

UNIT 8: BECOMING INDEPENDENT

PART I. THEORY

PART I. VOCABULARY

 **New words** (Từ mới)

Words	Type	Pronunciation	Meaning
1. confidence	n	/ˈkɒnfɪdəns/	niềm tin
2. convince	v	/kənˈvɪns/	thuyết phục
3. responsible	adj	/rɪˈspɒnsəbl/	có trách nhiệm
4. independent	adj	/ˌɪndɪˈpendənt/	độc lập, không phụ thuộc vào người khác
5. time management	n	/ˌtaɪm ˈmænɪdʒmənt/	quản lý thời gian
6. self-motivated	adj	/ˌself ˈmɒtɪveɪtɪd/	tự mình tạo động lực
7. self-study	n	/ˌself ˈstʌdi/	sự tự học
8. manage	v	/ˈmænɪdʒ/	quản lý
9. life skill	n	/ˈlaɪf skɪl/	kỹ năng sống
10. responsibility	n	/rɪˈspɒnsəˈbɪləti/	trách nhiệm
11. achieve	v	/əˈtʃiːv/	đạt được
12. learning goal	n	/ˈlɜːnɪŋ ɡoʊl/	mục tiêu học tập
13. organised	adj	/ˈɔːɡənəɪz/	có tổ chức
14. normal	adj	/ˈnɔːml/	bình thường
15. decision making skills	n	/dɪˈsɪʒn meɪkɪŋ skɪlz/	kỹ năng đưa ra quyết định
16. money management	n	/ˈmʌni ˈmænɪdʒmənt/	quản lý tiền bạc
17. challenging	adj	/ˈtʃælɪndʒɪŋ/	đầy thách thức

STRUCTURES

1. deal with something	đối phó với điều gì
2. earn one's trust	có được sự tin tưởng từ ai
3. out and about	đi tới những nơi khác nhau
4. encourage somebody to do something	khuyến khích ai làm gì
5. get around	đi lại
6. come up with	nảy ra, nghĩ ra
7. carry out	tiến hành, thực hiện

8. get into the habit of	tạo thói quen
9. make use of	tận dụng
10. make decisions	đưa ra quyết định
11. take responsibility for something	chịu trách nhiệm cho

PART II. GRAMMAR

1. Cleft sentence

a) Cấu trúc Câu chủ:

IT IS/WAS + (focused information) + THAT/WHO + (S) + V
Thông tin cần nhấn

b) Các hình thức nhấn mạnh

Tom gave me this book at the library when I met him yesterday.

1. Subject focus (nhấn mạnh chủ ngữ)

→ It was Tom that gave me this book at the library when I met him yesterday.

2. Object focus (nhấn mạnh tân ngữ)

→ It was me that Tom gave this book at the library when I met him yesterday.

3. Adverb of time focus (nhấn mạnh cụm trạng ngữ chỉ thời gian)

→ It was when I met Tom yesterday that he gave me this book at the library.

4. Adverb of place focus (nhấn mạnh cụm trạng ngữ chỉ nơi chốn)

→ It was at the library that Tom gave this book when I met him yesterday.

c) Câu chủ ở hình thức bị động (CLEFT SENTENCE in PASSIVE)

IT IS/WAS + (focused information) + THAT/WHO + BE + V-ED/3
Thông tin cần nhấn

→ It was this book that was given to me by Tom when I met him yesterday.

→ It was I that was given this book by Tom when I met him yesterday.

PART II. LANGUAGE

A. PHONETIC

Exercise 1: Pay attention to the fall- rise intonation (↘) in the following sentences. Then practise saying them in pairs.

1. Why don't you turn the air conditioner on?
2. Can you come over after the show?
3. Would you mind sending this letter to Mr. Brown?
4. Do you fancy going to a movie this evening?
5. How about an evening riverboat tour tonight?
6. Could I speak to Mai?
7. Why don't you come over and see the new play with me?
8. Would you like another cup of tea?
9. Shall we have a field trip after the exams?
10. Can you lick up from the airport?

Exercise 2: Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|-----------------------------|------------------------|-------------------------|------------------------|
| 1. A. <u>no</u> rmal | B. fo <u>r</u> ty | C. wo <u>r</u> ld | D. cho <u>r</u> es |
| 2. A. g <u>re</u> at | B. d <u>re</u> am | C. h <u>ea</u> t | D. t <u>re</u> at |
| 3. A. d <u>e</u> velop | B. r <u>e</u> sult | C. r <u>e</u> mber | D. sp <u>e</u> cific |
| 4. A. l <u>u</u> cky | B. d <u>u</u> ty | C. t <u>r</u> ust | D. s <u>t</u> udy |
| 5. A. o <u>rg</u> anise | B. r <u>i</u> nse | C. r <u>e</u> sponsible | D. s <u>e</u> lf-study |
| 6. A. f <u>e</u> w | B. n <u>e</u> w | C. th <u>r</u> ew | D. k <u>n</u> ew |
| 7. A. t <u>h</u> oughtful | B. t <u>h</u> reaten | C. t <u>h</u> erefore | D. t <u>h</u> in |
| 8. A. want <u>e</u> d | B. help <u>e</u> d | C. decid <u>e</u> d | D. attend <u>e</u> d |
| 9. A. inter <u>m</u> ediate | B. imm <u>e</u> diate | C. m <u>e</u> dium | D. m <u>e</u> dicine |
| 10. A. u <u>n</u> certain | B. u <u>n</u> beatable | C. u <u>n</u> animous | D. u <u>n</u> done |

Exercise 3: Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

- | | | | |
|--------------------|------------------|----------------|-----------------|
| 1. A. laundry | B. household | C. create | D. healthy |
| 2. A. dependence | B. achievement | C. advantage | D. diary |
| 3. A. reliable | B. independent | C. responsible | D. decisiveness |
| 4. A. difficult | B. confident | C. critical | D. important |
| 5. A. permission | B. well-informed | C. activity | D. effective |
| 6. A. routine | B. problem | C. lonely | D. hygiene |
| 7. A. laundry | B. punish | C. depend | D. reason |
| 8. A. manage | B. answer | C. contact | D. believe |
| 9. A. install | B. study | C. decide | D. improve |
| 10. A. development | B. relationship | C. identify | D. disadvantage |

B. VOCABULARIES AND GRAMMARS

Exercise 1: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

- Independent learners become _____ adults who have faith in their abilities to succeed, achieve and overcome challenges.
A. confident B. over-confident C. confidential D. reluctant
- Parents and teachers play a _____ role in helping children become independent.
A. final B. quick C. deciding D. decisive
- When independence becomes your _____, it leads to the 4C's: confidence, competence, creativity, and character.
A. priority B. variety C. importance D. action
- I was _____ to recognize that I could work more effectively with my time log.
A. willing B. fond C. determined D. amazed
- Breaks provide valuable rest _____ you to think creatively and work effectively.
A. able B. enable C. enabling D. to enable
- Is it _____ for all of us to be present at the meeting this afternoon?
A. certain B. difficult C. popular D. necessary
- Do you think it's true that teenage girls are less _____ than their male peers?
A. self-motivated B. self-aware C. self-confident D. self-appointed
- The staff members are hard-working and highly _____.

- A. motivated B. reasonable C. worthy D. normal
9. A single parent should try to balance work and family ____?
- A. experiences B. opportunities C. responsibilities D. inventions
10. How can he fit everything into his busy ____?
- A. curiosity B. schedule C. attention D. freedom
11. I'll go shopping when I've done my ____ around the house.
- A. experiences B. responsibilities C. chores D. conveniences
12. Try to ____ of your time well.
- A. move forward B. make sure C. get round D. make use
13. I'm not trying to ____ the habit of always having biscuits with my coffee.
- A. get around B. make use C. get into D. carry out
14. The police will ____ an investigation into what actually happened.
- A. develop B. post C. raise D. provide
15. After work, she ____ with a cup of coffee and the newspaper.
- A. relied B. identified C. solved D. relaxed
16. Their relationship was ____ mutual respect.
- A. get into B. move forward C. based on D. carry out
17. The doctor says she's making a good recovery, and she should be ____ and about in a few days' time.
- A. on B. out C. with D. up
18. Did she pay you ____ looking after her dogs while she was away?
- A. to B. with C. for D. in
19. That man has taken over responsibility ____ this project.
- A. for B. up C. from D. in
20. Do you think I'll be able to achieve my goal ____ losing five kilos before the summer?
- A. on B. of C. with D. for
21. Paul is directly ____ for the management of the football competitions between schools in our neighborhood.
- A. decisive B. responsible C. reliable D. independent
22. There's no point in trying to stop her- it'll only make her more ____.
- A. self-motivated B. comfortable C. dependent D. determined
23. A good leader should have a talent for quick ____ action.
- A. independent B. confident C. decisive D. organised
24. There is always a time ____ for each test.
- A. schedule B. source C. routine D. hobby
25. Parents want to raise their child to be independent, and to help him make his own ____.
- A. techniques B. information C. managements D. decisions
26. _____ my neighbors who rescued me from the fire.
- A. It is B. It was C. That is D. This is
27. _____ me how to play the drum.
- A. It was my uncle who taught B. My uncle who taught
- C. It was my uncle taught D. It is my uncle teaching
28. _____ I bought the golden fish.
- A. It was from this shop that B. It was from this shop where
- C. It was this shop which D. It was this shop that

29. _____ gave me that picture book.
 A. Mary B. It was Mary whom C. It was Mary who D. It was Mary whose
30. It was Tom _____ to help us.
 A. comes B. that comes C. to come D. who came
31. _____ the police had rescued from the fire.
 A. The baby B. The baby that C. It was the baby who D. The baby whom
32. _____ my parents gave me the fish tank.
 A. It was on my birthday when B. It was my birthday on that
 C. It was my birthday that D. It was on my birthday that
33. _____ is very necessary to our life.
 A. It is recreation who B. It had been recreation
 C. It is recreation says D. It is recreation that
34. It is the event _____ a lot.
 A. has been talked about B. that has been talked about
 C. has talked about D. that has talked about
35. _____ a lot of flowers on her birthday.
 A. It was Mary who was given B. Mary that was given
 C. It was Mary whom was given D. It was Mary was given
36. He spent his summer vacation in Da Lat.
 A. It is in Da Lat that he spent his summer vacation.
 B. It was in Da Lat that he spent his summer vacation.
 C. It is in Da Lat that he spends his summer vacation.
 D. It was in Da Lat where he spends his summer vacation.
37. Candidates all over the world took part in the competition with great enthusiasm.
 A. It is great enthusiasm that candidates all over the world took part in the competition.
 B. It was great enthusiasm that candidates all over the world took part in the competition.
 C. It was with great enthusiasm that candidates all over the world took part in the competition.
 D. It is with great enthusiasm which candidates all over the world take part the competition.
38. He gains impressive achievements at the age of 20.
 A. It is at the age of 20 that he gains impressive achievements.
 B. It was at the age of 20 that he gains impressive achievements.
 C. It is at the age of 20 that he gained impressive achievements.
 D. It was at the age of 20 that he gained impressive achievements.
39. Mary made a great contribution to her husband's success.
 A. It is Mary who made a great contribution to her husband's success.
 B. It was Mary who makes a great contribution to her husband's success.
 C. It was Mary who made a great contribution for her husband's success.
 D. It was Mary who made a great contribution to her husband's success.
40. Most parents are willing to lend their ear to their children.
 A. They are their children that most parents are willing to lend their ear to.
 B. It is their children that most parents are willing to lend their ear to.
 C. They are their children that most parents are willing to lend their ear.
 D. It is their children that most parents are willing to lend their ear.
41. His classmates don't like him because of his poor manner.

- A. His classmates have poor manner so they don't like him.
 B. It is because of their poor manner that his classmates don't like him.
 C. It was because of his poor manner that his classmates disliked him.
 D. It is his poor manner that makes him unpopular among his classmates.
42. I found the lost ring in the garden, not anywhere else.
 A. It was the ring that I lost in the garden.
 B. It was in the garden that I found the lost ring.
 C. It was I who found the lost ring in the garden.
 D. It was the lost ring that I found in the garden.
43. John didn't buy an ipad, but a new laptop yesterday.
 A. It was John who bought a new Ipad yesterday.
 B. It was an Ipad that John bought yesterday.
 C. It was a new laptop that John bought yesterday.
 D. It was yesterday that John bought a new laptop.
44. I have to take the responsibility.
 A. It's I am that responsible.
 B. It is I who am responsible.
 C. It is me who am responsible.
 D. It's that me is responsible.
45. It was her story that made me cry.
 A. I was made crying by her story.
 B. I was made to cry by her story.
 C. Her story made me crying.
 D. Her story made me to cry.

Exercise 2: Fill in each blank with the correct word given below.

plan	system	team	issue	information
focus	effort	work	flow	techniques

- I actively look for ways to improve the _____ of my work, and the way that I approach tasks.
- I can maintain _____ on one task for a significant period of time.
- I spend lots of time looking for _____ or documents, or locating missing items.
- I use the talents, time, and expertise of other people in my _____ to help get the work done.
- I actively look for ways to avoid wasting time and _____ - both for myself and for my team.
- I use _____ like skimming and note taking to identify the key points from the documents that I receive.
- I have a clear _____ for dealing with disruptions and interruptions.
- I delay difficult or unpleasant tasks until the last minute – or until the _____ disappears on its own.
- I use a formal tracking _____ to understand how I spend my time.
- I do all of the tasks that are assigned to me, and hope that I can keep up with the volume of _____.

Exercise 3: Complete the following sentences with the correct form of the words in brackets.

- Becoming _____ is important for teenagers because that is helpful for them in the future. (depend)
- Before we make a _____ we must think carefully. (decide)

3. Students' _____ makes them study hard. (motivate)
4. You can boost your _____ by setting realistic goals and achieving them, as well as by learning from your mistakes and failures. (confident)
5. _____ is the opposite of independence. It means not taking responsibility for your actions and consequences. (responsible)
6. A _____ is a choice that you make after considering different options and outcomes. (decide)
7. Something is _____ if it is within your control and ability to handle. (manage)
8. A _____ is the answer or the result of solving a problem. (solve)
9. Not many people have the _____ to deal with difficult situations. (confident)
10. His _____ causes a lot of trouble and financial damages to the company. (responsible)

Exercise 4: Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. He is truly a reliable friend. He will always be with me and never let me down.
A. mean B. independent C. decisive D. dependable
2. At last, Thanh made a determined effort to get a scholarship so that he could have a chance to study overseas.
A. tenacious B. serious C. unresolved D. necessary
3. They need someone dependable to take care of their children while they are at work. They used to have a good babysitter.
A. faithful B. honest C. enthusiastic D. reliable
4. Jack was responsible for his class's window breaking. Someone saw him throwing a ball into it yesterday.
A. caused B. controlled C. destroyed D. damaged
5. When the washing machine stops, remove the wet clothes and hang them to dry.
A. put out B. take in C. take out D. put up with
6. Most parents force their children to study hard. Sometimes children feel stressed about that.
A. limit B. check C. prevent D. obligate
7. Even the smallest baby can identify his mother by her voice. They are really sensible.
A. know B. understand C. recognize D. show
8. In spite of poverty and dreadful conditions, they still manage to keep their self-respect.
A. self-reliant B. self-restraint C. self-esteem D. self-assured
9. All students are revising carefully, for the final test is approaching soon.
A. going fast B. reaching fast C. coming near D. getting near
10. John is an admirable person as he isn't influenced by other people's opinions when making a decision to do something.
A. relied B. impacted C. decided D. assigned

Exercise 5: Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

1. Nam is considered to be the best student in our class because he's not only good at learning but also well-informed about everything around the world.
A. perfectly-informed B. badly-informed C. bad-informed D. ill-informed
2. Tommy was fired owing to his arrogant manner.

- A. humble B. overconfident C. superior D. haughty
3. The maintenance of this company is **dependent on** international investment.
A. affective B. self-reliant C. self-restricted D. reliant
4. With his remarkable ability, Lam can deal with this problem **effectively**.
A. uneffectively B. inefficiently C. ineffectively D. unefficiently
5. At first, he was **reluctant** to help us. However, after persuading him for a long time, he agreed to play the guitar at our tea shop.
A. hesitate B. willing C. eager D. keen
6. Peter may look a bit fierce but actually he's fairly **harmless**.
A. damaging B. funny C. humourous D. cheerful
7. Living in the school's dorm is optional. Students may share apartments with their friends.
A. necessary B. mandatory C. important D. efficient
8. He's **disorganized**, inefficient, never there when you want him - in short, the man's hopeless.
A. disadvantaged B. disordered C. disagreed D. disciplined
9. We **encouraged** him to express his emotions and attitudes to that issue. He usually kept quiet.
A. persuaded B. inspired C. discouraged D. restored
10. She is unconfident. She never **deals with** difficult situations.
A. solves B. ignores C. requires D. admires

Exercise 6: Rewrite the following sentences after the examples, paying attention to the subject of the sentence.

Example: The man gave her the book.

→ **It was the man that/ who** gave her the book.

1. The children played football in the garden yesterday afternoon.

→ It _____

2. My sister got a present from her uncle last week.

→ It _____

3. My uncle taught me how to play the guitar.

→ It _____

4. My little brother admires my teacher very much.

→ It _____

5. My mother bought me that beautiful hat some days ago.

→ It _____

Exercise 7: Rewrite the examples, paying attention to the adverbial modifier of the sentence.

Example: The boy hit the dog in the garden.

→ **It was the dog that the boy** hit in the garden.

1. My parents bought me a new pair of shoes on my birthday.

→ It _____

2. The police asked the man a lot of questions.

→ It _____

3. Jack sent some flowers to me when I was in hospital.

→ It _____

4. The company will send a large number of notebooks to poor children in this area.

→ It _____

5. People speak English in many countries in the world.

→ It _____

Exercise 8: Rewrite the sentences using cleft sentences focusing on the underlined parts.

Example: She bought him a present at the shop.

→ It was at the shop that she bought him a present.

1. They learnt English in that foreign language center.

→ It _____

2. My mother bought me a hat in the corner shop a few days ago.

→ It _____

3. I took these photographs in the countryside.

→ It _____

4. Linda is going to spend her summer vacation in Vietnam.

→ It _____

5. Many children like to play in the schoolyard.

→ It _____

Exercise 9: Rewrite the sentences using cleft sentences focusing on the underlined parts.

1. Peter lent us the money, but Paul did not.

→ It _____

2. I have lost my English book.

→ It _____

3. I saw him in the street only last week.

→ It _____

4. Argentina won the World Cup in 2022.

→ It _____

5. The smoke from the factory chimneys pollutes the air.

→ It _____

6. Mastering a second language takes a lot of time and practice.

→ It _____

7. You will succeed only by hard work.

→ It _____

8. The countryside is most beautiful in autumn.

→ It _____

9. What I saw at the dance party surprised me.

→ It _____

10. Did you start the fight, or was it someone else?

→ Was _____

Exercise 10: Rewrite the sentences using cleft sentences focusing on the subjects of the passive sentences from the following active ones.

Example: Nick gave Phong the money.

→ It was Phong who was given the money by Nick.

1. The estate agent sold Mr. and Mrs. Hanson the house.

→ _____

2. We gave Ann a birthday present yesterday.

→ _____

3. The manager has sent each employee a message.

- _____
4. Did the boy throw his friend the ball?
→ _____
5. Tom handed Peter the books and the magazines.
→ _____
6. The teacher told the students an interesting story.
→ _____
7. Did Lan lend her brother the money?
→ _____
8. Are you going to show your classmates your drawings tonight?
→ _____
9. We sent our grandparents the package two days ago.
→ _____
10. Are you going to write Mike a letter soon?
→ _____

PART III. SKILLS

A. LISTENING

Exercise 1: Listen to the conversation and decide if the following statements are true (T), false (F), or not given. Tick the correct boxes.

Statements	True	False
1. Lan likes Hoang Minh because he is independent and responsible.		
2. Hoang Minh was assigned the easiest part of the group project.		
3. Hoang Minh solved a very hard Maths problem that most of his classmates gave up on.		
4. Hoang Minh is self-reliant and confident.		
5. Mai is not interested in talking to Hoang Minh.		

Exercise 2: Listen carefully and choose the correct answer.

1. What is the name of the radio show?
A. Life Skills B. Teen Talk C. Parenting Tips D. Independent Living
2. How many children does Long have in his family?
A. Three B. Two C. One D. None
3. What does Tuan's parents do to teach him about responsibility?
A. They encourage him to consider all options before making his own decisions.
B. They ask for his opinion before making important family decisions.
C. They set some limits and establish rigid rules about important issues.
D. They give him a list of responsibilities and reward or punish him accordingly.
4. What kind of personal things can Minh make his own choices about?
A. Clothes, books or toys B. Household chores, schoolwork or hobbies
C. Friends, teachers or relatives D. Food, drinks or snacks
5. What skill does the MC hope that the students will be ready to do one day?
A. Voice their opinions B. Fulfill their responsibilities
C. Make their own decisions D. Live independently

B. SPEAKING

Exercise 1: Choose the correct response. Then practise the short exchanges in pairs.

- | | |
|---|--|
| 1. A: I feel worried and can't sleep well at night, Mai. | B: a/ You may lack your self- confidence.
b/ Maybe you're too stressed. |
| 2. A: I don't think I know which tasks to do first. | B: a/ You lack time- management skills.
b/ You need to know their importance. |
| 3. A: Why do we try to cope with loneliness? | B: a/ This skill helps you not feel depressed.
b/ It helps you make informed decisions. |
| 4. A: In a team we should communicate effectively and get along with others. | B: a/ It's interpersonal communication skills.
b/ People in a team often have different opinions |
| 5. A: Why should we share housework? | B: a/ It'll help us to manage our own family.
b/ It can have bad effects on our study. |
| 6. A: You should believe in yourself. | B: a/ I agree. It makes you trust your decisions.
b/ Right. I turn to others before making my own decisions. |
| 7. A: I think we should get as much information as we can. | B: a/ I agree. Information offers entertainment.
b/ Of course. It leads to informed decisions. |
| 8. A: Is friendship good for being independent? | B: a/ Right. It makes your independence better.
b/ You should be sympathetic and helpful. |
| 9. A: Why do teenagers in American become Independent earlier than us? | B: a/ Because they are more mature than us.
b/ Because they earn their own money earlier. |
| 10. A: I think boys needn't learn to cook. | B: a/ It also makes them become independent.
b/ Boys become famous chefs one day. |

Exercise 2: Complete the dialogue with the phrases below. There is one extra phrase that you do not need. Practise the dialogue with a partner.

- A. learning how to set and obtain a goal is necessary life skills
- B. the dinner table is a good place to practice this skill
- C. What are the benefits of this skill, miss?
- D. Cleaning one's room is another chore.
- E. And we should be patient and positive.
- F. a kid should know how to use a first aid kit.

- Ms Hoa:** In order to live independently, teenagers should have some basic life skills. First, it's basic first aid.
- Lan:** I think (1) _____.
- Ms Hoa:** Right. And it consists of knowing how to handle an emergency, and it's important to practise through role-playing.
- Lan:** What is the second skill, Ms Hoa?

Lan: (2) _____.

You can follow me well, Lan. Next, it's conversation skills: It is very important to develop

Ms Hoa: relationships. Unfortunately, a lot of children text, and don't have many face- to- face conversations.

Lan: In my opinion, (3) _____.

Ms Hoa: We come to one of the most difficult skills- problem- solving skills: These are skills that adults also struggle with. The key is to learn the skills at an early age, try to have critical thinking.

Lan: (4) _____. Anything else, Miss?

Ms Hoa: Finally, it's the skill to cope with failure. It can be hard to deal with, but it is part of life. Be open to advice and corrections from parents and teachers.

Lan: (5) _____.

Ms Hoa: A child with this skill is more much more emotionally, mentally and socially prepared for adulthood.

Lan: Thank you so much for your information and advice.

Exercise 3: Choose the correct responses

1. Jane is talking to Sue.

Sue: Have a nice holiday!

Jane: _____

A. Same to you.

B. Thanks for your compliment.

C. You're welcome.

D. Thank you for what you've done.

2. Sue is asking Jane.

Sue: I wish you best luck in your new position.

Jane: _____

A. You too.

B. You are the best.

C. Thank you for your wish.

D. Thanks. I will not forget you.

3. Jane and Sue are talking to each other.

Jane: Hope you feel better soon.

Sue: _____

A. I see. I'll do my best.

B. Never mind.

C. You are welcome.

D. I'll take some aspirin. Thanks.

4. Jane is talking to Jack.

Jack: Hi, Jane. Happy birthday!

Jane: _____

A. How are you?

B. Thank you.

C. Do you know that?

D. You are right.

5. Rose is talking to Jane.

Rose: Happy New Year! Wishing you a great year ahead!

Jane: _____

A. I know it's true.

B. A new year comes.

C. I have some ideas about that.

D. Thanks. Hope your wishes come true.

C. READING

Exercise 1: Read the following passage and mark the letter A, B, C, or D on your answer sheet to choose the word or phrase that best fits each of the numbered blanks from 1 to 5.

① Teenagers should (1) _____ to become independent as it is a crucial part of their personal growth and development. Independence equips teenagers (2) _____ valuable life skills and prepares them for the challenges and responsibilities of adulthood. By becoming independent, teenagers learn to make their own decisions, take responsibility for their actions, and develop a sense of self-reliance. It allows them to explore their interests, pursue their goals, and shape their own identity. Independence also fosters resilience, problem-solving abilities, and critical thinking skills, (3) _____ are essential for navigating the complexities of life. (4) _____ becoming independent empowers teenagers to have a greater sense of agency, autonomy, and control over their own lives, enabling them to (5) _____ fulfilling and meaningful lives.

- | | | | |
|---------------|--------------|-------------|--------------|
| 1. A. strive | B. pay | C. have | D. get |
| 2. A. for | B. by | C. about | D. with |
| 3. A. where | B. which | C. who | D. when |
| 4. A. However | B. Therefore | C. Moreover | D. Otherwise |
| 5. A. get | B. turn | C. lead | D. head |

② When teens want to live independently, they need to develop (1) _____ skills for themselves.

First, they need to know how to do their own laundry. A good way to care for their clothes is to break things down into steps, (2) _____ sorting dirty clothes, washing, folding to storing them after they're dry.

Second, they need to be able to manage a budget. This may be not easy for those who have (3) _____ with math. There are lots of apps that can help with money management and budgets.

Third, preparing and storing food safely is (4) _____ to good health. They need to know how to plan meals in advance and how to shop for groceries. This includes buying items that will last a few days or longer. It also includes knowing which foods can't be stored for very long.

Fourth, they have to know how to get around town. Teens who plan on using public transportation should practice taking the bus. Those who drive also need to understand directions. It's also important to know when and (5) _____ to fill the gas tank and how much gas costs. Their budget should also account for motorbike care, such as repairs and oil changes.

Independent living is a serious decision. It's important that both parents and teens feel ready for this step.

(Adapted from <https://www.understood.org>)

- | | | | |
|------------------|-------------|-----------|-------------|
| 1. A. care | B. life | C. study | D. work |
| 2. A. about | B. for | C. from | D. to |
| 3. A. difficulty | B. hardship | C. lesson | D. struggle |
| 4. A. balanced | B. nutrient | C. next | D. vital |
| 5. A. what | B. who | C. where | D. which |

Exercise 2: Read the following passage and mark the letter A, B, C [or D] on your answer sheet to indicate the correct answer to each of the questions from 1 to 5.

① Why Do We Use Time-Management Skills?

It is important that you develop effective strategies for managing your time to balance the conflicting demands of time for study, leisure, and work. Time-management skills are valuable not only in job-hunting, but also in many other aspects of life: from revising for examinations to working in a vacation job. Sometimes it may seem that there isn't enough time to do everything that you need to. This can lead to a **build-up** of stress. When revising for examinations, or during your final year when you have to combine the pressures of intensive study with finding time to apply for jobs, good management of your time can be particularly important. Once we have identified ways in which we can improve the management of our time, we can begin to adjust our routines and patterns of behaviour to reduce any time-related stress in our lives.

Some of these skills include setting clear goals, breaking your goals down into several steps, and reviewing your progress towards your goals.

Other skills involved include prioritising - focusing on urgent and important tasks rather than those that are trivial or don't move you towards your goals; organising your work schedule; list making to remind you of what you need to do.

1. What is the main idea of the passage?

- A. Time-management skills are essential for reducing stress and achieving your goals in life.
- B. Time-management skills are useful for job-hunting and exam preparation.
- C. Time-management skills are different for students and workers.
- D. Time-management skills are easy to learn and apply.

2. The word "**build-up**" is closest in meaning to ____.

- A. increase
- B. explain
- C. accumulation
- D. management

3. Which of the following is **NOT mentioned** as a benefit of time-management skills in the passage?

- A. Balancing the conflicting demands of time for study, leisure, and work.
- B. Improving your performance in examinations and job applications.
- C. Enhancing your creativity and problem-solving skills.
- D. Reducing any time-related stress in your lives.

4. Which of the following is an example of setting clear goals?

- A. I want to get a good grade in this course.
- B. I want to finish reading this chapter by tomorrow.
- C. I want to learn something new every day.
- D. I want to be successful in life.

5. Which of the following is an example of organising your work schedule?

- A. Making a to-do list for the day.
- B. Allocating a specific amount of time for each task.
- C. Checking your progress and adjusting your plan as needed.
- D. All of the above.

②

MANAGING TIME

Time management: two words that have me breaking out in a cold sweat. Why should I suddenly have to learn how to manage my time? Surely time had got on perfectly well for several millennia without requiring management, let alone by me. But my university tutor was adamant: time needed some managing and apparently it was up to me to do it.

First of all, let's be clear. I do have plenty of time to manage. As an arts student, I generally have 23 hours in the day that aren't given over to going to lectures. But I generally need somebody to tell me what I should be writing, so I go to lectures.

Perhaps I had "taken on too much"? I'd been elected to four committees, produced a play, applied for a part time job, hung around the college bar with my friends, and written the odd essay. But I thought I was coping well. Sure, there was the day when I did the research for an essay on the morning of deadline day and wrote it that afternoon, but that was a one off.

On second thoughts, maybe my tutor is right. It's difficult to give up what you're involved in but perhaps it's a good idea to sit back and have a **breather** once in a while. Even an arts student has to get down to some real work!

1. What was the writer's initial reaction to his tutor's ultimatum?
 - A. He had to admit that it was sound advice.
 - B. He failed to see how it could help him.
 - C. He had no understanding of what it meant.
 - D. He had tried it before so he knew it would fail.
2. What is the writer's job?
 - A. He's a time manager.
 - B. He's a lecturer.
 - C. He's an arts student.
 - D. He's a university tutor.
3. Which of the following is NOT mentioned as something he had done?
 - A. Producing a play
 - B. Getting a part time job
 - C. Writing an essay
 - D. Head of four committees
4. The writer slowly begins to realize that he should _____.
 - A. spend more time with his friends
 - B. end his obsession with leisure pursuit
 - C. integrate more into university life
 - D. apply himself to the real task in hand
5. The word "**breather**" in the passage mostly means _____.
 - A. an assignment
 - B. a machine
 - C. a rest
 - D. a passion

③

Give teens a break!

Teenage years are filled with all kinds of problems-lack of self-confidence, nagging parents, peer pressure, doing well in the exams and getting into university. Some of their problems result from the emotional and physical changes teenagers are going through.

Teenagers are extremely concerned about their appearance. So, it's no wonder they spend so much time in front of the mirror! They notice every single thing about themselves - their body changing shape, hair appearing in unlikely places, annoying spots breaking out. Teenagers are rarely happy about these changes which can affect how they feel about themselves.

Sometimes, parents hurt their teenage children's feelings by making jokes about their appearance. They also tend to pay little attention to teenage worries and think of them as being silly. Your daughter may be convinced that her nose looks awful and that plastic surgery is the only solution even though everybody else fails to notice the problem. By trying to explain that other people do not normally pay as much attention to our physical features as we do ourselves, we can help teenagers feel better about themselves and become more confident.

Teenagers also tend to avoid doing things they don't like, especially helping around the house. They are likely to try to get out of doing household chores - and certainly don't respond well to orders. The more you discuss the type of household chore your teenage son or a daughter might not mind doing, the better. He or she, for example, may be happy to go to the supermarket, but hate the idea of washing dishes.

It also works better if your children can, at least to some degree, do things in their own way and time. This might seem annoying, but if all you do is order them around, you can be sure that next time they will not

do a thing. Always thank your children for their effort. And if they do something that's more than just a simple chore - decorating, perhaps you might want to pay them.

1. Teenagers spend a lot of time looking in the mirror because they _____.
 - A. like admiring their bodies.
 - B. are worried about the changes happening to their bodies.
 - C. are thinking how they can improve their appearance.
 - D. have nothing better to do.
2. When teenagers express their concern about their appearance, their parents _____.
 - A. get upset with them.
 - B. show no interest in their worries.
 - C. don't take their concerns very seriously.
 - D. don't believe them.
3. The writer advises the parents to _____.
 - A. support their children if they decide to have plastic surgery.
 - B. give them tips on how to improve their appearance.
 - C. ignore their concerns.
 - D. tell them that they actually look better than they think they do.
4. When it comes to housework, most teenagers _____.
 - A. help a lot with housework.
 - B. usually prefer going to the supermarket.
 - C. expect something in return for helping around the house.
 - D. find ways not to take part in it.
5. Which of the following is **NOT** good advice to parents?
 - A. They should thank their children for their effort.
 - B. They should give their children some money for any chore they do.
 - C. They should let their children do things the way they want to.
 - D. They should be willing to take their children's preferences into account.

Exercise 3: Read the passage about full-time life skills courses, and then answer the questions.

These full-time *Life Skills* courses are suitable for students with a range of additional learning needs from moderate learning difficulties to severe learning difficulties.

Our range of *Life Skills* courses enables learners to develop vocational skills designed to improve opportunities for progression to employment and/or further study.

We offer a wide range of life skills courses including Cookery, Creative Skills, Workshop Skills, Animal Care, and professional courses.

Students are taught in small groups and all courses include lessons that help them build confidence and improve literacy, numeracy and skills for independence, employment and progression. We can arrange an expert's visit for potential students, and parents including a tour to view our facilities and discuss the course options.

1. Who are the courses for?

→ _____

2. Why are the courses suitable for future workers?

→ _____

3. What skills do you think you will be taught if you follow the courses?

→ _____

4. What are the advantages that the courses offer to students?

→

5. For whom can they arrange an expert's visit?

→

D. WRITING

Write sentences about self-study, using the cues given.

1. self- study/ refer/ process/ studying/ without any help/ others

→

2. it/ many advantages/ traditional learning methods

→

3. first/ when/ you/ studying/ your own/ you/ move/ your own pace

→

4. second/ you/ choose materials/ that/ at the right level/ you/ and/ that/ cover/ topics/ that/ you interested/

→

5. next/ when/ you/ self-studying/ you/ often need/ solve/ problems/ your own

→

6. this/ help you/ develop/ problem-solving skills/ and/ learn/ how/ find/ information/ you need

→

7. then/ learning independently/ without/ help/ a teacher/ or/ a tutor/ be/ very beneficial/ your study/ college

→

8. however/ there/ also some disadvantages/ self-study/ which/ be/ as follows

→

9. firstly/ self- studying/ be/ a challenge/ if/ you/ not find/ material interesting/ or/ if/ you/ find/ difficult/ stay motivated

→

10. secondly/ it/ be difficult/ know/ when/ you/ ready/ move on/ the next topic or level

→

SHORT TEST UNIT 8

Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. remove B. cooker C. food D. noon
2. A. motivated B. job C. confident D. responsible
3. A. measure B. pleasure C. decision D. permission

Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

4. A. confident B. motivate C. encourage D. teenager
5. A. identify B. separately C. emotional D. relationship

Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

6. The courses try to get young people to feel _____ in applying new skills in order to live independently.
A. sure B. confident C. excited D. interesting
7. Teens should have the ability to _____ loneliness.
A. deal B. cope with C. set up D. look after
8. General _____ skills are part of being independent and responsible.
A. house B. housekeeper C. housekeeping D. house- making
9. During our courses, you write an independent _____ plan to meet individual needs, such as self-esteem, meal planning, and financial management.
A. living B. live C. life D. lived
10. Parents can teach their teen to _____ to achieve positive outcomes.
A. affect B. succeed C. encourage D. struggle
11. Effective _____ skills help you break each project down into the achievable tasks.
A. time- keeping B. time- consuming C. time- management D. time- line
12. Their aim is to teach their son to become an(n) _____ and self- reliable adult.
A. dependent B. dependence C. independence D. independent
13. All students are very _____ about the changes in the coming exam.
A. well- informed B. well- known C. well- educated D. well- defined
14. I feel quite _____ about the future.
A. relaxed B. interested C. confident D. confidential
15. We are already two months behind _____.
A. arrangement B. schedule C. plan D. date

Fill in each blank in the passage with the correct word below. There are three extra word

independent	encourage	accidents	haircut
routines	try	injuries	independently

Tips on Teaching Teens How to Take Care of Their Body

In order for your teens to be happy while they live (16) _____, they will need to be successful at keeping their bodies healthy and clean. These life skills are taught throughout your teens' childhood and adolescence by encouraging good hygiene (17) _____ and healthy habits. Re-enforcing or establishing these good habits will help your teens keep them healthy and happy as they continue to grow up and become young adults.

The good hygiene habits that your teens should have are to brush their teeth twice daily, shower and bathe once daily, wash hair regularly, wash hands often, brush hair at least daily and get (18)

_____ regularly, trim nails once a week, take care of any (19) _____ as they happen and until they are healed, and wear clean clothes.

It is okay to let good hygiene and healthy habits slide in small intervals, but (20) _____ your teens to stick to the routine as much as possible. If you allow it to slide too long, they can develop a bad habit and lose the good habits you have taught them.

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

21. At last, Huong made a determined effort to get a scholarship so that he could have chance to study overseas.

- A. tenacious B. serious C. unresolved D. necessary

22. In spite of poverty and dreadful conditions, they still manage to keep their self-respect.

- A. self-reliant B. self-restraint C. self-esteem D. self-assured

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

23. The maintenance of this company is dependent on international investment.

- A. affective B. self-reliant C. self-restricted D. reliant

24. This reference book is essential material for us to prepare for the next assignment.

- A. necessary B. dispensable C. vital D. fundamental

Circle A, B, C, or D to indicate the correct response to each of the following exchanges.

25. "Could I leave a message for your manager?" – " _____ "

- A. Sure. B. Of course not. C. He's busy now. D. He's off work today.

26. "Huy hasn't finished his assignment, has he?" – " _____ "

- A. Yes, he has. He hasn't finished it yet. B. Yes, he hasn't. He's too lazy.
C. No, he has in spite of being a good student. D. No, he hasn't because of his illness.

27. "When will our factory be expanded?" – " _____ "

- A. It was expanded in 1996. B. It depends on our director's decision.
C. I didn't hear about it. D. That's good news.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to choose the word or phrase that best fits each of the numbered blanks from 28 to 32.

Coping with loneliness is a very important skill of needed independent living skills for teens (28) _____ every teen has needed it. It doesn't matter if they are going to college, starting a new (29) _____ and moving into an apartment or getting married. Leaving your childhood home and being on your own for the first time will cause some level of loneliness. Teens who know how to recognize loneliness as the temporary feeling it is, use their support system and work through their loneliness have learned a valuable life skill and they do just fine.

Those who cannot get over their loneliness may make wrong decisions about where and how to live or (30) _____ to live with.

We should recognize that being alone does not mean being lonely. Being (31) _____ with ourselves is part of having a healthy attitude. Reading, drawing, crafting and listening to music are activities that we can enjoy by ourselves without feeling lonely.

We should get involved in activities with our friends and activities we can help others. There are so many (32) _____ for us to connect with our family and friends, such as emails, letter writing, online social networking, texting and making phone calls.

28. A. because B. so C. although D. but

- | | | | |
|----------------|----------------|----------------|------------------|
| 29. A. work | B. job | C. employment | D. problem |
| 30. A. when | B. what | C. who | D. that |
| 31. A. comfort | B. comfortable | C. comfortably | D. uncomfortable |
| 32. A. ways | B. designs | C. streets | D. things |

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the questions from 33 to 37.

An important part of being an adult in the USA is becoming more independent from your parents. First, make sure you are living somewhere rather than your parents' house. If your parents own the property in which you live, they will have a say in how you maintain that property. If you want to be independent and make your own decisions about how you live, you will need to obtain your own housing that is completely separate from your parents both physically and financially.

Second, generate your own income and be as financially self-sufficient as possible. One of the main challenges in becoming independent as an adult is acquiring a sufficient income to allow you to live without the financial assistance of your parents. This can be particularly difficult if you are still a university student, but it is not impossible. Seek scholarships and part-time jobs. If you are no longer a student, find employment that offers a salary that can cover your expenses. It may be necessary to obtain multiple sources of income in order to become financially self-sufficient and independent from your parents.

Next, budget your expenses carefully. When first becoming financially independent, it may be necessary to cut back on some of your expenses and strictly stick to a budget. Determine exactly what you can afford in terms of rent, food, clothing, transportation and entertainment based on your own income, create a budget. While you may experience a dip in your standard of living at first, learning how to follow a budget and be self-sufficient will help you stay independent.

Finally, avoid relying on your parents as a first resort option for help of any kind. This, in no way, means that you may never ask your parents for help again, it just means that as an independent adult, there should be other sources of support within your life that you can turn to when necessary.

33. You need to have your own accommodation so that _____.
 A. your parents can't change your lifestyles and decisions
 B. you have no relationship with your parents
 C. your parents will have a say in how you maintain that property
 D. you will be as financially self-sufficient as possible
34. All of the following statements are true about acquiring your own income **EXCEPT** that _____.
 A. it allows you to become financially independent from your parents
 B. you can't earn a living when you are still a university student
 C. you have to look for scholarships and part-time jobs as being a student
 D. sometimes you have to do several jobs in order to earn enough money
35. An important task of becoming financially independent of your parents is that _____.
 A. you learn how to set a budget that increases your standard of living
 B. you have to cut back on your expenses sharply all the time
 C. your salary can cover your medical and legal expenses
 D. you have to plan a reasonable budget and obey it strictly
36. If you want to be entirely independent as an adult, _____.
 A. you have to avoid relying on your parents whenever you are in trouble
 B. you should never ask your parents for help again in any way
 C. your parents should not be the first people you approach for help

D. there should be other sources of support that your parents can rely on

37. The main idea of the text is _____.

A. the importance of your own accommodation in your life

B. the steps for you to follow to become independent adults

C. the budget of your expenses and its benefits

D. the instructions to make you independent all your life

Rewrite the sentences using cleft sentences focusing on the underlined parts.

38. Riding a bicycle offers so many benefits.

→ It _____

39. Money management helps children to learn how to invest later.

→ It _____

40. Teenagers can have interactive skills with others by being good listeners.

→ It _____

41. Nam learned good manners from his parents at an early age.

→ It _____

42. Students should learn skills to write CVs and submit applications at the school-leaving age.

→ It _____

43. My parents encouraged me to go to college.

→ It _____

44. The Mekong River provides the Mekong Delta with fertile silk.

→ It _____

45. Football is considered one of the most exciting games nowadays.

→ It _____

Write sentences about self- study, using the cues given.

What Are Pros and Cons of Self- study?

46. first/ it/ undeniable/ you/ feel/ freedom/ decide/ how/ you/ want/ make use/ time

→ _____

47. with self-study/ you/ decide/ subject/ and/ mode/ learning

→ _____

48. second/ you/ learn/ your own pace

→ _____

49. in self- study sessions/ it/ give/ freedom/ students/ complete/ content/ their own comfortable pace

→ _____

50. however/ students/ also try/ keep up/ syllabus/ school/ and/ keep up/ average group/ class tests

→ _____

--- THE END ---

ĐÁP ÁN

PART I. THEORY

PART I. VOCABULARY

 **New words** (Từ mới)

Words	Type	Pronunciation	Meaning
18. confidence	n	/ˈkɒnfɪdəns/	niềm tin
19. convince	v	/kənˈvɪns/	thuyết phục
20. responsible	adj	/rɪˈspɒnsəbl/	có trách nhiệm
21. independent	adj	/ˌɪndɪˈpendənt/	độc lập, không phụ thuộc vào người khác
22. time management	n	/ˌtaɪm ˈmænɪdʒmənt/	quản lý thời gian
23. self-motivated	adj	/ˌself ˈməʊtɪveɪtɪd/	tự mình tạo động lực
24. self-study	n	/ˌself ˈstʌdi/	sự tự học
25. manage	v	/ˈmænɪdʒ/	quản lý
26. life skill	n	/ˈlaɪf skɪl/	kỹ năng sống
27. responsibility	n	/rɪˌspɒnsəˈbɪləti/	trách nhiệm
28. achieve	v	/əˈtʃiːv/	đạt được
29. learning goal	n	/ˈlɜːnɪŋ ɡoʊl/	mục tiêu học tập
30. organised	adj	/ˈɔːɡənaɪz/	có tổ chức
31. normal	adj	/ˈnɔːml/	bình thường
32. decision making skills	n	/dɪˈsɪʒn meɪkɪŋ skɪlz/	kỹ năng đưa ra quyết định
33. money management	n	/ˈmʌni ˈmænɪdʒmənt/	quản lý tiền bạc
34. challenging	adj	/ˈtʃælɪndʒɪŋ/	đầy thách thức

STRUCTURES

12. deal with something	đối phó với điều gì
13. earn one's trust	có được sự tin tưởng từ ai
14. out and about	đi tới những nơi khác nhau
15. encourage somebody to do something	khuyến khích ai làm gì
16. get around	đi lại
17. come up with	nảy ra, nghĩ ra
18. carry out	tiến hành, thực hiện
19. get into the habit of	tạo thói quen

20. make use of	tận dụng
21. make decisions	đưa ra quyết định
22. take responsibility for something	chịu trách nhiệm cho

PART II. GRAMMAR

1. Cleft sentence

d) Cấu trúc Câu chủ:

IT IS/WAS + (focused information) + THAT/WHO + (S) + V
Thông tin cần nhấn

e) Các hình thức nhấn mạnh

Tom gave me this book at the library when I met him yesterday.

5. Subject focus (nhấn mạnh chủ ngữ)

→ It was Tom **that** gave me this book at the library when I met him yesterday.

6. Object focus (nhấn mạnh tân ngữ)

→ It was me **that** Tom gave this book at the library when I met him yesterday.

7. Adverb of time focus (nhấn mạnh cụm trạng ngữ chỉ thời gian)

→ It was when I met Tom yesterday **that** he gave me this book at the library.

8. Adverb of place focus (nhấn mạnh cụm trạng ngữ chỉ nơi chốn)

→ It was at the library **that** Tom gave this book when I met him yesterday.

f) Câu chủ ở hình thức bị động (CLEFT SENTENCE in PASSIVE)

IT IS/WAS + (focused information) + THAT/WHO + BE + V-ED/3
Thông tin cần nhấn

→ It was this book **that** **was given** to me by Tom when I met him yesterday.

→ It was I **that** **was given** this book by Tom when I met him yesterday.

PART II. LANGUAGE

A. PHONETIC

Exercise 1: Pay attention to the fall- rise intonation (↗) in the following sentences. Then practise saying them in pairs.

- Why don't you turn the air conditioner on?
- Can you come over after the show?
- Would you mind sending this letter to Mr. Brown?
- Do you fancy going to a movie this evening?
- How about an evening riverboat tour tonight?
- Could I speak to Mai?
- Why don't you come over and see the new play with me?
- Would you like another cup of tea?
- Shall we have a field trip after the exams?
- Can you pick up from the airport?

Exercise 2: Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|----------------------------|----------------------|------------------------|-----------------------|
| 11. A. <u>normal</u> | B. <u>forty</u> | C. <u>world</u> | D. <u>chores</u> |
| 12. A. <u>great</u> | B. <u>dream</u> | C. <u>heat</u> | D. <u>treat</u> |
| 13. A. <u>develo</u> p | B. <u>resu</u> lt | C. <u>remem</u> ber | D. <u>speci</u> fic |
| 14. A. <u>lucky</u> | B. <u>duty</u> | C. <u>trust</u> | D. <u>stud</u> y |
| 15. A. <u>organise</u> | B. <u>rinse</u> | C. <u>responsi</u> ble | D. <u>self-stu</u> dy |
| 16. A. <u>few</u> | B. <u>new</u> | C. <u>threw</u> | D. <u>knew</u> |
| 17. A. <u>thou</u> ghtful | B. <u>thre</u> aten | C. <u>there</u> fore | D. <u>thin</u> |
| 18. A. <u>wanted</u> | B. <u>helped</u> | C. <u>decided</u> | D. <u>attended</u> |
| 19. A. <u>intermediate</u> | B. <u>immediate</u> | C. <u>medium</u> | D. <u>medicine</u> |
| 20. A. <u>uncertain</u> | B. <u>unbeatable</u> | C. <u>unanimous</u> | D. <u>undone</u> |

Exercise 3: Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

- | | | | |
|-----------------------|-------------------------|------------------|------------------------|
| 11. A. laundry | B. household | C. <u>create</u> | D. healthy |
| 12. A. dependence | B. achievement | C. advantage | D. <u>diary</u> |
| 13. A. reliable | B. <u>independent</u> | C. responsible | D. decisiveness |
| 14. A. difficult | B. confident | C. critical | D. <u>important</u> |
| 15. A. permission | B. <u>well-informed</u> | C. activity | D. effective |
| 16. A. <u>routine</u> | B. problem | C. lonely | D. hygiene |
| 17. A. laundry | B. punish | C. <u>depend</u> | D. reason |
| 18. A. manage | B. answer | C. contact | D. <u>believe</u> |
| 19. A. install | B. <u>study</u> | C. decide | D. improve |
| 20. A. development | B. relationship | C. identify | D. <u>disadvantage</u> |

B. VOCABULARIES AND GRAMMARS

Exercise 1: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

46. Independent learners become _____ adults who have faith in their abilities to succeed, achieve and overcome challenges.
 A. confident B. over-confident C. confidential D. reluctant
47. Parents and teachers play a _____ role in helping children become independent.
 A. final B. quick C. deciding D. decisive
48. When independence becomes your _____, it leads to the 4C's: confidence, competence, creativity, and character.
 A. priority B. variety C. importance D. action
49. I was _____ to recognize that I could work more effectively with my time log.
 A. willing B. fond C. determined D. amazed
50. Breaks provide valuable rest _____ you to think creatively and work effectively.
 A. able B. enable C. enabling D. to enable
51. Is it _____ for all of us to be present at the meeting this afternoon?
 A. certain B. difficult C. popular D. necessary
52. Do you think it's true that teenage girls are less _____ than their male peers?
 A. self-motivated B. self-aware C. self-confident D. self-appointed
53. The staff members are hard-working and highly _____.

- A. motivated B. reasonable C. worthy D. normal
54. A single parent should try to balance work and family _____.
A. experiences B. opportunities C. responsibilities D. inventions
55. How can he fit everything into his busy _____.
A. curiosity B. schedule C. attention D. freedom
56. I'll go shopping when I've done my _____ around the house.
A. experiences B. responsibilities C. chores D. conveniences
57. Try to _____ of your time well.
A. move forward B. make sure C. get round D. make use
58. I'm not trying to _____ the habit of always having biscuits with my coffee.
A. get around B. make use C. get into D. carry out
59. The police will _____ an investigation into what actually happened.
A. develop B. post C. raise D. provide
60. After work, she _____ with a cup of coffee and the newspaper.
A. relied B. identified C. solved D. relaxed
61. Their relationship was _____ mutual respect.
A. get into B. move forward C. based on D. carry out
62. The doctor says she's making a good recovery, and she should be _____ and about in a few days' time.
A. on B. out C. with D. up
63. Did she pay you _____ looking after her dogs while she was away?
A. to B. with C. for D. in
64. That man has taken over responsibility _____ this project.
A. for B. up C. from D. in
65. Do you think I'll be able to achieve my goal _____ losing five kilos before the summer?
A. on B. of C. with D. for
66. Paul is directly _____ for the management of the football competitions between schools in our neighborhood.
A. decisive B. responsible C. reliable D. independent
67. There's no point in trying to stop her- it'll only make her more _____.
A. self-motivated B. comfortable C. dependent D. determined
68. A good leader should have a talent for quick _____ action.
A. independent B. confident C. decisive D. organised
69. There is always a time _____ for each test.
A. schedule B. source C. routine D. hobby
70. Parents want to raise their child to be independent, and to help him make his own _____.
A. techniques B. information C. managements D. decisions
71. _____ my neighbors who rescued me from the fire.
A. It is B. It was C. That is D. This is
72. _____ me how to play the drum.
A. It was my uncle who taught B. My uncle who taught
C. It was my uncle taught D. It is my uncle teaching
73. _____ I bought the golden fish.
A. It was from this shop that B. It was from this shop where
C. It was this shop which D. It was this shop that

74. _____ gave me that picture book.
 A. Mary B. It was Mary whom **C. It was Mary who** D. It was Mary whose
75. It was Tom _____ to help us.
 A. comes B. that comes C. to come **D. who came**
76. _____ the police had rescued from the fire.
 A. The baby B. The baby that **C. It was the baby who** D. The baby whom
77. _____ my parents gave me the fish tank.
 A. It was on my birthday when B. It was my birthday on that
 C. It was my birthday that **D. It was on my birthday that**
78. _____ is very necessary to our life.
 A. It is recreation who B. It had been recreation
 C. It is recreation says **D. It is recreation that**
79. It is the event _____ a lot.
 A. has been talked about **B. that has been talked about**
 C. has talked about D. that has talked about
80. _____ a lot of flowers on her birthday.
A. It was Mary who was given B. Mary that was given
 C. It was Mary whom was given D. It was Mary was given
81. He spent his summer vacation in Da Lat.
 A. It is in Da Lat that he spent his summer vacation.
B. It was in Da Lat that he spent his summer vacation.
 C. It is in Da Lat that he spends his summer vacation.
 D. It was in Da Lat where he spends his summer vacation.
82. Candidates all over the world took part in the competition with great enthusiasm.
 A. It is great enthusiasm that candidates all over the world took part in the competition.
 B. It was great enthusiasm that candidates all over the world took part in the competition.
C. It was with great enthusiasm that candidates all over the world took part in the competition.
 D. It is with great enthusiasm which candidates all over the world take part the competition.
83. He gains impressive achievements at the age of 20.
A. It is at the age of 20 that he gains impressive achievements.
 B. It was at the age of 20 that he gains impressive achievements.
 C. It is at the age of 20 that he gained impressive achievements.
 D. It was at the age of 20 that he gained impressive achievements.
84. Mary made a great contribution to her husband's success.
 A. It is Mary who made a great contribution to her husband's success.
 B. It was Mary who makes a great contribution to her husband's success.
 C. It was Mary who made a great contribution for her husband's success.
D. It was Mary who made a great contribution to her husband's success.
85. Most parents are willing to lend their ear to their children.
 A. They are their children that most parents are willing to lend their ear to.
B. It is their children that most parents are willing to lend their ear to.
 C. They are their children that most parents are willing to lend their ear.
 D. It is their children that most parents are willing to lend their ear.
86. His classmates don't like him because of his poor manner.

- A. His classmates have poor manner so they don't like him.
- B. It is because of their poor manner that his classmates don't like him.
- C. It was because of his poor manner that his classmates disliked him.
- D. It is his poor manner that makes him unpopular among his classmates.**

87. I found the lost ring in the garden, not anywhere else.

- A. It was the ring that I lost in the garden.
- B. It was in the garden that I found the lost ring.**
- C. It was I who found the lost ring in the garden.
- D. It was the lost ring that I found in the garden.

88. John didn't buy an ipad, but a new laptop yesterday.

- A. It was John who bought a new Ipad yesterday.
- B. It was an Ipad that John bought yesterday.
- C. It was a new laptop that John bought yesterday.**
- D. It was yesterday that John bought a new laptop.

89. I have to take the responsibility.

- A. It's I am that responsible.
- B. It is I who am responsible.**
- C. It is me who am responsible.
- D. It's that me is responsible.

90. It was her story that made me cry.

- A. I was made crying by her story.
- B. I was made to cry by her story.**
- C. Her story made me crying.
- D. Her story made me to cry.

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Exercise 2: Fill in each blank with the correct word given below.

plan	system	team	issue	information
focus	effort	work	flow	techniques

- 11. I actively look for ways to improve the **information** of my work, and the way that I approach tasks.
- 12. I can maintain **focus** on one task for a significant period of time.
- 13. I spend lots of time looking for **flow** or documents, or locating missing items.
- 14. I use the talents, time, and expertise of other people in my **team** to help get the work done.
- 15. I actively look for ways to avoid wasting time and **effort** - both for myself and for my team.
- 16. I use **techniques** like skimming and note taking to identify the key points from the documents that I receive.
- 17. I have a clear **plan** for dealing with disruptions and interruptions.
- 18. I delay difficult or unpleasant tasks until the last minute – or until the **system** disappears on its own.
- 19. I use a formal tracking **issue** to understand how I spend my time.
- 20. I do all of the tasks that are assigned to me, and hope that I can keep up with the volume of **work**.

Exercise 3: Complete the following sentences with the correct form of the words in brackets.

- 11. Becoming **independent** is important for teenagers because that is helpful for them in the future. (depend)
- 12. Before we make a **decision** we must think carefully. (decide)
- 13. Students' **motivation** makes them study hard. (motivate)
- 14. You can boost your **confidence** by setting realistic goals and achieving them, as well as by learning from your mistakes and failures. (confident)

15. **Irresponsibility** is the opposite of independence. It means not taking responsibility for your actions and consequences. (responsible)
16. A **decision** is a choice that you make after considering different options and outcomes. (decide)
17. Something is **manageable** if it is within your control and ability to handle. (manage)
18. A **solution** is the answer or the result of solving a problem. (solve)
19. Not many people have the **confidence** to deal with difficult situations. (confident)
20. His **irresponsibility** causes a lot of trouble and financial damages to the company. (responsible)

Exercise 4: Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. He is truly a **reliable** friend. He will always be with me and never let me down.
A. mean B. independent C. decisive **D. dependable**
2. At last, Thanh made a **determined** effort to get a scholarship so that he could have a chance to study overseas.
A. tenacious B. serious C. unresolved D. necessary
3. They need someone **dependable** to take care of their children while they are at work. They used to have a good babysitter.
A faithful B. honest C. enthusiastic **D. reliable**
4. Jack **was responsible for** his class's window breaking. Someone saw him throwing a ball into it yesterday.
A caused B. controlled C. destroyed D. damaged
5. When the washing machine stops, **remove** the wet clothes and hang them to dry.
A. put out B. take in **C. take out** D. put up with
6. Most parents **force** their children to study hard. Sometimes children feel stressed about that.
A. limit B. check C. prevent **D. obligate**
7. Even the smallest baby can **identify** his mother by her voice. They are really sensible.
A. know B. understand **C. recognize** D. show
8. In spite of poverty and dreadful conditions, they still manage to keep their **self-respect**.
A. self-reliant B. self-restraint **C. self-esteem** D. self-assured
9. All students are revising carefully, for the final test is **approaching** soon.
A. going fast B. reaching fast **C. coming near** D. getting near
10. John is an admirable person as he isn't **influenced** by other people's opinions when making a decision to do something.
A. relied **B. impacted** C. decided D. assigned

Exercise 5: Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

1. Nam is considered to be the best student in our class because he's not only good at learning but also **well-informed** about everything around the world.
A. perfectly-informed B. badly-informed C. bad-informed **D. ill-informed**
2. Tommy was fired owing to his **arrogant** manner.
A. humble B. overconfident C. superior D. haughty
3. The maintenance of this company is **dependent on** international investment.
A. affective **B. self-reliant** C. self-restricted D. reliant

4. With his remarkable ability, Lam can deal with this problem **effectively**.
 A. uneffectively B. inefficiently **C. ineffectively** D. unefficiently
5. At first, he was **reluctant** to help us. However, after persuading him for a long time, he agreed to play the guitar at our tea shop.
 A. hesitate **B. willing** C. eager D. keen
6. Peter may look a bit fierce but actually he's fairly **harmless**.
A. damaging B. funny C. humourous D. cheerful
7. Living in the school's dorm is optional. Students may share apartments with their friends.
 A. necessary **B. mandatory** C. important D. efficient
8. He's **disorganized**, inefficient, never there when you want him - in short, the man's hopeless.
 A. disadvantaged B. disordered C. disagreed **D. disciplined**
9. We **encouraged** him to express his emotions and attitudes to that issue. He usually kept quiet.
 A. persuaded B. inspired **C. discouraged** D. restored
10. She is unconfident. She never **deals with** difficult situations.
 A. solves **B. ignores** C. requires D. admires

Bản word phát hành chính thức trên website Tailieuchuan.vn

Exercise 6: Rewrite the following sentences after the examples, paying attention to the subject of the sentence.

Example: The man gave her the book.

→ **It was the man that/ who gave her the book.**

6. The children played football in the garden yesterday afternoon.

→ **It was the children who played football in the garden yesterday afternoon.**

7. My sister got a present from her uncle last week.

→ **It was my sister who got a present from her uncle last week.**

8. My uncle taught me how to play the guitar.

→ **It was my uncle who taught me how to play the guitar.**

9. My little brother admires my teacher very much.

→ **It is my little brother who admires my teacher very much.**

10. My mother bought me that beautiful hat some days ago.

→ **It was my mother who bought me that beautiful hat some days ago.**

Exercise 7: Rewrite the examples, paying attention to the adverbial modifier of the sentence.

Example: The boy hit the dog in the garden.

→ **It was the dog that the boy hit in the garden.**

6. My parents bought me a new pair of shoes on my birthday.

→ **It was a new pair of shoes that my parents bought me on my birthday.**

7. The police asked the man a lot of questions.

→ **It was the man that the police asked a lot of questions.**

8. Jack sent some flowers to me when I was in hospital.

→ **It was some flowers that Jack sent to me when I was in hospital.**

9. The company will send a large number of notebooks to poor children in this area.

→ **It was a large number of notebooks that the company will send to poor children in this area.**

10. People speak English in many countries in the world.

→ **It was English that people speak in many countries in the world.**

Exercise 8: Rewrite the sentences using cleft sentences focusing on the underlined parts.

Example: She bought him a present at the shop.

→ It was at the shop that she bought him a present.

6. They learnt English in that foreign language center.

→ It was in that foreign language center that they learnt English.

7. My mother bought me a hat in the corner shop a few days ago.

→ It was in the corner shop that my mother bought me a hat a few days ago.

8. I took these photographs in the countryside.

→ It was in the countryside that I took these photographs.

9. Linda is going to spend her summer vacation in Vietnam.

→ It is in Viet Nam that Linda is going to spend her summer vacation.

10. Many children like to play in the schoolyard.

→ It is in the schoolyard that many children like to play.

Exercise 9: Rewrite the sentences using cleft sentences focusing on the underlined parts.

1. Peter lent us the money, but Paul did not.

→ It was Peter who lent us the money, not Paul.

2. I have lost my English book.

→ It was my English book that I have lost.

3. I saw him in the street only last week.

→ It was only last week that I saw him in the street.

4. Argentina won the World Cup in 2022.

→ It was in 2022 that Argentina won the World Cup.

5. The smoke from the factory chimneys pollutes the air.

→ It is the smoke from the factory chimneys that pollutes the air.

6. Mastering a second language takes a lot of time and practice.

→ It is a lot of time and practice that mastering a second language takes.

7. You will succeed only by hard work.

→ It is only by hard work that you will succeed.

8. The countryside is most beautiful in autumn.

→ It is in autumn that the countryside is most beautiful.

9. What I saw at the dance party surprised me.

→ It was what I saw at the dance party that surprised me.

10. Did you start the fight, or was it someone else?

→ Was it you that started the fight, or was it someone else?

Exercise 10: Rewrite the sentences using cleft sentences focusing on the subjects of the passive sentences from the following active ones.

Example: Nick gave Phong the money.

→ It was Phong who was given the money by Nick.

11. The estate agent sold Mr. and Mrs. Hanson the house.

→ It was Mr and Mrs Hanson who were sold the house by the estate agent.

12. We gave Ann a birthday present yesterday.

→ It was Ann who was given a birthday present (by us) yesterday.

13. The manager has sent each employee a message.

→ It was each employee who was sent a message by the manager.

14. Did the boy throw his friend the ball?
→ Was it his friend who was thrown the ball by the boy?
15. Tom handed Peter the books and the magazines.
→ It was Peter who was handed the books and the magazines by Tom.
16. The teacher told the students an interesting story.
→ It was the students who were told an interesting story by the teacher.
17. Did Lan lend her brother the money?
→ Was it her brother who was lent the money by Lan?
18. Are you going to show your classmates your drawings tonight?
→ It is your classmates who are going to be showed / shown your drawings tonight?
19. We sent our grandparents the package two days ago.
→ It was our grandparents who were sent the package (by us) two days ago.
20. Are you going to write Mike a letter soon?
→ Is it Mike who is going to be written a letter (by you) soon?

PART III. SKILLS

A. LISTENING

Exercise 1: Listen to the conversation and decide if the following statements are true (T), false (F), or not given. Tick the correct boxes.

Statements	True	False
6. Lan likes Hoang Minh because he is independent and responsible.	☒	☐
7. Hoang Minh was assigned the easiest part of the group project.	☐	☒
8. Hoang Minh solved a very hard Maths problem that most of his classmates gave up on.	☒	☐
9. Hoang Minh is self-reliant and confident.	☒	☐
10. Mai is not interested in talking to Hoang Minh.	☐	☒

Audio Script:

An independent person

Mai: I can see that you and Hoang Minh have become close friends, Lan

Lan: We have. I really like him because he doesn't rely on other people for help and isn't influenced by other people's opinions.

Mai: I see. So he's very independent.

Lan: Yes. He's also a very responsible student. He always completes his tasks on time, and never needs to be reminded about assignments and other schoolwork.

Mai: Right.

Lan: He's also reliable. Last week, our group worked on a project and he was assigned the most difficult part of it. He tried very hard and did it well.

Mai: It's good to have a friend you can rely on. He seems very determined.

Lan: He is. Last month, we were given a very hard Maths problem. While most of us gave up, he spent the whole night on it and solved it in the end.

Mai: That's amazing!

Lan: Yeah. Even our Maths teacher was very surprised to read his answer. Another good thing about him is that he's self-reliant. He always tries to find solutions to his problems and seldom needs help from others.

Mai: His parents must be really pleased to have such a son.

Lan: Of course. He also helps around the house a lot. But he still has time to relax, so he's well-informed about what's happening around the world. It's interesting to talk to him.

Mai: I'll talk to him sometime.

Lan: Yes, you should. He's also very confident and decisive. He always believes in himself, and I really admire his ability to make decisions so quickly. He's a very independent person!

Mai: That's great! You're lucky to have a close friend like him.

Exercise 2: Listen carefully and choose the correct answer.

1. What is the name of the radio show?

A. Life Skills

B. Teen Talk

C. Parenting Tips

D. Independent Living

2. How many children does Long have in his family?

A. Three

B. Two

C. One

D. None

3. What do Tuan's parents do to teach him about responsibility?

A. They encourage him to consider all options before making his own decisions.

B. They ask for his opinion before making important family decisions.

C. They set some limits and establish rigid rules about important issues.

D. They give him a list of responsibilities and reward or punish him accordingly.

4. What kind of personal things can Minh make his own choices about?

A. Clothes, books or toys

schoolwork or hobbies

B. Household chores,

C. Friends, teachers or relatives

D. Food, drinks or snacks

5. What skill does the MC hope that the students will be ready to do one day?

A. Voice their opinions

B. Fulfill their responsibilities

C. Make their own decisions

D. Live independently

Audio Script:

MC: Hello and welcome to Life Skills, the most popular radio show for teens and parents. Today, I've invited three Grade 11 students to share with us how their parents help them to become independent. Long, would you like to start?

Long: Hi. well. I'm the only child, so my parents tend to be overprotective of me. They didn't let me do any household chores and drove me to school until finished Grade 9. However, since I was a little child, I've always been encouraged to voice my opinions. My parents even ask for my opinion before they make important family decisions.

MC: That's great. That helps you develop self-confidence. And Tuan? How do your parents help you become independent?

Tuan: Well, my parents focus on teaching me about responsibility. I'm given a list of responsibilities, such as doing household chores, looking after my grandparents... And my parents make sure that I fulfill all of them. If I fail, I get punished. But if I do them well, I get a reward. This keeps me motivated.

MC: Your parents seem strict, but also very fair. What about you, Minh?

Minh: My parents set some limits and establish rigid rules about important issues. I have to do chores and follow a set routine. But I can make my own choices about personal things such as clothes, books or toys. My parents encourage me to consider all options before making my own decisions.

MC: Yes, setting limits can teach you self-discipline, and keep you safe and healthy. It's also great that your parents teach you decision-making skills. I hope that one day you'll be ready to leave home and live independently. Thank you so much for joining the show.

B. SPEAKING

Exercise 1: Choose the correct response. Then practise the short exchanges in pairs.

1. **A:** I feel worried and can't sleep well at night, Mai. **B:** a/ You may lack your self- confidence.
b/ Maybe you're too stressed.
2. **A:** I don't think I know which tasks to do first. **B:** a/ You lack time- management skills.
b/ You need to know their importance.
3. **A:** Why do we try to cope with loneliness? **B:** a/ This skill helps you not feel depressed.
b/ It helps you make informed decisions.
4. **A:** In a team we should communicate effectively and get along with others. **B:** a/ It's interpersonal communication skills.
b/ People in a team often have different opinions
5. **A:** Why should we share housework? **B:** a/ It'll help us to manage our own family.
b/ It can have bad effects on our study.
6. **A:** You should believe in yourself. **B:** a/ I agree. It makes you trust your decisions.
b/ Right. I turn to others before making my own decisions.
7. **A:** I think we should get as much information as we can. **B:** a/ I agree. Information offers entertainment.
b/ Of course. It leads to informed decisions.
8. **A:** Is friendship good for being independent? **B:** a/ Right. It makes your independence better.
b/ You should be sympathetic and helpful.
9. **A:** Why do teenagers in American become Independent earlier than us? **B:** a/ Because they are more mature than us.
b/ Because they earn their own money earlier.
10. **A:** I think boys needn't learn to cook. **B:** a/ It also makes them become independent.
b/ Boys become famous chefs one day.

Exercise 2: Complete the dialogue with the phrases below. There is one extra phrase that you do not need. Practise the dialogue with a partner.

- G. learning how to set and obtain a goal is necessary life skills
- H. the dinner table is a good place to practice this skill
- I. What are the benefits of this skill, miss?
- J. Cleaning one's room is another chore.
- K. And we should be patient and positive.
- L. a kid should know how to use a first aid kit.

- Ms Hoa:** In order to live independently, teenagers should have some basic life skills. First, it's basic first aid.
- Lan:** I think (1) **F**.
- Ms Hoa:** Right. And it consists of knowing how to handle an emergency, and it's important to practise through role-playing.
- Lan:** What is the second skill, Ms Hoa?
- Lan:** (2) **D**.

- You can follow me well, Lan. Next, it's conversation skills: It is very important to develop relationships. Unfortunately, a lot of children text, and don't have many face- to- face conversations.
- Ms Hoa:** relationships. Unfortunately, a lot of children text, and don't have many face- to- face conversations.
- Lan:** In my opinion, (3) **B**.
- Ms Hoa:** We come to one of the most difficult skills- problem- solving skills: These are skills that adults also struggle with. The key is to learn the skills at an early age, try to have critical thinking.
- Lan:** (4) **E**. Anything else, Miss?
- Ms Hoa:** Finally, it's the skill to cope with failure. It can be hard to deal with, but it is part of life. Be open to advice and corrections from parents and teachers.
- Lan:** (5) **C**.
- Ms Hoa:** A child with this skill is more much more emotionally, mentally and socially prepared for adulthood.
- Lan:** Thank you so much for your information and advice.

Exercise 3: Choose the correct responses

1. Jane is talking to Sue.

Sue: Have a nice holiday!

Jane: _____

A. Same to you.

C. You're welcome.

B. Thanks for your compliment.

D. Thank you for what you've done.

2. Sue is asking Jane.

Sue: I wish you best luck in your new position.

Jane: _____

A. You too.

C. Thank you for your wish.

B. You are the best.

D. Thanks. I will not forget you.

3. Jane and Sue are talking to each other.

Jane: Hope you feel better soon.

Sue: _____

A. I see. I'll do my best.

C. You are welcome.

B. Never mind.

D. I'll take some aspirin. Thanks.

4. Jane is talking to Jack.

Jack: Hi, Jane. Happy birthday!

Jane: _____

A. How are you?

B. Thank you.

C. Do you know that?

D. You are right.

5. Rose is talking to Jane.

Rose: Happy New Year! Wishing you a great year ahead!

Jane: _____

A. I know it's true.

B. A new year comes.

C. I have some ideas about that.

D. Thanks. Hope your wishes come true.

C. READING

Exercise 1: Read the following passage and mark the letter A, B, C, or D on your answer sheet to choose the word or phrase that best fits each of the numbered blanks from 1 to 5.

① Teenagers should (1) _____ to become independent as it is a crucial part of their personal growth and development. Independence equips teenagers (2) _____ valuable life skills and prepares them for the challenges and responsibilities of adulthood. By becoming independent, teenagers learn to make their own decisions, take responsibility for their actions, and develop a sense of self-reliance. It allows them to explore their interests, pursue their goals, and shape their own identity. Independence also fosters resilience, problem-solving abilities, and critical thinking skills, (3) _____ are essential for navigating the complexities of life. (4) _____ becoming independent empowers teenagers to have a greater sense of agency, autonomy, and control over their own lives, enabling them to (5) _____ fulfilling and meaningful lives.

- | | | | |
|---------------|--------------|-------------|--------------|
| 1. A. strive | B. pay | C. have | D. get |
| 2. A. for | B. by | C. about | D. with |
| 3. A. where | B. which | C. who | D. when |
| 4. A. However | B. Therefore | C. Moreover | D. Otherwise |
| 5. A. get | B. turn | C. lead | D. head |

② When teens want to live independently, they need to develop (1) _____ skills for themselves.

First, they need to know how to do their own laundry. A good way to care for their clothes is to break things down into steps, (2) _____ sorting dirty clothes, washing, folding to storing them after they're dry.

Second, they need to be able to manage a budget. This may be not easy for those who have (3) _____ with math. There are lots of apps that can help with money management and budgets.

Third, preparing and storing food safely is (4) _____ to good health. They need to know how to plan meals in advance and how to shop for groceries. This includes buying items that will last a few days or longer. It also includes knowing which foods can't be stored for very long.

Fourth, they have to know how to get around town. Teens who plan on using public transportation should practice taking the bus. Those who drive also need to understand directions. It's also important to know when and (5) _____ to fill the gas tank and how much gas costs. Their budget should also account for motorbike care, such as repairs and oil changes.

Independent living is a serious decision. It's important that both parents and teens feel ready for this step.

(Adapted from <https://www.understood.org>)

- | | | | |
|------------------|-------------|-----------|-------------|
| 1. A. care | B. life | C. study | D. work |
| 2. A. about | B. for | C. from | D. to |
| 3. A. difficulty | B. hardship | C. lesson | D. struggle |
| 4. A. balanced | B. nutrient | C. next | D. vital |
| 5. A. what | B. who | C. where | D. which |

Bản word phát hành chính thức trên website Tailieuchuan.vn

Exercise 2: Read the following passage and mark the letter A, B, C [or D] on your answer sheet to indicate the correct answer to each of the questions from 1 to 5.

① Why Do We Use Time-Management Skills?

It is important that you develop effective strategies for managing your time to balance the conflicting demands of time for study, leisure, and work. Time-management skills are valuable not only in job-hunting, but also in many other aspects of life: from revising for examinations to working in a vacation job. Sometimes it may seem that there isn't enough time to do everything that you need to. This can lead to a **build-up** of stress. When revising for examinations, or during your final year when you have to combine the pressures of intensive study with finding time to apply for jobs, good management of your time can be particularly important. Once we have identified ways in which we can improve the management of our time, we can begin to adjust our routines and patterns of behaviour to reduce any time-related stress in our lives.

Some of these skills include setting clear goals, breaking your goals down into several steps, and reviewing your progress towards your goals.

Other skills involved include prioritising - focusing on urgent and important tasks rather than those that are trivial or don't move you towards your goals; organising your work schedule; list making to remind you of what you need to do.

1. What is the main idea of the passage?

A. Time-management skills are essential for reducing stress and achieving your goals in life.

B. Time-management skills are useful for job-hunting and exam preparation.

C. Time-management skills are different for students and workers.

D. Time-management skills are easy to learn and apply.

2. The word "**build-up**" is closest in meaning to ____.

A. increase

B. explain

C. accumulation

D. management

3. Which of the following is **NOT mentioned** as a benefit of time-management skills in the passage?

A. Balancing the conflicting demands of time for study, leisure, and work.

B. Improving your performance in examinations and job applications.

C. Enhancing your creativity and problem-solving skills.

D. Reducing any time-related stress in your lives.

4. Which of the following is an example of setting clear goals?

A. I want to get a good grade in this course.

B. I want to finish reading this chapter by tomorrow.

C. I want to learn something new every day.

D. I want to be successful in life.

5. Which of the following is an example of organising your work schedule?

A. Making a to-do list for the day.

B. Allocating a specific amount of time for each task.

C. Checking your progress and adjusting your plan as needed.

D. All of the above.

②

MANAGING TIME

Time management: two words that have me breaking out in a cold sweat. Why should I suddenly have to learn how to manage my time? Surely time had got on perfectly well for several millennia without requiring management, let alone by me. But my university tutor was adamant: time needed some managing and apparently it was up to me to do it.

First of all, let's be clear. I do have plenty of time to manage. As an arts student, I generally have 23 hours in the day that aren't given over to going to lectures. But I generally need somebody to tell me what I should be writing, so I go to lectures.

Perhaps I had "taken on too much"? I'd been elected to four committees, produced a play, applied for a part time job, hung around the college bar with my friends, and written the odd essay. But I thought I was coping well. Sure, there was the day when I did the research for an essay on the morning of deadline day and wrote it that afternoon, but that was a one off.

On second thoughts, maybe my tutor is right. It's difficult to give up what you're involved in but perhaps it's a good idea to sit back and have a **breather** once in a while. Even an arts student has to get down to some real work!

1. What was the writer's initial reaction to his tutor's ultimatum?

A. He had to admit that it was sound advice.

B. He failed to see how it could help him.

C. He had no understanding of what it meant.

D. He had tried it before so he knew it would fail.

2. What is the writer's job?

A. He's a time manager.

B. He's a lecturer.

C. He's an arts student.

D. He's a university tutor.

3. Which of the following is NOT mentioned as something he had done?

A. Producing a play

B. Getting a part time job

C. Writing an essay

D. Head of four committees

4. The writer slowly begins to realize that he should ____.

A. spend more time with his friends

B. end his obsession with leisure pursuit

C. integrate more into university life

D. apply himself to the real task in hand

5. The word "**breather**" in the passage mostly means ____.

A. an assignment

B. a machine

C. a rest

D. a passion

③

Give teens a break!

Teenage years are filled with all kinds of problems-lack of self-confidence, nagging parents, peer pressure, doing well in the exams and getting into university. Some of their problems result from the emotional and physical changes teenagers are going through.

Teenagers are extremely concerned about their appearance. So, it's no wonder they spend so much time in front of the mirror! They notice every single thing about themselves - their body changing shape, hair appearing in unlikely places, annoying spots breaking out. Teenagers are rarely happy about these changes which can affect how they feel about themselves.

Sometimes, parents hurt their teenage children's feelings by making jokes about their appearance. They also tend to pay little attention to teenage worries and think of them as being silly. Your daughter may be convinced that her nose looks awful and that plastic surgery is the only solution even though everybody else fails to notice the problem. By trying to explain that other people do not normally pay as much attention to our physical features as we do ourselves, we can help teenagers feel better about themselves and become more confident.

Teenagers also tend to avoid doing things they don't like, especially helping around the house. They are likely to try to get out of doing household chores - and certainly don't respond well to orders. The more you discuss the type of household chore your teenage son or a daughter might not mind doing, the better. He or she, for example, may be happy to go to the supermarket, but hate the idea of washing dishes.

It also works better if your children can, at least to some degree, do things in their own way and time. This might seem annoying, but if all you do is order them around, you can be sure that next time they will not

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→ Students are taught in small groups and all courses include lessons that help them build confidence and improve literacy, numeracy and skills for independence, employment and progression.

5. For whom can they arrange an expert's visit?

→ They can arrange an expert's visit for potential students, and parents (including a tour to view our facilities and discuss the course options).

D. WRITING

Write sentences about self-study, using the cues given.

1. self- study/ refer/ process/ studying/ without any help/ others

→ Self-study refers to the process of studying without any help from others.

2. it/ many advantages/ traditional learning methods

→ It has many advantages over traditional learning methods.

3. first/ when/ you/ studying/ your own/ you/ move/ your own pace

→ First, when you are studying on your own, you can move at your own pace

4. second/ you/ choose materials/ that/ at the right level/ you/ and/ that/ cover/ topics/ that/ you interested/

→ Second, you can choose materials that are at the right level for you and that cover the topics that you are interested in

5. next/ when/ you/ self-studying/ you/ often need/ solve/ problems/ your own

→ Next, when you are self-studying, you will often need to solve problems on your own.

6. this/ help you/ develop/ problem-solving skills/ and/ learn/ how/ find/ information/ you need

→ This can help you to develop problem-solving skills and learn how to find the information you need.

7. then/ learning independently/ without/ help/ a teacher/ or/ a tutor/ be/ very beneficial/ your study/ college

→ Then, learning independently without the help of a teacher or a tutor can be very beneficial for your study at college

8. however/ there/ also some disadvantages/ self-study/ which/ be/ as follows

→ However, there are also some disadvantages of self-study which are as follows.

9. firstly/ self- studying/ be/ a challenge/ if/ you/ not find/ material interesting/ or/ if/ you/ find/ difficult/ stay motivated

→ Firstly, self-studying can be a challenge if you do not find the material interesting or if you find it difficult to stay motivated.

10. secondly/ it/ be difficult/ know/ when/ you/ ready/ move on/ the next topic or level

→ Secondly, it can be difficult to know when you are ready to move on to the next topic or level.

SHORT TEST UNIT 8

Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

16. A. remove

B. cooker

C. food

D. noon

17. A. motivated

B. job

C. confident

D. responsible

18. A. measure

B. pleasure

C. decision

D. permission

Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

19. A. confident

B. motivate

C. encourage

D. teenager

20. A. identify **B. separately** C. emotional D. relationship

Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

21. The courses try to get young people to feel _____ in applying new skills in order to live independently.
A. sure **B. confident** C. excited D. interesting
22. Teens should have the ability to _____ loneliness.
A. deal **B. cope with** C. set up D. look after
23. General _____ skills are part of being independent and responsible.
A. house B. housekeeper **C. housekeeping** D. house- making
24. During our courses, you write an independent _____ plan to meet individual needs, such as self-esteem, meal planning, and financial management.
A. living B. live C. life D. lived
25. Parents can teach their teen to _____ to achieve positive outcomes.
A. affect B. succeed C. encourage **D. struggle**
26. Effective _____ skills help you break each project down into the achievable tasks.
A. time- keeping B. time- consuming **C. time- management** D. time- line
27. Their aim is to teach their son to become an(n) _____ and self- reliable adult.
A. dependent B. dependence C. independence **D. independent**
28. All students are very _____ about the changes in the coming exam.
A. well- informed B. well- known C. well- educated D. well- defined
29. I feel quite _____ about the future.
A. relaxed B. interested **C. confident** D. confidential
30. We are already two months behind _____.
A. arrangement **B. schedule** C. plan D. date

Fill in each blank in the passage with the correct word below. There are three extra word

independent	encourage	accidents	haircut
routines	try	injuries	independently

Tips on Teaching Teens How to Take Care of Their Body

In order for your teens to be happy while they live (16) **independent**, they will need to be successful at keeping their bodies healthy and clean. These life skills are taught throughout your teens' childhood and adolescence by encouraging good hygiene (17) **routines** and healthy habits. Re-enforcing or establishing these good habits will help your teens keep them healthy and happy as they continue to grow up and become young adults.

The good hygiene habits that your teens should have are to brush their teeth twice daily, shower and bathe once daily, wash hair regularly, wash hands often, brush hair at least daily and get (18) **haircut** regularly, trim nails once a week, take care of any (19) **injuries** as they happen and until they are healed, and wear clean clothes.

It is okay to let good hygiene and healthy habits slide in small intervals, but (20) **encourage** your teens to stick to the routine as much as possible. If you allow it to slide too long, they can develop a bad habit and loose the good habits you have taught them.

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

21. At last, Huong made a **determined** effort to get a scholarship so that he could have chance to study overseas.

- A. tenacious B. serious C. unresolved D. necessary

22. In spite of poverty and dreadful conditions, they still manage to keep their **self-respect**.

- A. self-reliant B. self-restraint C. self-esteem D. self-assured

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

23. The maintenance of this company is **dependent on** international investment.

- A. affective B. self-reliant C. self-restricted D. reliant

24. This reference book is **essential** material for us to prepare for the next assignment.

- A. necessary B. dispensable C. vital D. fundamental

Circle A, B, C, or D to indicate the correct response to each of the following exchanges.

25. "Could I leave a message for your manager?" – " ____ "

- A. Sure. B. Of course not. C. He's busy now. D. He's off work today.

26. "Huy hasn't finished his assignment, has he?" – " ____ "

- A. Yes, he has. He hasn't finished it yet. B. Yes, he hasn't. He's too lazy.
C. No, he has in spite of being a good student. D. No, he hasn't because of his illness.

27. "When will our factory be expanded?" – " ____ "

- A. It was expanded in 1996. B. It depends on our director's decision.
C. I didn't hear about it. D. That's good news.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to choose the word or phrase that best fits each of the numbered blanks from 28 to 32.

Coping with loneliness is a very important skill of needed independent living skills for teens (28) _____ every teen has needed it. It doesn't matter if they are going to college, starting a new (29) _____ and moving into an apartment or getting married. Leaving your childhood home and being on your own for the first time will cause some level of loneliness. Teens who know how to recognize loneliness as the temporary feeling it is, use their support system and work through their loneliness have learned a valuable life skill and they do just fine.

Those who cannot get over their loneliness may make wrong decisions about where and how to live or (30) _____ to live with.

We should recognize that being alone does not mean being lonely. Being (31) _____ with ourselves is part of having a healthy attitude. Reading, drawing, crafting and listening to music are activities that we can enjoy by ourselves without feeling lonely.

We should get involved in activities with our friends and activities we can help others. There are so many (32) _____ for us to connect with our family and friends, such as emails, letter writing, online social networking, texting and making phone calls.

33. A. because B. so C. although D. but
34. A. work B. job C. employment D. problem
35. A. when B. what C. who D. that
36. A. comfort B. comfortable C. comfortably D. uncomfortable
37. A. ways B. designs C. streets D. things

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the questions from 33 to 37.

An important part of being an adult in the USA is becoming more independent from your parents. First, make sure you are living somewhere rather than your parents' house. If your parents own the property in which you live, they will have a say in how you maintain that property. If you want to be independent and make your own decisions about how you live, you will need to obtain your own housing that is completely separate from your parents both physically and financially.

Second, generate your own income and be as financially self-sufficient as possible. One of the main challenges in becoming independent as an adult is acquiring a sufficient income to allow you to live without the financial assistance of your parents. This can be particularly difficult if you are still a university student, but it is not impossible. Seek scholarships and part-time jobs. If you are no longer a student, find employment that offers a salary that can cover your expenses. It may be necessary to obtain multiple sources of income in order to become financially self-sufficient and independent from your parents.

Next, budget your expenses carefully. When first becoming financially independent, it may be necessary to cut back on some of your expenses and strictly stick to a budget. Determine exactly what you can afford in terms of rent, food, clothing, transportation and entertainment based on your own income, create a budget. While you may experience a dip in your standard of living at first, learning how to follow a budget and be self-sufficient will help you stay independent.

Finally, avoid relying on your parents as a first resort option for help of any kind. This, in no way, means that you may never ask your parents for help again, it just means that as an independent adult, there should be other sources of support within your life that you can turn to when necessary.

33. You need to have your own accommodation so that _____.

A. your parents can't change your lifestyles and decisions

B. you have no relationship with your parents

C. your parents will have a say in how you maintain that property

D. you will be as financially self-sufficient as possible

34. All of the following statements are true about acquiring your own income **EXCEPT** that _____.

A. it allows you to become financially independent from your parents

B. you can't earn a living when you are still a university student

C. you have to look for scholarships and part-time jobs as being a student

D. sometimes you have to do several jobs in order to earn enough money

35. An important task of becoming financially independent of your parents is that _____.

A. you learn how to set a budget that increases your standard of living

B. you have to cut back on your expenses sharply all the time

C. your salary can cover your medical and legal expenses

D. you have to plan a reasonable budget and obey it strictly

36. If you want to be entirely independent as an adult, _____.

A. you have to avoid relying on your parents whenever you are in trouble

B. you should never ask your parents for help again in any way

C. your parents should not be the first people you approach for help

D. there should be other sources of support that your parents can rely on

37. The main idea of the text is _____.

A. the importance of your own accommodation in your life

B. the steps for you to follow to become independent adults

C. the budget of your expenses and its benefits

D. the instructions to make you independent all your life

Rewrite the sentences using cleft sentences focusing on the underlined parts.

46. Riding a bicycle offers so many benefits.

→ It is so many benefits that riding a bicycle offers,

47. Money management helps children to learn how to invest later.

→ It is money management that helps children to learn how to invest later.

48. Teenagers can have interactive skills with others by being good listeners.

→ It is by being good listeners that teenagers can have interactive skills with others.

49. Nam learned good manners from his parents at an early age.

→ It was Nam who learned good manners from his parents at an early age

50. Students should learn skills to write CVs and submit applications at the school- leaving age.

→ It was Nam who learned good manners from his parents at an early age

51. My parents encouraged me to go to college.

→ It was my parents who encouraged me to go to college.

52. The Mekong River provides the Mekong Delta with fertile silk.

→ It is the Mekong River that provides the Mekong Delta with fertile silk.

53. Football is considered one of the most exciting games nowadays.

→ It is football that is considered one of the most exciting games nowadays.

Write sentences about self- study, using the cues given.

What Are Pros and Cons of Self- study?

46. first/ it/ undeniable/ you/ feel/ freedom/ decide/ how/ you/ want/ make use/ time

→ First, it is undeniable that you can feel the freedom to decide how you want to make use of time.

47. with self-study/ you/ decide/ subject/ and/ mode/ learning

→ With self-study, you decide the subject and the mode of learning.

48. second/ you/ learn/ your own pace

→ Second, you can learn at your own pace.

49. in self- study sessions/ it/ give/ freedom/ students/ complete/ content/ their own comfortable pace

→ In self-study sessions, it gives the freedom for students to complete the content at their own comfortable pace.

50. however/ students/ also try/ keep up/ syllabus/ school/ and/ keep up/ average group/ class tests

→ However, students also try to keep up with the syllabus in school and keep up with the average group in class tests.

--- THE END ---