

A. LISTENING.

I. Listen to a text about how to keep a well-balanced life. Fill each of the gaps with ONE word. You will listen TWICE.(1pt)

1. We must know to achieve a well-balanced life
A. what B. Why C. How D. When
2. Firstly, your time by setting realistic goals and deadlines for tasks.
A. priority B. prioritize C. prior D. to prioritize
3. Secondly, make time for both work and leisure activities burnout and maintain mental health.
A. to avoid B. to prevent C. to make D. to get
4. Striking a between work, relationships, health, and personal interests is key to living a fulfilling life.
A. unbalance B. balance C. balanced D. parents

II. Listen and decide whether the statements are TRUE (T) or FALSE (F). You will listen TWICE. (1.0 point)

Statements	T	F
1. Physical health has no effect on anxiety and depression.		
2. Our brain releases endorphins when we do exercise.		
3. Teenagers can focus better if they get enough sunlight.		
4. Talking to many friends can help develop stronger relationships.		

B. PHONETICS.

I. Find the word A, B, C, or D which has a different sound in the part underlined. (0.5 pts)

1. A. handicraft B. publish C. remind D. historical
2. A. bustling B. construction C. suburbs D. community

II. Circle the word which has a different stress pattern in each line. (0,5pts)

1. A. tourist B. remind C. handout D. suburb
2. A. population B. attraction C. ecology D. historical

C. VOCABULARY AND USE OF ENGLISH.

I. Choose the best option A, B, C, or D to indicate the correct answer to each of the following sentences. (1,5pts)

1. You should decide to move to the new house.
A. while B. when C. why D. whom
2. To most people, living means both physical and mental health are functioning well together.
A. healthy B. unhealthy C. health D. healthily
3. It's necessary for us to priority to studying.
A. make B. give C. bring D. take
4. I don't like living in this area because it is like a with all these tall buildings.
A. concrete jungle B. tourist attraction C. concrete wood D. green space
5. The older he gets, the he becomes.
A. much experienced B. experienced C. more experienced D. most experienced
6. Conical hat making in the village has been passed from generation to generation.
A. up. B. in. C. on. D. down

II. Write the correct form of the verbs in brackets. (0,5pt)

1. I(listen) to music for relaxing at 9 p.m yesterday.
2. If he (get) proper medical care, he may recover from his operation.

III. Choose the correct answer to indicate the word(s) CLOSEST in meaning to the underlined word(s). (0,5pt)

1. My mum just went to the store, and then she came back home.
A. left B. moved C. returned D. stopped
2. She browsed the shop but didn't buy anything. She found it a bit pricey.
A. crowded B. modern C. attractive D. expensive

IV. Write the correct form of the words in brackets. (0,5pt)

1. Da Nang is one of the most cities in Viet Nam (live)
2. You should go to Hue by train, it would be much (cheap)

D. READING.

I. Complete the passage with the words in the box. (1pt)

<i>community</i>	<i>in</i>	<i>proud</i>	<i>parks</i>	<i>whenever</i>
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I feel ...(1)...of three things in my community. Firstly, it is spacious. There are not many people living in my...(2)..., and the streets and roads are wide. Therefore, I do not feel confined here. Secondly, my community has enough facilities for its people. Near my house there are two small ...(3)...with sport facilities for people of all ages. Also, there are good schools, hospitals and supermarkets nearby. Thirdly, the people here are very friendly and helpful. Neighbours greet each other ...(4)...they meet. They are also willing to help each other in difficult situations. In short, I am proud of and love living in my community.

II. Read the paragraph below and answer the question.(1pt)

City Life in Bac Ninh

Bac Ninh, located in northern Vietnam, is a fast-developing urban center that beautifully combines tradition and modernity. Bac Ninh is very famous for its ancient Quan Ho folk songs and peaceful villages. Bac Ninh has now become a dynamic city full of energy and opportunity. The streets are lined with modern buildings, shopping centers, and cozy cafés where young people gather to study or chat. Life in the city is busy but exciting. Every morning, people rush to work in offices, factories, or schools, while the markets are filled with the sounds of bargaining and laughter. The city also offers excellent facilities such as hospitals, schools, and entertainment areas, making daily life more convenient and comfortable. Although Bac Ninh is growing rapidly, it still preserves its cultural heritage through traditional festivals and temples that attract both locals and tourists. The combination of old and new creates a special charm that makes Bac Ninh unique. Living in Bac Ninh means enjoying a modern lifestyle while staying close to Vietnamese traditions and community values.

- Questions:**
1. Where is Bac Ninh?
 2. What is Bac Ninh famous for?
 3. What makes daily life more convenient and comfortable?
 4. Do you like living in Bac Ninh?

E. WRITING.

I. Choose the letter A, B, C, or D to indicate the underlined part that is incorrect (1pt)

1. The bigger the city is, the more noisy it is.
2. Lan wondered whether travelling to Ho Chi Minh city by train or plane.

II. Rewrite each sentence so that it contains the phrasal verb in brackets. You may have to change the form of the verb(0, 5pts)

1. Nam and his classmates have a friendly relationship. (get on with)
=> Nam
2. If you don't study harder, you won't get high mark this exam.
=> Unless

III. Make sentences using the words / phrases below to help you. You can make changes to the words / phrases and add more words if necessary(0,5pts)

1. boy / came / food poison / after / eat / street food.
.....
2. big / mall / is, / the easier / it / people / to / lost / in it.
.....

----- **HẾT** -----

(Đề kiểm tra gồm có 02 trang)

Thí sinh không được sử dụng tài liệu. Giám thị coi thi không giải thích gì thêm.

A. LISTENING.

I. Listen to a text about how to keep a well-balanced life. Fill each of the gaps with ONE word. You will listen TWICE.(1pt)

1. C. 2. B. 3. A. 4.B.

II. Listen and decide whether the statements are TRUE (T) or FALSE (F). You will listen TWICE. (1.0 point)

1. F 2. T 5. F 4. F

B. PHONETICS.

I. Find the word A, B, C, or D which has a different sound in the part underlined. (0.5 pts)

1. C 2. D

II. Circle the word which has a different stress pattern in each line. (0,5pts)

1. B 2. A.

C. VOCABULARY AND USE OF ENGLISH.

I. Choose the best option A, B, C, or D to indicate the correct answer to each of the following sentences. (1,5pts)

1. B 2. A 3. B 4.A 5. C 6.D

II. Write the correct form of the verbs in brackets. (0,5pt)

1. was listening 2. gets.

III. Choose the correct answer to indicate the word(s) CLOSEST in meaning to the underlined word(s). (0,5pt)

- 1.C. returned 2. D. expensive

IV. Write the correct form of the words in brackets. (0,5pt)

1. liveable/ livable 2. cheaper

D. READING.

I. Complete the passage with the words in the box. (1pt)

1. proud 2. community 3. parks 4. whenever

II. Read the paragraph below and answer the question.(1pt)

1. Bac Ninh/It is in northern Viet Nam
2. (Bac Ninh/It is famous for) its ancient Quan Ho folk songs and peaceful villages.
3. Excellent facilities such as hospitals, schools, and entertainment areas (that makes daily life more convenient and comfortable)
4. Yes, I do/No, I don't

E. WRITING.

I. Choose the letter A, B, C, or D to indicate the underlined part that is incorrect (1pt)

(Tìm lỗi sai đúng được 0,25, sửa đúng được 0,25)

1. more noisy => noisier 2. Travelling => to travel

II. Rewrite each sentence so that it contains the phrasal verb in brackets. You may have to change the form of the verb(0,5pts)

1. Nam and his classmates get on with each other. / Nam gets on with her classmates.
2. Unless you study harder, you won't get high mark this exam.

III. Make sentences using the words / phrases below to help you. You can make changes to the words / phrases and add more words if necessary(0,5pts)

1. The boy came down with food poisoning after eating street foods.
2. The bigger the mall is, the easier it is for people to get lost in it.

Tape transcripts

I

We must know how to achieve a well-balanced life because it is necessary for our overall well-being and happiness. Firstly, prioritize your time by setting realistic goals and deadlines for tasks. This helps in managing responsibilities without feeling overwhelmed. Secondly, make time for both work and leisure activities to avoid burnout and maintain mental health. Balance your diet by eating nutritious foods and staying hydrated to support physical well-being. Thirdly, nurture relationships with family and friends, as social connections contribute to emotional stability. Lastly, allocate time for hobbies and interests to unwind and foster creativity. Striking a balance between work, relationships, health, and personal interests is key to living a fulfilling life

II. 1. F 2. T 5. F 4. F

Many studies have emphasized the importance of physical health in preventing anxiety and depression. There is a strong connection between the mind and body. All of us can make simple changes to our lifestyle to add in more exercise, healthier eating. Enough sleep and exposure to sunlight. Research on exercise has shown that it positively affects mood. Physical activity helps release more endorphins in the brain, which create feelings of happiness. Sleep is crucial, especially for children and teenagers, as it helps improve concentration and prevents bad temper. Good relationships play a significant role in bringing happiness to people. A study discovered that most happy people often have close bonds with their friends and family, and regularly spend quality time together. It is essential to have at least one person whom you can openly talk to and share your personal feelings with, having many friends to hang out with, or talk about music, and sports cannot make us happy. Building deeper connections is more important. Some people may need to learn effective listening skills to develop stronger relationships with others.

Chú ý:

- Học sinh giải cách khác đúng vẫn cho điểm tối đa.
- Mọi vấn đề phát sinh trong quá trình chấm phải được trao đổi trong tổ chấm và chỉ cho điểm theo sự thống nhất của cả tổ.
- Điểm toàn bài là tổng số điểm các phần đã chấm, không làm tròn điểm.