

Luyện Thi Tiếng Anh Cùng Cô Phạm Liễu

TỔNG HỢP 30 BÀI ĐỌC HIỂU



FILE ĐỀ + VIDEO CHỮA CHI TIẾT

Hướng dẫn vào học:

❖ **Bước 1: Click vào → ĐỀ 01**

❖ **Bước 2: Xem video tại Youtube: Cô Phạm Liễu**

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

Đề 1:

Tribal tourism is a relatively new type of tourism. It involves travelers going to remote destinations, staying with local people and learning about their culture and way of life. They stay in local accommodation, share facilities with local people, and join in with meals and celebrations. At the moment, less than one percent of holidays are tribal tourism holidays, but this is set to change.

Tribal tourism is often compared with foreign exchange visits. However, a foreign exchange involves staying with people who often share the same values. Tribal tourism takes visitors to places where the lifestyle is very different from that in their home location. Those who have been on tribal holiday explain that experiencing this lifestyle is the main attraction. They say that it offers them the chance to live in a way they never have before.

Not everyone is convinced that tribal tourism is a good thing, and opinions are divided. The argument is about whether or not it helps the local population, or whether it exploits them. The main problem is that, because tribal tourism is relatively new, the long-term influences on local populations have not been studied in much detail. Where studies have been carried out, the effects have been found to be negative.

So, is it possible to experience an exotic culture without harming it in some way? “With a bit of thought, we can maximise the positive influences and minimise the negative”, says travel company director Hilary Waterhouse. “The most important thing for a tribal tourist is to show respect for, learn about, and be aware of, local customs and traditions. Always remember you’re a guest.”

(Adopted from “Complete IELTS” by Rawdon Wyatt)

Question 1: Which best serves as the title for the passage?

- | | |
|---------------------------------|-------------------------------|
| A. An Old Tourist Destination | B. Holidays with a Difference |
| C. Different Customs of a Tribe | D. Peak Holiday Seasons |

Question 2: The word “They” in paragraph 1 refers to _____.

- | | | | |
|--------------|---------------|-----------------|------------------------|
| A. travelers | B. facilities | C. local people | D. remote destinations |
|--------------|---------------|-----------------|------------------------|

Question 3: According to paragraph 2, what is the main attraction of tribal tourism?

- | |
|---|
| A. Tourists can stay with people of the same values. |
| B. Tourists can interact with other foreign visitors. |
| C. Tourists can experience a different lifestyle. |

D. Tourists can explore beauty spots in remote areas.

Question 4: The word “divided” in paragraph 3 is closest in meaning to _____.

- A. similar
- B. important
- C. different
- D. interesting

Question 5: According to Hilary Waterhouse, the most important thing for a tribal tourist is to _____.

- A. forget about negative experiences
- B. respect local customs and traditions
- C. learn about other guests
- D. be accompanied by other travelers



Video chűa: DÈ 01

Dè 2:

Life can be stressful, and on especially stressful days our brain can feel exhausted from all the thoughts, emotions, and emotions that are racing in our head. Luckily, there is one easy and helpful tool that you can use right now to help calm your mind in tough times: mindfulness meditation.

Simply put, mindfulness meditation is the mental practice of giving full attention to your thoughts, senses, and feelings in the present moment. Many studies have shown that following it every day allows us to train our brain to slow down, let go of negativity, and calm both the mind and body. There is even evidence to suggest physical benefits like lower heart rate, improved immunity, and better sleep. And the best thing? You need very little preparation. To get started, all you need is a comfortable place to sit, three to five minutes of free time, and a judgment-free mindset.

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We often think meditation should be done alone. However, guided meditation videos, in which we are instructed by someone during meditating, can be a great choice. Guided meditation is most often led by experienced practitioners, so beginners do not have to worry about not knowing where to start or what to do. With a gentle voice to guide us, it will also be easier to maintain concentration, especially for people who struggle with their short attention spans. On YouTube, a simple search will give you hundreds of videos for you to try out and choose the one you like best.

(Adapted from berkeleywellbeing.com; verywellmind.com)

Question 1: What is the passage mainly about?

- A. the vital role of mindfulness in well-being
- B. what to prepare for effective meditation

- C. a practice to get you through hard times
- D. the best forms of mindfulness meditation

Question 2: The word “it” in paragraph 2 refers to _____.

- | | |
|---------------------------|--------------------|
| A. mindfulness meditation | B. mental practice |
| C. full attention | D. present moment |

Question 3: Mindfulness meditation _____.

- A. means focusing on your emotions throughout the day.
- B. teaches your brain to only think about positive things.
- C. helps both your mental and physical health.
- D. requires you to have a lot of free time daily.

Question 4: All of the following were mentioned about guided meditation videos EXCEPT _____.

- | | |
|-----------------------------|--------------------------|
| A. who they are suited for | B. why they are the best |
| C. the advantages they have | D. where to find them |

Question 5: The word “struggle” in paragraph 3 is closest in meaning to _____.

- | | | | |
|-------------|---------------------|-------------------|----------------------|
| A. try hard | B. show disapproval | C. cause conflict | D. have difficulties |
|-------------|---------------------|-------------------|----------------------|

→ **Video chūa: ĐỀ 02**

Đề 3:

It's widely accepted that teachers and parents should praise the effort kids make - rather than praise their innate ability - if they want their students and children to be successful. Similarly, a new study suggests that encouraging children to silently repeat statements to themselves that emphasize effort over ability could bring greater success.

“Our study found that the math performance of children with low self-confidence improves significantly when they tell themselves that they will make an effort,” said Eddie Brummelman, an assistant professor of child development at the University of Amsterdam and co-author of the study that published Tuesday in the journal *Child Development*. The Dutch researchers studied 212 children ages 9 to 13 years old - an age when researchers said negative feelings about students' abilities at school become more common. “We did not find the same result among children with low self-confidence who spoke to themselves about ability. Self-talk about effort is the key.”

Additionally, other studies have shown that engaging in positive self-talk can improve children's performance in sports such as handball, soccer and swimming. It has also been indicated in several studies that children who engage in self-talk that emphasizes incompetence and failure experience more anxiety and depression. And according to the researchers of this study, self-talk that focuses on effort

and hard work removed a "psychological barrier" that **hindered** children's performance when it came to math.

The researchers said they chose to focus on math not only because of its key role in schools' curriculum but because math performance is known to be significantly affected by negative beliefs about ability. "When children with negative beliefs about their abilities work on mathematics problems, they are prone to anticipate and worry about failures. They consider challenges (e.g., a problem that they find difficult to solve) as signals that **they** lack ability, triggering disengagement from the task and worsening performance."

(Adapted from edition.cnn.com)

Question 1: What is the passage mainly about?

- A. The importance of self-confidence and innate ability in learning.
- B. The influence of positive self-talk on children's math performance.
- C. The challenges that young children encounter when studying math .
- D. The mental diseases that result from fear of failure and incompetence.

Question 2: Which of the following is NOT true about the study of the Dutch researchers?

- A. The study focused on the math performance of children in the 9 to 13 age group
- B. A co-author of the study is an assistant professor from the University of Amsterdam
- C. The study showed that positive self-talk can improve children's performance in sports
- D. The study found a link between positive self-talk and improvements in math performance

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

- | | |
|-------------|---------------|
| A. Declined | B. obstructed |
| C. excluded | D. demolished |

Question 4: One of the reasons why the researchers decided to concentrate on math for their research was that _____.

- A. it triggers negative beliefs in children
- B. it makes children scared of failures
- C. it has many difficult problems
- D. it is an important subject in school

Question 5: The word "**they**" in paragraph 4 refers to _____.

- A. signals
- B. challenges
- C. abilities
- D. children



Video chia sẻ: Đề 03

Đề 4:

We can never deny the importance of water in our lives. Without water, life cannot exist. That being said, you may be surprised to learn that when drank too much, water can be just as dangerous as any type of poison.

The problem starts at your kidneys, which filter out excess waste and water from your bloodstream – they can only process 800-1,000 mL of water an hour. So if you somehow manage to drink more than that, it means you're drinking water faster than your kidneys can process it all, and the unprocessed amount of water will end up in your cells.

Normally, your cells are surrounded by a balanced mixture of sodium and water, which flows in and out through tiny holes. But when you drink too much water, sodium starts to dissolve, and some of that extra water rushes into the cell to restore balance caused by loss of sodium, causing it to expand. Doctors call this water intoxication and it's a big problem.

Most of your cells can handle the expansion to a degree since they are soft and flexible. But it's not the same in your brain: because your skull is hard like a rock, pressure will build up in your brain as your brain cells expand, which can lead to headaches and confusion. And as the pressure increases, you risk brain damage, coma, and even death. A 64-year-old woman, for example, died after drinking 30-40 glasses of water.

The good news is that there's an easy way to stay safe. The daily water intake of an average healthy adult is somewhere around 3-4 litres of water a day. And since this can come from food and other drinks too, you only need to drink water when you're really thirsty, and then stop.

(Adapted from todoist.com)

Question 1: What is the passage mainly about?

- A. The indispensable role of water
- B. Why kidneys keep your blood clean
- C. What happens when you drink too much water
- D. The best amount of water to drink every day

Question 2: According to paragraphs 2 and 3, when you drink too much water, _____.

- A. the mixture of sodium and water outside cells will stop flowing.
- B. all the water will make its way to your cells and affecting them.
- C. extra water will lead to loss of sodium, making cells expand.
- D. your kidneys cannot keep water and waste out of your blood.

Question 3: The word “it” in paragraph 3 refers to _____.

- A. water
- B. sodium
- C. cell
- D. balance

Question 4: The phrasal verb “build up” in paragraph 4 is closest in meaning to _____.

- A. gather B. combine C. increase D. amass

Question 5: Which of the following is NOT TRUE, according to the passage?

- A. When water causes your cells to expand, it is called water intoxication.
- B. Cell expansion is bad for your brain because brain cells are inflexible.
- C. The more your brain is pressured, the more dangerous it is for you.
- D. Your daily water intake comes mostly from food and other drinks.

→ **Video chūa: ĐỀ 04**

Đề 5:

When it comes to marriage the timing is not the same for everyone. Although society usually puts pressure on individuals to get married and start a family early, over the years, people have had many reasons to get married later in life.

All over the world, people of all genders have more access to higher education now more than ever. This results in people choosing to focus on their careers and delaying marriage. Also, the fact that many young people start living alone at an early age make them develop high levels of independence. As a result, they do not see the need to commit to a partner. Women in particular no longer feel the urge to get married fast. They instead spend more of their youthful days pursuing opportunities to become more financially independent.

Financial stability is also a factor. A lot of people in their twenties are not financially stable enough to run a home and fulfil the responsibilities that come with starting a family – after all, simply organizing a wedding is already quite an expensive effort. That much financial pressure can be detrimental to most relationships. As a result, many people decide to wait until they are financially ready before tying the knot.

Nowadays, many couples prefer to live together before getting married, which provides an opportunity to experience marriage life without the commitment and to figure out whether they really suit each other. This is especially made possible as modern society now accepts these sorts of living arrangements.

(Adapted from spain4weddings.com)

Question 1: Which best serves as the title for this passage?

- | | |
|---------------------------------|----------------------------------|
| A. Finding the Perfect Time | B. Is Early Marriage a Bad Idea? |
| C. Later Marriage, Happier Life | D. Getting Married Can Wait |

Question 2: The word “them” in paragraph 2 refers to _____.

- | | |
|------------|------------|
| A. genders | B. careers |
|------------|------------|

C. young people

D. levels of independence

Question 3: According to paragraph 2, young women _____.

- A. can access all levels of education more easily than ever
- B. used to feel that they have to marry someone quickly
- C. believe marriage will harm their financial independence
- D. are better at men when it comes to pursuing chances

Question 4: The word “detrimental” in paragraph 3 is closest in meaning to _____.

- A. unreasonable
- B. annoying
- C. offensive
- D. harmful

Question 5: Which of the following is NOT mentioned in the passage?

- A. The ideal time to enter into marriage is not the same for every person.
- B. Many young people do not make enough money to maintain a marriage.
- C. Most people decide not to marry because of expensive wedding costs.
- D. In modern society, living together before marriage is considered normal.



Video chūa:: ĐỀ 05

Dè 6:

If you are like many people, social media has become part of your everyday life. But spending hours on platforms Facebook, Instagram, or Twitter also comes with the risk of becoming victims of social media scams. That's why it's smart to learn about some of them.

Data being stolen is not uncommon. Hackers might steal your credit card information after hacking major banks. And social media sites are also popular targets. In 2021, for instance, Facebook suffered a data breach that exposed the personal information of more than 500 million users. If cybercriminals hack into your favourite social media sites, they might be able to snag the personal information listed in your accounts and use it for their own benefit.

Do you always share everything about you and your life on Facebook? If you do, you might be exposing yourself to cybercriminals. Because so many of us often post our birthdates, names, and addresses online, scammers can steal plenty of personal info without having to do any hacking. They can then either use this information to access our online financial accounts or take out loans and credit cards in our names, costing us huge amounts of money.

It's easy to be tempted by get-rich-quick offers, which is why money-flipping scams are popular. In this scam, scammers will make a post to social media sites promising viewers that they can make quick money with minimum effort. If victims do reach out, the posters will tell them to send money to a prepaid debit card as “investment” and then share the card number and PIN with them.

Once victims provide these criminals with their card information, the scammers simply take out all the money in this bank account and disappear.

(Adapted from us.norton.com)

Question 1: Which best serves as the title for this passage?

- A. Beware Of These Social Media Scams
- B. The Dangers Of A Data Breach
- C. Using Social Media Sites Safely
- D. How Do I Protect My Social Media Privacy?

Question 2: According to paragraph 2, hackers _____.

- A. most often attack major banks to steal credit cards
- B. especially like to target social media to find personal data
- C. stole data from 500 million people working for Facebook
- D. might use stolen information to benefit themselves

Question 3: The word “tempted” in paragraph 4 is closest in meaning to _____.

- A. employed
- B. attracted
- C. guided
- D. controlled

Question 4: The word “them” in paragraph 4 refers to _____.

- A. sites
- B. viewers
- C. victims
- D. posters

Question 5: Which of the following is NOT supported by information in the passage?

- A. If you share things carelessly on social media, hackers will be more likely to target you.
- B. Sometimes, hackers can effortlessly gain access to people’s personal data on social media.
- C. Money-flipping scams start from posts that offer a chance to get rich easily and quickly.
- D. In money-flipping scams, victims have to send money directly to the scammers’ account.



Video chũa: ĐỀ 06

Đề 7:

Whether to communicate with lecturers in universities or with your colleagues and managers at work, how you write your emails has a huge effect on whether or not your message is conveyed successfully or receive a proper response. Therefore, no matter how experienced you are, always remember the common things that can make your email a disrespectful or unprofessional one.

First impressions are always important. And for emails, that first impression comes from the email address. Therefore, it is definitely not a good idea to use unprofessional addresses such as *bingchilling@gmail.com* or *huydeptra@yahoo.com.vn* when you are sending messages, especially

important or urgent ones, to your teacher or boss. **They** may sound funny or cool when you are young or writing a casual or joke message to a friend, but not in more professional settings like the workplace.

Next up are bad subject lines – either too long, too vague or just not saying anything at all. For instance, “Hello” is a terrible subject line because it contains nothing specific and gives the impression that you are lazy. As a rule, try to express what you’re trying to accomplish with your email (e.g. sending a report, asking for information, etc.) in the subject line and keep it as short as you can. Otherwise, it might not get opened at all.

Finally, keep an eye out for language errors. The smallest spelling and grammar mistakes can still immediately diminish your intellect and professionalism in an email. The good news is that they can be easily spotted and fixed with a few minutes of **meticulous** proofreading before the email is sent. You can also cut down on spelling and grammar mistakes with a web extension or other AI writing assistant software to ensure that your email is of a professional standard.

Question 1: What is the passage mainly about?

- A. Why professional email addresses matter
- B. The consequences of writing bad emails
- C. Steps to write an effective and professional email
- D. Common mistakes to avoid when writing emails

Question 2: According to paragraph 2, an email address like *huydeptra@yahoo.com.vn* _____.

- A. should only be used when you are still young.
- B. is considered very inappropriate in every situation.
- C. is not suitable when sending formal messages.
- D. can be used at work for unimportant conversations.

Question 3: The word “**They**” in paragraph 2 refers to _____.

- A. impressions
- B. addresses
- C. messages
- D. settings

Question 4: The word “**meticulous**” in paragraph 3 is closest in meaning to _____.

- A. precise
- B. detailed
- C. careful
- D. severe

Question 5: Which of the following is NOT TRUE, according to the passage?

- A. Email addresses have a great effect on the effectiveness of emails.
- B. The longer and more specific your email subject line is, the better.
- C. Even a minor spelling mistake can make your email less effective.
- D. There are online tools that can help you write professional emails.



Video chūa: Đề 07

Đề 08:

Device-centred communication has become almost universal over the past twenty years. More than three quarters of people in the world now own a mobile device, and more than half communicate via social networking.

It is now hard to imagine a world without mobile devices consisting of such things as mobile phones, laptops and tablets. They allow us to stay in touch with a large network of friends, no matter where they are. But many experts say that communicating with a device is nothing like talking with someone in person. “Body language, eye contact and tone of voice can tell us so much,” psychologist Mary Peters says. “And none of those exist on a device. Even video chat removes many subtle clues.”

We don't know to what extent these technologies will permanently change the way people interact. People will always want to meet up with others in small and large groups. Indeed, it is fair to say that social media makes it easier than ever before for people to organise social events. However, there is still a danger that device-centred communication may have a negative long-term impact on the way people interact with each other on a day-to-day basis.

We must not, therefore, lose sight of the need to focus on the actual people around us, and remember that they deserve our real – not virtual – attention. The idea of a culture where people always have a screen between them sounds a bit funny, because deep understanding comes when we see the reactions on other people's faces.

(Adapted from ideas.ted.com)

Question 1: The passage is mainly about _____.

- A. the development of device-centred communication
- B. the impact of device-centred communication
- C. the definition of device-centred communication
- D. the misunderstanding of device-centred communication

Question 3: The word “They” in paragraph 2 refers to _____.

- A. mobile phones
- B. tablets
- C. mobile devices
- D. laptops

Question 4: In paragraph 2, in her statement about the advantages of communicating in person, Mary Peters mentioned all of the following EXCEPT _____.

- A. body language
- B. eye contact
- C. handshake
- D. tone of voice

Question 5: The word “meet up” in paragraph 3 is closest in meaning to _____.

- A. come down
- B. get together
- C. get away
- D. come away

Question 7: According to paragraph 4, deep understanding appears when _____.

- A. we communicate through social networking
- B. we interact with modern technology
- C. we care about our virtual friends
- D. we see the reactions on the faces of other people.



Video chűa: ĐỀ 08

Đề 09:

Life exists in extreme environments on Earth, from arid deserts where water is scarce to thermal, toxic vents in the deepest reaches of the ocean floor. But it can't exist on every inch of the planet and scientists have discovered a place in Ethiopia where life can't find a way, according to a new study. That place is called Dallol.

Scientists conducted multiple tests and found that there is no life, not even microorganisms, in Dallol. One of Earth's most extreme environments, Dallol is incredibly hot, salty and acidic. Its ponds extend across a volcanic crater, filled with salt, toxic gases and boiling water in response to extreme hydrothermal activity. Even in winter, daytime temperatures can exceed 45 degrees Celsius. "After looking at many more samples than in previous works, we have verified that there's no life in these salty, hot and hyperacid pools," said Purificación López García, study author and biologist at the French National Centre for Scientific Research.

Scientists have long used evidence of life in extreme environments on Earth to argue that life may exist on other planets in our solar system or beyond it under similar conditions. But the researchers warned that in this case, just because there is liquid water present or because something resembles cells or other biological aspects beneath a microscope, does not mean there is life present.

"Our studies present proofs that there are places on the Earth's surface in which no life forms exist even though they contain liquid water," López García added. The Dallol ponds actually prevent life from forming because they contain chemical barriers like chaotropic magnesium salts that help break down hydrogen. Combined with the salty, acidic and hot environment, life receives no encouragement in the pools. "We would not expect to find life forms in similar environments on other planets," López García also stated. The researchers will continue studying the pools to determine more about the limits of life.

(Adapted from edition.cnn.com)

Question 1: What is the passage mainly about?

- A. Scientists' view about life beyond Earth proven wrong.

- B.** Why there are no life forms in acidic water.
 - C.** A place on Earth where life cannot exist.
 - D.** The hottest volcano crater on Earth.

Question 2: According to the passage, the Dallol ponds _____.

- A.** have conditions similar to those of other planets.
 - B.** can support life but strangely have no life forms.
 - C.** will continue to be researched in the near future.
 - D.** prevents life in winter as they become too cold.

Question 3: The word “they” in paragraph 4 refers to _____.

Question 4: The word “arid” in paragraph 1 is closest in meaning to _____.

- A.** hardened **B.** humid **C.** dry **D.** spoilt

Question 5: All of the following are mentioned in the passage as the conditions of the Dallol ponds EXCEPT

—

- A.** extremely hot
 - B.** incredibly salty
 - C.** completely dry
 - D.** hyperacidic



Video chුරා: දේ 09

Đề 10:

Sports are activities where people compete and have fun. They can be played alone, like swimming, or with others, like football. Many people enjoy sports because they are good for health and help to make friends. Playing sports is a great way to stay fit. When we run, jump, or throw, our body gets stronger. We also learn new skills, like teamwork and fair play. These are important in sports and life. There are many kinds of sports. Some are very well-known, like soccer, which is played all over the world. Others may be less known, like badminton, but they are still fun. In every sport, players follow rules and try to win.

Winning is not always the most important thing. What matters most is to try your best and enjoy the game. When we lose, we can learn from our mistakes and try again. This is how we get better. People

of all ages can play sports. Kids play in schools and parks. Adults can join clubs or teams. Even watching sports can be exciting. Fans cheer for their favorite teams and feel happy when they win.

(Adapted from <https://www.realbuzz.com/article/the-health-and-fitness-benefits-of-sport/>)

Question 1: Which of the following could be the best title for the passage?

- A. Winning Ways: The Competitive Edge in Sports
- B. Rules of the Game: Understanding Sports Regulations
- C. Champions of the Past: A History of Sports Victories
- D. The Joy of Sports: A Healthy and Fun Journey

Question 2: The word **they** in paragraph 1 refers to _____.

- A. sports
- B. skills
- C. people
- D. friends

Question 3: The word **well-known** in paragraph 1 is closest in meaning to _____.

- A. well-done
- B. creative
- C. important
- D. popular

Question 4: According to paragraph 3, what is the most important thing in sports?

- A. winning the game
- B. enjoying the game
- C. watching them
- D. joining clubs

Question 5: Which of the following is NOT true according to the passage?

- A. In any sport, players follow the rules and aim for success.
- B. Engaging in sports helps to maintain physical fitness.
- C. In sports, it is exciting only when you play the games.
- D. Sports can be played by individuals of every age group.

→ **Video chia sẻ: Đề 10**

Đề 11:

Eating a traditional Mediterranean-type diet—rich in foods such as seafood, fruit, and nuts—may help reduce the risk of dementia, as revealed by a new study. Experts at Newcastle University found that individuals who ate a Mediterranean-like diet had up to 23% lower risk for dementia than those who did not. Dementia is a disease that affects the brain and can cause problems with memory, thinking, and decision-making. It mostly affects older adults but is not a normal part of aging.

This study is one of the largest of its kind. The researchers looked at data from over 60,000 people in the UK. They gave each person a score based on how closely their diet matched a Mediterranean one. The Mediterranean diet includes foods like vegetables, fruits, whole grains, fish, and healthy fats like olive oil. The people were followed for almost 10 years and during that time, 882 of them got dementia.

The researchers also looked at the participants' genes to see if they had higher chances of getting dementia. They found that even for those who have a family history of dementia or has genes that make **them** more likely to get it, eating a Mediterranean diet can still help lower their risk. Dr Oliver Shannon from Newcastle University said: “Dementia affects millions of people around the world and there are not many ways to treat it. Finding ways to lower our risk of getting dementia is very important. Our

study shows that eating a diet like the Mediterranean one could help people lower their risk.”

The Mediterranean diet is not just one way of eating but includes many different foods that are popular in countries around the Mediterranean Sea. This includes Italy, Greece, Morocco, Spain, and Lebanon. The diet focuses on eating good quality foods rather than just one type of food or nutrient. There are no **stringent** rules about how much food to eat on the Mediterranean diet, which means that each person can eat as much as they need.

Question 1: What is the passage mainly about?

- A. Ways to follow the Mediterranean diet
- B. A way of eating that can help treat dementia
- C. A new study on dementia prevention
- D. Lifestyle changes to lower dementia risks

Question 2: The word “**them**” in paragraph 3 refers to _____.

- A. researchers
- B. participants
- C. genes
- D. chances

Question 3: According to paragraphs 1 and 2, what do we learn about the study?

- A. It revealed a possible link between healthy diets and lower risks of dementia.
- B. Researchers examined data from 60,000 people around the world.
- C. The study participants were observed for an extended time period.
- D. The results show that vegetables and fruits are best for dementia prevention.

Question 4: Which of the following is NOT supported by information in the passage?

- A. It is generally difficult for us to effectively treat dementia once it develops.
- B. A Mediterranean-type diet can reduce risks of dementia despite genetic conditions.
- C. The Mediterranean diet is not limited to one or some specific types of food.
- D. When following a Mediterranean diet, people should try to eat as much as possible.

Question 5: The word “**stringent**” in paragraph 5 is closest in meaning to _____.

- A. heavy
- B. severe
- C. cruel
- D. demanding



Video chűa: ĐỀ 11

Dề 12:

Many factors affect how you relate to colleagues like the different personalities in the office or the kind of boss you have. However, if you find yourself struggling to accept negative feedback, avoiding asking others for help or fearing failure – there could be another less obvious source to your problems. The nature of your parents’ relationship, and especially whether they solved problems **amicably** and constructively or resorted to conflict, could have shaped your way of relating to others.

Attachment theory, first proposed by the British psychologist John Bowlby in the middle of the last

century, proposes that our relationships – especially with our parents – shape how we relate to others through life, known as our attachment style. Generally, people have either ‘secure attachment’, meaning they are confident in their worth and have great trust in others; ‘anxious attachment’, in which they have low self-esteem and fear rejection and neglect by others; or ‘avoidant attachment’, which means they too have low self-esteem and low trust in others, but cope by avoiding getting too close to others in the first place.

There are many contributing factors to the kind of attachment style we develop, including the responsiveness of our parents, as well as our own personality. Also relevant, however, is our parents’ relationship with each other. For children, parents provide a model for how disagreements should be resolved in close relationships, and research suggests this has consequences for children’s later attachment style. For example, one study involving 157 couples found that those individuals whose parents had divorced when they were children were more likely to have an insecure attachment style as adults.

Your work behaviour can be affected by your attachment style in many ways. For instance, if you are anxiously attached, you might be extra fearful of facing rejection for performing your tasks poorly. These deep-rooted psychological processes also affect bosses – for example, those with a secure attachment style are more inclined to **delegate** more important work to their employees. Your attachment style is not unchangeable, though. Recent research has shown attachment styles evolve to some extent through life in response to current circumstances. Being more aware of your tendencies in a relationship and a variety of situations can enable you to take steps to improve **them** or turn them to your advantage. Your ways of relating to others at work might have deep roots, but if psychology has taught us one thing, it’s that learning and changing is possible through life.

Question 1: Which of the following best serves as a title for the passage?

- A.** What You Can Do To Change Your Attachment Style In The Workplace
- B.** How Your Work Behaviour May Have Been Affected By Your Parents
- C.** The Influence Of Divorces On The Mentality Of Young Children
- D.** The Negative Mental Impacts Of An Insecure Attachment Styles

Question 2: Which of the following is NOT TRUE about attachment styles?

- A.** They can be divided into three common types.
- B.** They are the result of various factors.
- C.** They affect both bosses and employees.
- D.** They are changeable and not deep-rooted.

Question 3: The word “amicably” in paragraph 1 can be best replaced by _____.

- A. slightly B. secretly C. carefully D. peacefully

Question 4: The word “them” in the last paragraph refers to _____.

- A. circumstances B. tendencies
C. situations D. styles

Question 5: The phrase “delegate” in the last paragraph is closest in meaning to _____.

- A. provide B. assign C. distribute D. share



Video chűa: ĐỀ 12

Đề 13:

If somebody tells you to imagine something but you simply cannot do that, then you might be among the few people who experiences aphantasia.

The term "aphantasia" comes from the Greek words *a*, which means "without," and *phantasia*, meaning "a capacity to form mental images." The phenomenon was first described by psychologist Francis Galton in 1880 and the term, which denotes the lack of a "mind's eye," or inability to visualize in the mind, was created in 2015 by neurologist Adam Zeman.

While Zeman believes that heredity and environmental conditions are both likely to be contributing factors, the exact cause of aphantasia is still unknown. Neuroimaging has shown that mental images is associated with the left temporal lobe and requires an extensive series of pathways in the brain to occur. And scientists are still studying why these might work in different ways in different people.

However, don't worry too much if you are indeed experiencing aphantasia. The lack of a mind's eye does not mean a person will live a boring, colourless life without any creativity and imagination. Many people who have aphantasia, or aphantasics, go on to be successful in visually creative fields. In fact, Zeman notes that Ed Catmull, recently retired Walt Disney Animation Studios president and co-founder of Pixar, is aphantic. "We recently organised an exhibition of work by aphantic artists, and aphantasia is no bar to imaginative, creative lives," Zeman explains.

(Adapted from health.howstuffworks.com)

Question 1: What is the passage mainly about?

- A. How aphantasia affects people's imagination B. The inability to create mental images
C. The factors that can result in aphantasia D. Why some people cannot picture things

Question 2: The word “denotes” in paragraph 2 is closest in meaning to _____.

- A. performs B. displays C. reveals D. describes

Question 3: In paragraph 4, Ed Catmull is mentioned to show that _____.

- A.** Visually creative people are usually aphantasics.
- B.** Those who have aphantasia are always successful.
- C.** People who have aphantasia can still be very creative.
- D.** Aphantasia often leads to a colourless but successful life.

Question 4: The word “these” in paragraph 3 refers to _____.

- A.** conditions
- B.** factors
- C.** pathways
- D.** scientists

Question 5: Which of the following is TRUE, according to the passage?

- A.** Francis Galton first used the term aphantasia in 1880.
- B.** Heredity has been proven to be one of the causes of aphantasia.
- C.** Aphantasia does not destroy imagination or creativity.
- D.** Most famous people in visually creative fields are aphantasics.



Video chűa: DÈ 13

Dè 14:

Broadcasting, perhaps the greatest invention of the last century, has come a long way; and the BBC is one of the most important and trusted broadcasters in the world today.

The British Broadcasting Company was established in 1922. Four years later, it changed its name to the British Broadcasting Corporation, better known as the BBC. It was not the world's first radio station. There had already been public radio broadcasts in Britain before 1920.

From the beginning the BBC was a public service radio, but also an independent operator. In the early days of BBC radio, there was not a lot of news on the radio. There were music, drama, discussions and children's programs; but news was not broadcast until after 7 p.m., to avoid competition with the newspapers!

In 1936 the BBC began the world's first television service. Only a few thousand people in London could receive those first flickering images. Nevertheless, people liked what they saw, and as the number of transmitters increased, more and more people went out to buy new television sets. In 1937, tennis was broadcast from Wimbledon for the first time. Then in 1938, football's Cup Final could be seen, live, by hundreds of thousands of people for the first time ever. Since 1946, the BBC has become one of Britain's most famous institutions. Today it has several national television channels, lots of radio channels and a growing number of international services.

(Adapted from <https://linguapress.com>)

Question 1: What is the passage mainly about?

A. The limitations of the BBC

B. The founder of the BBC

C. The mains of the BBC

D. The development of the BBC

Question 2: The word “established” in paragraph 2 is closest in meaning to _____.

A. shared

B. moved

C. heard

D. formed

Question 3: According to paragraph 3, all of the following programs were broadcast on BBC radio

EXPECT _____.

A. kid's programs

B. music

C. reality shows

D. discussions

Question 4: According to paragraph 4, which of the following was the reason why more people bought new TV sets?

A. There was an increase in the number of transmitters.

B. Tennis was broadcast for the first time.

C. They could receive the first flickering images.

D. They could see football's Cup Final.

Question 2: The word "It" in paragraph 4 refers to _____.

A. The BBC

B. Britain

C. service

D. channel



Video chūa: ĐỀ 14

ĐỀ 15:

When learning foreign languages such as English, many students spend hours doing grammar exercises and watching shows in their target language. However, a great number of them don't realise that working on vocabulary is just as important when it comes to success in learning a foreign language.

Vocabulary is the most important because it is the basis of all languages. It is the building blocks that we can use to express our thoughts and ideas and understand others. As British linguist David A. Wilkins said, “Without grammar, very little can be conveyed; without vocabulary nothing can be conveyed.” Even if we barely know a language and have zero grasp of grammar, we can still communicate. For example, pointing at a chocolate pastry in a French bakery and saying the few simple words ‘pain au chocolat’ with a friendly smile and you will still get what you need.

Vocabulary knowledge is also a significant factor in reading comprehension. The connection between vocabulary size and second language attainment through reading has been widely researched over the years. For instance, a 2010 study that discovered that a surprising difference of 64% in students' reading score was due to vocabulary size. We see similar evidence in listening skills. Clearly, if you have never seen or heard a particular word in a second language, it will be much harder to recognise and decode the sounds and understand the meaning of that word.

With a large vocabulary, you will also find it much easier to express yourself when you are writing or speaking. This is because you can select from a wider array of words and you'll be able to be more precise when you're conveying a thought, feeling, event or idea. Therefore, knowledge of vocabulary is widely considered to be perhaps the most crucial element when it comes to person's ability to speak and write in a foreign language.

(Adapted from textinspector.com)

Question 1: What is the passage mainly about?

- A. The benefits of having a large vocabulary in writing
- B. How to learn vocabulary effectively
- C. Why grammar exercises are not important
- D. The importance of vocabulary in language learning

Question 2: The word “them” in paragraph 1 refers to _____.

- A. languages
- B. students
- C. exercises
- D. shows

Question 3: According to paragraph 2, why is vocabulary the most important?

- A. Because it is the foundation of most languages in today's world.
- B. Because we only need to communicate with a few simple words.
- C. Because it is the building blocks for communicating with others.
- D. Because a lot of language learners have zero grasp of grammar.

Question 4: The word “array” in paragraph 2 is closest in meaning to _____.

- A. section
- B. limit
- C. range
- D. zone

Question 5: Which of the following is NOT TRUE, according to the passage?

- A. Many studies have discovered a surprising connection between vocabulary size and reading score.
- B. It is clearly difficult for you to decode the sounds in words that you have never heard or seen before.
- C. With a large vocabulary, you can express your thoughts, feelings, or ideas with much greater precision.
- D. A lot of people consider knowledge of vocabulary to be the most important factor in writing and speaking.



Video chűa: [ĐỀ 15](#)

Đề 16:

We're lucky to live in an age where knowledge is readily available. However, when we use or process this large amount of information to engage in arguments and debates, it can be hard to keep up, resulting in unproductive results, so here's a few strategies to sharpen your critical thinking and have more successful discussions.

In repeated experiments, psychologists have shown we're much more likely to accept something as evidence if it confirms what we think we know and deny information if it goes against our views. This is known as confirmation bias, and it operates at an unconscious level - affecting our ability to process information and making us more likely to reach one-sided or even unreasonable conclusions. This is especially true for an issue where our views are already deeply held. But **it** can take effect at any time, so don't rush to decide, and be actively prepared to change your mind.

In life, most situations are more complicated, and acknowledging that can enrich the way that we view the world. For example, what colour is the sky? Well, the obvious answer is blue, but it can be red at sunset or black at night. Besides, is the blue of the sky really blue? The colour blue has a short wavelength and scatters more than other colours, making it more visible to the human eye. So although the sky looks blue to us humans, there's a whole spectrum of colours out there. As you can see, something that seems totally **self-evident** can still be more complex than you think, so never think that everything is just "black and white", even the simplest issues.

Also, be ready to let go of the idea of being "right", or at least seriously consider that you might be wrong. Putting yourself in the other person's shoes can lead to much more productive outcomes. This is called "intellectual empathy". It can be challenging, but you will gain more from a debate this way. And remember that this can only work when both sides are engaging with good intentions. If you think the other side is just arguing to waste time and make you angry, than you should just stop.

Finally, know where your information is coming from. For instance, a graph about increased public safety when people own guns might look convincing, until you dig a little deeper and find that it can only be found in an unofficial Facebook group that supports gun ownership. You don't have to be an expert or anything—simply training yourself to become **literate** in scientific methodology, the use of data and the way it's presented to shape people's views is already an effective weapon when it comes to critical thinking.

(Adapted from BBC Ideas)

Question 1: Which best serves as the title for the passage?

- A.** Living Daily Life With A Critical Mind
- B.** How True Critical Thinkers Argue About Things
- C.** Things To Do To Think More Critically
- D.** Why Is It So Hard To Improve Critical Thinking?

Question 2: The word “it” in paragraph 2 refers to ____.

- A.** bias
- B.** level
- C.** ability
- D.** issue

Question 3: According to paragraph 2, confirmation bias _____.

- A.** helps us concentrate more on finding evidence that confirms what we think.
- B.** makes us deny all the information that does not support our viewpoints.
- C.** changes how we process information without us being aware of this.
- D.** rarely has an effect if our beliefs about an issue is not very deep.

Question 4: The word “self-evident” in paragraph 3 can be best replaced by _____.

- A.** reasonable
- B.** obvious
- C.** accurate
- D.** logical

Question 5: In paragraph 4, what do we learn about “intellectual empathy”?

- A.** To practice it, you must always believe and accept that your opinion is wrong.
- B.** For it to be effective, at least one side of a debate should have good intentions.
- C.** Adopting it in an argument can waste your time, but you will gain many benefits.
- D.** If applied successfully, it can help a debate produce positive outcomes in the end.

Question 6: Which of the following can most likely be inferred from the passage?

- A.** People who are aware of their confirmation bias almost always win a debate or argument.
- B.** The human eye is usually very bad at distinguishing colours in the natural environment.
- C.** Groups supporting gun ownership are infamous for fabricating graphs to trick people.
- D.** When you understand the use of data, you will be more critical when examining it.

Question 7: The word “literate” in paragraph 5 is closest in meaning to _____.

- A.** specializing in something
- B.** having basic knowledge of something
- C.** knowing everything about something
- D.** passionate about something



Video chűa: ĐỀ 16

Đề 17:

It's being called the unnoticed apocalypse: The number of insects is declining rapidly and 41% of bug species face extinction, scientists say. "If this massive decline continues, the ramifications are enormous," said Dave Goulson, a professor of biology at the University of Sussex in the UK and the author of a new report on insect decline for the UK Wildlife Trusts. "Three quarters of our crops depend on insect pollinators. Crops will begin to fail. We won't have things like strawberries," Dave stated.

Collapses in bug populations have been reported in Germany and in Puerto Rico. And a global scientific review published earlier this year estimated that, on average, the number of insects is declining by 2.5% each year, with more than 40% of insect species threatened with extinction. In North America, the report said five bumblebee species have undergone massive declines in range and abundance in the last 25 years, with one, Franklin's bumblebee, going extinct. In Ohio, the butterfly population has fallen by a third.

According to Goulson, habitat loss was the biggest culprit in declining insect populations globally, but pesticide use in farming and climate change were also contributing. However, the report says we can all act as first responders and take relatively simple steps to help reverse what it describes as a "catastrophic decline in the abundance and diversity of insects" such as mowing your lawn less frequently and allow part of it to flower and avoiding using pesticides as well as encouraging others to do the same.

(Adapted from edition.cnn.com)

Question 1: What is the passage mainly about?

- A.** Steps you can take to make your garden more attractive to insects.
- B.** The importance of insects to the growing of crops around the world.
- C.** The decrease in insect populations and what we can do to prevent it.
- D.** The main contributors to the extinction of insect species worldwide.

Question 2: The word "ramifications" in paragraph 1 is closest in meaning to _____.

- A.** impressions
- B.** impacts
- C.** dangers
- D.** extinctions

Question 3: According to the passage, collapses in insect population _____.

- A.** are most severe in countries such as Germany and Puerto Rico.

- B.** will ultimately cause the disappearance of all crops except strawberries.
- C.** have been detected in many areas around the world.
- D.** are the reason why many species of bees have gone extinct in Ohio.

Question 4: All of the following are mentioned in the passage as causes of decreasing insect populations EXCEPT _____.

- | | |
|------------------------|-----------------------------|
| A. Crop failure | B. Climate change |
| C. Habitat loss | D. Use of pesticides |

Question 5: The word “it” in paragraph 3 refers to _____.

- | | |
|-------------------|---------------------|
| A. lawn | B. report |
| C. decline | D. diversity |

➔ Video chűa: ĐỀ 17

Đề 18:

As Australia's largest and oldest city, Sydney carries many traces of its history. Time seems to stand still in the city's old streets and in its many magnificent, ancient buildings, such as the Sydney Town Hall, the Queen Victoria Building, and St. Mary's Cathedral. To explore the city's present and past, head for The Rocks - the oldest neighbourhood in Australia and Sydney, where sandstone houses built in the 18th century still stand. You can stroll through the pretty streets, visit a traditional pub for some craft beer, and try delicious local dishes.

Sydney is blessed with natural gifts that few cities can rival. This city is full of greenery. Parks and nature reserves mingle with urban areas. Thanks to this, you need not travel far to see rare species in numerous city zoos; or enjoy fresh air and a range of plants from all corners of the world, all gathered in boundless parks. For those visitors keen to explore the sea, Sydney is heaven with over 70 spectacular bays and beaches. These include beautiful Bondi Beach, which is said to be the loveliest on the planet, where visitors can sunbathe, and play various water sports.

Sydney is said to be a miniature world of attractions, captivating visitors. It is a must-go destination on every tourist's bucket list, should they visit the beautiful land of Australia.

(Adapted from Heritage)

Question 1: Which of the following can be the best title for the passage?

- | | |
|---|---|
| A. Sydney - The Present and The Past | B. Sydney - A City that Never Sleeps |
|---|---|

C. Sydney - A Must-go Destination

D. Sydney - The World's Oldest City

Question 2: According to paragraph 1, The Rocks _____.

- A.** has the most beautiful streets in Australia
- B.** is the oldest area in Sydney and Australia
- C.** has traces of houses destroyed in the 18th century
- D.** offers the most delicious local dishes

Question 3: The word “rival” in paragraph 2 is closest in meaning to _____.

- A.** enjoy
- B.** satisfy
- C.** agree
- D.** match

Question 4: The word “These” in paragraph 2 refers to _____.

- A.** water sports
- B.** bays and beaches
- C.** boundless parks
- D.** visitors

Question 5: Which of the following is TRUE about Sydney according to the passage?

- A.** Sydney was established in the 18th century.
- B.** Visitors prefer Sydney's beaches to its parks.
- C.** In Sydney, urban areas are mixed with parks and nature reserves.
- D.** Tourists have to travel long distances to reach Sydney's zoos.



Video chūa: ĐỀ 18

Đề 19: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word and phrase that best fits each of the numbered blanks from 1 to 5.

In preparation for a test, almost all students will make use of a powerful tool to boost their readiness for exam day: practice tests. While there is no doubt that doing practice tests can lead to significant improvements in results, this valuable resource should be used with maximum effectiveness.

An inauthentic or inaccurate practice test is a useless one. Find reputable sources, such as official practice tests provided by exam boards or trusted study materials recommended by educators. Crucially, practice tests should reflect the difficulty level and structure of the actual exam, enabling you to gauge your knowledge and identify areas that require further study. So throw away those tests that are too easy or too hard compared to official materials because they will only discourage or confuse you!

The number of official or authentic practice tests, especially for important or national exams, are always quite limited, so to make every test count, you must create a serious testing environment.

When taking a practice test, find a quiet and distraction-free space. Then, when you start, set a time limit and strictly adhere to it, just as you would during the actual exam. Eliminate any external factors that could hinder your concentration and mimic the conditions of the test centre as closely as possible. By doing so, you not only simulate the pressure and time constraints of the exam but also train your mind to focus and perform optimally under similar circumstances.

Finally, don't just forget the tests you have completed – keep track of your practice tests so you can see how your scores have changed over time. You can simply use Google Sheets, Excel or even your notebook. The most important thing here is that you record your scores in chronological order, with detailed information on what questions you got wrong, **which** allows you to focus your study efforts on the topics that require more attention and improvement. Furthermore, it always feels good to see your own scores go up over time.

(Adapted from blog.cambridgecoaching.com)

Question 1: What is the passage mainly about?

- A. Where to find reliable practice exams
- B. Why practice tests lead to exam effectiveness
- C. The powerful benefits of taking practice tests
- D. Getting the most out of practice tests

Question 2: The word “**gauge**” in paragraph 2 is closest in meaning to _____.

- A. apply
- B. enhance
- C. display
- D. assess

Question 3: According to paragraph 3, which is TRUE about creating an environment for practice tests?

- A. You can choose any space you want to as long as you feel comfortable.
- B. Your time should be limited just like when you take the real exam.
- C. You should find a place as close to the test centre as possible.
- D. You must put yourself under a lot of exam pressure.

Question 4: Which of the following is NOT TRUE, according to the passage?

- A. Good practice tests should be structured in a similar way to official ones.
- B. A practice exam is useless if their difficulty level is much higher or lower than the actual test.
- C. Doing practice tests in a serious environment helps you perform well in real exam conditions.
- D. Monitoring your practice progress can make you feel good during exams.

Question 5: The word “**which**” in paragraph 4 refers to _____.

- A. scores
- B. order
- C. information
- D. efforts



Video chūa: ĐỀ 19

Đề 20:

Since the 19th century, companies have looked for better and cleaner ways of creating electricity. One UK company has created a special type of floor made of square tiles. Under each square, there is a system that can create electricity very cheaply when someone steps on it!

The design of the floor works very well when it is used in very busy areas. And the reason is that a lot of energy is created simply because of the large numbers of people walking across the floor.

The floor can have other uses too; one of them is to record how many people visit a shopping center. This kind of information is very **useful** for shop owners because very often **they** want to know at which times of days they have the highest number of customers, so the next time you visit shopping center, have a careful look at the floor that you are walking across!

(Adapted from Preliminary for Schools Trainer)

Question 1: What is the passage mainly about?

- A. A shopping centre that sells electricity.
- B. A new way to build houses.
- C. A special floor that creates electricity.
- D. A difficulty in creating electricity.

Question 2: According paragraph 1, the special floor creates electricity when_____.

- A. someone covers it
- B. someone steps on it
- C. someone looks at it
- D. someone cleans it

Question 3: The phrase “**useful**” in paragraph 3 is closest in meaning to _____.

- A. kind
- B. false
- C. helpful
- D. careful

Question 4: The word “**they**” in paragraph 3 refers to_____.

- A. people
- B. times
- C. days
- D. shop owners

Question 5: Which of the following is NOT mentioned as a good thing about the floor in the passage?

- A. It helps shops attract more customers.
- B. It is good for shop owners.
- C. It creates electricity very cheaply.
- D. It works very well in very busy areas.

→ **Video chūa: ĐỀ 20**

Đề 21:

We are often told to smile every day and smile as much as we can, and this advice seems to be an extremely good one, since research has shown that whether your smile is genuine or not, **it** can act on your body and mind in a variety of positive ways.

Smiling not only helps to prevent us from looking tired, worn down, or overwhelmed but it can also actually help decrease stress. And although this sounds strange, many studies have shown that smiling can reduce stress even if a smile is not genuine. When you are stressed, take the time to smile even if you don't really want to and you will surely reap the benefits.

Smiling can also **bolster** your overall health by helping your immune system to function more effectively. It is thought that when you smile, immune function improves because you are more

relaxed. Whether you're trying to improve health or give your immune system a big boost ahead of cold and flu season, smiling may help.

And if you want to make a good impression on other people, you'd better smile more. While more negative facial expressions like frowns, scowls, and grimaces push people away, smiling is seen as more attractive—and people may even assume you have more positive personality traits if you're smiling. Moreover, smiling can make you look more youthful. This is because muscles we use to smile also lift the face, making a person appear younger. So remember to smile your way through the day, and you'll look better than ever before.

Question 1: What is the passage mainly about?

- A. The surprising effects of fake smiles
- B. The health benefits of smiling
- C. Why smiling is good for you
- D. How smiles make you look better

Question 2: The word “it” in paragraph 1 refers to _____.

- A. advice
- B. research
- C. smile
- D. body

Question 3: According to paragraph 2, a fake smile _____.

- A. can help us prevent tiredness
- B. is the best way to reduce stress
- C. can still make us feel less stressed
- D. is just as beneficial as a real one

Question 4: The phrase “bolster” in paragraph 4 is closest in meaning to _____.

- A. expand
- B. strengthen
- C. protect
- D. approve

Question 5: Which of the following is NOT TRUE, according the passage?

- A. Your immune function works better when you feel more relaxed.
- B. If you smile a lot, you are less likely to catch a cold or flu.
- C. The more you smile, the more positive your personality becomes.
- D. Negative facial expressions make you look less attractive.



Video chũa: ĐỀ 21

Đề 22:

Marcel Bich, a French manufacturer of traditional ink pens, was the man who turned the ballpoint pen into an item that today almost anyone can afford. Bich was appalled at the poor quality of the ballpoint pens that were available, and was also shocked at their high cost. However, he recognised that the ballpoint was a firmly established invention, and he decided to design a cheap pen that worked well and would be commercially successful.

Bich went to the Biro brothers and asked them if he could use the design of their original invention in one of his own pens. In return, he offered to pay them every time he sold a pen. Then, for

two years, Bich studied the detailed construction of every ballpoint pen that was being sold, often working with a microscope. By 1950, he was ready to introduce his new wonder: a plastic pen with a clear barrel that wrote smoothly, did not leak and only cost a few cents. He called it the ‘Bic Cristal’. The ballpoint pen had finally become a **practical writing instrument**. The public liked it immediately, and today it is as common as the pencil. In Britain, they are still called Biros, and many Bic models also say ‘Biro’ on the side of the pen, to remind people of their original inventors.

Bich became extremely wealthy thanks to his invention, **which** had worldwide appeal. Over the next 60 years his company, Societe Bic, opened factories all over the world and expanded its range of inexpensive products. Today, Bic is as famous for its lighters and razors as it is for its pens, and you can even buy a Bic mobile phone.

(Adapted from Complete IELTS Workbook by Rawdon Wyatt)

Question 1: What could be the best title for the passage?

- A. From Mobile Devices to Ballpoint Pens
- B. From a Luxury Item to an Everyday Object
- C. Ballpoint Pen’s New Design - For Better or Worse?
- D. Biros - A Business Model in Britain

Question 2: According to paragraph 1, Marcel Bich was shocked because _____.

- A. a cheap pen could be designed with great commercial success
- B. a firm was not established to produce high-quality ballpoint pens
- C. most people could not afford such a firmly established invention
- D. the ballpoint pens available were expensive despite their poor quality

Question 3: The phrase “**practical writing instrument**” in paragraph 3 is closest in meaning to _____.

- A. accurate
- B. traditional
- C. sharp
- D. useful

Question 4: The word “**which**” in paragraph 4 refers to _____.

- A. factories
- B. company
- C. invention
- D. range

Question 5: According to the passage, which of the following is NOT mentioned as products of Bich’s company?

- A. mobile phones
- B. lighters
- C. pencils
- D. razors



Video chűa: ĐỀ 22

Đề 23:

The health benefits of coffee may be regularly disputed, but a new study has linked caffeine consumption with improvements in heart health. In fact, consuming four cups of coffee a day could

help protect cardiovascular cells from damage and also help them to repair themselves.

In a study published in PLOS Biology, researchers from Heinrich-Heine-University and the IUF- Leibniz Research Institute for Environmental Medicine in Düsseldorf, Germany, found that caffeine may improve the health of the cells which line the arteries and veins, thus strengthening their ability to recover from damage. The researchers suggest drinking coffee – or other caffeinated beverages – could be particularly beneficial for the elderly, who are more at risk of heart problems than younger people.

“Our results indicate a new mode of action for caffeine, one that promotes protection and repair of heart muscle,” said study author Professor Judith Haendeler. “These results should lead to better strategies for protecting heart muscle from damage, including consideration of coffee consumption or caffeine as an additional dietary factor in the elderly population.”

Commenting on the research, Professor Tim Chico, Professor of Cardiovascular Medicine and Honorary Consultant Cardiologist, University of Sheffield, said: “These are very interesting findings but need to be confirmed in clinical trials before we can tell whether caffeine is truly helpful after a heart attack heart attack in humans [...] I do not think people need to drink more coffee in response to this study, but that people who already drink coffee can be reassured that it might have health benefits, as long as they don’t use it to wash down an enormous muffin, cake, or doughnut.”

Question 1: What is the passage mainly about?

- A. How coffee causes health problems
- B. A recently found health benefit of coffee
- C. Research into coffee consumption
- D. Why old people should drink coffee

Question 2: Which of the following is NOT true?

- A. Heart-protecting strategies using coffee may be developed thanks to the study.
- B. People commonly argue about whether or not coffee is good for health.
- C. According to the study, the elderly can benefit greatly from drinking coffee.
- D. Thanks to the study, coffee has been definitely proven to improve heart health.

Question 3: The phrase “trials” in the final paragraph is closest in meaning to _____.

- A. challenges
- B. examinations
- C. standards
- D. surveys

Question 4: How can caffeine help cells that line the arteries and veins?

- A. It repairs them when they are damaged.
- B. It protects them from being damaged.

C. It makes them stronger and recover faster.

D. It greatly strengthens the arteries and veins.

Question 5: The word “them” in the first paragraph refers to _____.

A. cups

B. benefits

C. cells

D. improvements



Video chūa: [ĐỀ 23](#)

Đề 24:

A 500-year-old brewery in Bavaria, Germany has become an unlikely leader in the eco-friendly beer making movement. The Hofmühl Brewery, founded in 1492, has reduced its carbon footprint by 40% over the past two decades through solar panels and efficient water filtration, while making use of excess grains.

Family-run since 1876, Hofmühl Brewery's owner Benno Emslander took over in 1993, growing annual production from 15,000 hectoliters to 80,000, while offering 12 varieties of beer. In 2012, Emslander invested €190,000 in a heat and power unit that produces electricity from a mix of natural gas and thermal energy from solar panels. The unit paid for itself in four years and now meets half the brewery's electricity demands. Plans are being drawn up for further investments to boost efficiency in the future, including installing photovoltaic panels to produce electricity directly from the sun, and sourcing natural gas from the fermentation of organic waste like leftover grains from the brewing process.

After fermentation, 98% of Hofmühl's beer is packaged in recyclable kegs or bottles, while excess grains and yeast from the brewing process are sold to farms as livestock feed or fertilizer — an increasingly common practice for beer makers. None of these developments, however, should get in the way of the customers' experience, stressed Johannes Jung, Hofmühl's plant manager and brewmaster. "Of course, we don't want to change the taste or flavor because of our production process," he said. "I don't think that they buy our beer because of the eco-friendly production."

Outside of Germany, some major beer producers have quietly caught on to the eco-friendly model. The world's second-largest beer maker, Heineken, says 34% of its agriculture is now sourced sustainably, and it has installed thousands of solar panels in its breweries in Europe, the United States and Singapore. Sierra Nevada Brewing Co., the largest independently-owned brewery in the United States, operates with a zero-waste policy by reusing nearly all of its byproduct.

In Britain, Bedlam Brewery has recently seen a shift in customer recognition for its eco-focused beer. Since launching in 2015 with the help of a German brewmaster, Bedlam relocated to a solar-powered farm outside of Brighton, marketing eight varieties including a vegan option. "They are caring more now than they did in 2015," said Sally O'Connor, Bedlam's communication manager,

citing better public understanding of environmental wastage.

(Adapted from bbc.com)

Question 1: Which of the following best serves as a title for the passage?

- A. The Different Uses Of Leftover Grains From Beer-Making
- B. How Eco-Friendly Beer Is Gaining Popularity Worldwide
- C. Breweries Praised By The Public For Eco-Friendly Practices
- D. An Eco-Friendly Beer Trend Started by A German Brewery

Question 2: How has Heineken caught on to Hofmühl's eco-friendly model?

- A. It is currently operating with a zero-waste policy.
- B. It sources the majority of its agriculture sustainably.
- C. It reuses all of its byproduct from the brewing process.
- D. It built solar-powered farms in Europe, the U.S and Singapore.

Question 3: The word "drawn up" in paragraph 2 can be best replaced by _____.

- A. implemented
- B. launched
- C. developed
- D. constructed

Question 4: Excess grains from the brewing process can _____.

- A. ferment and produce natural gas.
- B. be sold to farms as crops.
- C. be fed to livestock at breweries.
- D. produce electricity by fermenting.

Question 5: The word "they" in paragraph 3 refers to _____.

- A. beer makers
- B. customers
- C. developments
- D. farms

Question 6: What can be inferred from the passage?

- A. The Hofmühl Brewery will produce all of its electricity using photovoltaic panels in the future.
- B. Since Benno Emslander took over, Hofmühl has become the largest brewery in Germany.
- C. Natural gas from organic waste will be sold to other breweries along with excess grains.
- D. Electricity from the heat and power unit is a major energy source at the Hofmühl Brewery.

Question 7: The word "recognition" in paragraph 2 is closest in meaning to _____.

- A. admiration B. affection C. appreciation D. respect



Video chūa: [ĐỀ 24](#)

Đề 25:

While watching sports on TV, the chances are children will see professional players cheating, having tantrums, fighting, or abusing officials. In addition, it's highly likely that children will be aware of well-known cases of sportspeople being caught using drugs to improve their performance. The danger of all this is that it could give children the idea that winning is all that counts and you should win at all costs. Good behavior and fair play aren't the message that comes across. Instead, it looks as if cheating and bad behavior are reasonable ways of getting what you want. This message is further **bolstered** by the fact that some of these sportspeople acquire enormous fame and wealth, making it seem they are being handsomely rewarded either despite or because of their bad behavior.

What can parents do about this? They can regard sport on television as an opportunity to discuss attitudes and behavior with their children. When watching sports together, if parents see a player swearing at the referee, they can get the child's opinion on that behavior and discuss whether a player's skill is more important than their behavior. Ask what the child thinks the player's contribution to the team is. Point out that no player can win a team game on their own, so it's important for members to work well together.

Another thing to focus on is what the commentators say. Do they frown on bad behavior from players, think it's amusing or even consider it's a good thing? What about the officials? If they let players get away with a clear foul, parents can discuss with children whether this is right and what effect it has on the game. Look too at the reactions of coaches and managers. Do they accept losing with good grace or scowl and show a bad attitude? Parents can use this to talk about attitudes to winning and losing and to remind children that both are part of sport.

However, what children learn from watching sports is by no means all negative and parents should make sure they **accentuate** the positives too. They should emphasize to children the high reputation that well-behaved players have, not just with their teammates but also with spectators and the media. **They** can focus on the contribution made by such players during a game, discussing how valuable they are in the team. In the interviews after a game, point out to a child that the well-behaved sportspeople don't gloat when they win or sulk when they lose. And parents can stress how well these people conduct themselves in their personal lives and the good work they do for others when not playing. In other words, parents should get their children to focus on the positive role models, rather than the antics of the badly behaved but often more publicized players.

Question 1: The word "accentuate" in paragraph 4 can be best replaced by _____.

- A. consolidate B. embolden C. actualize D. highlight

Question 2: According to paragraph 2 what should parents teach their children through watching sports?

- A. A player's performance is of greater value than his behavior.
- B. Cheating is frowned upon by the majority of players.
- C. A team with badly-behaved players will not win a game.
- D. Collaboration is fundamental to any team's success

Question 3: Which of the following about sport is NOT mentioned in the passage?

- A. Misconduct from sportspeople may go unpunished despite the presence of officials.
- B. Reactions of coaches and managers when their teams lose a game may be of educational value.
- C. Many sports people help others so as to project good images of themselves
- D. A well-behaved player enjoys a good reputation among his teammates, spectators and the media.

Question 4: The word "**bolstered**" in paragraph 1 is closest in meaning to _____.

- A. energized B. reinforced C. inspired D. represented

Question 5: The word "**They**" in paragraph 4 refers to _____.

- A. parents B. teammates C. children D. spectators

Question 6: Which of the following does the passage mainly discuss?

- A. The influence of model sportspeople on children
- B. Moral lessons for children from watching sports
- C. Different attitudes toward bad behavior in sport
- D. The importance of team spirit in sport

Question 7: According to paragraph 1. misconduct exhibited by players may lead children to think that _____.

- | | |
|--|---|
| A. it is necessary in almost any game | B. it is disadvantageous to all concerned |
| C. it is an acceptable way to win the game | D. it brings about undesirable results |



Video chűa: DÈ 25

Đề 26:

When companies, teachers, or apps introduce symbolic rewards, competition, or other things to make something feel more like a game, they're relying on gamification to enhance an experience that might otherwise be boring. But to get the results we seek in our own lives, it's important to understand when this will work and when it will only make matters worse.

In 2012, Jana Gallus, a student at the University of Zurich, ran an experiment to help Wikipedia find a way to keep their top and long-time editors engaged with the demanding task of managing and updating content on the website without paying them. In this experiment, Gallus told some hard-working Wikipedia newcomers that for their efforts, their names were listed as award winners on a Wikipedia page. They also received one, two, or three stars, which appeared next to their username, based on their performance. Meanwhile, other newcomers who had contributed equally got no symbolic awards. In the end, volunteers who received recognition for their efforts were 20 percent more likely to volunteer for Wikipedia again in the following month than those who earned no praise.

Despite these exciting results, a more recent experiment shows gamification may not solve anything and can even **backfire**. It involved several hundred salespeople who reach out to businesses and convince them to buy coupons. Researchers designed a game in which salespeople could earn points by closing deals with customers, with more points awarded for bigger deals. Surprisingly, playing the game didn't improve sales performance and the way **they** felt at work in the end. And digging into data revealed a very interesting pattern: those who considered the game pointless actually felt worse about work, and sales performance even declined in some cases. This highlights a common mistake companies make with gamification: It is unhelpful if people feel that their employer is forcing them to participate.

So gamification seems to work when it helps people achieve the goals they intrinsically want to reach (like volunteering for Wikipedia to provide accurate information to the public) by making the process of goal achievement more exciting. When people fully buy into a game, the results can be impressive: volunteers' productivity is durably improved and workers' enthusiasm is raised. However, if a "game" is mandatory and designed to encourage people to do something they don't really care to do, it will not be a good solution and can even be harmful.

While not every context is the right one, under certain conditions, gamification can make pursuing your **aspirations** feel more like play. And that is a powerful tool in any personal or professional quest for change.

(Adapted from [wireD.com](#))

Question 1: Which best serves as the title for the passage?

- A.** Gamification: When It Works And When It Does Not
- B.** How Does Gamification Make People Work Harder?

C. Steps To Implement Gamification In The Workplace

D. Why Gamification Is Actually Harmful To Companies

Question 2: In paragraph 2, what do we learn about Jana Gallus experiments?

- A. It involved the top and long-time editors of the website.
- B. It aimed to find a way to persuade more editors to work at Wikipedia for free.
- C. It showed that praising editors with symbolic awards can keep them engaged.
- D. It helped Wikipedia increase the quality of their editors.

Question 3: In the experiment in paragraph 3, what is the interesting pattern that the researchers found?

- A. Most of the salespeople believed the game was pointless.
- B. Some salespeople said the game made them performed worse.
- C. The salespeople's employers forced them to participate in the game.
- D. Salespeople felt worse at work when they do not see the value of the game.

Question 4: The word "backfire" in paragraph 3 is closest in meaning to _____.

- A. having unwanted effects
- B. being unexpectedly beneficial
- C. making no impacts
- D. harming mental health

Question 5: The word "they" in paragraph 3 refers to _____.

- A. researchers
- B. salespeople
- C. customers
- D. deals

Question 6: Which of the following can most likely be inferred from the passage?

- A. Volunteers will usually have many more intrinsic goals than paid workers.
- B. Gamification is the best way to enhance workers' enthusiasm and productivity.
- C. A well-designed game will create goals that people intrinsically want to reach.
- D. Companies who want to apply gamification should not make it obligatory.

Question 7: The word "aspirations" in paragraph 5 can be best replaced by _____.

- A. motivations
- B. ambitions
- C. positions
- D. arrangements



Video chia sẻ: Đề 26

Đề 27:

How would you use to describe an introvert? Shy? Always alone? Boring? Don't work well in groups? If these are your answers, then you may want to keep reading and think again.

When an introvert feels overwhelmed by too much socializing, they often need a little quiet time and solitude to recharge. Unfortunately, people sometimes mistake this desire to be alone as a negative emotion. While introverts might need to have some time alone each day to gain back their energy, it certainly does not mean that they are in a bad mood or that they always want to be alone. It is important to understand that they still enjoy spending time with people they know well.

Although some do experience shyness and social anxiety, introverted people do not necessarily feel **apprehensive** about talking to others. Introverts prefer to think before they speak and usually do not enjoy chit-chat or small talk. Instead, they like to get to know a person more before engaging in a lot of conversation. So what can you do to start up a conversation with an introvert at social gatherings? Try starting discussions about topics the introvert cares about and you just might find that **they** can be surprisingly talkative.

Another common and possibly harmful misconception is that introversion is a negative personality trait. This can be particularly problematic for introverted kids who are constantly pushed into social situations by adults who think that socializing is the way to "fix" their kids. For an introvert, constantly being told that "you need to speak more" is a lot like telling an extrovert that they "need to shut up." It implies that there is something wrong with the individual and is, therefore, extremely offensive.

Question 1: Which best serves as the title for this passage?

- A.** Things You Might Get Wrong About Introverts
- B.** Why Do Introverts Seem So Lonely?
- C.** Introversion Is Not A Mental Problem
- D.** A Guide To Connecting With Introverted People

Question 2: According to paragraph 2, why do introverts need alone time?

- A.** Because they hate socialising with people they do not know.
- B.** Because spending time with others lowers their energy level.
- C.** Because it helps them deal with their negative emotions.
- D.** Because other people sometimes do not understand them.

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

- A.** depressed **B.** anxious **C.** shocked **D.** upset

Question 4: The word "**they**" in paragraph 3 refers to _____.

- A.** gatherings **B.** discussions **C.** topics **D.** introvert

Question 5: Which of the following is NOT supported by information in the passage?

- A. Introverts only want to interact with people who are close to them.
- B. Some parents want their children to be extroverted instead of introverted.
- C. Introverted people do not enjoy talking about topics that are unimportant.
- D. It is very rude to tell an extroverted person that they talk too much.

 **Video chūa: ĐỀ 27**

Đề 28:

We've all been there before: you were planning to wash dishes but your mother suddenly demands you to do so before you can actually do it, and then you do not want to anymore. This is a classic example of psychological reactance.

Psychological reactance is our automatic negative reaction to being told what to do. Almost everyone has this negative mental reflex. It kicks in whenever we sense that our autonomy – the ability to make our own decisions – is being threatened. It's why you **bristle** when your manager asks you to do a task, even though when you think logically, you know that the task is critical. This mental reaction isn't necessarily bad. After all, if people are too compliant all the time, they're vulnerable to being controlled and exploited by others. But psychological reactance can, at times, prevent us from doing things that we should do, sometimes even things we want to do. Most alarmingly, it can make us prevent our own progress.

How does that happen? That impulsive reaction of “Don’t tell me what to do!” can occur even when it’s you telling yourself what to do. This is common when you’re trying to make commitments and follow through on them by building a schedule. You may have scheduled time for something like working out or doing homework. But when it comes time to perform those tasks as planned, you might feel a bit of reactance. The main reason for **this** is that, at that moment, it doesn’t feel like you’re deciding what to do. Rather, it’s you in the past giving orders to your present self. And in the long run, this can **put a dent on** your productivity and drive for success.

Fortunately, now that you understand the theory of psychological reactance, you can lessen its power. Instead of giving up on commitments because of an irrational feeling, you can change your perspective on the situation. Instead of thinking you “have to” do something, tell yourself you “get to” or even “deserve to” do it. By changing the dialogue, you empower yourself: you’re not being told what to do, but you’re choosing to make time for something that matters to you. Combating psychological reactance takes practice, but it’s worth learning how to deal with this uncomfortable feeling that all too often leads us off track.

Question 1: Which best serves as the title for this passage?

- A. Why Are We Annoyed When People Threaten Our Self-Control?
- B. The Mental Reflex Stopping You From Getting Things Done
- C. Making Use Of Psychological Reactance To Achieve Success
- D. Rethinking Automatic Reactions Can Help Maintain Productivity

Question 2: The word “bristle” in paragraph 2 is closest in meaning to _____.

- A. become depressed
- B. get angry
- C. feel worried
- D. be fearful

Question 3: In paragraph 2, what do we learn about psychological reactance?

- A. It is a negative mental reflex that develops in some people.
- B. It takes effect whenever we are making our own decisions.
- C. It might actually prove to be useful to people in many cases.
- D. It can push us to do things that we really do not want to do.

Question 4: The word “This” in paragraph 3 refers to _____.

- A. making commitments
- B. building a schedule
- C. performing tasks
- D. feeling reactance

Question 5: The phrase “put a dent on” in paragraph 3 can be best replaced by _____.

- A. upset
- B. impede
- C. frustrate
- D. challenge

Question 6: Which of the following is NOT mentioned to the passage?

- A. Psychological reactance mostly happens when older people order us to do things.
- B. Planning tasks in advance may make you feel like being controlled in the future.
- C. Knowledge of how psychological reactance works can help you reduce its effects.
- D. You need to spend a lot of effort to learn how to handle psychological reactance.

Question 7: Which of the following can most likely be inferred from the passage?

- A. Psychological reactance is most severe in people with weak logical thinking.
- B. Our sense of autonomy can have an impact on our motivation to do things.
- C. Scheduling our tasks is an ineffective technique that should be replaced.
- D. One way to reduce reactance is to ask why you have to do something.



Video chűa: Đề 28

Đề 29:

In today's world, social media helps us to stay in touch with our friends, promote our work, and

follow the latest news. But is it a good thing to be permanently online? And is it better for us to take a break more often?

Despite the fact that social media is supposed to connect us with other people, research has found that these platforms actually have the opposite effect: long-time users are lonelier and more isolated. The connectedness of social media only takes place at a **superficial** level, eliminating all of the extra elements that make communication more valuable like eye contact, body language, the possibility of listening for changes in tone of voice, or the possibility of physical touch.

An over-active social media presence can affect not just our mental health, but also on our physical health, particularly by altering our sleep patterns. A 2014 study of U.S. adults aged 19-32 found that the participants checked their preferred social media accounts for over an hour per day, and about 30 times per week. And 57 percent of these users reported sleep disturbances. The researchers suggest that the reason behind why social media users may experience poor sleep could include the fact that they feel compelled to be active on these websites at all hours, including late at night.

Furthermore, scientists have proven that our commitment to social media platforms can negatively affect our productivity. Research suggests that even when we're in the workplace, we cannot resist the desire of checking the newest "likes" and comments on our posts, even when we know **it** is not what we're supposed to do. One study found that employees spend an average of 2.35 hours daily accessing their social media accounts at work. Is it any wonder that we sometimes find it difficult to meet deadlines if we keep feeling the urge to count our "likes"?

Social media has also **amplified** the negative effects of multitasking. Platforms like Facebook or YouTube encourage us to constantly switch between tasks, or to attempt to perform multiple tasks at the same time — such as listening to our friend's new video while also reading the comments on that video, and maybe also replying to a few. Research shows, however, that when we multitask, we simply lose the ability to focus on any one task at a time. Therefore, we might find that reading through an article or blog post in one sitting difficult, and sitting down with a 200-page book may be nearly impossible.

(Adapted from medicalnewstoday.com)

Question 1: Which best serves as the title for this passage?

- A.** Less Connectedness, More Loneliness
- B.** Is It Time For Us To Disconnect?
- C.** Don't Let Facebook Invade Your Work!
- D.** The Guide To Using Social Media Healthily

Question 2: According to paragraph 2, what do we learn about the connectedness of social media?

- A.** It slowly increases as you use social media more.
- B.** It is nowhere near as significant as people think.
- C.** It negatively affects the mental health of users.

D. It has too many elements of communication.

Question 3: The word “superficial” in paragraph 2 is closest in meaning to _____.

- A.** mindless **B.** ignorant **C.** shallow **D.** tedious

Question 4: Which of the following is NOT TRUE, according to the passage?

- A.** Social media networks play many important roles in our daily lives.
B. There are many different factors that create the value of communication.
C. Some social media users feel especially pressured to be active at late hours.
D. Multitasking makes humans incapable of fully concentrating on a specific task.

Question 5: The word “it” in paragraph 4 refers to _____.

- A.** research **B.** workplace **C.** desire **D.** checking

Question 6: The word “amplified” in paragraph 5 can be best replaced by _____.

- A.** heighten **B.** produce **C.** compel **D.** enlarge

Question 7: Which of the following can most likely be inferred from the passage?

- A.** We can connect with people on a much deeper level when we meet them face to face.
B. Social media use is one of the main causes of sleep problems among young adults.
C. Companies will not succeed if they do not ban workers from using social media.
D. The less we multitask on social media, the worse our attention span becomes.



Video chia sẻ: Đề 29

Đề 30:

If you're new to running, or new to marathons, you might be worried about or even fearful of the distance. And these feelings are completely understandable, given the fact that more than 42 kilometres is a very long way. However, more and more people are taking on this challenge every year, and for very good reasons.

Obviously, running such a long distance requires a lot of training, and the more you train, the more your endurance will be enhanced. And of course, as you become more physically active, your heart and muscles will be stronger, your blood circulation will improve, and you will most likely get in shape in no time. Additionally, there are also mental and social benefits such as feeling less stressed and more energized as well as having the chance to meet and establish meaningful relationships with other people.

If you think about it, running a marathon is also a chance for personal development. Everyone has at least one fear or insecurity, and for many people, completing a marathon race can seem like an

extremely daunting or even impossible task. Of course, it's true that this is a big challenge that requires commitment and perseverance. That being said, every time you step outside out of your comfort zone and accomplish something new, you will grow stronger and become more confident.

Sometimes, you can actually help many others when you run a marathon. Many runners now combine their marathon goal with the goal of helping others by participating in races that raise money for charity. Besides, running in such marathon races will most likely give you all the motivation you need to get through the exhausting 42-kilometer run. After all, it's quite difficult to quit when you know that you are giving help to people in need.

(Adapted from active.com)

Question 1: What is the passage mainly about?

- A. The health benefits of running a marathon
- B. How marathons make you more confident
- C. Reasons why you should try running marathons
- D. What to prepare before a marathon race

Question 2: The word “fearful” in paragraph 4 is closest in meaning to _____.

- A. scary
- B. afraid
- C. frightening
- D. anxious

Question 3: According to paragraph 2, which of the following is NOT a benefit of running a marathon?

- A. You will be able to improve your blood circulation and quickly get in shape.
- B. Your endurance will start to improve as you train harder and harder.
- C. Your muscles will be strengthened since you are more active.
- D. You will feel less stressed when meeting other people.

Question 4: The word “this” in paragraph 3 refers to _____.

- A. personal development
- B. insecurity
- C. completing a marathon
- D. challenge

Question 5: Which of the following is TRUE, according to the passage?

- A. If you want to run a marathon, you need to commit and persevere.
- B. When you complete a marathon, you will no longer have any fear.
- C. Most runners will not run marathons that do not raise money at all.
- D. You cannot complete a marathon if you do not want to help others.



Video chưa: [ĐỀ 30](#)

_____THE END_____



lieupham.fatima

ng Ký Khóa Học Online Tại Fanpage: Tài Liệu Khóa Học UniMap



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Cô Phạm Liễu



Tài Liệu Khóa Học

UniMap

Admin: Vũ Đức Trọng



NẾU EM ĐANG...

- ?** Tìm kiếm **khóa học online luyện thi THPT QG chất lượng**, được giảng dạy bởi các **thầy cô nổi tiếng, dày dặn kinh nghiệm**?
- ?** Giữa vô vàn các **khóa học online ngập tràn** trên mạng, em không biết học **thầy cô nào, khóa học nào phù hợp** với mình?
- ?** Em muốn đăng ký **khóa học Reup chất lượng** nhưng với mức **chi phí vừa phải** và vẫn đảm bảo **cập nhật y hệt khóa học gốc**?
- ?** Đâu mới là **đơn vị cập nhật khóa học uy tín** để có thể **tin tưởng và an tâm theo học đến khi thi**?



GIẢI PHÁP ĐẾN TỪ

Tài Liệu Khóa Học UniMap



**ĐƯỢC HỌC TẤT CẢ
KHÓA HỌC THEO ĐÚNG
LỘ TRÌNH CỦA THẦY CÔ,
ĐẦY ĐỦ TỪ KHÓA XUẤT
PHÁT SỚM – CHUYÊN ĐỀ
– LUYỆN ĐỀ – TỔNG ÔN
– VỀ ĐÍCH – THỰC CHIẾN
PHÒNG THI.**



**TẤT CẢ CÁC KHÓA HỌC
ĐỀU ĐƯỢC CẬP NHẬT
ĐẦY ĐỦ BÀI GIẢNG +
FILE TÀI LIỆU + FILE
SÁCH CHẤT LƯỢNG Y
HỆT KHÓA HỌC GỐC.**



**HỌC THOẢI MÁI KHÔNG
GIỚI HẠN (VIDEO CHẤT
LƯỢNG CAO TRÊN
YOUTUBE, FILE TÀI LIỆU
TRÊN DRIVE).**



**GIAO DIỆN BÀI HỌC SẮP
XẾP GỌN GÀNG, DỄ
HIỂU, DỄ HỌC TRÊN
GOOGLE SHEETS LẦN
LƯỢT THEO ĐÚNG THỨ
TỰ, HỌC ĐẾN ĐÂU BẤM
ĐẾN ĐÓ.**



CÁC GÓI HỌC TẠI

Tài Liệu Khóa Học UniMap

Combo 2K7

Em được học **Full môn 2k7, Full khóa 2k7 và được tặng thêm Combo 2k6 và Combo 2k5.**



Lẻ 1 Môn 2K7

Em chọn 1 môn và **em được học tất cả các thầy cô, tất cả các khóa trong môn học em chọn.**



Combo Nâng Tầm Tri Thức

Em được học Full khóa học: ielts, toeic, sinh viên, và các khóa kỹ năng kiến thức chuyên ngành phục vụ đi làm.





THÔNG TIN CHI TIẾT



 **UNIMAP**
TÀI LIỆU - KHÓA HỌC

The UNIMAP logo features a stylized 'M' shape composed of green and yellow segments. Below the logo, the word "UNIMAP" is written in a bold, sans-serif font, with "TÀI LIỆU - KHÓA HỌC" in a smaller font underneath.

Admin
Vũ Đức Trọng

A blue speech bubble containing the text "Admin" and "Vũ Đức Trọng".