UNIT 8. BECOMING INDEPENDENT

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
1.	achieve	(v)	/əˈʧi:v/	đạt được
2.	apply	(v)	/əˈplaɪ/	áp dụng
3.	combine	(v)	/kəmˈbaɪn/	kết hợp
4.	convince	(v)	/kənˈvɪns/	thuyết phục
5.	fold	(v)	/fəʊld/	gập, gấp
6.	force	(v)	/fɔ:s/	ép buộc
7.	identify	(v)	/aɪˈdentɪfaɪ/	nhận dạng
8.	influence	(v)	/ˈɪnfluəns/	ảnh hưởng
9.	install	(v)	/ɪnˈstɔ:l/	cài đặt
10.	iron	(v)	/aɪən/	là (quần áo)
11.	manage	(v)	/ˈmænɪʤ/	quản lý
12.	measure	(v)	/ˈmeʒə/	đo
13.	place	(v)	/pleɪs/	đặt, để
14.	remove	(v)	/rɪˈmu:v/	lấy ra, loại bỏ
15.	rinse	(v)	/rɪns/	vo (gạo)
16.	schedule	(v/n)	/ˈʃedju:l/	lên thời gian biểu/ thời gian biểu
17.	sort	(v)	/sɔ:t/	phân loại
18.	store	(v)	/stɔ:/	cất
19.	characteristic	(n)	/ˌkærəktəˈrɪstɪk/	tính cách, đặc điểm
20.	decision-maker	(n)	/dɪˈsɪʒᵊn/-/ˈmeɪkə/	người ra quyết định
21.	dryer	(n)	/ˈdraɪə/	máy sấy
22.	learner	(n)	/ˈlɜ:nə/	người học
23.	pressure	(n)	/ˈpreʃə/	áp lực
24.	self-study	(n)	/self/-/ˈstʌdi/	tự học
25.	challenging	(adj)	/ˈʧælɪnʤɪŋ/	đầy thách thức
26.	curious	(adj)	/ˈkjʊə.ri.əs/	tò mò
27.	organised	(adj)	/ˈɔ:gənaɪzd/	kỷ luật, gọn gàng
28.	reliable	(adj)	/rɪˈlaɪəbᵊl/	đáng tin cậy
29.	required	(adj)	/rɪˈkwaɪəd/	bắt buộc
30.	self-motivated	(adj)	/self/-/ˈməʊtɪveɪtɪd/	tự giác, có động lực

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
31.	deal with	(vp)	/di:l/ /wɪð/	đương đầu, đối phó
32.	get around	(vp)	/get/ /əˈraʊnd/	đi lại, di chuyển
33.	come up with	(vp)	/kʌm/ /ʌp/ /wɪð/	nghĩ ra
34.	carry out	(vp)	/ˈkæri/ /aʊt/	tiến hành
35.	give up	(vp)	/gɪv/ /ʌp/	từ bỏ
36.	make use of	(vp)	/meɪk/ /ju:z/ /ɒv/	tận dụng
37.	do babysitting	(v-n)	/du:/ /ˈbeɪbɪsɪtɪŋ/	trông trẻ
38.	do chores	(v-n)	/du:/ /ʧɔ:z/	làm việc nhà

39.	do laundry	(v-n)	/du:/ /ˈlɔ:ndri/	giặt quần áo
40.	do part-time jobs	(phrase)	/du:/ /pɑ:t/-/taɪm/ /ʤɒbz/	làm công việc bán thời gian
41.	earn sb's trust	(phrase)	/ɜ:n/ /trʌst/	lấy được niềm tin từ ai
42.	get into the habit of	(phrase)	/get/ /ˈɪntu:/ /ðə/ /ˈhæbɪt/ /ɒv/	tạo thói quen
43.	make an effort	(phrase)	/meɪk/ /ˈefət/	nỗ lực
44.	load the washing machine	(phrase)	/ləʊd/ /ðə/ /ˈwɒʃɪŋ/ /məˈʃi:n/	cho quần áo vào máy giặt
45.	pay sb for	(phrase)	/peɪ/ /fɔ:/	trả tiền cho ai đó
46.	set goals	(v-n)	/set/ /gəʊlz/	đặt mục tiêu
47.	take responsibility for	(phrase)	/teɪk/ /rɪˌspɒnsɪˈbɪləti/ /fɔ:/	chịu trách nhiệm về
48.	decision-making skill	(np)	/dɪˈsɪʒən/-/ˈmeɪkɪŋ/ /skɪl/	kỹ năng ra quyết định
49.	dog walking	(np)	/dɒg/ /ˈwɔ:kɪŋ/	dắt chó đi dạo
50.	extracurricular activity	(adj-n)	/ˌekstrəkəˈrɪkjʊlər/ /ækˈtɪvəti/	hoạt động ngoại khóa
51.	food bank	(np)	/fu:d/ /bæŋk/	ngân hàng thực phẩm
52.	learning goal	(np)	/ˈlɜ:nɪŋ/ /gəʊl/	mục tiêu học tập
53.	life skill	(np)	/laɪf/ /skɪl/	kỹ năng sống
54.	old people's home	(np)	/əʊld/ /ˈpi:plz/ /həʊm/	viện dưỡng lão
55.	out and about	(phrase)	/aʊt/ /ænd/ /əˈbaʊt/	ra ngoài, ra khỏi nhà
56.	pocket money	(np)	/ˈpɒkɪt/ /ˈmʌni/	tiền tiêu vặt
57.	presentation skill	(np)	/ˌprezᵊnˈteɪʃᵊn/ /skɪl/	kĩ năng thuyết trình
58.	rice cooker	(np)	/raɪs/ /ˈkʊkə/	nồi cơm điện
59.	sense of responsibility	(phrase)	/sens/ /ɒv/ /rɪˌspɒnsɪˈbɪləti/	tinh thần trách nhiệm
60.	time/ money management	(np)	/taɪm/ / /ˈmʌni/ /ˈmænɪʤmənt/	quản lý thời gian/ tiền
61.	to-do list	(phrase)	/təˈdu:/ /lɪst/	danh sách những việc cần làm
62.	university admission	(np)	/ˌju:nɪˈvɜ:səti/ /ədˈmɪʃᵊn/	việc nhập học đại học
63.	work experience	(np)	/wɜ:k/ /ɪkˈspɪəriəns/	kinh nghiệm làm việc

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
64.	confidence	(n)	/ˈkɒnfɪdᵊns/	sự tự tin
65.	confident	(adj)	/ˈkɒnfɪdᵊnt/	tự tin
66.	free	(adj)	/ˈfri: /	tự do
67.	freedom	(n)	/ˈfri:.dəm/	sự tự do
68.	independence	(n)	/ˌɪndɪˈpendəns/	sự tự lập
69.	dependent	(adj)	/dɪˈpendənt/	phụ thuộc
70.	independent	(adj)	/ˌɪndɪˈpendənt/	tự lập
71.	motivate	(v)	/ˈməʊtɪveɪt/	động viên
72.	motivated	(adj)	/ˈməʊtɪveɪtɪd/	cảm thấy có động lực
73.	motivation	(n)	/ˌməʊtɪˈveɪʃᵊn/	động lực
74.	responsibility	(n)	/rɪˌspɒnsɪˈbɪləti/	trách nhiệm

75.	responsible	(adj)	/rɪˈspɒnsəbəl/	có trách nhiệm
76.	separate	(v)	/ˈsepəreɪt/	tách riêng
77.	separate	(adj)	/ˈsep.ər.ət/	riêng biệt
78.	separately	(adv)	/ˈsep.ər.ət.li/	một cách riêng biệt

II. PRONUNCIATION

TÔNG GIỌNG TRONG LỜI MỜI, LỜI GỢI Ý VÀ CÂU YÊU CẦU LỊCH SỰ

Trong lời mời, lời gợi ý và câu yêu cầu lịch sự, thông thường ta sẽ xuống giọng ở đầu câu và lên giọng ở cuối câu để khiến lời mời, yêu cầu, gợi ý trở nên thân thiện và lịch sự.

Ví dụ:

Invitations Lời mời	Would you like some cookies? ↗ Would you like to get around by public transport tomorrow? ↗
Suggestions Lời gợi ý	Why don't we go to the cinema this weekend? Shall we clean the house together? ↗
Polite requests Yêu cầu lịch sự	Can I borrow your book? ↗ Could you please tell me how to manage my time effectively? ↗

III. GRAMMAR

CÂU CHẺ VỚI IT IS/ WAS... THAT/ WHO

- Câu chẻ được dùng để nhấn mạnh một thành phần nhất định của câu và ý ta muốn nói.
- Chúng ta đặt thông tin cần nhấn mạnh sau **It** còn phần còn lại được đặt trong mệnh đề quan hệ với các đại từ quan hệ ví dụ như **that/ who**

Cấu trúc:

It is/ was S1 + V1 that/ who/... + S2 + V2

Ví dụ: Linh gave me a beautiful dress at my birthday party last week.

	Cấu trúc	Ví dụ
Nhấn mạnh chủ ngữ	- It + is/ was + chủ ngữ (chỉ người) + who/ that + V - It + is/ was + chủ ngữ (chỉ vật) + that + V	**It was Linh who/ that** gave me a beautiful dress at my birthday party last week. **Chính Linh** đã tặng tôi một chiếc váy đẹp trong bữa tiệc sinh nhật tuần trước. (nhấn mạnh Linh)
Nhấn mạnh tân ngữ	- It is/ was + tân ngữ (chỉ người) + that/ whom + S + V - It is/ was + tân ngữ (tên danh từ riêng) + that + S + V - It is/ was + tân ngữ (chỉ vật) + that + S + V	**It was a beautiful dress that** Linh gave me at my birthday party last week. **Đó là chiếc váy đẹp mà** Linh tặng tôi trong bữa tiệc sinh nhật tuần trước. (nhấn mạnh a beautiful dress)
Nhấn mạnh trạng ngữ (chỉ thời gian, nơi chốn)	It + is/ was + từ/ cụm từ chỉ trạng ngữ + that + S + V + O	**It was last week that** Linh gave me a beautiful dress at my birthday party. **Đó là chính vào tuần trước** Linh đã tặng tôi một chiếc váy đẹp trong bữa tiệc sinh nhật của tôi. (nhấn mạnh last week) **It was at my birthday party** that Lisa gave me a beautiful dress last week. **Đó chính là trong bữa tiệc sinh nhật của tôi**, Lisa đã tặng tôi một chiếc váy đẹp vào tuần trước. (nhấn mạnh at my birthday party)

B. THỰC HÀNH

I. PRONUNCIATION

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. convince	B. rice	C. decision	D. babysitting
2. A. required	B. remove	C. dependent	D. pressure
3. A. effort	B. organized	C. store	D. sort
4. A. identify	B. apply	C. laundry	D. dryer
5. A. separate	B. motivated	C. place	D. manage
6. A. chore	B. characteristic	C. achieve	D. challenging
7. A. rinse	B. habit	C. reliable	D. university
8. A. install	B. measure	C. self-study	D. set
9. A. schedule	B. sense	C. pocket	D. presentation
10. A. maker	B. separately	C. admission	D. apply

Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

1. A. convince	B. manage	C. install	D. remove
2. A. money	B. study	C. walking	D. review
3. A. learner	B. curious	C. achieve	D. laundry
4. A. decision	B. confident	C. challenging	D. organised
5. A. required	B. motivate	C. dependent	D. admission
6. A. measure	B. habit	C. cooker	D. machine
7. A. around	B. pressure	C. effort	D. freedom
8. A. responsible	B. activity	C. university	D. identify
9. A. management	B. reliable	C. motivated	D. babysitting
10. A. responsibility	B. extracurricular	C. characteristic	D. independence

II. VOCABULARY

Task 1. Match the words/phrases on the left with their meanings on the right.

1. independence	a. the ability to make choices effectively
2. self-motivated	b. the quality of being certain of your abilities
3. trust	c. the ability to live your life without being helped or influenced by others
4. self-study	d. the skill that is essential and useful for daily living
5. life skill	e. to be able and willing to work without being told what to do
6. decision-making skills	f. the act of controlling or organising something, like time or resources
7. confidence	g. the process of learning something without the support from teachers
8. management	h. the belief that someone is good and honest or that something is safe and reliable

Task 2. Complete each sentence with a suitable word/ phrase from Task 1.

1. She is a _____ student who sets her own study goals and work towards them without pressure.
2. _____ is an effective way to explore topics that interest you outside of the classroom and learn at your own pace.
3. Learning how to do chores is a valuable _____ that prepays you for an independent life.
4. Developing good _____ involves considering the pros and cons of your choices before making a decision.
5. Effective time _____ is crucial for students, as it helps them balance between their studies and other activities.

6. Learning to cook simple meals is an important step toward gaining _____ in your daily life.
7. Public speaking may be challenging, but with practice, you can increase your _____ and improve your communication skills.
8. To earn your teacher's _____, it's essential to complete your assignments on time and follow classroom rules.

Task 3. Match the words on the left with their meanings on the right.

1. deal with	a. to think of or suggest an idea or plan
2. get around	b. to do or complete something
3. give up	c. to take action to solve a problem
4. carry out	d. to go to different places
5. come up with	e. to use something for a specific purpose or benefit
6. make use of	f. to stop doing something usually because of difficulty

Task 4. Complete each sentence with a suitable phrase from Task 3.

1. When facing challenges, it is essential to stay calm and _____ solutions to the problems.
2. Students can _____ online resources and educational apps to improve their learning results.
3. To become independent of parents, teenagers can _____ by walking, biking and using public transport.
4. You must learn how to _____ unexpected challenges that may arise along the way to be more mature.
5. The key to success is to never _____ even when things get difficult.
6. Independence means being able to _____ tasks and responsibilities without guidance from others.

Task 5. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Developing good time management skills can help you _____ your tasks effectively.
A. store B. sort C. combine D. manage
2. By _____ clear goals, you can work towards achieving your dreams and becoming more independent.
A. placing B. influencing C. setting D. putting
3. A strong sense of independence can enable you to make important decisions with less _____.
A. motivation B. pressure C. freedom D. confidence
4. Sarah _____ her parents that she was responsible enough to stay at home alone.
A. forced B. influenced C. convinced D. identified
5. Becoming more independent often involves identifying goals and staying _____ to achieve them.
A. motivated B. organised C. reliable D. curious
6. _____ allows individuals to gain knowledge independently, often outside of a traditional classroom.
A. Self-study B. Trust C. Money management D. Responsibility
7. Becoming financially independent means being _____ for your money and spending it wisely.
A. confident B. dependent C. organised D. responsible
8. When doing the laundry, it's essential to _____ your clothes by colour before loading the washing machine.
A. fold B. sort C. store D. measure

Task 6. Choose the correct word to complete each sentence.

1. My mother gets into the habit of **removing / ironing** her clothes before storing them in the wardrobe.
2. I save my **pocket money / food bank** to buy things I really want, which teaches me the value of money.
3. My current learning goal is to improve my **presentation / decision-marker** skills for university admission interviews.
4. When cooking rice, the first step you need to do is to **rinse / measure** the rice to make it clean.
5. I'll **pay / place** you for dog walking while I'm away on vacation.
6. My **schedule time / to-do list** for today includes cleaning the bathroom and doing the laundry.

Task 7. Complete each sentence using the correct form of the word in brackets.

1. He felt _____ in his ability to complete all the chores well. (CONFIDENCE)
2. She sorted her clothes by colour, then washed her whites and colours _____ to avoid colour bleeding. (SEPARATE)
3. One of the greatest joys of adulthood is the _____ to make your own choices. (FREELY)
4. _____ plays a crucial role in your life, as it encourages you to achieve your goals. (MOTIVATE)
5. Children are often _____ on their parents for basic needs like food and accommodation. (INDEPENDENCE)

III. GRAMMAR

Task 1. Choose the correct answer to complete each sentence.

1. **It wasn't my brother / My brother didn't** who helped me hang the wet clothes to dry yesterday.
2. **It is the dryer / The dryer** is very convenient for quickly drying clothes, especially during the rainy season.
3. **It was at local hospitals / At local hospitals** that teenagers can volunteer to improve social skills and contribute to the community.
4. **It was doing my chores / Doing the chores** on my own helps me earn my parents' trust.
5. **At the food bank / It was at the food bank** that he worked to develop a sense of responsibility and support the community.
6. **It was through self-study / Through self-study** that she gained the knowledge and skills needed for the exam.
7. **It was Trang who / Trang volunteered** to teach English to poor children in her town last summer.
8. **It was last month / Last month** that Phong signed up for a course in life skills.

Task 2. Rewrite the sentences using cleft sentences focusing on the underlined parts.

1. <u>Mai</u> does babysitting as a part-time job to earn some money.

_____

2. My club did some volunteer work in an old people's home <u>last week</u>.

_____

3. I installed the <u>money-time management app</u> on my phone to learn how to spend money wisely.

_____

4. I usually take part in extracurricular activities <u>after school</u> to improve social skills.

_____

5. <u>My time management skills</u> enabled me to balance between my studies and my part- time job.

_____

6. <u>My mother</u> taught me about steps in cooking rice in a rice cooker.

_____

7. She worked part-time as a shop assistant <u>at a clothes store</u> last summer.

_____

8. Essential life skills prepare individuals for an independent life in adulthood.

Task 3. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. It is doing babysitting as a part-time job where helps students earn some pocket money.
   A. is B. as C. where D. earn
2. It is Tuan who got around by riding a bike with me yesterday.
   A. is B. got C. riding D. with
3. It is at the sports club that we usually play judo as an extracurricular activity.
   A. is B. that C. play D. extracurricular
4. It was yesterday when my teacher gave a presentation on how to develop decision- making skills.
   A. was B. when C. gave D. how
5. It is working part-time that allows you gain some work experience and improve social skills.
   A. is B. that C. gain D. experience

IV. READING

Task 1. Read the following passage and mark the letter A, B, C or D to indicate the correct word or phrase that best fits each of the numbered blanks.

Independence for pre-teens and teenagers is about trying new things, taking on more (1) _____, making decisions by themselves, and working out who they are and what they want to be. (2) _____ independence is an essential part of your child's journey towards adulthood.

As pre-teens and teenagers go through the physical, social and emotional changes of adolescence, they often experience intense and sometimes overwhelming emotions. (3) _____ you understand your child's emotions; you can help your child learn to (4) _____ these emotions by themselves. This is an important part of becoming (5) _____. Exploring opinions and ideas is (6) _____ of the ways your child works out where they fit in the world. Your child's opinions might be different (7) _____ yours, but taking them seriously sends the message (8) _____ you value your child. And different opinions can be a good chance for you to talk about how it's OK for people to have different perspectives.

Clear family rules about behaviour and communication will help your child understand where the limits are and what you expect. Rules help to keep your child (9) _____ as they try new things. Likewise, rules can help you be consistent in the way you treat your child if they push the boundaries of their independence. It's a good idea to monitor (10) _____ well your child is going with independence and change the rules accordingly.

Adapted from https://raisingchildren.net.au/pre-teens/development/social-emotional-development/independence-in-teens

1. A. responsibility	B. responsible	C. irresponsibility	D. responsibly
2. A. Taking	B. Applying	C. Achieving	D. Placing
3. A. Unless	B. If	C. Although	D. Due to
4. A. remove	B. influence	C. solve	D. manage
5. A. dependence	B. dependent	C. independent	D. independently
6. A. a	B. each	C. any	D. one
7. A. from	B. with	C. of	D. for
8. A. where	B. that	C. what	D. which
9. A. be safe	B. to be safe	C. being safe	D. safe
10. A. how	B. why	C. what	D. when

Task 2. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

Parents who restrict their children instead of guiding them, actually end up coming in their way of self-discovery.

According to Bhagat Rajput, consultant, Manipal Hospital in Delhi, independence is essential for children's growth, but mostly it's the generation gap between the children and the parents that acts as a barrier. "This gap is obvious because each of them grows up in two separate historical times and cultures, impacting the views, values and tastes. The barrier can be minimised with parents acting as guides to adolescents and increasing communication and understanding in the relationship," Rajput told IANS.

Struggling for personal independence, 23-year-old Delhi based Muskan, said: "Parents putting barriers at every step harms more than it helps. This is the time when we are trying to build our own identity and want to make our own mistakes. Parents think they're advising or helping US, but too much interference is not really good."

The researchers recommend parents support the teens if they can't solve the problems independently. Parents should also establish specific milestones and create opportunities to guide their teens in gaining experience and confidence while reaching those goals, they said. According to researchers, one quarter of the parents surveyed admit they are the main barrier to their teen's independence as they don't take the time or make effort to give them more responsibility.

"Parenting is about learning to care and control in the right way. Autonomy for young people is important for the development of their identity. But autonomy has to be within a safety framework," Achal Bhagat, senior consultant, psychiatry, Indraprastha Apollo Hospitals, told IANS.

Adapted from https://www.hindustantimes.com/sex-and-relationships/most-parents-are-barriers-to-teens-independence/story-PIRLP4IXFkr00mo2RpWUhK.html

_____ 1. Parents who restrict their children actually prevent them from self-discovery.
_____ 2. The generation gap between children and parents is an obstacle to children's independence.
_____ 3. The generation gap can be expanded by increasing communication between children and parents.
_____ 4. Muskan thinks that parents putting barriers has more advantages than drawbacks.
_____ 5. The researchers suggest that parents should assist the teens unless they deal with their problems on their own.
_____ 6. Parents should give children chances to gain work experience and selfmotivation.
_____ 7. One-third of the parents surveyed admit being the main obstacle to their teen's independence.
_____ 8. Achal Bhagat believes that autonomy is crucial for the development of a young person's relationship.

Task 3. Read the following passage and choose the correct answer to each of the following questions.

Watching your child grow up and become their own person is amazing! You may feel a little sad sometimes when they're spending less time with you and doing more on their own. These signs of independence are normal parts of becoming a teen. Remember that you are important to your teen's healthy development and can help them make good decisions.

Raising healthy and independent teens means encouraging them to explore interests and activities that may take them away from home. You can help them discover hobbies that will keep them active, teach them new skills, and let them have fun.

While your teen may be spending more time at school, at work, or hanging out with friends, let them know you are always there for them. You can plan get-togethers, meals, or other activities so that you and your teen can check in with each other. When you are together, make sure you are really listening and responding **empathetically** to your teen so that they feel heard. This time with each other can help you both feel connected when you're apart. Doing things together on a regular basis can also give you the time and space you need to provide guidance and set limits. It's helpful to talk to your teen about how you

want them to behave, both when they're at home and away. You can explain that while all emotions are okay, not all behaviours are acceptable.

Teens like to know what is expected of them and what the limits are. It is necessary to talk to your teens about the different situations **they** end up in and ask them questions about their emotions, decisions they made, and their behaviour. Listening to your teen as they think through what happened can help them make better decisions and see the connection between what they decided to do and the consequences of their actions. As your teen grows and gains more experience, your expectations of them will likely **shift** overtime. It is important to communicate with your teen as this happens so they have a clear understanding of what you expect.

Adapt from https://www.cdc.gov/parents/essentials/teens/encouraging-independence.html

1. Which of the following can be the best title for the passage?
   A. The Challenges of Parenting Teens B. Nurturing Independence in Teenagers
   C. Maintaining Control Over Teenagers D. Understanding Teenage Emotions
2. The word '**empathetically**' in paragraph 1 is closest in meaning to _____.
   A. sympathetically B. angrily C. energetically D. unemotionally
3. According to paragraph 3, how can parents connect with their teens as they become more independent?
   A. by controlling their every activity
   B. by setting strict limits on their activities
   C. by planning get-togethers and actively listening to them
   D. by avoiding any communication to give them freedom
4. According to paragraph 3, what is the purpose of parents setting limits for their teenagers?
   A. to prevent teenagers from having fun
   B. to control every aspect of their lives
   C. to ensure that teenagers behave appropriately
   D. to help teenagers make better decisions
5. The word '**shift**' in paragraph 4 is closest in meaning to _____.
   A. change B. influence C. remain D. remove
6. The word '**they**' in paragraph 4 refers to _____.
   A. limits B. emotions C. teens D. situations
7. What should parents do as their teens grow and gain more experience?
   A. They should provide guidance without discussion.
   B. They should expect less from their teens.
   C. They should give their teens more freedom.
   D. They should adjust their expectations.
8. According to paragraph 4, how can discussing different situations, decisions and emotions benefit teens?
   A. by encouraging them to make more choices B. by showing the causes of their actions
   C. by improving their decision-making skills D. by setting strict rules on their behaviour
9. Which of the following can be inferred from the passage?
   A. Parents should limit their interactions with their teens as they grow older.
   B. Teens always prefer spending time with their friends over their parents.
   C. Parents should not spend too much time talking with their teenagers.
   D. Parents play a crucial role in guiding their teens' independence.
10. Which of the following is NOT true according to the passage?
   A. Parents should restrict their teens' activities to ensure they stay at home.
   B. Spending time together helps maintain a connection between parents and teenagers.
   C. It is necessary for pa rents to help teens explore hobbies that are fun and educational.
   D. Parents should talk to teens about their expectations and acceptable behaviours.

V. WRITING

Task 1. Complete the following sentences using given words. Change the form of the verbs if necessary.

1. Help / parents / with / housework / allow / children / develop / sense / responsibility.

_____

2. Learn / basic / life skills / be / essential / teenager's journey / towards / independence.

_____

3. It / confidence / that / play / important / role / one's ability / make / good decisions.

_____

4. It / through / choose / their / own / clothing styles / that / teens / can / express / their independence.

_____

5. Poor / time management / skills / can / make / hard / students / balance / between / work / study.

_____

Task 2. Rewrite each sentence using the given word in brackets as long as its meaning stays the same as the original one.

1. Working part-time may influence students' health and study negatively. (EFFECTS)
-> Working part time may have _____.
2. My mom taught me how to use the dishwasher properly. (WHO)
-> It was _____.
3. Teens are able to gain important life skills through sharing the chores with their parents. (THAT)
-> It is through _____.
4. Her strong motivation and self-study helped her become an independent learner. (THAT)
-> It was her strong motivation _____.
5. Teenagers can gain work experience and money management skills by doing a part- time job. (ALLOW)
-> Doing a part-time job _____.

Task 3. Write an essay / an article (180-200 words) about pros and cons of self-study.

The pros	The cons
• provide more freedom • develop important life skills • save money	• lack structured guidance • be lonely • be unsuitable for all subjects

VI. LISTENING

Task 1. Listen to a talk about signs of an independent person and fill in each blank with one suitable word. You can listen to the recording TWICE.

Signs of an Independent Person

solve problems by yourself	- take care of yourself - solve your own problems (1) _____ - ask a trusted source for help if necessary
be (2) _____ to your finances	- utilise and save money (3) _____ - make a living and support yourself - become responsible for well-being and (4) _____ stability
do not (5) _____ on others' opinions	- stick to your plans and (6) _____ - be responsible to maintain yourself while pursuing your dreams

Task 2. Listen to a talk about teen independence and decide if the following statements are true (T) or false (F). You can listen to the recording TWICE.

_____ 1. It's important for parents to respect their teens' privacy.
_____ 2. Texting may be the best means of communication between parents and teens.
_____ 3. Doing things together makes parents and teens feel more connected.
_____ 4. Involving teens in decision-making can start with planning meals.
_____ 5. Parents should talk to their children about their children's expectations.
_____ 6. Teens will become confident decision-makers with practice.

VII. SPEAKING

Task 1. Answer the following questions.

1. Why do people want to become independent?

_____
_____
_____
_____
_____
_____
_____
_____

2. Which important life skills do you need to be independent?

_____
_____
_____
_____
_____
_____
_____
_____

Task 2. Talk about things you have done to become independent in about 2 minutes.

_____
_____
_____
_____

C. BÀI KIỂM TRA

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.

Question 1: A. combined B. managed C. worked D. achieved
Question 2: A. identify B. responsible C. pressure D. review

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

Question 3: A. freedom B. remove C. measure D. manage
Question 4: A. motivate B. machine C. decision D. dependent

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

Question 5: _____ through managing their own money that teens can become more independent.
A. It is B. It was C. That is D. This was
Question 6: Developing a sense of _____ can help students overcome significant challenges in life.
A. response B. responsible C. responsibility D. irresponsibility
Question 7: The more independent teenagers are, _____ they become.
A. more mature B. the most mature C. the maturer D. the more mature
Question 8: _____ teenagers are more likely to manage their time and money effectively.
A. Reliable B. Organized C. Curious D. Honest
Question 9: It was last month _____ we volunteered in an old people's home nearby.
A. which B. where C. that D. when
Question 10: It is parents _____ a vital role in teaching their teenagers about how to become responsible.
A. playing B. who played C. that play D. to play
Question 11: She is highly motivated to study _____ she wants to get a good job in the future.
A. as B. therefore C. although D. but
Question 12: One way to become more independent is to learn how to _____ on your own whether by walking or biking.
A. get down B. get around C. come over D. come up with
Question 13: To become truly independent, you must learn to make decisions _____ and be responsible for your choices.
A. confident B. confide C. confidence D. confidently
Question 14: The local food bank is _____ I regularly donate food items to help those in need.
A. that B. which C. where D. what
Question 15: Independence benefits you a lot when you are _____ and about.
A. in B. out C. up D. under
Question 16: _____ of the characteristics of independence in teens is the ability to make decisions on their own.
A. Each B. Every C. One D. Any
Question 17: It is the responsibility for sharing household chores _____ teenagers important life skills.
A. which teaches B. to teach C. to teaching D. that teaches

Question 18: I _____ into the habit of making my bed every morning because it helps me start the day in a good mood.

A. make B. get C. take D. do

Question 19: Curiosity is a/an _____ that encourages teenagers to explore new opportunities and interests.

A. characteristic B. pressure C. emotion D. self-study

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: Two students are talking with each other in class.

Amy: Hey, I heard you're going on a trip to the beach. Have a great time!

John: _____! I'm really looking forward to it.

A. The same to you B. You're welcome C. Thanks so much D. Get well soon

Question 21: Two students are talking with each other in class.

Lisa: Hi, Linh. Happy birthday! _____!

Linh: Thank you, Lisa! I plan to celebrate with my family.

A. Wish you a fantastic day B. wish you a healthy new year

C. Hope you feel better soon D. Good luck and stay calm

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.

Question 22: Parental **pressure** may negatively affect a teenager's ability to make independent choices.

A. encouragement B. relaxation C. stress D. disagreement

Question 23: **Motivation** plays a significant role in driving teenagers towards independence.

A. Encouragement B. Freedom C. Discouragement D. Organization

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.

Question 24: The transition from childhood to adulthood can be a **challenging** time for many teenagers.

A. demanding B. unpleasant C. enjoyable D. flexible

Question 25: Giving teenagers the freedom to make their own choices can help them become more **confident**.

A. reliable B. shy C. motivated D. mature

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: It is freedom from parental control which many teenagers want as they grow older.

A. is B. parental C. which D. as

Question 27: It is independence that can lead for greater self-confidence and self-motivation in teenagers.

A. It B. that C. for D. in

Question 28: It is advisable that teenagers learn essential life skills to prepare for independent in adulthood.

A. that B. essential C. for D. independent

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

Achieving independence is an essential part of human development. Teens are learning to take responsibility, forming their own values, and figuring out how to (29) _____ decisions that are right for them. That process can take many different forms. Teens express independence through their fashion choices, the music they listen to, the friends they spend time with, how they spend their money, and the activities and hobbies they are interested in.

The battle for control of their life and environment can create conflicts between parent and child. Seeking (30) _____ involve sharing opinions (31) _____ are opposite of the parent or caregiver, testing to see if their views will be accepted, or creating conflict. Teens may refuse to do normal chores or homework, and talk back to parents in an effort to find their independence.

Consequently, parents need to find ways to overcome this challenging time. (32) _____, the difficult part is finding a healthy balance between setting limits and allowing your teen to pursue their own path. Finding that balance begins with recognizing that some expressions of independence are healthy and typical, while others might indicate that your teen is (33) _____ risk.

Adapted from https://www.newportacademy.com/resources/empowering-teens/teen-independence/

Question 29: A. take	B. make	C. do	D. get
Question 30: A. autonomist	B. autonomous	C. autonomously	D. autonomy
Question 31: A. who	B. which	C. where	D. when
Question 32: A. However	B. Moreover	C. Although	D. Hence
Question 33: A. at	B. on	C. of	D. in

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

The transition from child to adult is a hard one for parents to control. While we all want our children to grow up to become happy, healthy, successful adults, the actual process of changing our parenting techniques as our children mature is quite difficult. One of the most difficult transitions is when our teenagers start to pull away from us.

Psychologists call the process through which a person achieves a sense of individuality 'individuation' and it is a normal and healthy part of adolescence. Teens must separate from their parents so that **they** can develop their own opinions and establish independence in preparation for adulthood. People who fail to do this end up with emotional and social problems and struggle to lead independent, responsible lives.

Unfortunately, when teens individuate, it can feel uncomfortable, and even hurtful to parents. Our teens might establish an identity or opinion that goes against our values. They might bring home friends that we don't approve of. Our teens may no longer want to share their lives with us the way they did in the past. They might suddenly think they know more than us. Try to remember that this process is normal and healthy. You can feel that the process is **frustrating** but that your teen is taking the necessary steps to becoming an independent adult. This stage will not last forever, and you will discover a healthy, successful adult on the other side of this transition.

Adapted from https://middleearthnj.org/2022/06/13/your-teens-fight-for-independence/

Question 34: Which of the following can be the best title for the passage?

A. Teens' struggle for Independence B. Raising Happy and Healthy Adults

C. The Benefits of Teen Independence D. The Importance of Parental Control

Question 35: The word "**they**" in paragraph 2 refers to _____.

A. transitions B. psychologists C. teens D. parents

Question 36: The word "**frustrating**" in paragraph 3 is closest in meaning to _____.

A. pleasant B. annoying C. satisfying D. challenging

Question 37: According to paragraph 3, what is one of the concerns parents might have when their teens individuate?

A. That their teens might become too dependent on them

B. That their teens might have friends that they approve of

C. That their teens might develop an identity opposed to their values

D. That their teens might share more about their lives with them

Question 38: Which of the following is NOT true according to the passage?

A. When teens individuate; it can be an unenjoyable experience for their parents.

B. Individuation is an unhealthy process that leads to emotional and social problems.
C. Teens who fail to separate from their parents find it hard to lead responsible lives.
D. Teens' individuation can help teens become a successful and independent adult.

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

Parents and their teens don't always agree on issues such as dress, following family rules or how teens spend their time. As a result, arguments often occur. In fact, researchers tell us that most families experience an increase in **conflict** and arguments as their children enter into the teen years.

As children grow, their behaviour and attitudes are influenced by a variety of people with whom they have contact. They need to explore their world more independently so they can learn to feel confident in themselves and their abilities. During adolescence, teens begin to assert themselves with their parents and other people such as teachers, group leaders. For example, teens may now ask you why they should clean their room instead of just doing it. Often teens demand more responsibility and freedom for personal choices. They may begin to try new ways to dress, or spend more time with friends and less time with family. As their group of friends grows, parents are less likely to know who their friends are, or **they** may not approve of the friends their child has chosen.

Adolescents try to find out who they are and where they fit in. They want to make choices on their own, but at the same time they are not always ready to **handle** the responsibilities that go along with those choices. Conflicts arise most sharply when teens are 13-15 years old, but generally decline as children get older. As might be expected, younger teens need more help in making decisions than older teens because they are less capable of understanding how their behaviours can affect themselves and others. As teens get older, they are better able to consider and understand the possible consequences of their behaviours and so are better able to make important decisions.

For adolescents, the struggle for autonomy (being able to think and act independently) can be quite stressful. Although teens may behave in ways to assert their autonomy from the family, they still depend on parents for emotional support and guidance. By including teens in appropriate decision making, parents can help their children learn how to make good decisions and become independent adults.

Adapted from: https://extension.tennessee.edu/publications/Documents/sp491a.pdf

Question 39: Which of the following can be the best title for the passage?
A. Understanding Parent-Teen Conflicts
B. The Challenges Related to Teen Independence
C. Parental Control Over Teen Choices
D. The Impact of Friendships on Teens

Question 40: The word "**conflict**" in paragraph 1 is closest in meaning to _____.
A. misunderstanding B. harmony C. disagreement D. cooperation

Question 41: The word "**they**" in paragraph 2 refers to _____.
A. personal choices B. teens C. parents D. teachers

Question 42: The word "**handle**" in paragraph 3 is closest in meaning to _____.
A. get away B. deal with C. give up D. take up

Question 43: According to the passage, why do arguments often occur between parents and teens during teen years?
A. Because teens desire more freedom for personal choices.
B. Because parents and teens always approve of everything.
C. Because children become more dependent and confident in themselves.
D. Because teens tend to spend more time with their parents.

Question 44: According to paragraph 4, how can parents help their teens in the struggle for autonomy?
A. by asserting control and setting strict rules
B. by excluding teens from decision-making processes

C. by providing emotional support and guidance
D. by allowing teens to make all decisions independently

Question 45: Which of the following can be inferred conflicts between teens and parents from the passage?

A. They only occur when teens are between 13-15 years old.
B. They generally increase as children become more mature.
C. They arise from teens' desire for autonomy and independence.
D. They decline when teens become less capable of making decisions.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: Students can make use of their time by using a time-management app.

A. Using a time-management app can lead students to waste their time.
B. Using a time-management app can help students make use of their time.
C. It is a time-management app which students can make use of their time.
D. It is a time-management app which helps students not to manage their time well.

Question 47: She takes responsibility for household chores such as doing the laundry and cooking.

A. It includes household chores such as doing the laundry and cooking that she takes responsibility for.
B. She is irresponsible for household chores such as doing the laundry and cooking.
C. Doing household chores such as doing the laundry and cooking makes her responsible.
D. She is in charge of household chores such as doing the laundry and cooking.

Question 48: Money management skills play a crucial role in achieving financial independence.

A. Money management skills are unnecessary to achieve financial independence.
B. Achieving financial independence requires time management skills.
C. It is money management skills that play an important role in achieving financial independence.
D. There are money management skills that play an important role in achieving financial independence.

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Parents should encourage teenagers to be responsible for their choices. This helps them become more independent.

A. Parents should encourage teenagers to be responsible for their choices, which makes them more dependent.
B. Parents should encourage teenagers to be irresponsible for their choices so that this helps them become more independent.
C. Parents should encourage teenagers to be responsible for their choices, which makes them less dependent.
D. Parents should encourage teenagers to be responsible for their choices because this helps them become less independent.

Question 50: Trang is an independent learner. She is able to identify her strengths and weaknesses.

A. It is Trang who is an independent learner can identify her strengths and weaknesses.
B. Trang is an independent learner who can't identify her strengths and weaknesses.
C. Trang is a dependent learner with the ability to identify her strengths and weaknesses.
D. It is Trang who is an independent learner with the ability to identify her strengths and weaknesses.

ĐÁP ÁN

UNIT 8. BECOMING INDEPENDENT - KEY

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
79.	achieve	(v)	/əˈʧi:v/	đạt được
80.	apply	(v)	/əˈplaɪ/	áp dụng
81.	combine	(v)	/kəmˈbaɪn/	kết hợp
82.	convince	(v)	/kənˈvɪns/	thuyết phục
83.	fold	(v)	/fəʊld/	gập, gấp
84.	force	(v)	/fɔ:s/	ép buộc
85.	identify	(v)	/aɪˈdentɪfaɪ/	nhận dạng
86.	influence	(v)	/ˈɪnfluəns/	ảnh hưởng
87.	install	(v)	/ɪnˈstɔ:l/	cài đặt
88.	iron	(v)	/aɪən/	là (quần áo)
89.	manage	(v)	/ˈmænɪʤ/	quản lý
90.	measure	(v)	/ˈmeʒə/	đo
91.	place	(v)	/pleɪs/	đặt, để
92.	remove	(v)	/rɪˈmu:v/	lấy ra, loại bỏ
93.	rinse	(v)	/rɪns/	vo (gạo)
94.	schedule	(v/n)	/ˈʃedju:l/	lên thời gian biểu/ thời gian biểu
95.	sort	(v)	/sɔ:t/	phân loại
96.	store	(v)	/stɔ:/	cất
97.	characteristic	(n)	/ˌkærəktəˈrɪstɪk/	tính cách, đặc điểm
98.	decision-maker	(n)	/dɪˈsɪʒᵊn/-/ˈmeɪkə/	người ra quyết định
99.	dryer	(n)	/ˈdraɪə/	máy sấy
100.	learner	(n)	/ˈlɜ:nə/	người học
101.	pressure	(n)	/ˈpreʃə/	áp lực
102.	self-study	(n)	/self/-/ˈstʌdi/	tự học
103.	challenging	(adj)	/ˈʧælɪnʤɪŋ/	đầy thách thức
104.	curious	(adj)	/ˈkjʊə.ri.əs/	tò mò
105.	organised	(adj)	/ˈɔ:gənaɪzd/	kỷ luật, gọn gàng
106.	reliable	(adj)	/rɪˈlaɪəbᵊl/	đáng tin cậy
107.	required	(adj)	/rɪˈkwaɪəd/	bắt buộc
108.	self-motivated	(adj)	/self/-/ˈməʊtɪveɪtɪd/	tự giác, có động lực

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
109.	deal with	(vp)	/di:l/ /wɪð/	đương đầu, đối phó
110.	get around	(vp)	/get/ /əˈraʊnd/	đi lại, di chuyển
111.	come up with	(vp)	/kʌm/ /ʌp/ /wɪð/	nghĩ ra
112.	carry out	(vp)	/ˈkæri/ /aʊt/	tiến hành
113.	give up	(vp)	/gɪv/ /ʌp/	từ bỏ
114.	make use of	(vp)	/meɪk/ /ju:z/ /ɒv/	tận dụng
115.	do babysitting	(v-n)	/du:/ /ˈbeɪbɪsɪtɪŋ/	trông trẻ
116.	do chores	(v-n)	/du:/ /ʧɔ:z/	làm việc nhà
117.	do laundry	(v-n)	/du:/ /ˈlɔ:ndri/	giặt quần áo
118.	do part-time jobs	(phrase)	/du:/ /pɑ:t/-/taɪm/ /ʤɒbz/	làm công việc bán thời gian
119.	earn sb's trust	(phrase)	/ɜ:n/ /trʌst/	lấy được niềm tin từ ai

120.	get into the habit of	(phrase)	/get/ /ˈɪntuː/ /ðə/ /ˈhæbɪt/ /ɒv/	tạo thói quen
121.	make an effort	(phrase)	/meɪk/ /ˈefət/	nỗ lực
122.	load the washing machine	(phrase)	/ləʊd/ /ðə/ /ˈwɒʃɪŋ/ /məˈʃiːn/	cho quần áo vào máy giặt
123.	pay sb for	(phrase)	/peɪ/ /fɔː/	trả tiền cho ai đó
124.	set goals	(v-n)	/set/ /gəʊlz/	đặt mục tiêu
125.	take responsibility for	(phrase)	/teɪk/ /rɪˌspɒnsɪˈbɪləti/ /fɔː/	chịu trách nhiệm về
126.	decision-making skill	(np)	/dɪˈsɪʒən/-/ˈmeɪkɪŋ/ /skɪl/	kỹ năng ra quyết định
127.	dog walking	(np)	/dɒg/ /ˈwɔːkɪŋ/	dắt chó đi dạo
128.	extracurricular activity	(adj-n)	/ˌekstrəkəˈrɪkjʊlər/ /ækˈtɪvəti/	hoạt động ngoại khóa
129.	food bank	(np)	/fuːd/ /bæŋk/	ngân hàng thực phẩm
130.	learning goal	(np)	/ˈlɜːnɪŋ/ /gəʊl/	mục tiêu học tập
131.	life skill	(np)	/laɪf/ /skɪl/	kỹ năng sống
132.	old people's home	(np)	/əʊld/ /ˈpiːplz/ /həʊm/	viện dưỡng lão
133.	out and about	(phrase)	/aʊt/ /ænd/ /əˈbaʊt/	ra ngoài, ra khỏi nhà
134.	pocket money	(np)	/ˈpɒkɪt/ /ˈmʌni/	tiền tiêu vặt
135.	presentation skill	(np)	/ˌprezᵊnˈteɪʃᵊn/ /skɪl/	kĩ năng thuyết trình
136.	rice cooker	(np)	/raɪs/ /ˈkʊkə/	nồi cơm điện
137.	sense of responsibility	(phrase)	/sens/ /ɒv/ /rɪˌspɒnsɪˈbɪləti/	tinh thần trách nhiệm
138.	time/ money management	(np)	/taɪm/ / /ˈmʌni/ /ˈmænɪʤmənt/	quản lý thời gian/ tiền
139.	to-do list	(phrase)	/təˈduː/ /lɪst/	danh sách những việc cần làm
140.	university admission	(np)	/ˌjuːnɪˈvɜːsəti/ /ədˈmɪʃᵊn/	việc nhập học đại học
141.	work experience	(np)	/wɜːk/ /ɪkˈspɪəriəns/	kinh nghiệm làm việc

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
142.	confidence	(n)	/ˈkɒnfɪdᵊns/	sự tự tin
143.	confident	(adj)	/ˈkɒnfɪdᵊnt/	tự tin
144.	free	(adj)	/ˈfriː /	tự do
145.	freedom	(n)	/ˈfriːˌdəm/	sự tự do
146.	independence	(n)	/ˌɪndɪˈpendəns/	sự tự lập
147.	dependent	(adj)	/dɪˈpendənt/	phụ thuộc
148.	independent	(adj)	/ˌɪndɪˈpendənt/	tự lập
149.	motivate	(v)	/ˈməʊtɪveɪt/	động viên
150.	motivated	(adj)	/ˈməʊtɪveɪtɪd/	cảm thấy có động lực
151.	motivation	(n)	/ˌməʊtɪˈveɪʃᵊn/	động lực
152.	responsibility	(n)	/rɪˌspɒnsɪˈbɪləti/	trách nhiệm
153.	responsible	(adj)	/rɪˈspɒnsəbᵊl/	có trách nhiệm
154.	separate	(v)	/ˈsepəreɪt/	tách riêng
155.	separate	(adj)	/ˈsep.ər.ət/	riêng biệt
156.	separately	(adv)	/ˈsep.ər.ət.li/	một cách riêng biệt

II. PRONUNCIATION

TÔNG GIỌNG TRONG LỜI MỜI, LỜI GỢI Ý VÀ CÂU YÊU CẦU LỊCH SỰ

Trong lời mời, lời gợi ý và câu yêu cầu lịch sự, thông thường ta sẽ xuống giọng ở đầu câu và lên giọng ở cuối câu để khiến lời mời, yêu cầu, gợi ý trở nên thân thiện và lịch sự.

Ví dụ:

Invitations Lời mời	Would you like some cookies? ↗ Would you like to get around by public transport tomorrow? ↗
Suggestions Lời gợi ý	Why don't we go to the cinema this weekend? Shall we clean the house together? ↗
Polite requests Yêu cầu lịch sự	Can I borrow your book? ↗ Could you please tell me how to manage my time effectively? ↗

III. GRAMMAR

CÂU CHẺ VỚI IT IS/ WAS... THAT/ WHO

- Câu chẻ được dùng để nhấn mạnh một thành phần nhất định của câu và ý ta muốn nói.
- Chúng ta đặt thông tin cần nhấn mạnh sau **It** còn phần còn lại được đặt trong mệnh đề quan hệ với các đại từ quan hệ ví dụ như **that/ who**

Cấu trúc:

It is/ was S1 + V1 that/ who/... + S2 + V2

Ví dụ: Linh gave me a beautiful dress at my birthday party last week.

	Cấu trúc	Ví dụ
Nhấn mạnh chủ ngữ	- It + is/ was + chủ ngữ (chỉ người) + who/ that + V - It + is/ was + chủ ngữ (chỉ vật) + that + V	**It was Linh who/ that** gave me a beautiful dress at my birthday party last week. **Chính Linh** đã tặng tôi một chiếc váy đẹp trong bữa tiệc sinh nhật tuần trước. (nhấn mạnh Linh)
Nhấn mạnh tân ngữ	- It is/ was + tân ngữ (chỉ người) + that/ whom + S + V - It is/ was + tân ngữ (tên danh từ riêng) + that + S + V - It is/ was + tân ngữ (chỉ vật) + that + S + V	**It was a beautiful dress that** Linh gave me at my birthday party last week. **Đó là chiếc váy đẹp mà** Linh tặng tôi trong bữa tiệc sinh nhật tuần trước. (nhấn mạnh a beautiful dress)
Nhấn mạnh trạng ngữ (chỉ thời gian, nơi chốn)	It + is/ was + từ/ cụm từ chỉ trạng ngữ + that + S + V + O	**It was last week that** Linh gave me a beautiful dress at my birthday party. **Đó là chính vào tuần trước** Linh đã tặng tôi một chiếc váy đẹp trong bữa tiệc sinh nhật của tôi. (nhấn mạnh last week) **It was at my birthday party** that Lisa gave me a beautiful dress last week. **Đó chính là trong bữa tiệc sinh nhật của tôi**, Lisa đã tặng tôi một chiếc váy đẹp vào tuần trước. (nhấn mạnh at my birthday party)

B. THỰC HÀNH

I. PRONUNCIATION

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. convince B. rice C. decision D. babysitting

2. A. required	B. remove	C. dependent	D. pressure
3. A. effort	B. organized	C. store	D. sort
4. A. identify	B. apply	C. laundry	D. dryer
5. A. separate	B. motivated	C. place	D. manage
6. A. chore	B. characteristic	C. achieve	D. challenging
7. A. rinse	B. habit	C. reliable	D. university
8. A. install	B. measure	C. self-study	D. set
9. A. schedule	B. sense	C. pocket	D. presentation
10. A. maker	B. separately	C. admission	D. apply

Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

1. A. convince	B. manage	C. install	D. remove
2. A. money	B. study	C. walking	D. review
3. A. learner	B. curious	C. achieve	D. laundry
4. A. decision	B. confident	C. challenging	D. organised
5. A. required	B. motivate	C. dependent	D. admission
6. A. measure	B. habit	C. cooker	D. machine
7. A. around	B. pressure	C. effort	D. freedom
8. A. responsible	B. activity	C. university	D. identify
9. A. management	B. reliable	C. motivated	D. babysitting
10. A. responsibility	B. extracurricular	C. characteristic	D. independence

II. VOCABULARY

Task 1. Match the words/phrases on the left with their meanings on the right.

1. independence **c**	a. the ability to make choices effectively
2. self-motivated **e**	b. the quality of being certain of your abilities
3. trust **h**	c. the ability to live your life without being helped or influenced by others
4. self-study **g**	d. the skill that is essential and useful for daily living
5. life skill **d**	e. to be able and willing to work without being told what to do
6. decision-making skills **a**	f. the act of controlling or organising something, like time or resources
7. confidence **b**	g. the process of learning something without the support from teachers
8. management **f**	h. the belief that someone is good and honest or that something is safe and reliable

Task 2. Complete each sentence with a suitable word/ phrase from Task 1.

1. She is a ____**self-motivated** _____ student who sets her own study goals and work towards them without pressure.
2. _____**Self-study**_____ is an effective way to explore topics that interest you outside of the classroom and learn at your own pace.
3. Learning how to do chores is a valuable _____**life skill**_____ that prepays you for an independent life.
4. Developing good ____**decision-making skills**_____ involves considering the pros and cons of your choices before making a decision.
5. Effective time _____**management** _____ is crucial for students, as it helps them balance between their studies and other activities.
6. Learning to cook simple meals is an important step toward gaining _____**independence**_____ in your daily life.
7. Public speaking may be challenging, but with practice, you can increase your ____**confidence** ____ and improve your communication skills.

8. To earn your teacher's _____**trust**_____, it's essential to complete your assignments on time and follow classroom rules.

Task 3. Match the words on the left with their meanings on the right.

1. deal with **c**	a. to think of or suggest an idea or plan
2. get around **d**	b. to do or complete something
3. give up **f**	c. to take action to solve a problem
4. carry out **b**	d. to go to different places
5. come up with **a**	e. to use something for a specific purpose or benefit
6. make use of **e**	f. to stop doing something usually because of difficulty

Task 4. Complete each sentence with a suitable phrase from Task 3.

1. When facing challenges, it is essential to stay calm and _____**come up with** _____ solutions to the problems.
2. Students can ____**make use of** _____ online resources and educational apps to improve their learning results.
3. To become independent of parents, teenagers can _____**get around** _____ by walking, biking and using public transport.
4. You must learn how to _____**deal with** _____ unexpected challenges that may arise along the way to be more mature.
5. The key to success is to never _____**give up** ___ even when things get difficult.
6. Independence means being able to _____**carry out**_____ tasks and responsibilities without guidance from others.

Task 5. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Developing good time management skills can help you _____ your tasks effectively.
A. store B. sort C. combine D. manage
2. By _____ clear goals, you can work towards achieving your dreams and becoming more independent.
A. placing B. influencing C. setting D. putting
3. A strong sense of independence can enable you to make important decisions with less _____.
A. motivation B. pressure C. freedom D. confidence
4. Sarah _____ her parents that she was responsible enough to stay at home alone.
A. forced B. influenced C. convinced D. identified
5. Becoming more independent often involves identifying goals and staying _____ to achieve them.
A. motivated B. organised C. reliable D. curious
6. _____ allows individuals to gain knowledge independently, often outside of a traditional classroom.
A. Self-study B. Trust C. Money management D. Responsibility
7. Becoming financially independent means being _____ for your money and spending it wisely.
A. confident B. dependent C. organised D. responsible
8. When doing the laundry, it's essential to _____ your clothes by colour before loading the washing machine.
A. fold B. sort C. store D. measure

Task 6. Choose the correct word to complete each sentence.

1. My mother gets into the habit of **removing / ironing** her clothes before storing them in the wardrobe.
2. I save my **pocket money / food bank** to buy things I really want, which teaches me the value of money.

3. My current learning goal is to improve my **presentation / decision-marker** skills for university admission interviews.
4. When cooking rice, the first step you need to do is to **rinse / measure** the rice to make it clean.
5. I'll **pay / place** you for dog walking while I'm away on vacation.
6. My **schedule time / to-do list** for today includes cleaning the bathroom and doing the laundry.

Task 7. Complete each sentence using the correct form of the word in brackets.

1. He felt _____**confident** _____ in his ability to complete all the chores well. (CONFIDENCE)
2. She sorted her clothes by colour, then washed her whites and colours ____**separately** _____ to avoid colour bleeding. (SEPARATE)
3. One of the greatest joys of adulthood is the _____**freedom** _____ to make your own choices. (FREELY)
4. ____**Motivation** _____ plays a crucial role in your life, as it encourages you to achieve your goals. (MOTIVATE)
5. Children are often _____**dependent**_____ on their parents for basic needs like food and accommodation. (INDEPENDENCE)

III. GRAMMAR

Task 1. Choose the correct answer to complete each sentence.

1. **It wasn't my brother / My brother didn't** who helped me hang the wet clothes to dry yesterday.
2. **It is the dryer / The dryer** is very convenient for quickly drying clothes, especially during the rainy season.
3. **It was at local hospitals / At local hospitals** that teenagers can volunteer to improve social skills and contribute to the community.
4. **It was doing my chores / Doing the chores** on my own helps me earn my parents' trust.
5. **At the food bank / It was at the food bank** that he worked to develop a sense of responsibility and support the community.
6. **It was through self-study / Through self-study** that she gained the knowledge and skills needed for the exam.
7. **It was Trang who / Trang volunteered** to teach English to poor children in her town last summer.
8. **It was last month / Last month** that Phong signed up for a course in life skills.

Task 2. Rewrite the sentences using cleft sentences focusing on the underlined parts.

1. Mai does babysitting as a part-time job to earn some money.
   1. It is Mai who does babysitting as a part-time job to earn some money.
2. My club did some volunteer work in an old people's home last week.
   2. It was last week that my club did some volunteer work in an old people's home.
3. I installed the money-time management app on my phone to learn how to spend money wisely.
   3. It was the money-time management app that I installed on my phone to learn how to spend money wisely.
4. I usually take part in extracurricular activities after school to improve social skills.
   4. It was after school that I usually take part in extracurricular activities to improve social skills.
5. My time management skills enabled me to balance between my studies and my part- time job.
   5. It was my time management skills that enabled me to balance between my studies and my part-time job.
6. My mother taught me about steps in cooking rice in a rice cooker.
   6. It was my mother who taught me about steps in cooking rice in a rice cooker.
7. She worked part-time as a shop assistant at a clothes store last summer.
   7. It was at a clothes store that she worked part-time as a shop assistant last summer.
8. Essential life skills prepare individuals for an independent life in adulthood.

8. It is essential life skills that prepare individuals for an independent life in adulthood.

Task 3. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. It is doing babysitting as a part-time job where helps students earn some pocket money.
   A. is B. as C. where D. earn => **that**
2. It is Tuan who got around by riding a bike with me yesterday.
   A. is B. got C. riding D. with => **was**
3. It is at the sports club that we usually play judo as an extracurricular activity.
   A. is B. that C. play D. extracurricular => **do**
4. It was yesterday when my teacher gave a presentation on how to develop decision- making skills.
   A. was B. when C. gave D. how => **that**
5. It is working part-time that allows you gain some work experience and improve social skills.
   A. is B. that C. gain D. experience => **to gain**

IV. READING

Task 1. Read the following passage and mark the letter A, B, C or D to indicate the correct word or phrase that best fits each of the numbered blanks.

Independence for pre-teens and teenagers is about trying new things, taking on more (1) _____, making decisions by themselves, and working out who they are and what they want to be. (2) _____ independence is an essential part of your child's journey towards adulthood.

As pre-teens and teenagers go through the physical, social and emotional changes of adolescence, they often experience intense and sometimes overwhelming emotions. (3) _____ you understand your child's emotions; you can help your child learn to (4) _____ these emotions by themselves. This is an important part of becoming (5) _____. Exploring opinions and ideas is (6) _____ of the ways your child works out where they fit in the world. Your child's opinions might be different (7) _____ yours, but taking them seriously sends the message (8) _____ you value your child. And different opinions can be a good chance for you to talk about how it's OK for people to have different perspectives.

Clear family rules about behaviour and communication will help your child understand where the limits are and what you expect. Rules help to keep your child (9) _____ as they try new things. Likewise, rules can help you be consistent in the way you treat your child if they push the boundaries of their independence. It's a good idea to monitor (10) _____ well your child is going with independence and change the rules accordingly.

Adapted from https://raisingchildren.net.au/pre-teens/development/social-emotional-development/independence-in-teens

1. A. responsibility	B. responsible	C. irresponsibility	D. responsibly
2. A. Taking	B. Applying	C. Achieving	D. Placing
3. A. Unless	B. If	C. Although	D. Due to
4. A. remove	B. influence	C. solve	D. manage
5. A. dependence	B. dependent	C. independent	D. independently
6. A. a	B. each	C. any	D. one
7. A. from	B. with	C. of	D. for
8. A. where	B. that	C. what	D. which
9. A. be safe	B. to be safe	C. being safe	D. safe
10. A. how	B. why	C. what	D. when

Task 2. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

Parents who restrict their children instead of guiding them, actually end up coming in their way of self-discovery.

According to Bhagat Rajput, consultant, Manipal Hospital in Delhi, independence is essential for children's growth, but mostly it's the generation gap between the children and the parents that acts as a barrier. "This gap is obvious because each of them grows up in two separate historical times and cultures, impacting the views, values and tastes. The barrier can be minimised with parents acting as guides to adolescents and increasing communication and understanding in the relationship," Rajput told IANS.

Struggling for personal independence, 23-year-old Delhi based Muskan, said: "Parents putting barriers at every step harms more than it helps. This is the time when we are trying to build our own identity and want to make our own mistakes. Parents think they're advising or helping US, but too much interference is not really good."

The researchers recommend parents support the teens if they can't solve the problems independently. Parents should also establish specific milestones and create opportunities to guide their teens in gaining experience and confidence while reaching those goals, they said. According to researchers, one quarter of the parents surveyed admit they are the main barrier to their teen's independence as they don't take the time or make effort to give them more responsibility.

"Parenting is about learning to care and control in the right way. Autonomy for young people is important for the development of their identity. But autonomy has to be within a safety framework," Achal Bhagat, senior consultant, psychiatry, Indraprastha Apollo Hospitals, told IANS.

Adapted from https://www.hindustantimes.com/sex-and-relationships/most-parents-are-barriers-to-teens-independence/story-PIRLP4IXFkr00mo2RpWUhK.html

____**T**___ 1. Parents who restrict their children actually prevent them from self-discovery.
____**T**___ 2. The generation gap between children and parents is an obstacle to children's independence.
____**F**___ 3. The generation gap can be expanded by increasing communication between children and parents.
____**F**___ 4. Muskan thinks that parents putting barriers has more advantages than drawbacks.
____**T**___ 5. The researchers suggest that parents should assist the teens unless they deal with their problems on their own.
___**NG**__ 6. Parents should give children chances to gain work experience and selfmotivation.
____**F**___ 7. One-third of the parents surveyed admit being the main obstacle to their teen's independence.
___**NG**___ 8. Achal Bhagat believes that autonomy is crucial for the development of a young person's relationship.

Task 3. Read the following passage and choose the correct answer to each of the following questions.

Watching your child grow up and become their own person is amazing! You may feel a little sad sometimes when they're spending less time with you and doing more on their own. These signs of independence are normal parts of becoming a teen. Remember that you are important to your teen's healthy development and can help them make good decisions.

Raising healthy and independent teens means encouraging them to explore interests and activities that may take them away from home. You can help them discover hobbies that will keep them active, teach them new skills, and let them have fun.

While your teen may be spending more time at school, at work, or hanging out with friends, let them know you are always there for them. You can plan get-togethers, meals, or other activities so that you and your teen can check in with each other. When you are together, make sure you are really listening and responding **empathetically** to your teen so that they feel heard. This time with each other can help you both feel connected when you're apart. Doing things together on a regular basis can also give you the time and space you need to provide guidance and set limits. It's helpful to talk to your teen about how you

want them to behave, both when they're at home and away. You can explain that while all emotions are okay, not all behaviours are acceptable.

Teens like to know what is expected of them and what the limits are. It is necessary to talk to your teens about the different situations **they** end up in and ask them questions about their emotions, decisions they made, and their behaviour. Listening to your teen as they think through what happened can help them make better decisions and see the connection between what they decided to do and the consequences of their actions. As your teen grows and gains more experience, your expectations of them will likely **shift** overtime. It is important to communicate with your teen as this happens so they have a clear understanding of what you expect.

Adapt from https://www.cdc.gov/parents/essentials/teens/encouraging-independence.html

1. Which of the following can be the best title for the passage?
   A. The Challenges of Parenting Teens
   B. Nurturing Independence in Teenagers
   C. Maintaining Control Over Teenagers
   D. Understanding Teenage Emotions
2. The word '**empathetically**' in paragraph 1 is closest in meaning to _____.
   A. sympathetically B. angrily C. energetically D. unemotionally
3. According to paragraph 3, how can parents connect with their teens as they become more independent?
   A. by controlling their every activity
   B. by setting strict limits on their activities
   C. by planning get-togethers and actively listening to them
   D. by avoiding any communication to give them freedom
4. According to paragraph 3, what is the purpose of parents setting limits for their teenagers?
   A. to prevent teenagers from having fun
   B. to control every aspect of their lives
   C. to ensure that teenagers behave appropriately
   D. to help teenagers make better decisions
5. The word '**shift**' in paragraph 4 is closest in meaning to _____.
   A. change B. influence C. remain D. remove
6. The word '**they**' in paragraph 4 refers to _____.
   A. limits B. emotions C. teens D. situations
7. What should parents do as their teens grow and gain more experience?
   A. They should provide guidance without discussion.
   B. They should expect less from their teens.
   C. They should give their teens more freedom.
   D. They should adjust their expectations.
8. According to paragraph 4, how can discussing different situations, decisions and emotions benefit teens?
   A. by encouraging them to make more choices
   B. by showing the causes of their actions
   C. by improving their decision-making skills
   D. by setting strict rules on their behaviour
9. Which of the following can be inferred from the passage?
   A. Parents should limit their interactions with their teens as they grow older.
   B. Teens always prefer spending time with their friends over their parents.
   C. Parents should not spend too much time talking with their teenagers.
   D. Parents play a crucial role in guiding their teens' independence.
10. Which of the following is NOT true according to the passage?
   A. Parents should restrict their teens' activities to ensure they stay at home.
   B. Spending time together helps maintain a connection between parents and teenagers.
   C. It is necessary for pa rents to help teens explore hobbies that are fun and educational.
   D. Parents should talk to teens about their expectations and acceptable behaviours.

V. WRITING

Task 1. Complete the following sentences using given words. Change the form of the verbs if necessary.

1. Help / parents / with / housework / allow / children / develop / sense / responsibility.

1. Helping parents with housework allows children to develop a sense of responsibility.

2. Learn / basic / life skills / be / essential / teenager's journey / towards / independence.

2. Learning basic life skills is essential for a teenager's journey towards independence.

3. It / confidence / that / play / important / role / one's ability / make / good decisions.

3. It is confidence that plays an important role in one's ability to make good decisions.

4. It / through / choose / their / own / clothing styles / that / teens / can / express / their independence.

4. It is through choosing their own clothing styles that teens can express their independence.

5. Poor / time management / skills / can / make / hard / students / balance / between / work / study.

5. Poor time management skills can make it hard for students to balance between work and study.

Task 2. Rewrite each sentence using the given word in brackets as long as its meaning stays the same as the original one.

1. Working part-time may influence students' health and study negatively. (EFFECTS)

-> Working part time may have ____**negative effects on students' health and study**_____.

2. My mom taught me how to use the dishwasher properly. (WHO)

-> It was ____**my mom who taught me how to use the dishwasher properly**_____.

3. Teens are able to gain important life skills through sharing the chores with their parents. (THAT)

-> It is through _____**sharing the chores with their parents that teens are able to gain important life skills**____.

4. Her strong motivation and self-study helped her become an independent learner. (THAT)

-> It was her strong motivation __**and self-study that helped her become an independent learner**__.

5. Teenagers can gain work experience and money management skills by doing a part- time job. (ALLOW)

-> Doing a part-time job _____**can allow students to gain work experience and money management skills**_____.

Task 3. Write an essay / an article (180-200 words) about pros and cons of self-study.

The pros	The cons
• provide more freedom • develop important life skills • save money	• lack structured guidance • be lonely • be unsuitable for all subjects

Self-study, the process of learning independently without formal classroom instruction. This method of studying has become popular because of its benefits; however, it has some disadvantages. My essay will discuss both sides of self-study.

One the one hand, self-study brings students several advantages. One of the main benefits is it gives learners more freedom. Self-study allows learners to choose when, where, and what they want to study, making it suitable for those with busy schedules. Moreover, self-study enables learners to gain important life skills. Individuals take responsibility for their own learning, which helps them develop valuable skills such as time management, self-motivation and independence. Self-study can also be money-saving. It is because it doesn't often require the need for expensive tuition or course materials.

On the other hand, self-study has its drawbacks. One significant disadvantage is the lack of structured guidance. Without a teacher, learners may find it difficult to understand complex concepts or find answers to their questions. Moreover, studying on one's own can be lonely. There are no peers or classmates for learners to interact with. Finally, self-study might not be

suitable for all subjects, particularly those that require practical experience or access to specialised resources.

In conclusion, self-study has both positive and negative effects. It is important for learners to make use of its pros and overcome its challenges.

Tự học, quá trình học tập một cách độc lập mà không cần hướng dẫn chính thức trên lớp. Phương pháp học tập này đã trở nên phổ biến vì những lợi ích của nó, tuy nhiên, nó cũng có một số nhược điểm. Bài luận của tôi sẽ thảo luận về cả hai mặt của việc tự học.

Một mặt, việc tự học mang lại cho sinh viên nhiều lợi ích. Một trong những lợi ích chính là nó mang lại cho người học nhiều tự do hơn. Tự học giúp người học lựa chọn thời gian, địa điểm và nội dung mình muốn học, phù hợp với những người có lịch trình bận rộn. Hơn nữa, tự học còn giúp người học đạt được những kỹ năng sống quan trọng. Các cá nhân chịu trách nhiệm về việc học của chính mình, điều này giúp họ phát triển các kỹ năng có giá trị như quản lý thời gian, khả năng tự tạo động lực cho bản thân và tính độc lập. Việt tự học cũng có thể tiết kiệm tiền. Đó là bởi vì nó thường không yêu cầu học phí hoặc tài liệu học tập đắt tiền.

Mặt khác, việc tự học cũng có những mặt hạn chế của nó. Một nhược điểm lớn là sự thiếu hướng dẫn bài bản. Nếu không có giáo viên, người học có thể khó hiểu các khái niệm phức tạp hoặc khó tìm được câu trả lời cho câu hỏi của mình. Hơn nữa, việc tự học có thể rất cô đơn. Không có bạn bè hoặc bạn cùng lớp để người học tương tác. Cuối cùng, việc tự học có thể không phù hợp với tất cả các môn học, đặc biệt là những môn học đòi hỏi kinh nghiệm thực tế hoặc khả năng tiếp cận các nguồn tài liệu chuyên ngành.

Tóm lại, việc tự học có cả tác động tích cực và tiêu cực. Điều quan trọng là người học phải tận dụng được những ưu điểm của nó và vượt qua những thách thức của nó.

VI. LISTENING

Task 1. Listen to a talk about signs of an independent person and fill in each blank with one suitable word. You can listen to the recording TWICE.

Signs of an Independent Person

solve problems by yourself	- take care of yourself - solve your own problems (1) ____**efficiently** _____ - ask a trusted source for help if necessary
be (2) ___**attentive** _____ to your finances	- utilise and save money (3) _____**wisely** _____ - make a living and support yourself - become responsible for well-being and (4) ___**financial** _____ stability
do not (5) _____**rely** _____ on others' opinions	- stick to your plans and (6) ____**goals**_____ - be responsible to maintain yourself while pursuing your dreams

Script

Being an independent person or trying to be one proves that we have grown as human beings. Here are three things that prove you are an independent person.

One, you try to solve your problems for yourself. An important part of growing up is learning to find solutions for your problems by yourself. Some people don't receive much assistance from their parents as they grow so fending for themselves becomes natural. Others; however, grow up receiving attention and care from their caregivers, which may encourage them to rely on other people that make them feel safe. The important thing is that you must learn to take care of yourself and efficiently solve your own problems. An independent person will do what they can to resolve their issues alone but is not afraid to ask a trusted source for help if they really need it.

Two, you're attentive to your finances. Wisely utilising and saving money is a very important part of being a self-sufficient individual. Making a living and supporting yourself is an obvious sign of being

independent. Once you leave the nest that is your home, you become responsible for your own well-being and financial stability.

Three, you don't rely on the opinions of others regarding yourself and your life. Others' opinions may be different from yours in regards to the way you see the world. It's important to ensure that you stick to your plans and goals. So long as you're making safe and healthy choices, you should not feel the need to change or quit on things because of people's criticisms. Being responsible enough to maintain yourself while pursuing your dreams is a display of being a responsible individual.

Task 2. Listen to a talk about teen independence and decide if the following statements are true (T) or false (F). You can listen to the recording TWICE.

____**T**_____ 1. It's important for parents to respect their teens' privacy.
____**T**_____ 2. Texting may be the best means of communication between parents and teens.
____**T**_____ 3. Doing things together makes parents and teens feel more connected.
____**F**_____ 4. Involving teens in decision-making can start with planning meals.
____**F**_____ 5. Parents should talk to their children about their children's expectations.
____**T**_____ 6. Teens will become confident decision-makers with practice.

SCRIPT

In the teen years, young people develop and practice skills they will need as adults. Their job is to become more independent, and is to help them learn how to make good decisions for themselves. Here's some ideas to support you as parents.

Try not to get discouraged when they start spending more time alone behind a closed door at home. Make sure to respect their privacy. And when the moment is right, ask your teen for some one-on-one time. Texting may be the number one way you communicate with your teen, but texts shouldn't be the only way you communicate with each other. Many parents and teens connect by doing activities they enjoy together, taking walks, playing games, or preparing and eating meals. Get-togethers create opportunities to connect. As your child gets older and gains more experience and skills, involve them more in decision-making; for example, you may start by letting your teen decide what food they'll take to school for lunch. Over time, they may get involved in planning meals and eventually picking up groceries. Clear open communication about your expectations helps your teen decide what to do and how to stay safe when they are away from home. Be fair and consistent when talking about expectations. The process isn't always easy, especially when your teen doesn't make the decision you want them to make. Remember to listen, and take their ideas seriously. With practice, your teen will learn to confidently make good decisions for themselves. Finally, even though you're helping your teen gain more independence, always make sure they know you're there when needed.

VII. SPEAKING

Task 1. Answer the following questions.

1. Why do people want to become independent?

There are several reasons why people want to achieve independence. One common reason is it gives people more personal freedom. Independence allows individuals to make their own decisions, whether it's about their study, career, or lifestyle. It also improves self-confidence because individuals learn to take responsibility for their actions. Moreover, independence can make people proud of their ability to overcome life's challenges and achieve personal goals.

Có một số lý do tại sao mọi người muốn tự lập. Một lý do phổ biến là nó mang lại cho mọi người nhiều tự do cá nhân hơn. Sự tự lập giúp các cá nhân đưa ra quyết định của riêng mình, cho dù đó là về việc học tập, sự nghiệp hay lối sống. Nó cũng nâng cao sự tự tin vì các cá nhân học cách chịu trách nhiệm về hành động của mình. Hơn nữa, sự độc lập có thể khiến con người tự hào về khả năng vượt qua thử thách trong cuộc sống và đạt được các mục tiêu cá nhân.

2. Which important life skills do you need to be independent?

The most crucial life skill to be independent is time management. It enables you to organise your daily tasks effectively. When you manage your time well, you can have more control over your life. This skill allows you to balance time between relaxation and study or work. Responsibility is also essential for independence because it ensures that you can handle tasks without depending on others. It also helps you earn others' trust.

Kỹ năng sống quan trọng nhất để trở nên tự lập là quản lý thời gian. Nó giúp bạn sắp xếp công việc hàng ngày một cách hiệu quả. Khi bạn quản lý thời gian tốt, bạn có thể kiểm soát cuộc sống của mình tốt hơn. Kỹ năng này giúp bạn cân bằng thời gian giữa việc thư giãn và học tập hoặc công việc. Tinh thần trách nhiệm cũng rất cần thiết cho sự tự lập vì nó đảm bảo rằng bạn có thể xử lý công việc mà không phụ thuộc vào người khác. Nó cũng giúp bạn có được sự tin tưởng của người khác.

Task 2. Talk about things you have done to become independent in about 2 minutes.

Becoming independent is something I've been working on. One of the things I've done is learning to manage my time better. I use a planner to keep track of my assignments and deadlines. This helps me stay organized and get my work done on time.

Another thing I've done is starting to cook for myself. I've learned some basic recipes, so I don't have to rely on my parents to make every meal. It's been fun experimenting with different dishes.

I've also been practicing budgeting. I get an allowance, and I've learned to manage my money by saving some and spending wisely. It's important to be responsible with finances.

In addition, I've been taking public transportation to school. It gives me a sense of freedom and responsibility. I plan my routes and make sure to get to school on time.

All these things have helped me become more independent, and I'm looking forward to learning more as I grow.

Trở nên độc lập là điều tôi đang nỗ lực thực hiện. Một trong những điều tôi đã làm là học cách quản lý thời gian của mình tốt hơn. Tôi sử dụng một bản kế hoạch để theo dõi các bài tập và hạn nộp của mình. Điều này giúp tôi luôn tổ chức công việc và hoàn thành công việc đúng thời hạn.

Một việc khác tôi đã làm là bắt đầu tự nấu ăn. Tôi đã học được một số công thức nấu ăn cơ bản nên không cần phải nhờ bố mẹ nấu mỗi bữa ăn. Thật thú vị khi thử nghiệm các món ăn khác nhau. Tôi cũng đang thực hành lập ngân sách. Tôi nhận được một khoản tiền trợ cấp và tôi đã học cách quản lý tiền của mình bằng cách tiết kiệm một ít và chi tiêu khôn ngoan. Điều quan trọng là phải có trách nhiệm với tài chính.

Ngoài ra, tôi còn sử dụng phương tiện công cộng để đến trường. Nó mang lại cho tôi cảm giác tự do và trách nhiệm. Tôi lên kế hoạch cho lộ trình của mình và đảm bảo đến trường đúng giờ.

Tất cả những điều này đã giúp tôi trở nên độc lập hơn và tôi mong muốn được học hỏi nhiều hơn khi trưởng thành.

C. BÀI KIỂM TRA

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.

Question 1: A. combined	B. managed	C. worked	D. achieved
Question 2: A. identify	B. responsible	C. pressure	D. review

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

Question 3: A. freedom	B. remove	C. measure	D. manage
Question 4: A. motivate	B. machine	C. decision	D. dependent

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

Question 5: _____ through managing their own money that teens can become more independent.

A. It is B. It was C. That is D. This was

Question 6: Developing a sense of _____ can help students overcome significant challenges in life.

A. response B. responsible C. responsibility D. irresponsibility

Question 7: The more independent teenagers are, _____ they become.

A. more mature B. the most mature C. the maturer D. the more mature

Question 8: _____ teenagers are more likely to manage their time and money effectively.

A. Reliable B. Organized C. Curious D. Honest

Question 9: It was last month _____ we volunteered in an old people's home nearby.

A. which B. where C. that D. when

Question 10: It is parents _____ a vital role in teaching their teenagers about how to become responsible.

A. playing B. who played C. that play D. to play

Question 11: She is highly motivated to study _____ she wants to get a good job in the future.

A. as B. therefore C. although D. but

Question 12: One way to become more independent is to learn how to _____ on your own whether by walking or biking.

A. get down B. get around C. come over D. come up with

Question 13: To become truly independent, you must learn to make decisions _____ and be responsible for your choices.

A. confident B. confide C. confidence D. confidently

Question 14: The local food bank is _____ I regularly donate food items to help those in need.

A. that B. which C. where D. what

Question 15: Independence benefits you a lot when you are _____ and about.

A. in B. out C. up D. under

Question 16: _____ of the characteristics of independence in teens is the ability to make decisions on their own.

A. Each B. Every C. One D. Any

Question 17: It is the responsibility for sharing household chores _____ teenagers important life skills.

A. which teaches B. to teach C. to teaching D. that teaches

Question 18: I _____ into the habit of making my bed every morning because it helps me start the day in a good mood.

A. make B. get C. take D. do

Question 19: Curiosity is a/an _____ that encourages teenagers to explore new opportunities and interests.

A. characteristic B. pressure C. emotion D. self-study

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: Two students are talking with each other in class.

Amy: Hey, I heard you're going on a trip to the beach. Have a great time!

John: _____! I'm really looking forward to it.

A. The same to you B. You're welcome C. Thanks so much D. Get well soon

Question 21: Two students are talking with each other in class.

Lisa: Hi, Linh. Happy birthday! _____!

Linh: Thank you, Lisa! I plan to celebrate with my family.

A. Wish you a fantastic day B. wish you a healthy new year

C. Hope you feel better soon D. Good luck and stay calm

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.

Question 22: Parental **pressure** may negatively affect a teenager's ability to make independent choices.
A. encouragement B. relaxation C. stress D. disagreement

Question 23: **Motivation** plays a significant role in driving teenagers towards independence.
A. Encouragement B. Freedom C. Discouragement D. Organization

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.

Question 24: The transition from childhood to adulthood can be a **challenging** time for many teenagers.
A. demanding B. unpleasant C. enjoyable D. flexible

Question 25: Giving teenagers the freedom to make their own choices can help them become more **confident**.
A. reliable B. shy C. motivated D. mature

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: It is freedom from parental control which many teenagers want as they grow older.
A. is B. parental C. which D. as

Question 27: It is independence that can lead for greater self-confidence and self-motivation in teenagers.
A. It B. that C. for D. in

Question 28: It is advisable that teenagers learn essential life skills to prepare for independent in adulthood.
A. that B. essential C. for D. independent

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

Achieving independence is an essential part of human development. Teens are learning to take responsibility, forming their own values, and figuring out how to (29) _____ decisions that are right for them. That process can take many different forms. Teens express independence through their fashion choices, the music they listen to, the friends they spend time with, how they spend their money, and the activities and hobbies they are interested in.

The battle for control of their life and environment can create conflicts between parent and child. Seeking (30) _____ involve sharing opinions (31) _____ are opposite of the parent or caregiver, testing to see if their views will be accepted, or creating conflict. Teens may refuse to do normal chores or homework, and talk back to parents in an effort to find their independence.

Consequently, parents need to find ways to overcome this challenging time. (32) _____, the difficult part is finding a healthy balance between setting limits and allowing your teen to pursue their own path. Finding that balance begins with recognizing that some expressions of independence are healthy and typical, while others might indicate that your teen is (33) _____ risk.

Adapted from https://www.newportacademy.com/resources/empowering-teens/teen-independence/

Question 29: A. take	B. make	C. do	D. get
Question 30: A. autonomist	B. autonomous	C. autonomously	D. autonomy
Question 31: A. who	B. which	C. where	D. when
Question 32: A. However	B. Moreover	C. Although	D. Hence
Question 33: A. at	B. on	C. of	D. in

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

The transition from child to adult is a hard one for parents to control. While we all want our children to grow up to become happy, healthy, successful adults, the actual process of changing our

parenting techniques as our children mature is quite difficult. One of the most difficult transitions is when our teenagers start to pull away from us.

Psychologists call the process through which a person achieves a sense of individuality 'individuation' and it is a normal and healthy part of adolescence. Teens must separate from their parents so that **they** can develop their own opinions and establish independence in preparation for adulthood. People who fail to do this end up with emotional and social problems and struggle to lead independent, responsible lives.

Unfortunately, when teens individuate, it can feel uncomfortable, and even hurtful to parents. Our teens might establish an identity or opinion that goes against our values. They might bring home friends that we don't approve of. Our teens may no longer want to share their lives with us the way they did in the past. They might suddenly think they know more than us. Try to remember that this process is normal and healthy. You can feel that the process is **frustrating** but that your teen is taking the necessary steps to becoming an independent adult. This stage will not last forever, and you will discover a healthy, successful adult on the other side of this transition.

Adapted from https://middleearthnj.org/2022/06/13/your-teens-fight-for-independence/

Question 34: Which of the following can be the best title for the passage?

A. Teens' struggle for Independence B. Raising Happy and Healthy Adults

C. The Benefits of Teen Independence D. The Importance of Parental Control

Question 35: The word "**they**" in paragraph 2 refers to _____.

A. transitions B. psychologists C. teens D. parents

Question 36: The word "**frustrating**" in paragraph 3 is closest in meaning to _____.

A. pleasant B. annoying C. satisfying D. challenging

Question 37: According to paragraph 3, what is one of the concerns parents might have when their teens individuate?

A. That their teens might become too dependent on them

B. That their teens might have friends that they approve of

C. That their teens might develop an identity opposed to their values

D. That their teens might share more about their lives with them

Question 38: Which of the following is NOT true according to the passage?

A. When teens individuate; it can be an unenjoyable experience for their parents.

B. Individuation is an unhealthy process that leads to emotional and social problems.

C. Teens who fail to separate from their parents find it hard to lead responsible lives.

D. Teens' individuation can help teens become a successful and independent adult.

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

Parents and their teens don't always agree on issues such as dress, following family rules or how teens spend their time. As a result, arguments often occur. In fact, researchers tell us that most families experience an increase in **conflict** and arguments as their children enter into the teen years.

As children grow, their behaviour and attitudes are influenced by a variety of people with whom they have contact. They need to explore their world more independently so they can learn to feel confident in themselves and their abilities. During adolescence, teens begin to assert themselves with their parents and other people such as teachers, group leaders. For example, teens may now ask you why they should clean their room instead of just doing it. Often teens demand more responsibility and freedom for personal choices. They may begin to try new ways to dress, or spend more time with friends and less time with family. As their group of friends grows, parents are less likely to know who their friends are, or **they** may not approve of the friends their child has chosen.

Adolescents try to find out who they are and where they fit in. They want to make choices on their own, but at the same time they are not always ready to **handle** the responsibilities that go along with those choices. Conflicts arise most sharply when teens are 13-15 years old, but generally decline as

children get older. As might be expected, younger teens need more help in making decisions than older teens because they are less capable of understanding how their behaviours can affect themselves and others. As teens get older, they are better able to consider and understand the possible consequences of their behaviours and so are better able to make important decisions.

For adolescents, the struggle for autonomy (being able to think and act independently) can be quite stressful. Although teens may behave in ways to assert their autonomy from the family, they still depend on parents for emotional support and guidance. By including teens in appropriate decision making, parents can help their children learn how to make good decisions and become independent adults.

Adapted from: https://extension.tennessee.edu/publications/Documents/sp491a.pdf

Question 39: Which of the following can be the best title for the passage?

A. Understanding Parent-Teen Conflicts

B. The Challenges Related to Teen Independence

C. Parental Control Over Teen Choices

D. The Impact of Friendships on Teens

Question 40: The word "**conflict**" in paragraph 1 is closest in meaning to _____.

A. misunderstanding B. harmony C. disagreement D. cooperation

Question 41: The word "**they**" in paragraph 2 refers to _____.

A. personal choices B. teens C. parents D. teachers

Question 42: The word "**handle**" in paragraph 3 is closest in meaning to _____.

A. get away B. deal with C. give up D. take up

Question 43: According to the passage, why do arguments often occur between parents and teens during teen years?

A. Because teens desire more freedom for personal choices.

B. Because parents and teens always approve of everything.

C. Because children become more dependent and confident in themselves.

D. Because teens tend to spend more time with their parents.

Question 44: According to paragraph 4, how can parents help their teens in the struggle for autonomy?

A. by asserting control and setting strict rules

B. by excluding teens from decision-making processes

C. by providing emotional support and guidance

D. by allowing teens to make all decisions independently

Question 45: Which of the following can be inferred conflicts between teens and parents from the passage?

A. They only occur when teens are between 13-15 years old.

B. They generally increase as children become more mature.

C. They arise from teens' desire for autonomy and independence.

D. They decline when teens become less capable of making decisions.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: Students can make use of their time by using a time-management app.

A. Using a time-management app can lead students to waste their time.

B. Using a time-management app can help students make use of their time.

C. It is a time-management app which students can make use of their time.

D. It is a time-management app which helps students not to manage their time well.

Question 47: She takes responsibility for household chores such as doing the laundry and cooking.

A. It includes household chores such as doing the laundry and cooking that she takes responsibility for.

B. She is irresponsible for household chores such as doing the laundry and cooking.

C. Doing household chores such as doing the laundry and cooking makes her responsible.

D. She is in charge of household chores such as doing the laundry and cooking.

Question 48: Money management skills play a crucial role in achieving financial independence.

A. Money management skills are unnecessary to achieve financial independence.

B. Achieving financial independence requires time management skills.

C. It is money management skills that play an important role in achieving financial independence.

D. There are money management skills that play an important role in achieving financial independence.

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Parents should encourage teenagers to be responsible for their choices. This helps them become more independent.

A. Parents should encourage teenagers to be responsible for their choices, which makes them more dependent.

B. Parents should encourage teenagers to be irresponsible for their choices so that this helps them become more independent.

C. Parents should encourage teenagers to be responsible for their choices, which makes them less dependent.

D. Parents should encourage teenagers to be responsible for their choices because this helps them become less independent.

Question 50: Trang is an independent learner. She is able to identify her strengths and weaknesses.

A. It is Trang who is an independent learner can identify her strengths and weaknesses.

B. Trang is an independent learner who can’t identify her strengths and weaknesses.

C. Trang is a dependent learner with the ability to identify her strengths and weaknesses.

D. It is Trang who is an independent learner with the ability to identify her strengths and weaknesses.