

ĐỀ MINH HỌA

Họ, tên thí sinh:..... Lớp:..... Số báo danh:

Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.

REDUCING SCREEN TIME AMONG TEENAGERS

Want to help your teen manage their screen time more effectively? These practical tips can make a big difference.

Challenges: Studies show that the average teenager spends over 7 hours a day on screens, (1) _____ their mental and physical health.

Proven Techniques:

Set screen time limits! Use apps to track screen usage and help set daily limits on screen time. Create a tech-free zone! (2) _____ your teen to leave their phone or tablet during family meals or study sessions. Engage in outdoor activities! (3) _____ being glued to the screen, you should go for a walk, bike ride, or play a sport together. Establish a bedtime routine! Make sure screens are turned off at least an hour before bed time to promote better sleep. Be a role model! Set a positive example by limiting your (4) _____ and encouraging other activities.

Key Tips:

- Set clear rules and (5) _____ them.
- Encourage hobbies and interests away from screens.
- Use parental controls wisely, (6) _____ your teen on the importance of balance.
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Question 1: A. which affects B. which affecting C. that affects D. that affecting

Question 2: A. Make B. keep C. Have D. Encourage

Question 3: A. In spite of B. Because of C. Instead of D. Together with

Question 4: A. time own screen B. own screen time C. screen time own D. own time screen

Question 5: A. apply for B. learn by C. stick to D. run into

Question 6:

A. but also educate

B. we need to educate

C. and educating

D. yet to educate

Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12

EAT YOUR WAY TO A HEALTHY LIFESTYLE

Looking to boost your health with delicious food? Our meal plans are (7) _____ for anyone looking to improve their eating habits. (8) _____ you're trying to lose weight, gain energy, or simply eat more nutritious meals, we've got you covered. Our healthy meal options include fresh, organic ingredients and are designed to meet your dietary needs. With easy-to-follow recipes, you can start eating healthy (9) _____ a few simple steps, right from your kitchen. Don't wait to feel your best! Order today (10) _____ amazing discounts on our meal plan packages. Eating healthy has never been (11) _____ and easier! (12) _____ you have to do is place your order and start enjoying nutritious meals every day.

- Question 7:** A. customary B. customizing C. customized D. customarily
Question 8: A. Regardless B. Whether C. Although D. Otherwise
Question 9: A. in just B. for just C. in all D. at all
Question 10: A. or you'll get B. or to get C. and you'll get D. and to get
Question 11: A. simpler B. or easier C. but easier D. more difficult
Question 12: A. All what B. All which C. All this D. All that

Read the following passage and mark the letter A, B, C, or D to indicate the answer to each of the question from 13 to 20.

In recent years, cybercrime has become one of the most serious challenges faced by countries across the globe. With the rapid development of technology and the expansion of internet access, criminals have found new ways to exploit systems and individuals. Cybercrimes include activities such as identity theft, online scams, hacking, spreading viruses, and even cyberbullying. These crimes can have devastating effects on individuals, businesses, and even governments.

One major form of cybercrime is **phishing**, where attackers trick people into giving out personal information, such as bank account details or passwords, by pretending to be a trustworthy source. Often, phishing emails look very convincing and can easily deceive even careful users. Another common threat is ransomware, a type of malicious software that locks a person's computer or files until a sum of money is paid. In some cases, even after payment, the victims do not get access back.

Cybercriminals are becoming more **sophisticated**. **They** often work in organized groups, using advanced tools to carry out attacks. Some countries have even accused foreign governments of engaging in cyber-espionage, which involves spying or stealing secrets from another country's institutions. These actions threaten not only financial systems but also national security.

To fight cybercrime, many governments and organizations are investing in cybersecurity—measures and technologies designed to protect systems and data from attacks. However, the battle is far from over. As technology continues to evolve, so do the methods of cybercriminals. Therefore, education and awareness are essential. People must learn how to recognize online threats, use strong passwords, and avoid clicking on suspicious links.

Cybercrime is not just a technical issue. It is a social issue that requires cooperation between countries, companies, and individuals. Only by working together can we reduce the risks and make the digital world a safer place for everyone.

Question 13: What is the main purpose of this passage?

- A. To explain the benefits of online shopping
- B. To discuss the causes and solutions of cybercrime
- C. To describe how computers work
- D. To encourage people to become hackers

Question 14: What is "**phishing**" according to the passage?

- A. A legal method of collecting online data
- B. A type of virus that destroys files
- C. A false email that steals information
- D. A government strategy to stop cybercrime

Question 15: What is the opposite of **sophisticated** as used in paragraph 3?

- A. effective B. organized C. powerful D. simple

Question 16: Which of the following is NOT mentioned as a form of cybercrime in the passage?

- A. Data breach B. Ransomware C. Cyberbullying D. Phishing

Question 17: In paragraph 3, what does the word "**they**" in "they often work in organized groups" refer to?

- A. governments B. victims C. cybercriminals D. companies

Question 18: Which sentence best restates the idea: “People must learn how to recognize online threats, use strong passwords, and avoid clicking on suspicious links.”

- A. People need training to stay safe online.
- B. Governments are fully responsible for stopping cybercrime.
- C. People should share their passwords to stay safe online.
- D. It’s impossible to stop cybercrime, so people shouldn’t worry.

Question 19: Which of the following is TRUE according to the passage?

- A. Cybercrime is no longer a threat to us
- B. Ransomware always allows access after the payment is made.
- C. Digital crime hits all levels of society.
- D. Cybercriminals only work alone and never use advanced tools.

Question 20: What is one way governments are responding to cybercrime, according to paragraph 4?

- A. Replacing police with robots
- B. Building and funding cyber protection tools
- C. Banning all suspicious websites
- D. Encouraging people to stop using the internet

Question 21: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful message.

- a. As a result, cities that embrace these aspects tend to experience higher levels of happiness and productivity among their residents.
- b. In addition, it is important for a city to have strong cultural and recreational facilities that encourage community engagement.
- c. This includes ensuring the city is safe, has reliable infrastructure, and offers access to essential services.
- d. Livable cities also promote economic development by creating job opportunities and attracting investment.
- e. The success of a livable city depends on creating a balanced environment where people can live, work, and play.

A. e – c – b – d – a

B. b – a – d – e – c

C. e – a – b – d – c

D. a – e – b – c – d

Question 22: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph

- a) B: "The coffee was so good."
- b) A: "How was it?"
- c) B: "Yes, I went last week."
- d) B: "It was great!"
- e) A: "Have you been to the new coffee shop yet?"

A. e-d-b-c-a

B. b-a-d-c-e

C. e-c-b-d-a

D. a-d-b-c-e

Question 23: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph

- a) I am writing to inform you about our upcoming meeting.
- b) Dear John,
- c) It will be held next Friday at 2 PM.
- d) Looking forward to your response.
- e) I hope you can make it, as we have important topics to discuss.

A. a-b-c-d-e

B. d-b-a-c-e

C. b-a-e-c-d

D. b-a-c-e-d

Question 24: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph

- a) Mike: "It was amazing! The plot was so unexpected."
- b) Anne: "Oh, really? How was it?"
- c) Mike: "I saw the new movie last night."

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

Question 25: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful message.

- a) TikTok has become a hub for educational content, with many users creating short videos on topics ranging from science to history.
- b) Users have the opportunity to learn in an engaging and entertaining way through these bite-sized lessons.
- c) The accessibility of the platform makes it possible for creators to share knowledge with a global audience.
- d) This has opened new doors for education, allowing learners to interact with content and share their thoughts.
- e) Consequently, TikTok is also contributing to the democratization of education worldwide.

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

Read the text below and mark the letter A, B, C, or D on your answer sheet to indicate the right word for each blank in the text from 26 to 30.

Educational institutions today increasingly rely on mass media, (26) _____ both digital and traditional forms, to enhance teaching and learning. From online platforms to televised educational programs, media provide dynamic resources that engage learners and support instructors in delivering content more effectively.

Teachers now use documentaries, podcasts, and interactive videos (27) _____ complex topics easier to understand. These tools are not only convenient but also help accommodate diverse learning styles, such as visual and auditory preferences. Schools benefit significantly from media exposure, as it raises awareness of their achievements and attracts public interest and funding.

Mass media can also be a platform (28) _____ schools share knowledge beyond the classroom. By publishing student work or broadcasting school events, institutions build stronger relationships with the community.

A key factor in maximizing media's impact is (29) _____ educators and students understand how to use it responsibly. Critical thinking and digital literacy are essential to ensure that the information received is accurate and applied effectively.

(30) _____ schools integrate media wisely that lasting educational benefits occur. When used well, mass media can enrich curriculum, inspire curiosity, and connect learners to the global world of knowledge.

Question 26:

- | | |
|-------------------------|---------------------------|
| A. including | B. that has been included |
| C. having been included | D. which includes |

Question 27: A. to make B. making C. made D. makes

Question 28: A. in which B. under which C. through which D. among which

Question 29: A. that B. what C. how D. whether

Question 30: A. That is because B. What is needed C. It is only when D. It is why

Read the following passage and mark the letter A, B, C, or D to indicate the answer to each of the question from 31 to 40.

Teenagers today face a wide range of challenges that can severely impact their health, education, and future well-being. From mental health struggles to increasing pressure from social media, these issues require immediate action from both society and policymakers. While there are many factors contributing to these problems, the urgent need for intervention cannot be overstated.

One of the most pressing issues facing adolescents is the rise in mental health problems. According to recent studies, anxiety and depression rates among teenagers have reached alarming levels. Social media platforms have **exacerbated** these issues, providing a space where young people feel the constant need to compare themselves to unrealistic standards. The pressure to fit in, coupled with cyberbullying, has created an environment that contributes to feelings of isolation and low self-esteem. **The urgent measure here is to provide better mental health resources, such as counseling services, in schools and communities.** Additionally, teaching teenagers how to manage their emotions and cope with stress is crucial for fostering resilience and positive mental health. [I]

[II] Another serious concern is the increase in substance abuse among teenagers. The accessibility of drugs and alcohol, combined with peer pressure, often leads young people to make poor decisions that can harm their physical and mental health. Schools and communities must implement programs to educate teenagers about the dangers of substance abuse and provide support for those struggling with addiction. By creating a safe and open space for dialogue, teenagers will feel more comfortable seeking help and discussing their struggles.

Furthermore, the pressure to excel academically is overwhelming for many teenagers. Academic stress, coupled with the fear of failure, can lead to burnout and long-term emotional damage. To combat this, educational systems must prioritize mental health and well-being alongside academic achievement. Reducing homework loads, offering mental health days, and promoting healthy work-life balance are vital steps in preventing burnout among students. Creating an environment where teenagers feel supported, rather than constantly stressed, will encourage better learning outcomes and overall happiness. [III]

The role of parents cannot be underestimated in tackling **these** issues. Parents should be actively involved in their children's lives, providing guidance, support, and positive reinforcement. Encouraging open communication between parents and teenagers can help foster trust and ensure that problems are addressed before they escalate. Additionally, teaching teenagers healthy coping strategies, such as mindfulness, exercise, and creative outlets, can give them the tools they need to deal with life's challenges.

In conclusion, the problems facing teenagers today are multifaceted and require a collective effort from parents, schools, and society at large. By providing better mental health resources, educating about substance abuse, reducing academic pressure, and encouraging open communication, we can help teenagers navigate these challenges and set them up for a healthier and more successful future. [IV]

Question 31: Where can the following sentence best fit in the text?

"Effective intervention requires a collective effort from all sectors of society."

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

Question 32: What is the closest synonym for the word "**exacerbated**" in paragraph 2?

- A. simplified B. ignored C. eased D. worsened

Question 33: What is the antonym of "**isolation**" in the following sentence?

"The pressure to fit in, coupled with cyberbullying, has created an environment that contributes to feelings of **isolation** and low self-esteem."

- A. loneliness' B. separation C. connection D. division

Question 34: What is one of the recommended measures to combat mental health issues among teenagers?

- A. Providing better mental health resources in schools
B. Encouraging substance use prevention programs

C. Reducing academic workloads completely

D. Banning social media

Question 35: Which of the following statements is false?

A. Social media positively impacts teenagers' self-esteem.

B. Mental health struggles among teenagers are on the rise.

C. Substance abuse is a significant issue among teenagers.

D. Schools should focus on both mental health and academic achievement.

Question 36: Which of the following best paraphrases the underlined sentence in paragraph 2?

A. Boosting mental health support with more counseling is vital.

B. There is no need to focus on counseling services for mental health in schools.

C. Counseling services should not be prioritized in addressing mental health issues.

D. Only schools, not communities, need to provide better mental health resources.

Question 37: The idea of academic pressure is mentioned in which paragraph?

A. Paragraph 4

B. Paragraph 1

C. Paragraph 3

D. Paragraph 2

Question 38: What does "these" refer to in paragraph 5?

A. Mental health problems

B. Academic stress

C. All the mentioned problems

D. Substance abuse

Question 39: What can be inferred from the text about the role of schools in addressing teenage issues?

A. Schools are key in supporting both mental health and academic success.

B. Schools should not be involved in addressing mental health concerns.

C. Schools should focus only on academic achievement.

D. Schools should increase academic stress to prepare teenagers for adulthood.

Question 40: Which of the following best summarizes the passage?

A. The effectiveness of using social media to improve teen well-being

B. The importance of increasing academic standards for teenagers

C. The urgent need for action to tackle various issues facing teenagers.

D. The role of parents in preventing substance abuse

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