

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

PERSONAL DEVELOPMENT

The term "personal development" is often connected (1) _____ activities like dieting or exercise, or perhaps learning a (2) _____. But while these things are undoubtedly important, there are other worthwhile skills (3) _____. Academic or cognitive skills such as critical thinking, memorization and creativity are important, as are social and emotional skills like friendliness, positive thinking and self-esteem. Other skills not to be neglected include self-control, (4) _____ time, and finding a (5) _____ life. The important thing is to take a "holistic approach" to personal development, meaning you should aim (6) _____ yourself as a whole person rather than focusing on the one aspect of yourself at the expense of the others.

- Question 1.** A. with B. for C. on D. in
Question 2. A. new program computer B. new computer program C. computer new program D. program new computer
Question 3. A. are overlooked B. which overlook C. overlooking D. overlooked
Question 4. A. exchanging B. managing C. avoiding D. encouraging
Question 5. A. satisfyingly B. satisfy C. satisfied D. satisfying
Question 6. A. to developing B. develop C. developing D. to develop

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

Students born in 2007 have just received the university entrance mock exam issued by the Ministry of Education. The exam, which is reportedly shorter and more difficult than previous years, has left many (7) _____ feeling anxious. The questions are mainly focused on reading comprehension and vocabulary, requiring students to (8) _____ complex words and phrases.

Teachers have acknowledged that this is a (9) _____ exam, but they believe it has the potential to accurately classify students based on their abilities. (10) _____ the increased difficulty, the exam is considered fair and capable of assessing the students' true competencies.

Despite the pressure, the (11) _____ of students sitting for the exam remains high. With a focus on reading comprehension, the exam is expected to test the (12) _____ of students' preparedness for the university entrance process.

- Question 7.** A. neither B. others C. other D. the other
Question 8. A. figure out B. look for C. take in D. give up
Question 9. A. challenging B. relaxing C. simple D. boring
Question 10. A. Instead of B. On account of C. Irrespective of D. In view of
Question 11. A. number B. amount C. quantity D. level
Question 12. A. B. C. depth D. randomness

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentence to make a meaningful paragraph/letter in each of the following questions.

Question 13.

- a. Thuy: They will have green energy and less traffic.
 b. Tuan: What does he say about them?
 c. Thuy: My brother studies how to build future eco-cities.

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

Question 14.

- a. Phong: I read an article about cities getting too crowded.
 b. Linh: But then the cities need more schools, hospitals, and clean places to live.
 c. Linh: Yes, it's hard to find space to live or even walk sometimes.

d. Phong: Urban life must improve for both the people and the environment.

e. Phong: Many people move to cities for better jobs.

A. a - d - b - e - c

B. a - b - e - c - d

C. a - b - e - d - c

D. a - c - e - b - d

Question 15.

Hi Sarah,

a. I'm really looking forward to joining the cooking class you recommended.

b. Also, I appreciate the recipe you sent me; it looks delicious!

c. However, I'm quite busy this month, so I might not be able to attend all the sessions.

d. Thanks for your help in finding that class — it sounds perfect for me.

e. Let's try to cook together sometime, that would be fun!

Write back soon.

James

A. a - b - c - d - e

B. d - a - c - b - e

C. b - d - a - c - e

D. c - a - e - b - d

Question 16.

a. In addition, consuming fast food that is high in sugar can result in dry skin and acne breakouts.

b. First of all, the high levels of unhealthy fats present in fast food contribute to weight gain and increase the risk of diseases such as heart disease and high blood pressure.

c. Fast food has become popular around the world. However, eating too much fast food causes many negative effects on health.

d. Next, fast food often lacks essential nutrients, leading to nutritional deficiencies.

e. In summary, while fast food offers convenience, it also poses significant risks including weight gain, disease, nutrient deficiencies, and skin problems.

A. c - b - d - a - e

B. c - a - b - d - e

C. b - c - d - a - e

D. c - d - a - b - e

Question 17.

a. However, this rapid development has also brought challenges, including environmental and traffic concerns.

b. Over the last few years, Greenfield has seen remarkable growth in its infrastructure and population.

c. The transformation has led to new residential areas, schools, and parks, significantly improving the quality of life for residents.

d. Also, this growth has attracted various businesses, ranging from cafes to tech startups, fostering a vibrant local economy.

e. For example, Greenfield still faces issues such as a lack of public transportation options.

A. b - c - d - e - a

B. b - c - d - a - e

C. b - d - e - c - a

D. a - b - c - d - e

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the following numbered blanks from 18 to 22.

TIPPING IN JAPAN AND THE UNITED STATES

Tipping is handled very differently in Japan and the United States, which can confuse visitors. In Japan, tipping is not part of the culture. When receiving good service, (18) _____. The service given is considered part of the job, so no tip is expected. (19) _____. In some places, it may even be seen as rude. For people not used to this custom, avoiding tipping in Japan is important to show respect for the culture.

In the United States, tipping is a normal part of the service industry. (20) _____, using a taxi, or staying at a hotel, leaving a tip is expected. Tipping, which is usually between 15% and 20%, is a way for workers to make extra income. Service workers often rely on tips to earn a living. (21) _____ where it is common may upset the staff or cause confusion.

Understanding these differences helps visitors avoid mistakes and shows that they respect local customs. By following the tipping practices in Japan and the United States, (22) _____.

Question 18.

A. people do not leave extra money

B. people leave extra money to show respect

C. tips are always appreciated

D. people leave a small gift

Question 19.

A. In addition, people offer large tips to impress people around them

- B. In fact, tipping could make the staff feel awkward or uncomfortable
- C. However, tipping is an important part of the job
- D. Therefore, the fewer tips are given, the better the service is offered

Question 20.

- A. After finishing a meal
- B. When receiving poor service
- C. When eating at a restaurant
- D. Before paying the bill

Question 21.

- A. Tipping too little
- B. Not tipping in situations
- C. Offering no tip
- D. Forgetting to ask for the bill

Question 22.

- A. travelers can ensure a more positive experience during their stay in each country
- B. travelers can feel more at ease knowing how much to tip in different situations
- C. service workers will be fairly compensated by receiving appropriate tips
- D. visitors can avoid unnecessary expenses while respecting local customs

Read the following passage about green living and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Green living refers to a lifestyle that promotes sustainability and environmental consciousness. This way of life encourages individuals to make choices that reduce their carbon footprint and conserve natural resources. Practices such as recycling, using renewable energy sources, and reducing waste are fundamental aspects of green living. By adopting these practices, individuals can contribute to the preservation of the environment and promote a healthier planet for future generations.

One significant component of green living is the use of **renewable** energy sources. Solar, wind, and hydroelectric power are examples of renewable energy that can replace fossil fuels. Using renewable energy reduces greenhouse gas emissions and dependence on non-renewable resources. Additionally, renewable energy sources are often more sustainable and have less impact on the environment.

Another important aspect of green living is sustainable consumption. This involves choosing products that are environmentally friendly and responsibly sourced. For example, buying locally produced food reduces the carbon footprint associated with transportation. Moreover, opting for products made from recycled materials helps **conserve** resources and reduce waste.

Green living also emphasizes the importance of conserving water and energy. Simple actions such as turning off lights when not in use, fixing leaks, and using energy-efficient appliances can significantly reduce energy and water consumption. These practices not only benefit the environment but also save money on utility bills.

Education and awareness play a crucial role in promoting green living. By educating individuals about the benefits of sustainable practices and how to implement **them**, communities can foster a culture of environmental responsibility. Awareness campaigns, workshops, and educational programs are effective ways to encourage people to adopt green living practices.

Question 23. Which of the following is NOT mentioned as a practice of green living?

- A. Recycling
- B. Using renewable energy
- C. Reducing waste
- D. Driving more

Question 24. The word "renewable" in paragraph 2 is CLOSEST in meaning to _____.

- A. finite
- B. endless
- C. temporary
- D. limited

Question 25. The word "them" in paragraph 5 refers to _____.

- A. sustainable practices
- B. non-renewable resources
- C. renewable energy sources
- D. greenhouse gas emissions

Question 26. The word "conserve" in paragraph 3 could be best replaced by _____.

- A. save
- B. waste
- C. deplete
- D. increase

Question 27. Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Conserving water and energy is not important.
- B. Simple actions can lead to significant reductions in consumption.
- C. Turning off lights has no impact on energy consumption.

D. Fixing leaks is the only way to conserve water.

Question 28. Which of the following is TRUE according to the passage?

- A. Renewable energy sources are less sustainable than fossil fuels.
- B. Sustainable consumption involves choosing environmentally friendly products.
- C. Green living does not emphasize water conservation.
- D. Education has no role in promoting green living.

Question 29. In which paragraph does the writer mention the economic benefits of green living practices?

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

Question 30. In which paragraph does the writer explore the role of education in green living?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 5

Read the following passage about the impact of social media on mental health and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

[I] In recent years, social media platforms have become a central part of daily life, offering users countless ways to connect, share, and communicate. [II] While these platforms offer many advantages, experts have noted rising concerns about their effects on mental health. [III] Studies reveal that excessive social media use can contribute to feelings of anxiety, depression, and loneliness, despite its intention to promote connection and social interaction (Twenge & Campbell, 2019). [IV]

A primary reason for these mental health concerns is the tendency for social media users to compare themselves to others. Platforms like Instagram and Facebook often highlight idealized lifestyles, leading users to feel inadequate about their own lives. Additionally, the constant notifications and messages contribute to a **"fear of missing out,"** or FOMO, which keeps individuals in a cycle of checking their phones, often reducing the quality of sleep and overall well-being.

There is also a growing body of research suggesting a link between social media use and decreased attention spans. When users frequently switch between apps and notifications, **their** ability to focus for extended periods may diminish (Rosen, 2019). This shift in attention can interfere with productivity, especially in academic and professional settings, where sustained focus is essential.

Addressing these challenges requires a multi-faceted approach. Some mental health professionals suggest limiting screen time and setting boundaries, such as "device-free" hours before bedtime. Others recommend engaging in offline activities, like reading or exercising, to reduce dependence on social media and build healthier habits. According to psychologists, such strategies can **enhance** mental resilience and allow for more meaningful, balanced relationships (Robinson & Smith, 2020).

Question 31. Where in paragraph 1 does the following sentence best fit?

"Young people are particularly affected due to their high engagement with these platforms."

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

Question 32. The phrase "fear of missing out" in paragraph 2 could be best replaced by _____.

- A. longing to interact
- B. desire to know
- C. worry of exclusion
- D. aim of satisfaction

Question 33. The word "their" in paragraph 3 refers to _____.

- A. users
- B. researchers
- C. notifications
- D. professionals

Question 34. According to paragraph 2, which of the following is NOT an effect of social media on mental health?

- A. improved self-esteem
- B. increased anxiety
- C. fear of missing out
- D. sleep disruption

Question 35. Which of the following best summarizes paragraph 3?

- A. Social media contributes to concentration issues that affect users' academic achievements.
- B. Notifications and app-switching harm the focus needed in professional environments.
- C. Frequent notifications on social media can decrease users' attention spans and productivity.
- D. Distractions from social media only affect students' performance negatively.

Question 36. The word "enhance" in paragraph 4 is OPPOSITE in meaning to _____.

- A. diminish
- B. reinforce
- C. intensify
- D. appreciate

Question 37. Which of the following is TRUE according to the passage?

- A. Notifications have a minor impact on users' attention spans.
- B. Offline activities can help improve mental health by limiting social media use.

C. Social media's primary effect is fostering productivity and interaction.

D. Screen time restrictions are not necessary for mental health.

Question 38. Which of the following best paraphrases the underlined sentence in paragraph 4?

A. A balanced approach is required to mitigate the harmful impacts of social media.

B. Mental health professionals are solely responsible for regulating social media use.

C. With consistent screen time, individuals can build healthier online habits.

D. Dependence on social media requires a combination of therapeutic techniques.

Question 39. Which of the following can be inferred from the passage?

A. Social media platforms generally have a positive influence on young users.

B. Social media-related anxiety is often temporary and not very impactful.

C. Balanced social media usage, along with offline activities, can reduce stress.

D. FOMO and lack of attention are uncommon issues among young users.

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

A. Social media, despite its benefits, presents mental health risks like anxiety and distraction, particularly among young users, and managing screen time can mitigate these effects.

B. The use of social media helps improve relationships and communication but reduces the attention spans of its users.

C. Social media is harmful to all users, causing loneliness and detachment, and must be restricted in all settings.

D. Platforms like Instagram and Facebook serve as effective tools for social bonding, minimizing the effects of anxiety and low self-esteem.

----- THE END -----

ĐÁP ÁN VÀ LỜI GIẢI CHI TIẾT

Câu	Đáp án	Câu	Đáp án	Câu	Đáp án	Câu	Đáp án
1	A	11	A	21	B	31	C
2	B	12	C	22	A	32	C
3	D	13	A	23	D	33	A
4	B	14	D	24	B	34	A
5	D	15	B	25	A	35	C
6	D	16	A	26	A	36	A
7	B	17	B	27	B	37	B
8	A	18	A	28	B	38	A
9	A	19	B	29	D	39	C
10	C	20	C	30	D	40	A

I. PERSONAL DEVELOPMENT (CÂU 1–6)

Câu 1. Đáp án A – with

- Cụm cố định: be connected with something = có liên quan đến điều gì.
- Câu đúng: 'personal development is often connected with activities...'. Các giới từ khác không đi với connected theo nghĩa này.

Câu 2. Đáp án B – new computer program

- Trật tự từ đúng: tính từ new + danh từ bỏ nghĩa computer + danh từ chính program.
- 'a new computer program' = một chương trình máy tính mới.

Câu 3. Đáp án D – overlooked

- Đây là cụm rút gọn bị động: skills overlooked = những kỹ năng bị bỏ qua.
- skills nhận hành động 'overlook', nên dùng V3/ed.

Câu 4. Đáp án B – managing

- Cụm song song sau include: self-control, managing time, and finding a satisfying life.

- manage time = quản lý thời gian.

Câu 5. Đáp án D – satisfying

- Chỗ trống bổ nghĩa cho danh từ life nên cần tính từ.
- satisfying = đem lại sự thỏa mãn; satisfied thường dùng cho cảm xúc của người.

Câu 6. Đáp án D – to develop

- Cấu trúc: aim to do something = hướng tới làm gì.
- Vì vậy dùng to develop.

II. UNIVERSITY ENTRANCE MOCK EXAM (CÂU 7–12)

Câu 7. Đáp án B – others

- many others = nhiều người khác; others là đại từ dùng khi danh từ đã được hiểu ngầm từ ngữ cảnh.
- other phải đứng trước danh từ; the other chỉ phần còn lại xác định.

Câu 8. Đáp án A – figure out

- figure out = hiểu ra/tìm ra nghĩa, phù hợp với complex words and phrases.
- look for = tìm kiếm; take in = tiếp thu; give up = từ bỏ.

Câu 9. Đáp án A – challenging

- Đề được mô tả ngắn hơn nhưng khó hơn, nên challenging = đầy thử thách là phù hợp nhất.

Câu 10. Đáp án C – Irrespective of

- Irrespective of = bất kể. Câu mang ý nhượng bộ: dù độ khó tăng, đề vẫn được coi là công bằng.
- On account of = bởi vì; Instead of = thay vì; In view of = xét đến.

Câu 11. Đáp án A – number

- Cấu trúc: the number of + danh từ đếm được số nhiều.
- students là danh từ đếm được số nhiều.

Câu 12. Đáp án C – depth

- the depth of students' preparedness = mức độ sâu/kỹ của sự chuẩn bị.
- Các lựa chọn còn lại không hợp nghĩa trong ngữ cảnh đánh giá mức độ chuẩn bị.

III. SẮP XẾP HỘI THOẠI / ĐOẠN VĂN (CÂU 13–17)

Câu 13. Đáp án A – c – b – a

- c mở hội thoại bằng việc giới thiệu eco-cities; b hỏi 'What does he say about them?'; a trả lời về green energy và traffic.
- Trình tự: c → b → a.

Câu 14. Đáp án D – a – c – e – b – d

- a mở chủ đề thành phố đông đúc; c phản hồi về thiếu không gian; e nêu nguyên nhân nhiều người chuyển đến thành phố; b nêu nhu cầu thêm dịch vụ; d kết luận cần cải thiện đời sống đô thị.

Câu 15. Đáp án B – d – a – c – b – e

- d mở thư bằng lời cảm ơn; a nói mong chờ lớp học; c dùng However nêu trở ngại; b dùng Also cảm ơn công thức; e là lời đề nghị thân mật cuối thư.

Câu 16. Đáp án A – c – b – d – a – e

- c là câu chủ đề; b mở ý 1 bằng First of all; d tiếp ý bằng Next; a bổ sung bằng In addition; e kết bằng In summary.

Câu 17. Đáp án B – b – c – d – a – e

- b mở bằng sự tăng trưởng của Greenfield; c và d nêu các lợi ích; a dùng However chuyển sang thách thức; e dùng For example minh họa thách thức giao thông.

IV. TIPPING IN JAPAN AND THE UNITED STATES (CÂU 18–22)

Câu 18. Đáp án A

- Ở Nhật, tipping không thuộc văn hóa và không được mong đợi, nên người ta không để thêm tiền khi được phục vụ tốt.

Câu 19. Đáp án B

- Câu sau nói tipping thậm chí có thể bị coi là thô lỗ; vì vậy ‘could make the staff feel awkward or uncomfortable’ là phù hợp.

Câu 20. Đáp án C

- Cấu trúc liệt kê song song: When eating at a restaurant, using a taxi, or staying at a hotel...

Câu 21. Đáp án B

- Câu hoàn chỉnh: Not tipping in situations where it is common may upset the staff or cause confusion.

Câu 22. Đáp án A

- Tuân theo tập quán tipping ở mỗi nước giúp khách tránh sai lầm và có trải nghiệm tích cực hơn. A bao quát nhất.

V. GREEN LIVING (CÂU 23–30)

Câu 23. Đáp án D – Driving more

- Đoạn 1 nêu recycling, renewable energy, reducing waste. Driving more không được nêu và cũng không phải thực hành sống xanh.

Câu 24. Đáp án B – endless

- renewable = có thể tái tạo; trong các phương án, endless gần nghĩa nhất.
- finite/limited mang nghĩa giới hạn, gần trái nghĩa.

Câu 25. Đáp án A – sustainable practices

- Trong ‘benefits of sustainable practices and how to implement them’, them thay cho sustainable practices.

Câu 26. Đáp án A – save

- conserve = bảo tồn/tiết kiệm; save gần nghĩa nhất.

Câu 27. Đáp án B

- Câu gốc nêu các hành động đơn giản có thể giảm đáng kể mức tiêu thụ nước và năng lượng. B diễn đạt tương đương.

Câu 28. Đáp án B

- Đoạn 3 định nghĩa sustainable consumption là chọn sản phẩm thân thiện với môi trường và có nguồn gốc có trách nhiệm.

Câu 29. Đáp án D – Paragraph 4

- Đoạn 4 nói các biện pháp tiết kiệm nước và điện còn ‘save money on utility bills’, tức lợi ích kinh tế.

Câu 30. Đáp án D – Paragraph 5

- Đoạn 5 tập trung vào Education and awareness và các chiến dịch, hội thảo, chương trình giáo dục.

VI. SOCIAL MEDIA AND MENTAL HEALTH (CÂU 31–40)

Câu 31. Đáp án C – [III]

- Sau câu nêu mối lo về tác động sức khỏe tâm thần, câu về người trẻ là câu nối hợp lý trước khi đưa bằng chứng cụ thể về anxiety, depression, loneliness.

Câu 32. Đáp án C – worry of exclusion

- FOMO = fear of missing out = lo bị bỏ lỡ/bị đứng ngoài các trải nghiệm xã hội; worry of exclusion gần nghĩa nhất.

Câu 33. Đáp án A – users

- Câu ‘When users frequently switch..., their ability...’ cho thấy their thay cho users.

Câu 34. Đáp án A – improved self-esteem

- Đoạn 2 nêu cảm giác inadequate, FOMO và giảm chất lượng giấc ngủ. Improved self-esteem không phải tác động được nêu.

Câu 35. Đáp án C

- Đoạn 3 nói việc chuyển liên tục giữa app/thông báo làm giảm attention span và ảnh hưởng productivity. C bao quát cả hai ý.

Câu 36. Đáp án A – diminish

- enhance = nâng cao/cải thiện; trái nghĩa là diminish = làm giảm.

Câu 37. Đáp án B

- Đoạn 4 khuyên đọc sách, tập thể dục và các hoạt động offline để giảm phụ thuộc vào mạng xã hội và xây dựng thói quen lành mạnh.

Câu 38. Đáp án A

- multi-faceted approach = cách tiếp cận nhiều mặt/cân bằng gồm nhiều biện pháp. A diễn đạt gần nhất.

Câu 39. Đáp án C

- Có thể suy ra việc dùng mạng xã hội cân bằng kết hợp hoạt động offline giúp giảm tác động tiêu cực và căng thẳng.

Câu 40. Đáp án A

- A bao quát toàn bài: mạng xã hội có lợi nhưng gây rủi ro như anxiety, distraction, đặc biệt ở người trẻ; quản lý screen time và thói quen có thể giảm tác động.