ĐỀ SỐ 1-LIVEWORK
Thời gian làm bài: 50 phút

Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 1 to 5.

Question 1.

a. Moreover, the experience gave me a clearer sense of direction before committing to a university course.
b. During this break, I joined a volunteer programme abroad, which helped me develop essential life skills and cultural awareness.
c. Taking a gap year was a thoughtful decision that allowed me to explore both personal interests and career options.
d. Although stepping off the traditional path was challenging at first, it turned out to be incredibly rewarding.
e. The fast pace of academic life had left me feeling overwhelmed, so I needed time to recharge and gain perspective.

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

Question 2.

a. Emma: Hi! Can you tell me where I can get the best phở around here?
b. Emma: Thanks! I can't wait to taste it.
c. Hải: Sure! Try Phở Minh on Lê Văn Sỹ Street — it's a local favourite.

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

Question 3.

a. Minh: They do now, but only after I showed them I could be trusted.
b. An: What did you do?
c. An: I believe that earning trust takes time and actions, not just words.
d. Minh: I followed their rules and always kept them informed.
e. An: Do your parents let you hang out with friends often?

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

Question 4.

a. Moreover, the pressure to gain likes and followers may lead to risky behaviour or the need for constant validation.
b. The constant exposure to online content influences their values and sometimes creates unrealistic expectations.
c. Social media has a significant impact on teenagers' behaviour, shaping how they communicate, think, and see themselves.
d. Despite these challenges, responsible use of social media can still support creativity, self-expression, and global connection.
e. As a result, many teenagers compare themselves to others, which can affect their self-esteem and mental health.

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

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Question 5.

Dear Ms. Taylor,

a. For those seeking additional benefits, the premium plan also offers personal training sessions and unlimited guest passes.

b. Thank you for your interest in our gym's membership programme.

c. All memberships can be paid monthly or annually, depending on your preference.

d. The standard membership includes full access to all equipment, weekly fitness classes, and a free health consultation.

e. If you have any further questions, please feel free to contact our team.

Best regards,

Daniel Green

EnergyFit Gym

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

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 6 to 13.

Zoos have long been a popular destination for families and school trips. They offer people the chance to see wild animals up close, learn about different species, and understand the importance of protecting nature. Many zoos also take part in conservation programmes, helping to protect endangered animals and educate the public. For some people, these reasons are enough to support the existence of zoos.

However, there is growing concern about the ethical side of keeping animals in captivity. Critics argue that even the best zoos cannot fully **replicate** the animals' natural habitats. As a result, animals may suffer from boredom, stress, or health problems due to limited space and lack of freedom. In some cases, animals show unusual behaviour, such as pacing or aggression, which could be signs of **distress**.

Supporters of zoos say that **they** play a key role in research and conservation. By studying animals closely, scientists can learn how to protect them better in the wild. In addition, zoos often rescue injured animals or those that cannot survive on their own. **These efforts are seen as positive steps towards saving species that might otherwise disappear.**

Despite these arguments, the debate continues. Some believe that wildlife should be observed in nature, not behind glass or bars. Others argue that with stricter rules and better living conditions, zoos can still have value. In the end, the question remains: should we keep animals in captivity for the sake of education and conservation, or should we find better ways to protect them in the wild? The answer may depend on how well zoos balance their responsibilities with the rights of the animals they care for.

Question 6. Visitors to zoos can do all of the following **EXCEPT** _____.

A. understanding the importance of protecting nature **B.** taking part in conservation programmes

C. learning about different species **D.** seeing wild animals up close

Question 7. The word "**replicate**" in paragraph 2 is **CLOSEST** in meaning to _____.

A. replace **B.** construct **C.** preserve **D.** copy

Question 8. The word "**distress**" in paragraph 2 is **OPPOSITE** in meaning to _____.

A. exhaustion **B.** pleasure **C.** honour **D.** respect

Question 9. The word "**they**" in paragraph 3 refers to _____.

A. animals **B.** zoos **C.** supporters **D.** scientists

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Question 10. Which of the following best paraphrases the underlined sentence in paragraph 3?
"**These efforts are seen as positive steps towards saving species that might otherwise disappear.**"
A. Many view these actions as helpful progress in protecting animals that could go extinct.
B. These efforts suggest that saving species might protect them from extinction permanently.
C. Many view these actions as reasons why some species stop facing the risk of extinction.
D. People think these steps are taken after the species have already been saved from extinction.
Question 11. Which of the following is **TRUE** according to paragraph 4?
A. Zoos should prioritise the rights of the animals they care for over their responsibilities.
B. People will stop arguing about zoos when zoos successfully protect wild species.
C. Some people believe that stricter regulations could make zoos more acceptable.
D. Many people think animals in zoos enjoy better living conditions than in the wild.
Question 12. Which paragraph highlights the potential harm zoos can cause to animals?
A. Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4
Question 13. Which paragraph presents a central question about the best way to protect animals?
A. Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4

Read the following announcement and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 14 to 19.

TRADE-IN FAIR THIS SATURDAY

We are excited to announce a Trade-In Fair taking place this Saturday at the school gymnasium. This special event aims to **(14)** _____ sustainability and encourage smart shopping habits among students and families.

You are invited to bring second-hand items, such as clothes, books, or toys, **(15)** _____ condition is still good. These items can be exchanged for new or nearly-new products of similar value.

At the heart of the event, there will be activity booths and information stands to help **(16)** _____ awareness about reducing waste.

We believe this is a great opportunity to **(17)** _____ things you no longer use while picking up something useful in return. There will be many exciting items **(18)** _____ for new owners, so don't miss your chance!

Remember: one person's trash is **(19)** _____ person's treasure. Join us for a fun and meaningful day! For more details, check the posters around the school or contact the student council.

Question 14. A. intensify **B.** expand **C.** strengthen **D.** promote
Question 15. A. which **B.** whose **C.** who **D.** that
Question 16. A. take **B.** bring **C.** raise **D.** keep
Question 17. A. take out **B.** bring out **C.** clear out **D.** keep out
Question 18. A. waited **B.** waiting **C.** are waiting **D.** to wait
Question 19. A. other **B.** the others **C.** another **D.** others

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Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 20 to 29.

Procrastination is a common yet destructive habit that plagues students and lifelong learners alike. While putting off tasks may provide temporary relief, it often leads to last-minute stress, rushed work, and lower-quality outcomes. The root causes vary—perfectionism, fear of failure, or simply feeling overwhelmed—but the result is the same: delayed progress and unnecessary pressure. **[I]** Research shows that chronic procrastination is linked to higher levels of anxiety and lower academic performance, creating a cycle where avoidance only worsens the problem. What begins as a minor delay can snowball into missed deadlines and lost opportunities, making learning an exhausting rather than enriching experience. **[II]**

The digital age has exacerbated procrastination, with endless distractions just a click away. Social media, streaming platforms, and instant messaging offer quick dopamine hits that make studying seem dull in comparison. Many learners fall into the trap of 'productive procrastination,' convincing themselves **they**'re busy with minor tasks while avoiding the most important ones. This illusion of productivity masks the real issue—avoidance of challenging or unfamiliar material. Over time, this habit weakens self-discipline and **erodes** confidence, as learners internalise the belief that they 'work better under pressure,' even though evidence suggests otherwise.

Breaking free from procrastination requires intentional strategies. Techniques like the Pomodoro method, which breaks work into focused intervals, can help rebuild concentration. **[III]** Setting small, achievable goals reduces overwhelm, while accountability partners provide motivation. Most importantly, learners must address the underlying emotions driving their avoidance, whether it's self-doubt or task aversion. **Developing self-compassion—rather than self-criticism—is key to forming sustainable study habits.** In the long run, overcoming procrastination isn't just about efficiency; it's about reclaiming the joy of learning without the burden of unnecessary stress. **[IV]**

Question 20. According to paragraph 1, students procrastinate for all of the following reasons **EXCEPT** _____.

A. unnecessary pressure
B. fear of failure
C. feeling overwhelmed
D. perfectionism

Question 21. As stated in paragraph 1, procrastination _____.

A. deprives students of a stress-free learning experience
B. contributes to both academic and professional failure
C. can lead to serious long-term consequences
D. turns learning into a repetitive process

Question 22. Which of the following best summarises paragraph 2?

A. Learners avoid hard tasks by focusing on minor ones, believing that pressure improves their work quality.
B. The digital age provides quick dopamine, making studying dull and affecting focus over time.
C. Procrastination is mostly common due to social media and messaging, impacting study habits negatively.
D. Digital distractions worsen procrastination, leading to false productivity and weakened self-discipline.

Question 23. What can be implied about the role of digital platforms in procrastination?

A. They seem more tedious than studying.
B. They tend to offer long-term satisfaction.
C. They make avoiding study more appealing.
D. They trap students into unimportant tasks.

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Question 24. The word "**they**" in paragraph 2 refers to _____.

A. distractions
B. learners
C. tasks
D. streaming platforms

Question 25. The word "**erodes**" in paragraph 2 can be best replaced by _____.

A. diminishes
B. moderates
C. modifies
D. customises

Question 26. Which of the following best paraphrases the underlined sentence in paragraph 3?

"**Developing self-compassion—rather than self-criticism—is key to forming sustainable study habits.**"

A. Not until individuals replace gentleness with inner blame do they begin to weaken long-term learning discipline.

B. No sooner do students adopt negative self-evaluation instead of inner kindness than their ability to build lasting learning systems declines.

C. Were learners to rely on emotional patience instead of harsh self-judgement, they would struggle to maintain consistent learning routines.

D. Replacing inner blame with emotional patience is essential for establishing consistent and long-term study practices.

Question 27. Where in the passage does the following sentence best fit?

"The sooner one starts, the sooner the benefits unfold."

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

Question 28. Which of the following can be inferred from the passage?

A. Digital platforms are mainly to blame for creating the illusion of productivity among students struggling to complete important tasks.

B. Psychological and emotional adjustments play a more significant role in ending procrastination than rigid discipline.

C. The solution to procrastination lies in a balanced approach - combining structure with a shift in mindset.

D. The inner belief that learners can work better under pressure gradually causes them to avoid dealing with real-life problems.

Question 29. Which of the following best summarises the passage?

A. Procrastination or delaying tasks is a normal part of learning, but students can manage it by using time-saving techniques and rewards.

B. The digital age creates distractions, causing procrastination and anxiety, though studying in intervals may help increase focus and speed.

C. Procrastination affects learning and mental health, worsened by digital distractions, but can be reduced through mindful study habits.

D. The digital age makes procrastination worse, as people convince themselves they are busy with minor tasks, eroding self-discipline and confidence.

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Read the following leaflet and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 30 to 35.

HOW TO KEEP FOCUSED DURING CLASS

Simple Tips for Better Learning

Do you often find your mind wandering during lessons? Follow these tips to help you stay on **(30)** _____ and make the most of your study time:

• Bring only what you need to class – a **(31)** _____ can help reduce distractions.

• Sit near the front to stay **(32)** _____ and participate more actively in class discussions.

• Make sure you get enough sleep and eat well, as these support a high **(33)** _____ of concentration.

• **(34)** _____ using your phone can break your focus, keep it out of sight during lessons.

• Have a plan ready in case **(35)** _____ noise or distractions, like using earplugs or moving seats.

Staying focused takes practice, but with small changes, you'll see improvement. Try these tips and create a study habit that works for you!

Question 30. **A.** line **B.** shape **C.** track **D.** focus

Question 31. **A.** quiet study space **B.** study quiet space **C.** space quiet study **D.** quiet space study

Question 32. **A.** engaging **B.** engaged **C.** engagingly **D.** engagement

Question 33. **A.** number **B.** range **C.** level **D.** variety

Question 34. **A.** Though **B.** Since **C.** Unless **D.** Whereas

Question 35. **A.** for **B.** with **C.** of **D.** to

Read the following passage and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 36 to 40.

Learning independently can be both rewarding and challenging. Without regular guidance from a teacher, students must take control of their own learning journey. This means developing a strong sense of responsibility, staying organised, and **(36)** _____. For many, the freedom to study at their own pace is a benefit, **(37)** _____. However, the real success comes not just from managing time well, but from staying engaged and curious over the long term.

Furthermore, independent learners often grow through trial and error. They might struggle with certain topics, take longer to understand complex ideas, or feel uncertain at times—but that's part of the process. **(38)** _____. Instead of giving up, successful learners try new approaches, adjust their habits, and continue learning from experience. Although this process takes time, it builds both confidence and independence.

Over time, learners begin to trust their ability to solve problems without constant support. A single moment of success, such as understanding a difficult concept on your own, can lead to greater motivation. **(39)** _____. While independent learning may not be easy at first, it encourages growth that reaches far beyond school. Those who stay committed **(40)** _____.

Question 36.

A. the knowledge to slow down or push forward

B. when they know to slow down or push forward

C. they know when to slow down or push forward

D. knowing when to slow down or push forward

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Question 37.

A. so a clear sense of purpose is necessary for self-discipline

B. if they are self-disciplined without a clear sense of purpose

C. but it also requires self-discipline and a clear sense of purpose

D. and having a clear sense of purpose contributes to self-discipline

Question 38.

A. One important skill is being able to reflect on what works and what doesn't

B. Their ability to reflect on what works and what doesn't makes it an important skill

C. Reflecting on what works and what doesn't, they can master this important skill

D. To reflect on what works and what doesn't, they develop this important skill

Question 39.

A. Similarly, the matter lies in small achievements instead of perfect scores or fast progress

B. In fact, small achievements often matter more than perfect scores or fast progress

C. Nevertheless, it's a matter of small achievements rather than perfect scores or fast progress

D. Hence, what matters is either small achievements, perfect scores or fast progress

Question 40.

A. able to witness academic improvement and feel a stronger sense of self

B. usually find not only academic improvement, but also a stronger sense of self

C. because their academic improvements bring a stronger sense of self

D. with their academic improvement creating a stronger sense of self

THE END

LIVEWORKSHEETS