities. Misunderstandings and communication barriers can arise when people are unfamiliar with each other's customs and values. To address these issues, societies must encourage cultural sensitivity and create opportunities for cross-cultural exchange.

Governments and institutions around the world are beginning to implement policies that promote inclusion and respect for cultural differences. **By celebrating diversity through events, education, and media representation, communities can create environments where people feel valued regardless of their background.** Ultimately, embracing cultural diversity helps to build more peaceful and **harmonious** societies.

Question 1. The word “**innovative**” in paragraph 2 could best be replaced by _____.

- A. common B. traditional C. original D. flexible

Question 2. Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Understanding cultural diversity fully is necessary for harmonious societies.
B. Celebrating diversity alone cannot solve the issues in culturally diverse communities.
C. Communities can create inclusive environments by encouraging cultural events and education.
D. Misunderstandings will persist without education about different cultures.

Question 3. Which of the following is TRUE according to the passage?

- A. Misunderstandings in diverse communities arise due to unfamiliar customs.
B. Cross-cultural exchange programs are unnecessary for promoting inclusion.
C. Cultural diversity mainly benefits societies by creating job opportunities.
D. Governments have not yet addressed the challenges posed by cultural diversity.

Question 4. Which of the following can be inferred from the passage?

- A. Governments are failing to address the complexities of cultural diversity.
B. Cultural diversity can be both an asset and a challenge for communities.
C. Increased immigration automatically leads to social harmony.
D. Cultural sensitivity programs are ineffective in reducing communication barriers.

Question 5. Which of the following best summarizes the passage?

- A. Governments should focus on reducing immigration to prevent the problems associated with cultural diversity.
B. Embracing cultural diversity is easy for societies that celebrate traditions and language differences without the need for cross-cultural exchange.
C. Immigration has led to challenges for societies that can only be solved by eliminating cultural differences.
D. Cultural diversity enriches societies by promoting new perspectives and innovation, but it also requires efforts to overcome misunderstandings and communication barriers.

Question 6. The word “**harmonious**” in paragraph 3 is **OPPOSITE** in meaning to _____.

- A. adaptable B. friendly C. unfriendly D. freezing

Question 7. The word “**it**” in paragraph 2 refers to _____.

- A. opportunity B. richness C. society D. cultural diversity

Question 8. Where in paragraph 1 does the following sentence best fit?

“This increasing diversity brings about both challenges and opportunities.”

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

Question 9. According to paragraph 2, which of the following is **NOT** an advantage of cultural diversity?

- A. Preventing misunderstandings B. Promoting innovation
C. Expanding mindset D. Enhancing creativity

Question 10. Which of the following best summarizes paragraph 3?

- A. Policies that promote inclusion are reducing the challenges caused by cultural diversity.
B. Promoting cross-cultural exchange helps societies overcome the challenges of diversity.
C. Governments and institutions are taking steps to address the cultural diversity by promoting inclusiveness and respect.
D. Celebrating cultural diversity creates more harmonious and peaceful societies.

World festivals have a big impact on young people today. Festivals such as Christmas, Diwali, Halloween, and Chinese New Year are celebrated across the globe, bringing people together. Young people especially enjoy these events because they offer a chance to have fun, learn about different cultures, and develop a global mindset.

Festivals help young people appreciate diversity. Attending a festival from another culture teaches them new traditions, food, music, and art. For example, attending the Rio Carnival or the Holi Festival of Colors can give young people an exciting experience of new cultures. They learn to respect and understand people from different backgrounds, which is important in today's world.

Another impact is that festivals allow young people to express themselves creatively. Many festivals include costumes, dances, and music that **encourage** self-expression. For instance, during Halloween or a music festival like Coachella, **young people often wear creative outfits or costumes that reflect their personalities**. This makes **them** feel confident and allows them to experiment with new styles.

Festivals also offer **opportunities** for young people to connect with others. Meeting people at festivals, whether in person or online, helps them build friendships and networks. Social media plays a big role in this, as many young people post about their experiences, spreading awareness of the festivals they attend.

Overall, world festivals provide many learning and social experiences for young people, helping them grow into more open-minded and creative individuals.

Question 11. Which of the following is TRUE according to the passage?

- A. Peer pressure at festivals prevents young people from enjoying themselves.
- B. Festivals do not influence young people's personal development.
- C. Young people feel festivals limit their ability to appreciate diversity.
- D. Festivals help young people understand and respect different cultures.

Question 12. Which of the following is NOT mentioned as an impact of world festivals on young people?

- A. Encouraging self-expression
- B. Improving job prospects
- C. Learning about new cultures
- D. Making new friends

Question 13. In which paragraph does the writer discuss the social connections young people can make through festivals?

- A. Paragraph 1
- B. Paragraph 5
- C. Paragraph 2
- D. Paragraph 4

Question 14. Which of the following best paraphrases the sentence in paragraph 3 below?

"Young people often wear creative outfits or costumes that reflect their personalities."

- A. Festivals require young people to wear special costumes to join in.
- B. Young people always wear traditional costumes during festivals.
- C. Festivals have strict rules about the clothes people should wear.
- D. Young people enjoy dressing in unique ways to show who they are.

Question 15. In which paragraph does the writer mention the cultural diversity that young people can experience through festivals?

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

Question 16. The word "**opportunities**" in paragraph 4 is closest in meaning to ____.

- A. chances
- B. dangers
- C. activities
- D. skills

Question 17. The word "**encourage**" in paragraph 3 is OPPOSITE in meaning to ____.

- A. promote
- B. prevent
- C. inspire
- D. support

Question 18. The word "**them**" in paragraph 3 refers to ____.

- A. young people
- B. personalities
- C. costumes
- D. festivals