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SỞ GD & ĐT NINH BÌNH
ĐỀ THI CHÍNH THỨC
(Đề thi có 06 trang)

KÌ THI THỬ TỐT NGHIỆP THPT NĂM 2026
THI MÁY
MÔN: TIẾNG ANH
Thời gian làm bài: 50 phút, không kể thời gian phát đề.

Họ và tên: …….. Số báo danh: …… **Mã đề**

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

BECOME A SELF-DIRECTED LEARNER
For a Sustainable Future

Are you ready to take control of your own learning? In many modern programs, students are encouraged to develop self-directed learning skills that help them succeed in a changing world. Instead of relying **(1)** _____ teachers for all their knowledge, learners are taught to set clear goals. They are also encouraged to apply **(2)** _____ in their daily study. Each learning experience can then be used as a stepping **(3)** _____ to future success.

In today's global society, many people still think education is mainly about learning from textbooks. **(4)** _____, it plays a much more important role in preparing students for future challenges. It also includes **(5)** _____ learning resources such as online courses and real-world experiences.

These resources help students **(6)** _____ new knowledge more effectively and become more independent in their studies.

Join us to explore new ways of learning and take the first step toward a better and more sustainable future.

Question 1. **A.** in **B.** on **C.** from **D.** at

Question 2.
A. independent learning strategies **B.** strategies independent learning
C. learning independent strategies **D.** learning strategies independent

Question 3. **A.** stone **B.** ground **C.** bridge **D.** ladder

Question 4. **A.** Moreover **B.** Meanwhile **C.** However **D.** Therefore

Question 5. **A.** another **B.** others **C.** the other **D.** other

Question 6. **A.** absorb **B.** retain **C.** collect **D.** receive

Read the following piece of news and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.

RISING OIL PRICES AFFECT DAILY LIFE WORLDWIDE

Oil prices have increased sharply in recent weeks due to ongoing tensions between the United States and countries in the Middle East. The conflict has disrupted a high **(7)** _____ of oil transported through key routes, especially through the Strait of Hormuz. This situation is now a source of **(8)** _____ concern among governments and businesses.

Global oil prices, **(9)** _____ by supply disruptions, have risen to nearly $97 per barrel. As a result, transportation and production expenses have become more **(10)** _____ in many countries. People now have to pay more for fuel, food, and other basic goods. For example, fuel prices in some regions have reached very high levels, making it difficult for families **(11)** _____ with rising expenses.

Experts warn that if the conflict continues, the situation may become more serious. It could also **(12)** _____ the flow of global trade, causing delays in the movement of goods and placing additional pressure on economies worldwide.

Question 7. **A.** number **B.** volume **C.** level **D.** amount

Question 8. **A.** consideration **B.** considerable **C.** considerably **D.** consider

Question 9. **A.** to affect **B.** affecting **C.** affect **D.** affected

Question 10. **A.** costly **B.** serious **C.** excessive **D.** heavy

Question 11. **A.** coping **B.** coped **C.** cope **D.** to cope

Question 12. **A.** take up **B.** hold up **C.** back up **D.** turn up

Read the following passage about thriving in a VUCA world and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.

THRIVING IN A VUCA WORLD

The acronym VUCA, standing for Volatility, Uncertainty, Complexity, and Ambiguity, **(13)** _____. Originating from the U.S. Army War College, its relevance has expanded far beyond military strategy, now influencing how organizations approach strategic planning and leadership development globally.

Volatility, the first component, refers to the rapid and unpredictable nature of change, **(14)** _____. Uncertainty, the second element, highlights the lack of predictability regarding future events and outcomes, even when information about current conditions is available. This makes forecasting extremely difficult, requiring adaptive approaches rather than rigid long-term plans. **(15)** _____. Complexity, on the other hand, describes situations where numerous interconnected factors and variables interact, making it challenging to understand cause-and-effect relationships or to predict the consequences of actions. **(16)** _____. Finally, ambiguity arises when information is incomplete, contradictory, or unclear, leading to multiple interpretations and making decision-making inherently difficult.

To effectively navigate this dynamic environment, organizations are increasingly adopting agile methodologies and fostering a culture of continuous learning. Such an approach enables them to respond quickly to unforeseen challenges and capitalize on emerging opportunities effectively. **(17)** _____, which are crucial for maintaining resilience and fostering innovation in an ever-evolving world.

(Adapted from TechTarget – What is VUCA?)

Question 13.

A. widely became the modern business and geopolitical landscape for a recognized framework
B. was widely becoming the geopolitical landscape for a recognized framework and the modern business
C. has widely become a recognized framework for the modern business and geopolitical landscape
D. is widely becoming the modern business and geopolitical landscape and a recognized framework

Question 14.

A. when rapid and large-scale shifts are overwhelmed by traditional planning methods
B. that overwhelmed traditional planning methods by rapid and large-scale shifts
C. which traditional planning methods overwhelm rapid and large-scale shifts
D. where rapid and large-scale shifts are overwhelming traditional planning methods

Question 15.

A. Besides, monitoring environments and adjusting strategies for organizations are without staying competitive
B. For example, organizations must stay competitive to monitor environments and adjust strategies
C. However, staying competitive environments must monitor and adjust organizations and strategies
D. Therefore, organizations must monitor environments and adjust strategies to stay competitive

Question 16.

A. These actions lead to a higher demand for robust analytical frameworks and innovative insights
B. Innovative insights and a higher demand for these actions lead to robust analytical frameworks
C. Robust analytical frameworks without innovative insights for a higher demand lead to these actions
D. A higher demand for these actions leads to robust analytical frameworks but innovative insights

Question 17.

A. Representing a fundamental shift towards embracing adaptability and foresight in organizational management these proactive measures
B. These proactive measures represent a fundamental shift towards embracing adaptability and foresight in organizational management
C. That these proactive measures represent a fundamental shift towards embracing adaptability and foresight in organizational management
D. A fundamental shift towards embracing adaptability and foresight in organizational management these proactive measures are

Read the following passage about Rage Bait in the digital age and mark the letter A, B, C or D to indicate the best answer to each of the following questions.

RAGE BAIT IN THE DIGITAL AGE

"Rage bait" is a type of online content created to make people feel angry or upset. It has become increasingly common in today's digital world, where attention is considered a valuable resource. Unlike traditional media, modern platforms rely on algorithms to determine what users see, often promoting content that receives the highest level of interaction.

Interestingly, although many users claim to dislike negative or manipulative content, they still interact with it regularly. Research suggests that emotions such as anger can push people to react quickly by commenting or sharing posts. This reaction is partly connected to human evolution, as anger once helped people respond to threats. However, in the online environment, such reactions are often **triggered** by minor or insignificant issues.

Social media algorithms play an important role in spreading rage bait. **These systems** aim to maximize user engagement and do not differentiate between positive and negative reactions. As a result, emotionally charged content is more likely to reach a wider audience. This situation encourages content creators to produce increasingly **contentious** posts in order to attract attention.

The impact of rage bait extends beyond online activity. Experts warn that continuous exposure to such content may lead to stress, anxiety, and a more negative perception of reality. **Although some platforms have attempted to control harmful content, these efforts have had limited success.** Therefore, users are advised to develop critical thinking skills and be more selective about the content they engage with.

(Adapted from IELTS Reading)

Question 18. Which of the following is **NOT** mentioned in the passage as a potential negative consequence associated with rage bait?

A. Reactions of users often being triggered by minor issues online.
B. Stress and anxiety for users when being exposed to harmful content.
C. Encouragement for content creators to make controversial posts.
D. The complete elimination of harmful content by online platforms.

Question 19. The word **"contentious"** in paragraph 3 is **CLOSEST** in meaning to _____.

A. informative **B.** academic **C.** controversial **D.** eligible

Question 20. The phrase **"These systems"** in paragraph 3 refers to _____.

A. traditional media platforms **B.** social media algorithms
C. negative online reactions **D.** positive user engagements

Question 21. The word **"triggered"** in paragraph 2 can be best replaced by _____.

A. controlled **B.** evoked **C.** suppressed **D.** assessed

Question 22. Which of the following best paraphrases the underlined sentence in paragraph 4?

A. Platforms have made efforts to control harmful content and have gained big success.
B. Despite few efforts, platforms have successfully controlled harmful content.
C. Without efforts, harmful content has been completely eliminated by platforms.
D. Efforts by platforms to control harmful content have not been very effective.

Question 23. Which of the following statements is **TRUE** according to the passage?

A. Online anger reactions are frequently triggered by minor or insignificant issues.
B. Continuous exposure to rage bait leads to a more positive perception of reality.
C. Social media algorithms are designed to promote only positive user interactions.
D. Users consistently dislike and avoid being exposed to all negative online content.

Question 24. Which paragraph primarily discusses the role of algorithms in spreading rage bait and how they contribute to its wider reach?

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

Question 25. In which paragraph are the concept of "rage bait" and the context in which it typically develops introduced and outlined?

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

Read the following passage about Biohacking and mark the letter A, B, C or D to indicate the best answer to each of the following questions from 26 to 35.

BIOHACKING

(I) Biohacking, broadly interpreted as the self-directed optimization of human biology, has gained attention in recent years as individuals seek to enhance performance beyond conventional health models. **(II)** Unlike traditional medical approaches, which are typically reactive and standardized, biohacking emphasizes personalization, continuous monitoring, and iterative self-experimentation. **(III)** This paradigm shift reflects a growing skepticism toward **one-size-fits-all solutions** and a preference for individualized strategies tailored to unique physiological responses. **(IV)**

Among the array of biohacking practices, grounding has attracted both advocacy and criticism. Proponents posit that direct physical contact with the Earth facilitates electron transfer, thereby neutralizing free radicals and mitigating oxidative stress. However, objectors argue that such claims, while theoretically plausible, are not yet substantiated by robust, large-scale empirical studies. Consequently, **it** occupies an ambiguous position at the intersection of anecdotal endorsement and scientific analysis.

Equally prominent is the strategic manipulation of light exposure, particularly in relation to circadian biology. Endogenous biological clocks, which regulate hormonal cycles and metabolic processes, are highly sensitive to environmental light cues. In contemporary settings characterized by **pervasive** artificial illumination, these rhythms are frequently disrupted, leading to a cascade of physiological and cognitive impairments. While morning sunlight exposure is often advocated as a corrective measure, the extent to which such interventions can fully realign circadian rhythms remains a subject of ongoing investigation.

Notwithstanding its potential, biohacking is fraught with cognitive and practical challenges. The reliance on self-tracked data, often derived from consumer-grade devices, raises concerns regarding accuracy and reproducibility. Moreover, the interpretive burden placed on individuals, who may lack formal scientific training, can result in misattribution of causality or overgeneralization of findings. **Thus, while biohacking offers a strong framework for health optimization, its effectiveness depends on integrating evidence, critical reasoning, and methodological rigor.**

(Adapted from https://functionalself.com.au/blog/biohacking)

Question 26. Where in paragraph 1 does the following sentence best fit?
"Such an approach often necessitates repeated adjustments based on ongoing feedback from the body."

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

Question 27. The phrase **"one-size-fits-all solutions"** in paragraph 1 is **CLOSEST** in meaning to _____.

A. innovative strategies designed for specific groups
B. temporary measures applied in urgent situations
C. universal approaches suitable for everyone
D. highly specialized methods tailored to individuals

Question 28. The word **"it"** in paragraph 2 refers to _____.

A. anecdotal endorsement **B.** oxidative stress **C.** grounding therapy **D.** electron transfer

Question 29. According to the passage, why do some critics question the effectiveness of grounding?

A. Because it has not been proven by large-scale scientific research.
B. Because it is not widely accepted by the general public nowadays.
C. Because it does not produce immediate results for most users.
D. Because it cannot be easily applied in everyday life situations.

Question 30. Which of the following best summarises paragraph 3?

A. Morning sunlight exposure that has a science-based evidence fully resolves all circadian disruptions.
B. Biological clocks function independently and are unaffected by surrounding environmental factors.
C. Artificial lighting has completely replaced natural light in regulating biological rhythms of all living things.
D. Circadian rhythms are influenced by light exposure, though corrective strategies remain under investigation.

Question 31. The word **"pervasive"** in paragraph 3 is **OPPOSITE** in meaning to _____.

A. harmful **B.** constant **C.** limited **D.** widespread

Question 32. Which of the following is **NOT TRUE** according to the passage?

A. Grounding therapy is firmly validated by large-scale empirical studies demonstrating its physiological effectiveness.

B. Circadian rhythm disruption is linked to excessive artificial light exposure in modern environments.
C. Limited scientific training may lead individuals to misinterpret self-tracked biohacking data inaccurately.
D. Biohacking prioritizes individualized optimization and self-monitoring over standardized clinical models.

Question 33. Which of the following best paraphrases the underlined sentence in paragraph 4?
A. Personal health optimization can be achieved without relying on structured methods or scientific evidence.
B. Biohacking guarantees effective health improvements for individuals regardless of how it is applied.
C. Biohacking is considered ambiguous but effective due to the lack of empirical evidence and scientific rigor.
D. The success of biohacking depends on carefully combining scientific evidence, logical thinking, and proper methods.

Question 34. Which of the following can be inferred from the passage?
A. Biohacking will eventually replace conventional medicine entirely.
B. Scientific research has fully resolved uncertainties surrounding biohacking.
C. Individual variability complicates the generalization of biohacking outcomes.
D. All biohacking practices are equally reliable across different individuals.

Question 35. Which of the following best summarises the passage?
A. Biohacking is often regarded as an unreliable trend that offers little to no practical value or proven effectiveness.
B. Biohacking is widely regarded as a scientifically validated approach that can enhance health and performance.
C. Biohacking represents a personalized approach to health optimization, but its practices remain subject to scientific uncertainty.
D. Biohacking is often associated with practices like grounding and light exposure, universally accepted.

Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in the following question.

Question 36.
a. Jake: I've been spending a lot of time on my phone lately, especially on social media.
b. Emily: Don't let it get out of hand. You should cut down on your screen time. It can affect your health and concentration.
c. Jake: You're right. I'll try to manage my time better.
d. Emily: That's true, but you can still set limits.
e. Jake: I know, but it's hard because I need my phone for studying too.
A. a - b - c - d - e **B.** a - b - e - d - c **C.** a - b - e - c - d **D.** d - a - d - c - b - e

Question 37.
a. Cultural heritage is more than just a collection of artifacts from the past.
b. Cultural traditions are often manifested through festivals, rituals, and traditional crafts that embody the values and beliefs of a community.
c. Despite these measures, achieving a balance between cultural preservation and modernization continues to pose a significant challenge.
d. Younger generations may struggle to engage with these traditions as global influences and modern lifestyles become increasingly dominant.
e. The preservation of cultural heritage requires sustained efforts, particularly in societies undergoing rapid economic and social transformation.
A. b - d - e - a - c **B.** e - d - c - b - a **C.** e - c - b - d - a **D.** b - a - e - d - c

Question 38.
a. This situation has put governments under increasing pressure to take immediate action and reduce environmental damage.
b. Many experts also argue that ignoring these problems is no longer an option.

c. Environmental issues such as climate change and pollution have become increasingly serious in recent years.
d. In many regions, local communities are already bearing the brunt of these changes, facing severe impacts on their health and living conditions.
e. Therefore, some countries have started to address these challenges, although progress remains limited.

A. c - d - a - b - e **B.** d - a - b - e - c **C.** c - a - b - d - e **D.** a - b - c - d - e

Question 39.

a. Tom: I've been feeling really tired lately, and I often get headaches after studying for a long time.
b. Tom: That sounds like a good idea. I'll try to change my routine.
c. Anna: You should try to get more sleep and do some exercise instead of staying up late every night.

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

Question 40.

Dear Sir/Madam,
a. I would welcome the opportunity to discuss how my skills and experience could contribute to your company.
b. I have recently completed my studies, where I developed strong communication skills and the ability to work effectively in a team.
c. My ability to adapt quickly and handle tasks under pressure makes me confident that I can perform well in this role.
d. The position of marketing assistant advertised on your company's website has attracted my particular interest.
e. I have also gained practical experience in digital marketing, which allows me to manage tasks efficiently and meet deadlines.
Yours sincerely,
Adam Smith

A. d - a - b - e - c **B.** d - e - b - a - c **C.** d - b - c - e - a **D.** d - b - e - c - a

THE END

ĐÁP ÁN THAM KHẢO

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

LỜI GIẢI THAM KHẢO

Câu 1. B. on

Cụm đúng là **rely on somebody/something**: dựa vào ai/cái gì.

- rely on teachers = dựa vào giáo viên
- Các đáp án khác không đi với "rely"

=> **B đúng**

Câu 2. A. independent learning strategies

Cần một cụm danh từ đúng ngữ pháp sau động từ **apply**.

- **independent learning strategies** = các chiến lược học tập độc lập
- Các phương án B, C, D sai trật tự từ

=> **A đúng**

Câu 3. A. stone

Cụm cố định: **a stepping stone to success** = bước đệm dẫn đến thành công.

=> **A đúng**

Câu 4. C. However

Câu trước nói nhiều người nghĩ giáo dục chỉ là học từ sách giáo khoa.
Câu sau lại nói giáo dục có vai trò quan trọng hơn nhiều.

Đây là quan hệ **tương phản**.

- However = tuy nhiên
- Moreover = hơn nữa
- Meanwhile = trong khi đó
- Therefore = vì vậy

=> **C đúng**

Câu 5. D. other

Cần tính từ bổ nghĩa cho danh từ số nhiều **learning resources**.

- **other learning resources** = những nguồn học tập khác
- another + danh từ số ít
- others đứng một mình
- the other thường dùng khi nói cái còn lại trong hai cái/nhóm xác định

=> **D đúng**

Câu 6. A. absorb

Câu: "These resources help students ___ new knowledge more effectively..."

• **absorb knowledge** = tiếp thu kiến thức

• retain = ghi nhớ/giữ lại

• collect = thu thập

• receive = nhận

Trong ngữ cảnh học tập, "absorb new knowledge" tự nhiên nhất.

=> **A đúng**

Câu 7. B. volume

Cụm tự nhiên: **a high volume of oil** = khối lượng dầu lớn.

• number dùng cho danh từ đếm được

• amount thường dùng với danh từ không đếm được, nhưng "volume of oil" tự nhiên hơn trong ngữ cảnh vận chuyển

• level không hợp nghĩa

=> **B đúng**

Câu 8. B. considerable

Cần tính từ bổ nghĩa cho danh từ **concern**.

• **considerable concern** = sự lo ngại đáng kể

• consideration = danh từ

• considerably = trạng từ

• consider = động từ

=> **B đúng**

Câu 9. D. affected

Câu có phần chen giữa bằng mệnh đề rút gọn bị động:

Global oil prices, affected by supply disruptions, have risen...

= Giá dầu toàn cầu, bị ảnh hưởng bởi gián đoạn nguồn cung, đã tăng...

=> **D đúng**

Câu 10. A. costly

Câu: “transportation and production expenses have become more ___”

- **costly** = tốn kém hơn
- serious = nghiêm trọng
- excessive = quá mức
- heavy ít dùng kiểu này với “expenses”

=> **A đúng**

Câu 11. D. to cope

Cấu trúc: **It is difficult for somebody to do something**

=> “making it difficult for families **to cope** with rising expenses.”

=> **D đúng**

Câu 12. B. hold up

hold up = làm trì hoãn, cản trở

Câu: “It could also hold up the flow of global trade...”

- take up = chiếm, bắt đầu
- back up = sao lưu / hỗ trợ / làm ùn tắc
- turn up = xuất hiện, vặn to

=> **B đúng**

Câu 13. C. has widely become a recognized framework for the modern business and geopolitical landscape

Cần một câu hoàn chỉnh, đúng ngữ pháp và hợp nghĩa sau chủ ngữ **The acronym VUCA...**

Phương án C:

- đúng thì hiện tại hoàn thành
- nghĩa hợp lý: VUCA đã trở thành một khuôn khổ được công nhận rộng rãi trong bối cảnh kinh doanh và địa chính trị hiện đại.

Các đáp án khác sai cấu trúc hoặc tối nghĩa.

=> **C đúng**

Câu 14. D. where rapid and large-scale shifts are overwhelming traditional planning methods

Câu đầy đủ:

"Volatility ... refers to the rapid and unpredictable nature of change, **where rapid and large-scale shifts are overwhelming traditional planning methods**."

Ý nghĩa phù hợp với "volatility".

- A sai nghĩa bị động
- B, C sai cấu trúc

=> **D đúng**

Câu 15. D. Therefore, organizations must monitor environments and adjust strategies to stay competitive

Ngay trước đó nói về **uncertainty** làm việc dự báo khó khăn, phải thích ứng.
Câu sau hợp lý nhất là hệ quả:

- **Therefore** = vì vậy
- tổ chức phải theo dõi môi trường và điều chỉnh chiến lược để giữ sức cạnh tranh

=> **D đúng**

Câu 16. A. These actions lead to a higher demand for robust analytical frameworks and innovative insights

Ngay trước đó nói về **complexity**: nhiều yếu tố tương tác khiến khó hiểu quan hệ nhân - quả và khó dự đoán hậu quả.

Hệ quả hợp logic:

- cần các khung phân tích vững chắc
- cần những góc nhìn sáng tạo

Các đáp án còn lại sai logic hoặc sai ngữ pháp.

=> **A đúng**

Câu 17. B. These proactive measures represent a fundamental shift towards embracing adaptability and foresight in organizational management

Câu trước nói các tổ chức áp dụng phương pháp linh hoạt và xây dựng văn hóa học tập liên tục.
Câu này tổng kết:

- **These proactive measures** = những biện pháp chủ động này

- represent a fundamental shift... = thể hiện một sự chuyển đổi căn bản...

Ngữ pháp và nghĩa đều chuẩn.

=> **B đúng**

Câu 18. D. The complete elimination of harmful content by online platforms

Câu hỏi hỏi ý **KHÔNG được nhắc đến như một hậu quả tiêu cực**.

Đoạn văn có nhắc:

- người dùng bị kích động bởi chuyện nhỏ
- stress, anxiety
- content creators tạo các bài gây tranh cãi

Không có chỗ nào nói "nội dung độc hại đã bị loại bỏ hoàn toàn bởi các nền tảng"; ngược lại, bài còn nói nỗ lực kiểm soát **thành công hạn chế**.

=> **D đúng**

Câu 19. C. controversial

contentious = gây tranh cãi, dễ tranh luận gay gắt

=> gần nghĩa nhất là **controversial**

=> **C đúng**

Câu 20. B. social media algorithms

Cụm **These systems** xuất hiện ngay sau câu:

"Social media algorithms play an important role..."

Nên "These systems" thay cho **social media algorithms**.

=> **B đúng**

Câu 21. B. evoked

triggered trong ngữ cảnh này = bị khơi lên, bị kích hoạt

- evoked = gợi lên, khơi ra
- controlled = kiểm soát
- suppressed = kìm nén

- assessed = đánh giá

=> **B đúng**

Câu 22. D. Efforts by platforms to control harmful content have not been very effective

Câu gạch chân:

"Although some platforms have attempted to control harmful content, these efforts have had limited success."

Diễn đạt lại đúng nhất:

- đã cố kiểm soát
- nhưng hiệu quả hạn chế

=> **D đúng**

Câu 23. A. Online anger reactions are frequently triggered by minor or insignificant issues

Đoạn 2 nói rõ:
"such reactions are often triggered by minor or insignificant issues."

=> **A đúng**

Các đáp án khác sai vì:

- B: bài nói negative perception, không phải positive
- C: thuật toán không phân biệt phản ứng tích cực hay tiêu cực
- D: nhiều người nói không thích nhưng vẫn tương tác

Câu 24. D. Paragraph 3

Đoạn 3 nói trực tiếp về:

- vai trò của thuật toán mạng xã hội
- lan truyền rage bait
- giúp nội dung tiếp cận rộng hơn

=> **D đúng**

Câu 25. D. Paragraph 1

Đoạn 1 giới thiệu:

- rage bait là gì

• nó xuất hiện trong bối cảnh số hiện nay như thế nào

=> **D đúng**

Câu 26. C. [III]

Câu cần chèn:

"Such an approach often necessitates repeated adjustments based on ongoing feedback from the body."

Từ **Such an approach** quy chiếu trực tiếp về câu trước đó:
"biohacking emphasizes personalization, continuous monitoring, and iterative self-experimentation."

Vì vậy câu chèn hợp lý nhất là **sau câu này**, tức vị trí **[III]**.

=> **C đúng**

Câu 27. C. universal approaches suitable for everyone

one-size-fits-all solutions = giải pháp áp dụng chung cho tất cả mọi người

=> gần nghĩa nhất là **universal approaches suitable for everyone**

=> **C đúng**

Câu 28. C. grounding therapy

Đoạn 2 nói về **grounding**. Sau đó:
"Consequently, **it** occupies an ambiguous position..."

"it" ở đây chỉ chính **grounding** / grounding therapy, không phải oxidative stress hay electron transfer.

=> **C đúng**

Câu 29. A. Because it has not been proven by large-scale scientific research

Bài viết nói các phản đối cho rằng những tuyên bố đó:

• "are not yet substantiated by robust, large-scale empirical studies."

=> Chưa được chứng minh bởi nghiên cứu thực nghiệm quy mô lớn.

=> **A đúng**

Câu 30. D. Circadian rhythms are influenced by light exposure, though corrective strategies remain under investigation

Đoạn 3 nói:

• đồng hồ sinh học chịu ảnh hưởng bởi ánh sáng

- ánh sáng nhân tạo làm rối loạn nhịp sinh học
- ánh sáng mặt trời buổi sáng có thể hỗ trợ, nhưng mức độ hiệu quả vẫn đang được nghiên cứu

=> **D** tóm tắt đúng nhất.

Câu 31. C. limited

pervasive = lan rộng, phổ biến khắp nơi

Từ trái nghĩa là **limited** = hạn chế

=> **C đúng**

Câu 32. A. Grounding therapy is firmly validated by large-scale empirical studies demonstrating its physiological effectiveness

Câu hỏi hỏi phương án **KHÔNG ĐÚNG** theo bài.

Bài nói điều ngược lại:

- grounding **chưa** được chứng minh chắc chắn bằng các nghiên cứu thực nghiệm lớn

=> **A** là phát biểu sai so với bài.

Câu 33. D. The success of biohacking depends on carefully combining scientific evidence, logical thinking, and proper methods

Câu gạch chân nói:
"its effectiveness depends on integrating evidence, critical reasoning, and methodological rigor."

Diễn đạt tương đương:

- scientific evidence = evidence
- logical thinking = critical reasoning
- proper methods = methodological rigor

=> **D đúng**

Câu 34. C. Individual variability complicates the generalization of biohacking outcomes

Có thể suy ra từ bài:

- biohacking nhấn mạnh tính cá nhân hóa
- phản ứng sinh lý của từng người khác nhau
- vì vậy khó khái quát hóa kết quả cho mọi người

=> **C đúng**

Các đáp án khác quá cực đoan hoặc trái bài.

Câu 35. C. Biohacking represents a personalized approach to health optimization, but its practices remain subject to scientific uncertainty

Đây là ý bao quát nhất của toàn bài:

- biohacking là cách tiếp cận cá nhân hóa
- có tiềm năng
- nhưng còn nhiều bất định khoa học

=> **C đúng**

Câu 36. B. a - b - e - d - c

Trình tự hợp lý:

- a: Jake nêu vấn đề
- b: Emily khuyên nên giảm thời gian dùng điện thoại
- e: Jake nói khó vì còn cần điện thoại để học
- d: Emily thừa nhận nhưng vẫn có thể đặt giới hạn
- c: Jake đồng ý và hứa sẽ quản lý thời gian tốt hơn

=> **B đúng**

Câu 37. D. b - a - e - d - c

Câu này hơi gượng, nhưng **D** là phương án hợp lý nhất trong 4 đáp án.

Diễn tiến:

- b: nêu biểu hiện cụ thể của truyền thống văn hóa
- a: khái quát rộng hơn về cultural heritage
- e: nói việc bảo tồn cần nỗ lực bền bỉ
- d: nêu khó khăn của thế hệ trẻ
- c: kết luận rằng dù có các biện pháp đó, việc cân bằng bảo tồn và hiện đại hóa vẫn khó

=> **D đúng**
(*Đây là câu sắp xếp không thật sự đẹp tuyệt đối, nhưng D là lựa chọn ổn nhất.*)

Câu 38. A. c - d - a - b - e

Trình tự logic:

- c: nêu vấn đề môi trường ngày càng nghiêm trọng
- d: hậu quả cụ thể với cộng đồng địa phương
- a: tình hình này gây áp lực lên chính phủ
- b: chuyên gia nói không thể phớt lờ nữa
- e: kết quả là một số nước đã bắt đầu hành động

=> **A đúng**

Câu 39. A. a - c - b

- a: Tom nêu tình trạng mệt mỏi, đau đầu
- c: Anna đưa lời khuyên
- b: Tom đồng ý làm theo

=> **A đúng**

Câu 40. D. d - b - e - c - a

Bố cục thư xin việc hợp lý:

- d: nêu vị trí ứng tuyển
- b: giới thiệu học vấn, kỹ năng cơ bản
- e: nêu kinh nghiệm thực tế
- c: nhấn mạnh khả năng thích nghi, làm việc dưới áp lực
- a: kết thư, mong có cơ hội trao đổi thêm

=> **D đúng**