



# 5am.IELTS

Dạy sớm học IELTS  
Lộ trình từ A-Z

## CHAPTER 1

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Chào các bạn!

Rất vui khi đang đọc một cuốn ebook nhỏ xinh xắn này.

Lời đầu tiên, mình - Nguyễn Tiến Vinh, xin gửi lời cảm ơn sâu sắc tới các bạn cộng sự: Nguyễn Thị Như Quỳnh, Đỗ Mai Hương, Tô Nhã Sen và Lê Quỳnh Anh đã hỗ trợ mình trong quá trình thực hiện cuốn ebook này.

Cuốn ebook trên tay các bạn đây là một phần của kế hoạch học IELTS theo lộ trình từ A-Z.

Cuốn sách này nên được sử dụng vào sáng sớm mỗi ngày.

Cuốn ebook này gồm 18 bài (khoảng trên dưới 300 từ) theo chủ đề được trích từ báo, mỗi bài gồm các hoạt động:

+ **Vocabulary:** Các từ vựng và cụm từ hay được trích ra từ các bài báo, đồng thời có cả các phần mở rộng của các từ với mục đích giúp các bạn đọc có thể tiếp cận nhiều hơn tới kiến thức liên quan.

Các từ vựng và cụm từ chính đều được cho vào quizlet để mọi người tiện học.

+ **Reading:** Sau khi học trước từ vựng và cụm từ hay, các bạn sẽ chuyển sang đọc bài báo.

+ **Listening:** Hoạt động listening liên quan tới gap filling, sẽ có 1 audio về bài báo, và các bạn có nhiệm vụ là điền lại những từ đã được bỏ trống để luyện kĩ năng nghe.

+ **Speaking:** Các bộ câu hỏi (part 1,2,3) theo chủ đề đều được đưa vào, các bạn nên soạn ra và luyện, để cho việc học tốt hơn, các bạn hãy tham gia nhóm 5AM - Dậy sớm học IELTS để cập nhật các đáp án.

+ **Writing:** Phần Writing sẽ chú trọng vào task 2, do đó đề bài task 2 sẽ liên quan tới chủ đề của bài đọc. Các từ vựng, cụm từ cho Writing task 2 sẽ được cập nhật trên nhóm.

Tất cả các hoạt động cần làm trong cuốn sách này đều được ghi lại rõ ràng trong lộ trình học IELTS từ A-Z, để biết rõ hơn, các bạn vui lòng vào nhóm 5AM - Dậy sớm học IELTS để cập nhật lịch và lộ trình, để có thể đạt được kết quả tốt nhất.

Trong quá trình thực hiện, khó tránh khỏi các thiếu sót, hi vọng các bạn góp ý để cuốn sách được hoàn thiện hơn cho các Chapter tiếp theo.

Chúc các bạn kiên trì đi tới cùng và đạt kết quả tốt trong kì thi IELTS.

# Topic

# Life skills

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# Day 1



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_aqbb6z?x=1jqt&i=4537pd](https://quizlet.com/_aqbb6z?x=1jqt&i=4537pd)

1. Struggle to do sth: vật lộn, nỗ lực làm gì

2. Put off sth: trì hoãn

= postpone doing sth

Never put off till tomorrow what you can today: việc hôm nay chớ để  
ngày mai

3. distraction: sự xao nhãng

Unnecessary distraction: sự xao nhãng không cần thiết

distract sb/sth from sth (v): gây xao nhãng

4. Procrastination: sự trì hoãn

procrastinate (v)

5. In other words: nói cách khác

6. In place of sth: thay vì điều gì

= instead of sth = in lieu of sth

7. An intended course of action: một loạt các hành động được định sẵn

8. Feel overwhelmed: cảm thấy choáng ngợp

9. Drag: làm chậm lại, kéo chậm lại

10. Blow opportunities: đánh mất cơ hội

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# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Procrastination

If you have so many things to do that you often find yourself struggling to finish projects and tasks and move on to other stuff, you're certainly not alone. Studies show that over 20 percent of the adult population put off or avoid doing certain tasks by allowing themselves to be overtaken by distractions.

### What Is Procrastination?

Piers Steel, the author of the book *The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done*, defines procrastination in this way:

**"Procrastination is to voluntarily delay an intended course of action despite expecting to be worse off for the delay."**

In other words, procrastination is doing more pleasurable things in place of less pleasurable ones. The end result is that important tasks are put off to a later time.

### Signs of a Procrastinator

Procrastinators don't want to complete their work because they tend to feel overwhelmed easily and lack focus when they work.

### Why Do We Procrastinate?

The reasons vary from person to person. It could be a matter of emotion, which affects your motivation. It could also be something related to your ability to focus, and the way you deal with your fears.

### Is Procrastination Bad?

Yes, it is. Procrastination is bad. It drags your progress and makes you unable to get anything done. If you procrastinate, you will lose your precious time and blow opportunities.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio1](https://bit.ly/Chapter1_audio1)

## Procrastination

If you have so many things to do that you often (1) \_\_\_\_\_ yourself struggling to finish projects and tasks and (2) \_\_\_\_\_ to other stuff, you're certainly not (3) \_\_\_\_\_. Studies show that over 20 percent of the (4) \_\_\_\_\_ population put off or (5) \_\_\_\_\_ doing certain tasks by allowing themselves to be overtaken by (6) \_\_\_\_\_.

### What Is Procrastination?

Piers Steel, the author of the book *The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done*, defines procrastination in this way: "Procrastination is to (7) \_\_\_\_\_ delay an intended course of action despite expecting to be (8) \_\_\_\_\_ off for the delay."

In other words, procrastination is doing more pleasurable things in place of less pleasurable ones. (9) \_\_\_\_\_ is that important tasks are put off to a (10) \_\_\_\_\_ time.



### Signs of a Procrastinator

Procrastinators don't want to complete their works because they tend to (11) \_\_\_\_\_ easily and (12) \_\_\_\_\_ when they work.

### Why Do We Procrastinate?

The reasons vary (13) \_\_\_\_\_. It could be a matter of emotion, which affects your motivation. It could also be something (14) \_\_\_\_\_ your ability to focus, and the way you (15) \_\_\_\_\_.

### Is Procrastination Bad?

Yes, it is. Procrastination is bad. It drags your progress and makes you (16) \_\_\_\_\_. If you procrastinate, you will lose your precious time and (17) \_\_\_\_\_.

# Writing activity



Write a paragraph (150 words) or an essay (250 words) for the task below

Many young people nowadays tend to put things off.

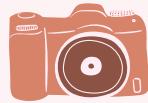
Why is this the case?

What are the consequences?

What can these people do to avoid procrastination?



# Day 2



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_asiepa?x=1jqt&i=4537pd](https://quizlet.com/_asiepa?x=1jqt&i=4537pd)

1. **Pace up and down:** đi tới đi lui (thường vì lo lắng)
2. **Scour (v) lùng sục = comb (v)**  
→ scour/comb sth for sb/sth: sục sạo nơi nào để tìm ai/cái gì
3. **Blame sth on sb/sth = Blame sb/sth for sth:** đổ lỗi cho ai/cái gì về việc gì  
→ be to blame (for sth): chịu trách nhiệm (một việc tồi tệ)
4. **Amnesia (n):** mất trí nhớ
5. **Dementia (n):** sa sút trí tuệ
6. **In the first place = in the beginning:** ngay từ đầu
7. **Stream (of):** (n) dòng, luồng  
→ a stream of people/traffic/visitors/cold air..
8. **Be exposed to:** tiếp xúc với, phơi trần hay đối mặt với..  
→ Exposure (n)
9. **Retain (v):** giữ lại, đọng lại, nhớ được
10. **Perception (n):** nhận thức
11. **Conscious effort/attempt/decision:** nỗ lực, cố gắng, quyết định có ý thức, có chủ đích
12. **Inattentive (adj):** thiếu chú ý, lơ đãng <> Attentive (adj)  
→ Be inattentive to sb/sth: không chú ý đến..
13. **Zone out (phrV):** Xao lảng và mất tập trung vào những gì xung quanh  
Eg. I think I don't have a brain for math. Whenever my teacher taught me a new recipe, I just zoned out. (Tôi nghĩ rằng tôi không thể học toán. Bất cứ khi nào giáo viên của tôi dạy tôi một công thức mới, tôi không thể tập trung được).
14. **Be on autopilot/automatic pilot:** vô thức hành động, làm như một cái máy (vì đã làm nó quá nhiều lần)  
Eg. I got up and dressed on autopilot.
15. **Repetitive (adj):** lặp đi lặp lại
16. **Awe (n):** sự kính nể (có chút sợ hãi)  
→ Be/Stand in awe of sb: kính phục ai
17. **Consolidate (v):** củng cố; hợp nhất  
→ consolidate the friendship between two countries: củng cố tình hữu nghị giữa 2 quốc gia

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# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Attention problem

If You have ever paced up and down to scour your car in a large garage and blamed the whole experience on your memory, right?! Actually, you couldn't find your car not only because you had a horrible memory, amnesia, dementia or Alzheimer's — You couldn't find your car because you never paid attention to where you had parked it in the first place. Your memory isn't a video camera, recording a constant stream of every sight and sound you're exposed to — you can only capture and retain what you pay attention to. Noticing requires two things: perception (seeing, hearing, smelling, feeling) and attention.

Paying attention requires conscious effort. If your inattentive brain is zoned out, daydreaming, on autopilot, and full of constant background, repetitive thinking, you can't create a new memory. If you want to remember something, you have to turn your brain on, wake up, become consciously aware and pay attention. If you look for magic every day, if you pay attention to the moments of joy and awe, you can then capture these moments and consolidate them into memory. Over time, your life's narrative will be populated with memories that make you smile.

To improve your memory, try minimizing or removing things that distract you. Getting enough sleep, meditating and a little caffeine (not too much and none 12 hours before bed) are other powerful distraction fighters and can enhance your ability to pay attention and establish long-term memories.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio2](https://bit.ly/Chapter1_audio2)

You have ever paced up and down to \_\_\_\_\_ your car in a large garage and \_\_\_\_\_ the whole experience on your memory, right?! Actually, you couldn't find your car not only because you had a \_\_\_\_\_, amnesia, dementia or Alzheimer's — You couldn't find your car because you never paid attention to where you had parked it \_\_\_\_\_. Your memory isn't a video camera, recording a \_\_\_\_\_ of every sight and sound you're exposed to — you can only \_\_\_\_\_ what you pay attention to. Noticing requires two things: \_\_\_\_\_ (seeing, hearing, smelling, feeling) and attention.

Paying attention requires \_\_\_\_\_. If your inattentive brain is zoned out, daydreaming, \_\_\_\_\_, and full of constant background, \_\_\_\_\_, you can't create a new memory. If you want to remember something, you have to turn your brain on, wake up, become consciously aware and pay attention. If you look for magic every day, if you pay attention to the \_\_\_\_\_, you can then capture these moments and \_\_\_\_\_. Over time, your life's narrative will be populated with memories that make you smile.

To improve your memory, try minimizing or removing things that \_\_\_\_\_ you. Getting enough sleep, \_\_\_\_\_ and a little caffeine (not too much and none 12 hours before bed) are other powerful distraction fighters and can \_\_\_\_\_ to pay attention and establish long-term memories.

# Speaking activity



Answer the following speaking part 1 questions:

1. Is it easy for you to remember people's names?
2. Can you remember the names of your childhood friends?
3. Do you often forget people's names?
4. Have you forgotten the name of someone you know?
5. How would you feel if someone forgot your name?
6. How to remember other people's names?



# Day 3



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_aspz5c?x=1jqt&i=4537pd](https://quizlet.com/_aspz5c?x=1jqt&i=4537pd)

1. To diminish [C1] làm giảm nhẹ, giảm bớt

= abate (formal)

= decrease = decline = dwindle [B2]

2. Detrimental [C2] có hại

= negative = adverse = harmful

To have detrimental effect/ influence/ impact on something: có tác động tiêu cực lên cái gì

3. At the heart of something: phần trọng yếu của cái gì

4. Intense [C1] khắc nghiệt, mãnh liệt

= severe = extreme = intensive

5. Digital age: kỉ nguyên công nghệ

6. To engage in something: tham gia vào

= to take part in = to join in

7. to tax: đòi hỏi, yêu cầu

8. To prevent somebody from something: ngăn chặn

= to hinder = to impede

~ to hamper ~ to restrict

9. to make sense of something: hiểu điều gì

= to finger/ work something out

10. instant: tức thời, ngay tức khắc

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# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Multitasking

Can the frequent use of communication technologies and social media diminish students' ability to learn? If so, which particular information and communication technologies (ICTs) have the most detrimental effects — and when does their use have the most negative impact on learning? Given that these questions are at the heart of an intense debate about education in the digital age, researchers have been focusing on how engagement with digital technologies, and in particular the use of social networking sites, is affecting young people.

Data obtained from the study suggests that texting and using Facebook while studying can have a detrimental effect on academic performance. Engaging in such activities while attempting to complete coursework may tax a student's capacity for cognitive processing and prevent deeper learning. Paying attention to Facebook or texting while studying limits processing because energies focused on attending to these technologies hinders the ability to make sense of study material. One reason for this may be that the student is using too much of their short term memory to hold onto the information on Facebook or in a text, leaving them with a reduced capacity to process other material. However, emailing, talking on the phone, and using instant messaging services did not appear to be related to overall performance in tests.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio3](https://bit.ly/Chapter1_audio3)

## Multitasking

Can the frequent use of communication technologies and social media diminish students' ability to (1) \_\_\_\_\_? If so, which particular information and (2) \_\_\_\_\_ (ICTs) have the most detrimental effects — and when does their use have the most negative impact on learning? Given that these questions are (3) \_\_\_\_\_ of an intense (4) \_\_\_\_\_ about education in the digital age, researchers have been focusing on how (5) \_\_\_\_\_ with digital technologies, and in particular the use of social networking sites, is affecting (6) \_\_\_\_\_.

Data (7) \_\_\_\_\_ the study suggests that texting and using Facebook while studying can have a detrimental effect on (8) \_\_\_\_\_. Engaging in such (10) \_\_\_\_\_ for cognitive processing and prevent deeper learning. Paying attention to Facebook or texting while studying limits processing because energies focused on attending to these technologies hinders the ability to (11) \_\_\_\_\_ study material. One reason for this may be that the student is using too much of their (12) \_\_\_\_\_ memory to (13) \_\_\_\_\_ the information on Facebook or in a text, leaving them with a reduced capacity to process other material. However, emailing, talking on the phone, and using (14) \_\_\_\_\_ did not appear to be related to overall performance in tests.

# Writing activity



Write a paragraph (150 words) or an essay (250 words) for the task below.  
Some people say that doing multiple tasks at the same time can be beneficial. However, others are against this view. Discuss both views and give your own opinion.

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# Day 4



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_at1h0h?x=1jqt&i=4537pd](https://quizlet.com/_at1h0h?x=1jqt&i=4537pd)

- ◆ 1. **Heated** (adj): nóng nảy/sôi nổi
  - Heated discussion/debate/argument: cuộc thảo luận, tranh luận sôi nổi
  - Get heated: nổi nóng
- 2. **Badly** (adv): rất nhiều (nhấn mạnh mức độ)/nghiêm trọng/tệ
  - want so badly: rất muốn
- 3. **Overwhelm** (v): lấn át, áp đảo
  - be overwhelmed with/by sth: bị choáng ngợp, dồn dập bởi điều gì
- 4. **Scrap** (n): mẩu, mảnh
  - not a bit /piece /scrap /shred of evidence: không có được chút/mảnh/mẩu/tí băng chứng nào
- 5. **Think up:** Nảy ra, nghĩ ra
  - = devise/invent/come up with
- 6. **Double down** (on sth): nỗ lực hơn, quyết tâm hơn (đối với việc gì)
- 7. **Dilution effect** (n): hiệu ứng pha loãng thông tin
- 8. **Real-world** (adj): thực tế (chỉ đi trước danh từ)
  - Real-world application/experience/example..: ứng dụng/kinh nghiệm/ví dụ thực tiễn
- 9. **Side effect** (n): tác dụng phụ
- 10. **Prescription medication** (n): thuốc theo toa
- 11. **Water down = Dilute** (v): làm yếu đi, giảm hiệu quả của một cái gì đó
- 12. **Assessment** (n): đánh giá
  - = evaluation
- 13. **Win over/around sb (to sth):** thuyết phục ai để họ thay đổi quan điểm/đồng tình
- 14. **Resist** (v): kháng cự/chịu đựng được
  - Resist temptation: chống lại sự cám dỗ
  - >< succumb to/yield to temptation: không chịu nổi sự cám dỗ

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Dilution effect in argument

Have you ever been in a heated discussion and wanted so badly to show the other person just how wrong they were? If you're like most of us, you tried to overwhelm your opponent with sheer quantity, to barrage them with every scrap of evidence you could think up. As it turns out, piling on the proof is an unwise approach, says Niro Sivanathan, a psychology researcher. That's because when we double down on our arguments, we're setting ourselves up to be undone by the so-called "dilution effect".

One example of how this dilution effect has real-world consequences is in drug advertising. It's requirement in the US for the side effects of prescription medications must be listed at the end of TV or radio commercials. But if you listen, you'll notice that the commercials never end right after the listing of the major side effects such as stroke, heart attack or death. Instead, they'll either end on minor side effects (such as headaches or itchiness) or on neutral information (such as telling people to discuss medication with their doctor). The drug manufacturers, consciously or not, are using the dilution effect — by including so much information, they end up watering down consumers' assessments of how risky the drug actually is.

How can you use these insights to win over people in your own life? Just stick to their strongest points; resist the temptation to try beating others with brute force. "It's important to note that the delivery of your message is every bit as important as its content," Sivanathan says. "You cannot increase the quality of an argument by simply increasing the quantity of your argument."

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio4](https://bit.ly/Chapter1_audio4)

## DILUTION EFFECT IN ARGUMENT

Have you ever been in a \_\_\_\_\_ and wanted so badly to show the other person just how wrong they were? If you're like most of us, you tried to \_\_\_\_\_ with sheer quantity, to barrage them with every \_\_\_\_\_ you could think up. As it turns out, piling on the proof is an \_\_\_\_\_, says Niro Sivanathan, a psychology researcher. That's because when we double down on our arguments, we're setting ourselves up to be undone by the so-called "dilution effect".

One example of how this \_\_\_\_\_ has real-world consequences is in \_\_\_\_\_. It's requirement in the US for the \_\_\_\_\_ must be listed at the end of TV or radio commercials. But if you listen, you'll notice that the commercials never end right after the listing of the \_\_\_\_\_ side effects such as stroke, heart attack or death. Instead, they'll either end on minor side effects (such as headaches or itchiness) or on \_\_\_\_\_ (such as telling people to discuss medication with their doctor). The drug manufacturers, consciously or not, are using the dilution effect — by including so much information, they \_\_\_\_\_ consumers' \_\_\_\_\_ of how risky the drug actually is.

How can you use these insights to win over people in your own life? Just \_\_\_\_\_; resist the temptation to try beating others with brute force. "It's important to note that the \_\_\_\_\_ is every bit as important as its content," Sivanathan says. "You cannot increase the \_\_\_\_\_ of an argument by simply \_\_\_\_\_ of your argument."

# Speaking activity



You should take notes and answer the following speaking part 2 question in 1-2 minutes.

Speaking part 2 - Describe a disagreement that you had with another person. You should say

- who the other person was
  - what the disagreement was about
  - how you resolved it
  - and what the result was
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# Day 5



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_at89it?x=1qqt&i=4537pd](https://quizlet.com/_at89it?x=1qqt&i=4537pd)

1. **Realm** (n): lĩnh vực

→ in the realm of sth

→ Within/Beyond the realm of possibility: trong/ngoài khả năng = possible/impossible

2. **Financial** (adj): thuộc về tài chính

→ Financial journey (n) hành trình tài chính

→ Financial literacy (n) hiểu biết tài chính

→ Financial problem/matter (n) vấn đề tài chính

3. **Pivotal** (adj): tiên quyết, mấu chốt

→ Pivotal decision (n) quyết định then chốt

4. **Early on**: rất sớm, từ ban đầu

5. **Figure out**: tìm ra, khám phá ra (có chủ ý)

# Find out: vô tình tìm ra

6. **Mold** (v): ảnh hưởng sâu sắc tính cách, quan điểm, sự phát triển...

→ Break the mold (of sth): làm điều khác biệt, phá vỡ khuôn mẫu

7. **Imitate** (v): bắt chước, theo gương

8. **Nonetheless** (adv): dù vậy

= Nevertheless

9. **Betterment** (n) = Improvement: sự cải thiện, làm tốt hơn

10. **Grave** (adj): nghiêm trọng, quan trọng (gây lo lắng)

→ Grave mistake (n) sai lầm nghiêm trọng

11. **Day-to-day** (adj): hàng ngày

→ on a day-to-day basis (adv) = daily

→ Day by day (adv) dần dần

→ Day after day (adv) hết ngày này qua ngày khác, lặp đi lặp lại (mang nghĩa chán chường)

12. **Open sb's mind to sth**: tiếp nhận/giúp ai đó tiếp nhận những thứ mới mẻ

13. **Spending habit**: thói quen chi tiêu

14. **Bridge the gap** (between..): thu hẹp khoảng cách

15. **Proactive** (adj): chủ động

16. **Frivolous** (adj): ngớ ngẩn (hành động), phù phiếm

17. **Inculcate** (v): khắc sâu, in sâu (thường nhở lặp lại nhiều lần, thấm từ từ)

→ inculcate sth into/in sb = inculcate sb with sth

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Financial literacy

Children go to school with happy faces when parents hand them some money to eat snacks during recess. This is the child's first exposure to the realm of finance. Thus, the financial journey of a human begins in childhood and not when they start earning. Inclusion of mindful financial literacy right from childhood is pivotal for children to learn the basics of financial management early on - from the time they learn to manage the 'snacks money', spend it wisely, and figure out that they can save some of it for their favorite candy.

Children are like molding clay. They can be molded by equipping them with different kinds of life skills. They imitate their parents and, thus, can be molded by copying those around them. This is where children can be taught how to save and make money smart.

Nonetheless, parents consciously don't expose money matters in front of their children and also hide any financial problems they might be facing, all because they think this is for the betterment of children. It is time to break this particular mold. While it is all right not to expose children to any grave financial matters, involving them in day-to-day money matters starting with the household expenses helps open their minds to some financial aspects. It helps them to become more responsible towards their spending habits and try to save money.

Especially in a society where technology is developing day by day. Remote shopping avenues have entirely bridged the gap between want and access. They proactively search for new things on the internet and make demands to buy those things. Some unnecessary and frivolous buying can be avoided by knowing more about money management and the consequences of financial decisions. Hence, it is necessary for teenagers to inculcate financial intelligence before venturing out into the world independently.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_Audio5](https://bit.ly/Chapter1_Audio5)

Children go to school with happy faces when parents hand them some money to eat snacks during recess. This is the child's first \_\_\_\_\_ to the realm of finance. Thus, the financial journey of a human begins in \_\_\_\_\_ and not when they start earning. Inclusion of mindful \_\_\_\_\_ right from childhood is \_\_\_\_\_ for children to learn the basics of \_\_\_\_\_ early on - from the time they learn to manage the 'snacks money', spend it wisely, and figure out that they can save some of it for their \_\_\_\_\_.

Children are like molding clay. They can be molded by equipping them with different kinds of life skills. They \_\_\_\_\_ their parents and, thus, can be molded by copying those around them. This is where children can be taught how to save and \_\_\_\_\_.

Nonetheless, parents consciously don't expose money matters in front of their children and also \_\_\_\_\_ they might be facing, all because they think this is for the betterment of children. It is time to break this \_\_\_\_\_ mold. While it is all right not to expose children to any grave financial matters, involving them in \_\_\_\_\_ starting with the household expenses helps open their minds to some\_\_\_\_\_. It helps them to become more responsible towards their \_\_\_\_\_ and try to save money.

Especially in a society where technology is developing day by day, \_\_\_\_\_ avenues have entirely \_\_\_\_\_ between want and access. They \_\_\_\_\_ for new things on the internet and make demands to buy those things. Some unnecessary and \_\_\_\_\_ can be avoided by knowing more about \_\_\_\_\_ and the \_\_\_\_\_.

Hence, it is necessary for teenagers to \_\_\_\_\_ before venturing out into the world independently.

# Speaking activity



You should take notes and answer the following speaking part 3 questions

1. What do you think about money?
2. In your view, should children be taught how to manage money?
3. How can (or, how do) young people learn to manage their financial affairs?
4. Do you think it's easy for (young) people to save money?
5. Why do many people derive pleasure from spending money?
6. In your opinion, who is better at saving money, women or men?



# Topic

# Education

# Day 6



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_at88vw?x=1qqt&i=4537pd](https://quizlet.com/_at88vw?x=1qqt&i=4537pd)

◆ 1. In comparision with: khi so sánh với

◆ => Pale in comparision with sth: không thể sánh với điều gì được

E.g: The paintings he made later pale in comparison with his earlier work

=> Compare favorably with sth: khi so sánh thì hơn cái gì, tốt hơn cái gì

◆ 2. High standard of education: mức, tiêu chuẩn giáo dục cao

◆ 3. Domination (n) sự thống trị => dominate (v)

◆ 4. Recruit (v) tuyển dụng = employ = hire

◆ 5. Mark the beginning of something: đánh dấu sự khởi đầu của điều gì

◆ 6. In operation: đang hoạt động

◆ 7. Cherished: yêu dấu, yêu thương

=> Cherish a hope/ dream/ ambition: ấp ủ niềm hi vọng, giấc mơ, khát vọng

◆ 8. Look up to somebody: kính mến, kính trọng

= revere = hold sb in high esteem

◆ 9. Convert sth into sth: biến cái gì thành cái gì

◆ 10. Co-exist: cùng tồn tại

◆ 11. Place emphasis on sth: tập trung vào điều gì

◆ 12. Rote memory: thuộc lòng, nhớ vẹt

=> rote learning: học vẹt



# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Vietnam's past educational system

In comparison with other developing countries, Vietnamese people enjoy a relatively high standard of education. In the past, Vietnam's educational system was affected by many cultures, of which the Chinese and French had the most significant influence.

### Vietnam's Education under Chinese Domination

The earliest students in Vietnam received most of their education from the Buddhist clergy. However, with the 1000 year Chinese domination, Vietnam has been much affected by its educational system. This is especially shown in the early competitive examinations held to recruit high mandarin officials.

During the latter part of the 11th century, a National College was established for the education of sons or royalty and other high-ranking officials, which marked the beginning of Confucian education in Vietnam. In 1252, the college was opened to students from various backgrounds besides royal or official ones.

At the beginning of the 15th century, many Confucian-type schools were in operation in leading centers. Those days, education became the most cherished ideals. Only those who passed the qualification examinations for Mandarins had any hope of achieving state-owned jobs or other honors. The scholar was looked up to and highly revered.

### French Influence on Education

Before the French came, the old-type Mandarin system administered Vietnam for approximately 2,000 years. As the French took over the government's administration, it was converted from a Confucian system into a Western-oriented one.

In order to participate in the civil service under the French rule, the Vietnamese had to convert to the French system and were required to know the French language. In addition, they had to have a good facility with the new romanized version of their language instead of the traditional Chinese characters which had been in use for hundreds of years.

The French allowed this to co-exist with their system for a period of time. At the beginning of 1900, the whole system was revised. An educational system of three levels was established; elementary, primary, and secondary education. In addition, the use of the national language, the romanized translation of the spoken language, was added to the curriculum. Emphasis was placed on rote memory, class discipline and other French educational methods. Many new schools and colleges were established. Accordingly, French became the second language of much importance to the students.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_Audio6](https://bit.ly/Chapter1_Audio6)

## Vietnam's Education under Chinese Domination

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# Writing activity

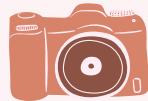


Write a an essay (at least 250 words) for the task below

Some students prefer to take a gap year between high school and university, to work or travel. Do the advantages of this outweigh the disadvantages?



# Day 7



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atczi5?x=1qqt&i=4537pd](https://quizlet.com/_atczi5?x=1qqt&i=4537pd)

1. partner sth with sth: kết hợp, kết nhập với điều gì

2. wisdom (n): sự khôn ngoan, sáng suốt

Words of wisdom: lời hay ý đẹp

Conventional wisdom: lẽ thường, quan điểm chung của mọi người có từ lâu

Wisdom tooth: răng khôn

3. commitment (n): sự tận tâm, cam kết

Make a commitment to V: cam kết làm gì

Commit (v)

4. self-worth (n): giá trị bản thân

~ dignity/self-esteem

5. accountability (n): trách nhiệm

Accountable (adj)

~responsibility

6. put sth into action: đưa cái gì vào hoạt động

7. harness one's potential: khai thác tiềm năng của ai/cái gì

8. discriminate (v): phân biệt, đối xử

Discrimination (n); discriminatory (adj)

9. for one's sake: vì lợi ích của ai/cái gì

= for the sake of sb/sth

10. intuition (n): trực giác

Intuitive (adj)

11. common sense: lẽ thường tình

~horse sense

12. cloud one's judgment: ảnh hưởng đến phán đoán của ai

13. rationalize (v): hợp lý hóa

Rational (adj); rationalization (n)

14. imprint sth on sth: ghim cái gì vào điều gì

15. ego (n): cái tôi, bản ngã, lòng tự trọng

Egotistical (adj): tự cao tự đại

16. the status quo: tình hình, tình trạng hiện tại

17. debilitating (adj): làm suy yếu, suy nhược, khổ sở

Debilitate (v); debilitation (n)

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## *Knowledge into action*

Knowing what is “in our own best interests” is the easy part. If you exercise regularly and have a well-balanced diet, you will be healthier. That’s knowledge, but it’s not much use unless it is partnered with wisdom, commitment, self-worth, action, and accountability.

They say “Knowledge is power”, but only by putting knowledge into action can you harness that potential. The best place to start is with yourself. The only way to fulfill your potential is to use what you know about yourself.

Knowledge is a useful tool, but how effectively it is put into action depends on how it is applied. You need to discriminate and contextualize knowledge if it is to serve you well.

Just as information for information’s sake has limited value, knowledge on its own can sometimes hold you back by limiting your intuition and common sense. The highly developed human brain can cloud your judgment and rationalize your behavior with damaging results. Decades of reinforcement create beliefs that are so imprinted on your consciousness that they become utterly unquestionable.

The ego, which is attached to the status quo, aims to keep these “certainties” in place to avoid new perspectives and choices. The ego is terrified of change—even change for the better—since its comfort zone is based on familiarity, however debilitating it may be.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio7](https://bit.ly/Chapter1_audio7)

Knowing what is “in our own best \_\_\_\_\_” is the easy part. If you \_\_\_\_\_ and have a \_\_\_\_\_ diet, you will be healthier. That’s knowledge, but it’s not much use unless it is partnered with \_\_\_\_\_, commitment, self-worth, \_\_\_\_\_, and accountability.

They say “\_\_\_\_\_”, but only by putting knowledge into action can you harness that potential. \_\_\_\_\_ to start is with yourself. The only way to \_\_\_\_\_ your potential is to use what you know about yourself.

Knowledge is \_\_\_\_\_, but how effectively it is put into action \_\_\_\_\_ how it is applied. You need to \_\_\_\_\_ and contextualize knowledge if it is to \_\_\_\_\_.

Just as information for information’s sake has \_\_\_\_\_, knowledge on its own can sometimes \_\_\_\_\_ by limiting your intuition and \_\_\_\_\_. The highly developed human brain can cloud your \_\_\_\_\_ and rationalize your \_\_\_\_\_ with damaging results. \_\_\_\_\_ of reinforcement \_\_\_\_\_ beliefs that are so imprinted on your consciousness that they become utterly \_\_\_\_\_.

The ego, which is \_\_\_\_\_, aims to keep these “certainties” in place to avoid new \_\_\_\_\_. The ego is terrified of change—even change for the better—since its \_\_\_\_\_ is based on familiarity, however debilitating it may be.

# Speaking activity



You should take notes and answer the following speaking part 1 questions

1. Describe your education?
2. What is your area of specialization?
3. What technology do you use when you study?
4. What subjects are you studying?
5. Why did you choose to study that subject?
6. Do you prefer to study in the mornings or in the afternoons?
7. Do you think your country has an effective education system?



# Day 8



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atepqf?x=1jqt&i=4537pd](https://quizlet.com/_atepqf?x=1jqt&i=4537pd)

1. be conducive to sth: có ích, có lợi cho điều gì

2. grow exponentially: tăng, phát triển rất nhanh, theo hàm số mũ

3. placebo effect: hiệu ứng, tác dụng thuốc trấn an (thuốc dùng để trấn an người mắc bệnh)

4. aromatherapy (n): phép trị liệu bằng dầu thơm

5. adverse effects: ảnh hưởng tiêu cực

= negative/unfavorable/deleterious/undesirable

6. give it a try: thử cái gì

= give it a shot/have a bash at sth

7. boost productivity: tăng năng suất

= enhance/increase/improve

8. accredited (adj): được công nhận, thừa nhận

9. holistic (adj): toàn diện

= comprehensive

a holistic approach: cách tiếp cận toàn diện

10. uplifting scent (n): mùi hương gây phấn chấn, nâng cao tinh thần

Uplift one's mood: cải thiện tâm trạng

11. diffuse (v): lan rộng, lan tỏa

diffusion (n); diffusive (adj)

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## *a study tip for college students.*

### Create an Atmosphere Conducive to Studying

As with many events and activities in life, it's important to create the proper atmosphere. Studying is more effective when you establish the proper conditions and environment.

One proven way to create an atmosphere is through the senses. While the effects of essential oils are still being studied, the essential oil industry has grown exponentially in the past five years. Writing for The Los Angeles Times, Lily Dayton says that while essential oils may depend on the placebo effect, "since aromatherapy has few adverse effects, there's no harm in giving it a try if you enjoy the smell of essential oils."

It has long been thought that certain essential oils can help boost productivity. The American College of Healthcare Sciences, an accredited holistic college, recommends essential oils like rosemary and bergamot to increase productivity and infuse your workspace with an uplifting scent.

Ivan Orville, a health and lifestyle editor at Shiny Leaf recommends combining scents with sounds to create an ideal study atmosphere. "Diffuse any of these essential oils in the room," Orville said. "Then pick a playlist or album you like to play. Together, they can work to give you a fresh and stimulating atmosphere that boosts mind function and memory."

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio8](https://bit.ly/Chapter1_audio8)

----- an Atmosphere Conducive to Studying.

As with many ----- in life, it's important to create the ----- atmosphere. Studying is more ----- when you establish the ----- and environment.

One ----- way to create an atmosphere is through ----- . While the effects of essential oils are still being studied, the ----- has grown ----- in the past five years. Writing for The Los Angeles Times, Lily Dayton says that while essential oils may ----- the placebo effect, "since aromatherapy has few ----- , there's no harm in ----- if you enjoy the smell of essential oils."

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# Writing activity



Write an essay (at least 250 words) for the task below

Some people say that schools should concentrate on teaching students academic subjects that will be useful for their future careers. Others say that subjects such as music and sports are also necessary. Discuss both views and give your own opinion.



# Day 9



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atflup?x=1jqt&i=4537pd](https://quizlet.com/_atflup?x=1jqt&i=4537pd)

1. internal drive: động lực bên trong  
= push = momentum = get-up-and-go
2. the sheer volume: khối lượng vô cùng lớn
3. figure sth out: hiểu điều gì  
= work sth out = understand sth = discern sth
4. across the board: toàn bộ, tổng thể, toàn diện  
= all inclusive = extensive = comprehensive
5. external stimulus: tác nhân kích thích bên ngoài  
= incentive = impetus = catalyst
6. it's little/no wonder (that): không ngạc nhiên
7. wreak havoc on sth: gây ảnh hưởng, phá hoại tới điều gì  
= cause destruction to sth
8. a multitude of sth: một loạt, đa dạng cái gì  
= a wide variety/range/myriad of sth
9. eliminate (v): loại bỏ điều gì  
elimination (n)  
eliminate the possibility: loại bỏ khả năng
10. have sth on your mind: suy nghĩ, lo ngại về điều gì  
= worry about sth
11. clear one's head: suy nghĩ rõ ràng
12. a brisk walk: đi bộ nhanh
13. get sth off your chest: trút nhẹ, quẳng đi điều gì (thường là nỗi buồn, điều cần tâm sự)

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Common study problems

### You're experiencing low motivation

Low motivation is one of the biggest problems you may have to tackle during your education. Without sufficient internal drive to achieve, getting through the sheer volume of work needed to gain your qualifications (whether GCSEs, A-levels or a degree) can feel impossible. Key to understanding low motivation is to figure out the reasons behind it; they're not necessarily the same reasons for everyone. Low motivation may be experienced either for certain subjects, or across the board

### There are too many distractions

There are so many external stimuli these days that it's little wonder that many students feel distracted. Social media, friends, phone, television, video games and outings all have a part to play in wreaking havoc on students' ability to focus on studying. If you feel your productivity is suffering from a multitude of distractions, it's time to change your working environment to one more conducive to studying. Creating the right environment for learning should be a relatively easy solution that will help you overcome the power of all these external distractions. Eliminate the things you know to be your weaknesses from your workspace. This could include your phone, the internet, the television and so on.

### You have difficulty concentrating

Like low motivation, difficulty concentrating can be caused by a number of problems. If you're unable to concentrate because you have something on your mind, you need to try to clear your head before you start working, else it will hinder your productivity. It may help to write the problem down on paper, or to talk to someone about it; going for a brisk walk or doing some exercise may also enable you to get it off your chest before you try to start work. If it's a bigger personal problem, talking to the school counsellor about it may help get it off your chest or help you see the problem from a different, more manageable perspective.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio9](https://bit.ly/Chapter1_audio9)

Common study problems.

You're experiencing low motivation

Low motivation is one of the \_\_\_\_\_ problems you may have to \_\_\_\_\_ during your education. Without \_\_\_\_\_ internal drive to achieve, getting through the sheer volume of work needed to \_\_\_\_\_ (whether GCSEs, A-levels or a degree) can feel impossible. Key to understanding low motivation is to \_\_\_\_\_ the reasons behind it; they're not \_\_\_\_\_ the same reasons for everyone. Low motivation may be \_\_\_\_\_ either for certain subjects, or across the board.

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You have difficulty concentrating

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# Speaking activity



You should take notes and answer the following speaking part 2 question in 1-2 minutes.

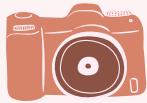
Describe an important skill that you learned in school.

## You should say:



- What it is
  - When you learned it
  - How you learned it
  - Who you learned it from
  - Why you think it is important

# Day 10



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atj6nz?x=1jqt&i=4537pd](https://quizlet.com/_atj6nz?x=1jqt&i=4537pd)

◆ 1. lifelong learning skills: kỹ năng học tập suốt đời

◆ 2. adaptability (n): khả năng thích nghi

adaptable (adj); adapt to sth (v)

◆ 2. keep an eye on sth: để mắt, canh chừng điều gì

◆ 3. flexible (adj): linh hoạt

flexibility (n)

flexible working: làm việc linh hoạt

◆ 4. keep your head above sth: xoay sở, giải quyết điều gì

◆ 5. keep abreast of sth: cập nhật, bắt kịp (thông tin, thời thế)

◆ 6. take advantage of sth: tận dụng điều gì

◆ 7. problem-solving skills: kỹ năng giải quyết vấn đề

◆ 8. empower (v): trao quyền, khuyến khích, tiếp sức mạnh

empowerment (n)

◆ 9. asset (n): của quý, báu vật

◆ 10. curiosity (n): sự tò mò

curious (adj)

out of curiosity: vì tò mò

trigger one's curiosity: khơi gợi lên sự tò mò

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Beneficial lifelong learning skills

Lifelong learning skills can be a lot like many of the soft skills you may have heard of. They have to do with how we connect with each other, and with the world around us. In many ways, they're also about building relationships. With this in mind, let's look at the skills that are beneficial for everyone.

### 1. Adaptability

The world is changing. However, it's not just the world we need to keep an eye on; we must also be flexible in our personal lives. Life is fluid—sometimes it's a stream, sometimes a river, and sometimes a tidal wave. Learn to keep your head above all of it.

We deal with trends of every kind constantly. Business, technology, entertainment, communication, and lifestyle trends are just some of the many. What makes it more challenging is that each major trend can often have several sub-trends of its own. Keeping abreast of these means staying informed and knowing when to take advantage of opportunities. As for life itself, it will always have challenges, no matter how well things are going. Being able to adapt to change in all its forms keeps us constantly prepared to survive and succeed no matter what climate we're in.

### 2. Problem Solving

The world will continue changing dramatically. As such our children will be solving future problems that we can't even imagine yet. They'll face challenges that require skills to define a problem, design an appropriate solution, and put it to effective use. Problem-solving skills help them tackle anything from writing a shopping list to designing and realizing their biggest dreams.

### 3. Leadership

Understanding leadership is one of those beneficial lifelong learning skills that can change people's lives. After all, one who leads isn't just one who manages things. What a leader does is inspire, motivate, and empower. True leaders see the best in people and teach them to harness their potential in all they do.

Natural leaders are an asset in any classroom and in every workforce. Anyone whose attitude moves from "I can do it" to "we can do it" makes everybody better. It's their independence and willingness to take responsibility for making good things happen, not just simply getting things done. That's why leaders see more, do more, and learn more.

### 4. Curiosity

Lifelong learning is driven by curiosity. Outside the rigors of school, there is no educator or peer to motivate us to learn and expand our minds. Developing curiosity is undoubtedly one of the most beneficial lifelong learning skills you can have.

Simply put, without curiosity, there is no learning. Nurturing curiosity can lead to moments where a learner says, "wow, I never expected that in school." This is exactly the kind of reaction that indicates kids actually can fall in love with learning. As such, they're the kinds of moments teachers strive to create.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio10](https://bit.ly/Chapter1_audio10)

Lifelong learning skills can be a lot like many of the \_\_\_\_\_ you may have heard of. They have to do with how we \_\_\_\_\_ with each other, and with the world around us. In many ways, they're also about building \_\_\_\_\_. With this in mind, let's look at the skills that are \_\_\_\_\_ for everyone.

## 1. Adaptability

The world is changing. However, it's not just the world we need to keep an eye on; we must also be \_\_\_\_\_ in our personal lives. Life is fluid—sometimes it's a stream, sometimes a \_\_\_\_\_, and sometimes a tidal wave. Learn to keep your \_\_\_\_\_ all of it.

We deal with trends of every kind \_\_\_\_\_. Business, technology, entertainment, \_\_\_\_\_, and lifestyle trends are just some of the many. What makes it more \_\_\_\_\_ is that each major trend can often have several sub-trends of its own. Keeping abreast of these means \_\_\_\_\_ and knowing when to take advantage of opportunities. As for life itself, it will always have \_\_\_\_\_, no matter how well things are going. Being able to \_\_\_\_\_ change in all its forms keeps us constantly prepared to \_\_\_\_\_ and succeed no matter what \_\_\_\_\_ we're in.

## 2. Problem Solving

The world will continue changing \_\_\_\_\_. As such our children will be solving future problems that we can't even \_\_\_\_\_ yet. They'll face challenges that require skills to \_\_\_\_\_, design an appropriate solution, and put it to \_\_\_\_\_. Problem-solving skills help them \_\_\_\_\_ from writing a shopping list to designing and realizing their \_\_\_\_\_.

## 3. Leadership

\_\_\_\_\_ leadership is one of those beneficial lifelong learning skills that can change people's lives. After all, one who leads isn't just one who \_\_\_\_\_ things. What a leader does is inspire, \_\_\_\_\_, and \_\_\_\_\_. True leaders see the best in people and teach them to \_\_\_\_\_ in all they do.

\_\_\_\_\_ are an asset in any classroom and in \_\_\_\_\_. Anyone whose attitude moves from "I can do it" to "we can do it" makes everybody better. It's their \_\_\_\_\_ and willingness to take \_\_\_\_\_ for making good things happen, not just simply getting things done. That's why leaders see more, do more, and learn more.

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# Writing activity



**Write an essay (at least 250 words) for the task below**

Online classes make conventional classrooms unnecessary. To what extent do you agree or disagree?



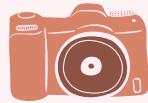
# **Topic**

# **Environment**

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Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atn7my?x=1qqt&i=4537pd](https://quizlet.com/_atn7my?x=1qqt&i=4537pd)

- ◆ 1. environmental degradation: sự suy thoái, xuống cấp về môi trường  
degrade (v)  
= deterioration
- ◆ 2. undermine (v): ngầm hủy hoại, phá hoại ngầm  
= weaken = cripple
- ◆ 3. ferocity (n): tính hung dữ, dữ tợn, dữ dội  
ferocious (adj)
- ◆ 4. sanitation facilities: tiện nghi cho hệ thống vệ sinh
- ◆ 5. cholera (n): bệnh dịch tả
- ◆ 6. vulnerable to sth: dễ bị ảnh hưởng, tổn thương  
vulnerability (n)  
= susceptible to sth
- ◆ 7. crop failure: mất mùa
- ◆ 8. nutritional deprivation: thiếu hụt chất dinh dưỡng  
deprive sb of sth: tước đoạt của ai cái gì
- ◆ 9. cripple (v): phá hủy, phá hoại
- ◆ 10. malaria (n): bệnh sốt rét
- ◆ 11. dengue fever (n): sốt xuất huyết
- ◆ 12. attributable to sth: có thể quy cho, là do
- ◆ 13. stakes (n): mối nguy hại, sự đánh cược
- ◆ 14. exacerbate (v): làm tệ hơn, làm trầm trọng thêm  
exacerbation (n)  
= aggravate = intensify = worsen

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Environment and climate change

Climate change and environmental degradation undermine the rights of every child.

Climate change is a direct threat to a child's ability to survive, grow, and thrive. As extreme weather events such as cyclones and heat waves increase in frequency and ferocity, they threaten children's lives and destroy infrastructure critical to their well-being. Floods compromise water and sanitation facilities, leading to diseases such as cholera, to which children are particularly vulnerable.

Droughts and changing global rainfall patterns are leading to crop failures and rising food prices, which for the poor mean food insecurity and nutritional deprivations that can have lifelong impacts. These also have the potential to destroy livelihoods, drive migration and conflict, and cripple opportunities for children and young people.

Children are the most vulnerable to diseases that will become more widespread as a result of climate change, such as malaria and dengue fever. Close to 90 per cent of the burden of disease attributable to climate change is borne by children under the age of 5.

For children who are already disadvantaged, the stakes are even higher. Poorer families have a harder time coping with shocks. The most vulnerable are already losing their homes, health and education. And as climate change makes crises more common, it becomes harder to recover from them.

Already today, some 785 million people lack access to basic water services. And by 2040, almost 600 million children are projected to live in areas where the demand for water will exceed the amount available.

Without action now, climate change will exacerbate the inequalities that children already face, and future generations will suffer.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio11](https://bit.ly/Chapter1_audio11)

Climate change and environmental degradation undermine the \_\_\_\_\_ of every child.

Climate change is \_\_\_\_\_ to a child's ability to \_\_\_\_\_, grow, and thrive. As \_\_\_\_\_ events such as cyclones and heat waves increase in \_\_\_\_\_ and ferocity, they threaten children's lives and \_\_\_\_\_ critical to their well-being. Floods compromise water and \_\_\_\_\_, leading to diseases such as cholera, to which children are \_\_\_\_\_.

Droughts and changing \_\_\_\_\_s are leading to crop failures and \_\_\_\_\_, which for the poor mean food \_\_\_\_\_ and nutritional deprivations that can have \_\_\_\_\_ impacts. These also \_\_\_\_\_ to destroy livelihoods, drive \_\_\_\_\_ and conflict, and cripple \_\_\_\_\_ for children and young people.

Children are the most vulnerable to diseases that will become \_\_\_\_\_ as a result of climate change, such as malaria and dengue fever. Close to 90 per cent of \_\_\_\_\_ disease attributable to climate change is borne by children \_\_\_\_\_ of 5.

For children who are already \_\_\_\_\_, the stakes are even higher. Poorer families have a harder time \_\_\_\_\_. The most vulnerable are already losing their homes, health and \_\_\_\_\_. And as climate change makes crises \_\_\_\_\_, it becomes harder to \_\_\_\_\_ them.

Already today, some 785 million people lack \_\_\_\_\_. And by 2040, almost 600 million children are projected to live in areas where \_\_\_\_\_ for water will \_\_\_\_\_ the amount available.

Without action now, climate change will \_\_\_\_\_ that children already face, and \_\_\_\_\_ will suffer.

# Speaking activity



You should take notes and answer the following speaking part 1 questions

1. Would you like to work in a company related to environmental protection?
2. How can we protect the environment?
3. Do you think you've done enough to protect the environment?
4. Is there education about environmental protection at school?



# Day 12



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atnqp4?x=1qqt&i=4537pd](https://quizlet.com/_atnqp4?x=1qqt&i=4537pd)

1. **elevate** (v): nâng cao, cất cao (giọng nói, tầm quan trọng)

elevation (n); elevated (adj) = important

2. **intensify** (v): trở nên trầm trọng, tăng cường

= aggravate = exacerbate

3. **far from doing sth**: chẳng những không làm gì, còn lâu mới

4. **on a massive scale**: trên quy mô lớn

5. **spark a global movement**: khởi xướng, kêu gọi phong trào toàn cầu

6. **march** (v): diễu hành

7. **far and wide**: khắp mọi nơi

8. **tap into one's skills**: tận dụng, sử dụng kỹ năng (để đem lại kết quả tốt)

9. **speak up for sth**: lên tiếng ủng hộ

10. **the decision-making process**: quá trình đưa ra quyết định

◆ 11. **initiative** (n): ý tưởng, sáng kiến

◆ **on one's own initiative**: chủ động, tự thân vận động

take the initiative: nắm quyền chủ động (để dành thuận lợi)

12. **instrumental in sth**: có công, là phương tiện trong việc gì

13. **advocate doing sth**: ủng hộ việc gì

advocacy (n)

an advocate for sth: người ủng hộ công khai điều gì

14. **call on sb to do sth**: kêu gọi ai làm gì

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Youth for climate action

Elevating the voices of young people to protect the future of our planet.

Climate change is here. As its impact intensifies over time, it is the children and young people of today who will face the worst effects.

But far from being passive victims, young people all over the world have begun to fight back on a scale never seen before. Take Greta Thunberg. In 2018, the 15-year-old from Sweden sparked a global movement of school-age students demanding greater action from governments to fight climate change.

Now millions are marching to demonstrate their support.

Whether through education, technology, science or law — young people far and wide are tapping into their skills to speak up for climate action. As stated in the Convention on the Rights of the Child, every person under the age of 18 has the right to participate in the decision-making processes that impact them.

This includes a public forum to express their views, and support for them to do. We also work with youth to spread the message offline, through initiatives like UNICEF's first-ever Climate Comic Contest.

Advocacy is instrumental to build a better, stronger future for children and young people. UNICEF supports youth to advocate with their governments in their national contexts. In Mongolia for example, air pollution is a source of health problems for many. Here, young people have been trained to monitor air quality, and use the data they collect to call on their government to take action. Empowering youth to monitor air quality is a first, and often powerful, step in providing them with the information that they need to advocate for their rights.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio12](https://bit.ly/Chapter1_audio12)

## Youth for climate action

Elevating the voices of young people to \_\_\_\_\_ the future of our planet.

Climate change is here. As its impact intensifies \_\_\_\_\_, it is the children and young people of today who will face \_\_\_\_\_.

But far from being \_\_\_\_\_ victims, young people all over the world have begun to \_\_\_\_\_ on a scale never seen before. Take Greta Thunberg. In 2018, the 15-year-old from Sweden sparked a \_\_\_\_\_ of school-age students demanding greater action from \_\_\_\_\_ to fight climate change. Now millions are marching to \_\_\_\_\_.

Whether through education, \_\_\_\_\_, science or law — young people \_\_\_\_\_ are tapping into their skills to speak up for \_\_\_\_\_. As stated in the Convention on the Rights of the Child, every person under the age of 18 has the right to \_\_\_\_\_ the \_\_\_\_\_ processes that impact them. This includes \_\_\_\_\_ to express their views, and support for them to do

We also work with youth to \_\_\_\_\_, through initiatives like UNICEF's first-ever Climate Comic Contest.

Advocacy is \_\_\_\_\_ to build a better, \_\_\_\_\_ for children and young people. UNICEF supports youth to advocate with their governments in their national contexts. In Mongolia for example, \_\_\_\_\_ is a source of health problems for many. Here, young people have been trained to \_\_\_\_\_, and use the data they collect to call on their government \_\_\_\_\_. Empowering youth to monitor air quality is a first, and often \_\_\_\_\_, step in providing them with the information that they need to \_\_\_\_\_.

# Writing activity



**Write an essay (at least 250 words) for the task below**

Explain some of the ways in which humans are damaging the environment. What can the governments do to address these problems? What can individual people do?





Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atnrdv?x=1qqt&i=4537pd](https://quizlet.com/_atnrdv?x=1qqt&i=4537pd)

1.. environmental hazard: mối đe dọa về môi trường

= environmental risk/danger

2. reverse (v): đảo ngược, lật ngược

3. well-being (n): sức khỏe, khỏe mạnh

4. a host of sth: nhiều, đa dạng

= a multitude of = a wide range/variety of sth

5. toxic chemicals: hóa chất độc hại

= dangerous/harmful/hazardous/poisonous

6. extreme weather: thời tiết cực đoan

= inclement weather

7. pose threats to sth: gây mối đe dọa tới điều gì

= present threats to sth

8. slow-onset: khởi đầu muộn

9. parasite (n): ký sinh trùng

10. pronounced (adj): rõ ràng, rõ rệt

= marked/noticeable

◆ pronounced effect: ảnh hưởng rõ rệt

◆ 11. diabetes (n): bệnh tiểu đường

diabetic (adj)

12. asthma (n): bệnh hen suyễn

13. a surge in (n): tăng đột ngột

14. e-waste (n): rác thải điện tử (các thiết bị điện hoặc điện tử bị loại bỏ)

15. In collaboration with: phối hợp, kế hợp, hợp tác

collaborate with (v): hợp tác

collaborative (adj)

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Healthy environments for healthy children

Environmental hazards have been linked to a range of significant health risks for children. A child born today has a much better chance of reaching her fifth birthday than ever before. But climate change and environmental degradation threaten to reverse progress on child and adolescent survival, health and well-being.

Children worldwide face a host of environmental hazards, like polluted air, water and food; exposure to toxic chemicals; unsafe infrastructure; and threats related to climate change.

Floods, wildfires and other extreme weather events destroy infrastructure and economies, and pose unique threats to young bodies and minds. Slower-onset events such as droughts and the spread of parasites, bacterial diseases and viral diseases present dangers that are more pronounced for children.

Environmental hazards have been linked to a range of significant health risks for children. For example, the global rise of cancer, diabetes, neurodevelopmental disorders and asthma has accompanied a surge in air pollution, e-waste and the use of harmful chemicals in everyday products.

Improving children's ability to survive and thrive means addressing the profound ways in which environmental factors shape their health and well-being. In collaboration with the UN system, UNICEF assists governments and stakeholders to apply a child-specific lens to national policies and programmes on health and environment. We focus on primary health care, and work across sectors to prevent child exposure to environmental hazards.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio13](https://bit.ly/Chapter1_audio13)

Environmental hazards have been \_\_\_\_\_ to a range of significant \_\_\_\_\_ for children. A child born today has a much \_\_\_\_\_ of reaching her fifth birthday than ever before. But climate change and environmental \_\_\_\_\_ threaten to reverse progress on child and \_\_\_\_\_ survival, health and well-being.

Children worldwide face a host of environmental hazards, like \_\_\_\_\_ air, water and food; \_\_\_\_\_ toxic chemicals; unsafe \_\_\_\_\_; and threats related to climate change.

Floods, \_\_\_\_\_ and other extreme weather events destroy \_\_\_\_\_ and economies, and pose \_\_\_\_\_ threats to young bodies and minds. Slower-onset events such as \_\_\_\_\_ and the spread of parasites, bacterial \_\_\_\_\_ and viral diseases present dangers that are more \_\_\_\_\_ for children.

Environmental hazards have been linked to a range of significant health risks for children. \_\_\_\_\_, the global rise of cancer, diabetes, neurodevelopmental \_\_\_\_\_ and asthma has \_\_\_\_\_ a surge in air pollution, e-waste and \_\_\_\_\_ in \_\_\_\_\_ products.

Improving children's ability to \_\_\_\_\_ and thrive means \_\_\_\_\_ in which environmental factors \_\_\_\_\_ and well-being. In \_\_\_\_\_ with the UN system, UNICEF assists \_\_\_\_\_ and stakeholders to apply a child-specific lens to national policies and \_\_\_\_\_ on health and environment. We focus on \_\_\_\_\_, and work across sectors to \_\_\_\_\_ environmental hazards.

# Speaking activity



You should take notes and answer the following speaking part 2 question in 1-2 minutes.

Describe a law on environmental protection your country should have

You should say:



- what it is
  - how you first learned about it
  - who benefits from it
  - and explain how you feel about this law



Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atqlbj?x=1qqt&i=4537pd](https://quizlet.com/_atqlbj?x=1qqt&i=4537pd)

1. **pervasive (adj):** lan tỏa, khắp mọi nơi

pervade (v); pervasiveness (n)

2. **take concrete steps:** có các biện pháp cụ thể

3. **curb (v):** ngăn chặn, kiểm soát = control = contain

4. **allude to sb/sth:** ám chỉ tới điều gì

allusive (adj); allusion (n)

5. **dispose of sth:** vứt bỏ cái gì

= get rid of sth = throw sth away

6. **hygienic drinking water:** nước sạch

7. **generate (v):** làm ra, tạo ra

generation (n) = produce/manufacture

8. **the onus:** trách nhiệm, bỗn phận = responsibility = duty = obligation

9. **rest on sb:** phụ thuộc vào ai, là do ai

◆ 10. **single-use (adj):** dùng một lần = disposable

◆ 11. **in line with sth:** tương tự, tương đương

12. **halt (v):** ngăn chặn, dừng lại

call a halt to sth: ngăn điều gì khỏi tiếp diễn

13. **disposable plastics:** nhựa dùng một lần

14. **pass a plastic ban bill:** thông qua đạo luật cấm dùng nhựa

15. **innovative (adj):** tiên tiến, đổi mới

innovation (n); innovative = ground-breaking = revolutionary = inventive

16. **substandard (adj):** không đạt chuẩn, dưới tiêu chuẩn

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Solution for plastic pollution in Nigeria

Plastic pollution is a pervasive problem in Nigeria that endangers humans, wildlife and causes recurrent floods. Therefore, various stakeholders must take concrete steps to curb this problem and the attendant danger that it poses to climate security.

According to the World Economic Forum (WEF), Nigeria has the largest economy in Africa and is often alluded by the public to be the 'Giant of Africa'. But what's also growing large in Nigeria is the use of plastic and the subsequent waste from it. People consume more than 60 million sachet water bags daily in Nigeria, which are not often adequately disposed of. Therefore, it comes to no surprise that frequent use of plastic bags and the wild popularity of sachet water - due to unequal access to hygienic drinking water - account for the 2.5 million tonnes of plastic waste generated in Nigeria every year. The concern for plastic waste is highly relevant when considered within the context of its impact on climate change. Hence, if the world is to achieve climate security, the onus rests on each country to tackle the plastic pollution epidemic.

The single-use ban has become particularly popular amongst EU member states, in line with a commitment to halt the use of disposable plastics contributing to almost 70% of Europe's marine litter. Although Nigeria's House of Representatives passed a plastic ban bill in 2019, it is yet to be passed into law. Therefore, there is a greater need for political will regarding the bill. The ban of single-use plastic by the government could also be a crucial step for the introduction of a multi-use packaging for sachet water.

The use of plastic waste as green technology for paving roads is another innovative solution that would be highly beneficial in Nigeria due to the country's relatively dreadful roadways. It is essential to point out that plastic roads are not sub-standard to asphalt ones and can be cheaper and long-lasting. Therefore, directing plastic waste to resolve another critical problem in the country would prove to be highly efficient.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio14](https://bit.ly/Chapter1_audio14)

## Solution for Plastic Pollution in Nigeria

Plastic pollution is a pervasive problem in Nigeria that \_\_\_\_\_ humans, wildlife and causes \_\_\_\_\_ floods. Therefore, various stakeholders must take \_\_\_\_\_ steps to curb this problem and the \_\_\_\_\_ danger that it poses to \_\_\_\_\_.

According to the World Economic Forum (WEF), Nigeria has the largest economy in Africa and is often alluded by \_\_\_\_\_ to be the 'Giant of Africa'. But what's also growing large in Nigeria is the use of plastic and the \_\_\_\_\_ from it. People \_\_\_\_\_ more than 60 million sachet water bags daily in Nigeria, which are not often adequately disposed of. Therefore, it comes to no \_\_\_\_\_ that frequent use of plastic bags and the wild \_\_\_\_\_ of sachet water - due to \_\_\_\_\_ to hygienic drinking water - account for the 2.5 million tonnes of plastic waste generated in Nigeria every year. The \_\_\_\_\_ for plastic waste is highly \_\_\_\_\_. When considered within the context of its impact on climate change. Hence, if the world is to \_\_\_\_\_ climate security, the onus rests on each country to \_\_\_\_\_ the plastic pollution epidemic.

The \_\_\_\_\_ ban has become particularly popular amongst EU member states, in line with a \_\_\_\_\_ to halt the use of disposable plastics \_\_\_\_\_ to almost 70% of Europe's marine litter. Although Nigeria's House of Representatives passed a plastic ban bill in 2019, it is yet to be \_\_\_\_\_. Therefore, there is a greater need for political will \_\_\_\_\_. The ban of single-use plastic by the government could also be a \_\_\_\_\_ for the introduction of a multi-use packaging for sachet water.

The use of plastic waste as \_\_\_\_\_ for paving roads is another \_\_\_\_\_ that would be highly beneficial in Nigeria due to the country's relatively dreadful roadways. It is essential to \_\_\_\_\_ that plastic roads are not sub-standard to asphalt ones and can be cheaper and \_\_\_\_\_. Therefore, directing plastic waste to \_\_\_\_\_ another critical problem in the country would \_\_\_\_\_ highly efficient.

# Writing activity



Write an essay (at least 250 words) for the task below

Some people say that protecting the environment is the government's responsibility. Others believe that every individual should be responsible for it. Discuss both views and give your own opinion.



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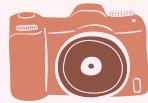
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Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atroos?x=1qqt&i=4537pd](https://quizlet.com/_atroos?x=1qqt&i=4537pd)

- ◆ 1. **commodity** (n): hàng hóa  
hard commodity: hàng hóa cứng (khoáng sản như vàng, bạc, đồng...)  
soft commodity: hàng hóa mềm (đường, cà phê ...)
- ◆ 2. **intrinsic** (adj): thực chất, bản chất, bên trong  
intrinsic value: giá trị thực
- ◆ 3. **extract from** (v): rút, chiết ra => extraction (n)
- ◆ 4. **purify** (v): làm sạch, tinh chế  
purification (n); purifier (n): máy lọc, người lọc
- ◆ 5. **renewable** (adj): có thể tái tạo <> non-renewable  
renewable energy: năng lượng tái tạo
- ◆ 6. **replenish** (v): đổ đầy, làm đầy =refill  
replenishment (n)
- ◆ 7. **run out** (of sth): c
- ◆ 8. **fossil fuels** (n): nhiên liệu hóa thạch
- ◆ 9. **tie sth to sth**: liên kết, liên hệ cái gì với cái gì
- ◆ 10. **variables** (n): biến thể, biến số
- ◆ 11. **detrimental to sth**: có hại tới điều gì  
= harmful/injurious to
- ◆ 12. **greenhouse gases**: khí hiệu ứng nhà kính
- ◆ 13. **play a crucial role in sth**: đóng vai trò quan trọng về điều gì
- ◆ 14. **makes up (%)**: chiếm bao nhiêu %
- ◆ 15. **temperature rise**: tăng nhiệt độ
- ◆ 16. **carbon dioxide emissions**: khí thải carbon  
emit (v) = give off sth = release

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Natural Resources

Natural resources are used all over the world and are significant commodities in their intrinsic forms; including the processes in which they are extracted and purified where they can be used for economic production or consumption. Natural resources are either renewable, meaning that once they are replenished, there will be more supply accessible in time; or they are non-renewable, meaning that once they run out, there will no longer be any accessible supply to be extracted from.

Natural resources such as fossil fuels are important in everyday life as they supply electricity, heat, and transportation. They are also particularly important in everyday life in three areas: food and drink; mobility; housing and infrastructure. Natural agricultural products such as food are vital as well as the resources needed to make food packaging such as plastic and eating implements. Natural resources are also utilised to make vehicles for people to travel in as well as the fuel needed for them to work. The construction of houses, roads, stop signs and the heat and electricity within this housing cannot be done without natural resources.

There is also a degree of economic importance tied to natural resources. A study reported that economic significance based on natural resources relies on two variables. The first variable is the existing and potential flows of income which is characterised by the ability to make and spend money by producing and consuming natural resources like oil. The second is employment and the opening of new jobs which therefore provides families with income.

Fossil fuels, however, have become detrimental to the planet as when they are burned, carbon dioxide and other greenhouse gases are emitted, trapping heat within the atmosphere. Consequently, they play a crucial role in global warming and climate change as carbon dioxide released from burning coal alone makes up 44% of global rates, thus making it the largest cause of temperature rise.

Renewable resources are therefore vital as they generate what is known as clean energy, which means less carbon dioxide emissions and as a result, decreases the need for fossil fuels

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio15](https://bit.ly/Chapter1_audio15)

Natural resources are \_\_\_\_\_ all over the world and are \_\_\_\_\_ commodities in their \_\_\_\_\_ forms; including the processes in which they are extracted and purified where they can be used for \_\_\_\_\_ or consumption Natural resources are either renewable, meaning that once they are \_\_\_\_\_, there will be more supply \_\_\_\_\_; or they are non-renewable, meaning that once they \_\_\_\_\_, there will \_\_\_\_\_ be any accessible supply to be extracted from.

Natural resources such as fossil fuels are \_\_\_\_\_ in everyday life as they supply electricity, heat, and \_\_\_\_\_. They are also particularly important in \_\_\_\_\_. in three areas: food and drink; \_\_\_\_\_; housing and \_\_\_\_\_. Natural \_\_\_\_\_ products such as food are \_\_\_\_\_ as well as the resources needed to make food packaging such as \_\_\_\_\_. implements. Natural resources are also utilised to make \_\_\_\_\_ for people to travel in as well as the fuel needed for them to work. The \_\_\_\_\_, roads, stop signs and the heat and \_\_\_\_\_ within this housing cannot be done without natural resources.

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Renewable resources are therefore vital as they \_\_\_\_\_ what is known as \_\_\_\_\_, which means less carbon dioxide emissions and as a result, \_\_\_\_\_ the need for fossil fuels.

# Speaking activity



You should take notes and answer the following speaking part 3 questions.

1. Why is it important to protect the environment?
2. Who is mainly responsible for the protection of the environment?
3. Is it necessary to use green energy sources? Why?
4. Should people use public transport to protect the environment?
5. Do you believe in global warming? Why (not)?



# Topic

# Family



Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_attzok?x=1qqt&i=4537pd](https://quizlet.com/_attzok?x=1qqt&i=4537pd)

1. over and over: lặp đi lặp lại = again and again

◆ 2. tarnished (adj): bị làm cho lu mờ, kém đi

tarnish one's image/reputation: làm lu mờ, làm xấu đi hình ảnh/thanh danh của ai

3. make sense of sth: hiểu được điều gì

4. envision (v): tưởng tượng (điều gì có thể xảy ra)

~ imagine/visualize

5. long-acquainted (adj): quen biết từ lâu

6. gravitate to/towards: hướng về

7. crucible moments: khoảnh khắc đầy thử thách

8. clincher (n): lí lẽ, dẫn chứng đanh thép

9. close knit family members: các thành viên trong gia đình gắn bó khăng khít

◆ 10. give sb a shot at sth: giúp ai thử, nỗ lực điều gì

◆ 11. nearest and dearest: người thân trong gia đình

= flesh and blood

12. implication (n): kết quả, hậu quả

~ ramification ~ repercussion

13. civil servant (n): cán bộ, công chức nhà nước

14. for time (hours/days/weeks...) on end: nhiều (giờ/ngày/tuần...) liền, liên tục

15. the weaving of a family: sự gắn kết gia đình

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Family gathering

Family stories are a treasure. But when you hear the same ones over and over, they can get tarnished.

Gathering — the conscious bringing together of people for a reason — shapes the way we think, feel and make sense of our world. Collectively, we can brainstorm, share, heal, envision, trust and connect for a larger purpose.

Whether it's a family dinner or a work meeting, posing the right question can help long-acquainted people see each other with fresh eyes. A few years ago, my husband and I went to India to visit our grandparents and other relatives. We decided to gather both sides of our family for a dinner — 17 of us in total. But I knew if we didn't do anything to design the evening, cousins would gravitate to cousins, grandparents would talk among themselves, and the conversation would never go beyond small talk.

My solution? I decided to borrow an idea from a group of women I used to meet with in graduate school. In our meetings, we came together by opening up about our "crucible moments" — the moments that changed us and made us who we are. So at our family dinner, we asked everyone to share a story, a moment or an experience from their life that changed how they viewed the world. Then we added a clincher: It had to be a story that no one else at the gathering knew. This was a rather wild requirement for a group of closely knit family members. But I thought it might give us a shot at helping people who thought they knew everything about one another to realize: they didn't.

People began to share stories that even their nearest and dearest had never heard before. And even when one or two people present knew a particular story, it was told that night in a way that revealed impacts or implications that no one had known.

One aunt, a geneticist, spoke of being told as a teenager that she couldn't be a doctor because she was a woman — which shocked her into studying harder. Another aunt, a civil servant, talked about passing the Indian Administrative Service test and completing officer training only to be put in a district magistrate's office for months on end, never being let into the field. She finally went out on her own one day because she couldn't understand why they weren't letting her do her rounds. A local government official told her that she would always be treated differently, no matter how smart she was, because she was a woman.

As the stories went on, I began to realize that something remarkable was happening. Our original goal had been to get our relatives to continue the weaving of families that had begun with our wedding.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio16](https://bit.ly/Chapter1_audio16)

## Family gathering

Family stories are a \_\_\_\_\_. But when you hear the same ones over and over, they can get tarnished.

Gathering — the \_\_\_\_\_ bringing together of people for a reason — shapes the way we think, feel and \_\_\_\_\_ our world. Collectively, we can brainstorm, \_\_\_\_\_, heal, envision, trust and \_\_\_\_\_ for a larger purpose.

Whether it's a family dinner or \_\_\_\_\_, posing the right question can help long-acquainted people see \_\_\_\_\_ with fresh eyes. A few years ago, my husband and I went to India to visit our grandparents and other \_\_\_\_\_. We decided to gather both sides of our family — 17 of us in total. But I knew if we didn't do anything to design the evening, cousins would \_\_\_\_\_ cousins, grandparents would talk among themselves, and the \_\_\_\_\_ would never go beyond small talk.

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So at our family dinner, we asked everyone to \_\_\_\_\_, a moment or an experience from their life that changed how they \_\_\_\_\_. Then we added a clincher: It had to be a story that no one else at the gathering knew. This was a rather \_\_\_\_\_ for a group of closely knit family members. But I \_\_\_\_\_ — it might give us a shot at helping people who thought they knew everything about \_\_\_\_\_: they didn't.

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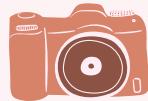
# Writing activity



**Write an essay (at least 250 words) for the task below**

People in many countries are spending less time with their family. What are the reasons, and effects of this?





Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_au0imz?x=1qqt&i=4537pd](https://quizlet.com/_au0imz?x=1qqt&i=4537pd)

- ◆ 1. narcissist (n): một người quá yêu bản thân, đặc biệt là ngoại hình (nghĩa tiêu cực)
- ◆ 2. narcissistic parent (n) cha mẹ tự ái (muốn kiểm soát mọi thứ của con mình)
- 3. give rise to sth: Gây ra điều gì, khởi sự điều gì
- 4. possessively (adv): ích kỷ, chiếm hữu
- 5. self-esteem = self-worth (n): lòng tự trọng  
low self-esteem: lòng tự tôn thấp, (người) tự ti
- 6. means (n): cách thức, phương pháp  
by means of = with the help of: bằng cách
- 7. fit into the molds: vừa vặn khuôn mẫu
- 8. constantly (adv): liên tục
- 9. push sth aside: để qua một bên, tránh nghĩ về  
push aside their own personality: gạt bỏ cá tính của mình sang một bên
- 10. please (v): làm hài lòng  
there is no pleasing some people: một số người chẳng thể làm gì hài lòng họ
- 11. adhere to sth: bám chặt, tuân theo (luật lệ, quy tắc, niềm tin..)  
adhere to the parent's agenda: tuân thủ chương trình làm việc của cha mẹ
- 12. assert (v): đòi (quyền lợi)/khẳng định  
assert your independence/rights: khẳng định (đòi) độc lập/đòi quyền lợi
- 13. invalid (adj): không có giá trị, vô hiệu  
>< valid: có giá trị
- 14. inconsequential (adj): nhỏ nhặt, không quan trọng  
= trivial  
>< consequential (adj)
- 15. stifle (v): kìm nén, dập tắt  
= suppress  
stifle their own feelings: kìm nén cảm xúc của chính mình
- 16. nurture (v): nuôi dưỡng, ấp ủ  
→ nurture a hope of doing sth: ấp ủ hy vọng làm gì
- 17. internalize (v): tiếp thu
- 18. aid (v) giúp đỡ, hỗ trợ  
= assist
- 19. bizarre (adj): kỳ dị, lạ thường  
= weird
- 20. parenting (n): việc nuôi nấng con cái  
→ parenting skill: kỹ năng nuôi con

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## *Growing up with a narcissistic parent*

Being raised by a narcissistic parent gives rise to the belief "I am not good enough." Generally, narcissistic parents are possessively close to their young children. Their children are seen as an extension of themselves, and become a source of self-esteem for the parent; "look at how perfect my children are, didn't I do a good job!". Children become a means to gain attention from others.

Children learn to fit into the molds that their parents create for them, and this can lead to anxiety for the children who constantly push aside their own personality in order to please the parent. Children of a narcissistic parent must adhere to the parent's agenda in order for their life to be stable. Asserting their own feelings or thoughts can lead to problems with the parent that might include anger, tears, or punishment. Through this, children learn that their feelings and thoughts are unimportant, invalid, and inconsequential, and will often stifle their own feelings in order to keep the peace at home. Young children can't just get up and leave their family, so they nurture hope by sacrificing their own self-esteem and blaming themselves. The child internalizes the belief that they are the problem; "If I was better at this or that, then my parents would love me more."

The difficulty of growing up with a narcissistic parent is that the child often doesn't realize that there is anything wrong. When we are growing up, we only know what we are exposed to by our families. It can be years later that the child, often now an adult, begins to make sense of their childhood. This realization is often aided by a friend or partner who is able to recognise the bizarre parenting of the narcissist.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio17](https://bit.ly/Chapter1_audio17)

## Growing up with a narcissistic parent

Being raised by a narcissistic parent \_\_\_\_\_ the belief "I am not good enough." Generally, narcissistic parents are possessively close to their \_\_\_\_\_. Their children are seen as an \_\_\_\_\_, and become a source of \_\_\_\_\_ for the parent; "look at how \_\_\_\_\_ my children are, didn't I do a good job!". Children become a means to \_\_\_\_\_ others.

Children learn to \_\_\_\_\_ that their parents create for them, and this can lead to \_\_\_\_\_ for the children who constantly push aside their own \_\_\_\_\_. In order to please the parent. Children of a narcissistic parent must \_\_\_\_\_ the parent's agenda in order for their life to be stable. \_\_\_\_\_ their own feelings or thoughts can lead to \_\_\_\_\_ with the parent that might include anger, tears, or \_\_\_\_\_. Through this, children learn that their feelings and thoughts are \_\_\_\_\_, invalid, and \_\_\_\_\_. and will often \_\_\_\_\_ their own feelings in order to keep the peace at home. Young children can't just get up and \_\_\_\_\_, so they \_\_\_\_\_ by \_\_\_\_\_ and blaming themselves. The child internalizes the belief that they are the problem; "If I was \_\_\_\_\_ at this or that, then my parents would love me more."

The \_\_\_\_\_ of growing up with a narcissistic parent is that the child often doesn't realize that there is anything \_\_\_\_\_. When we are growing up, we only know what we are \_\_\_\_\_ to by our families. It can be years later that the child, often now an adult, begins to \_\_\_\_\_ their childhood. This realization is often \_\_\_\_\_ by a friend or partner who is able to recognise the \_\_\_\_\_.

# Speaking activity



You should take notes and answer the following speaking part 2 question.

Describe a family member who you spend the most time with

You should say:

Who this person is

What kind of person he /she is

What you usually do together

And explain why you spend most time with him/her

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# Day 18



## Vocabulary highlights

Read several new words/phrases below, make some notes and either learn them in your own way or click on this link to learn those new words.



[https://quizlet.com/\\_atvm8f?x=1qqt&i=4537pd](https://quizlet.com/_atvm8f?x=1qqt&i=4537pd)

- ◆ 1. parenting style: phong cách nuôi dạy con cái
- ◆ 2. bound to do sth: chắc chắn làm gì
- 3. handle disputes on sth: giải quyết tranh cãi về điều gì
- 4. compromise (v) (n): thỏa hiệp
  - reach/arrive at/come to a compromise: đi đến thỏa hiệp
- 5. work-life balance: cân bằng công việc và cuộc sống
- 6. set sth aside: tiết kiệm (thời gian, tiền bạc) cho mục đích gì
- 7. delegate tasks to sb: phân công cho ai
- 8. infidelity (n): không chung thủy, bội tín
  - = unfaithfulness = faithlessness = betrayal
- ◆ 9. let alone: huống chi là
  - ◆ = much less
- 10. nurture (v): nuôi dưỡng
  - = take care of = care for = look after
- 11. counseling (n): lời khuyên bảo, chỉ dẫn
- 12. be cluttered with sth: lộn xộn, bừa bộn với điều gì
- 13. a win-win situation: tình thế đôi bên cùng thắng, có lợi

# Reading activity



Read and make sure you understand the whole article. You may find some other new words. Don't worry. Highlight, take some notes and look them up in the dictionary to understand everything.

## Family Issues

### 1. Disagreements On Parenting

If you have been a parent for more than one day, you will most likely have disagreed with your partner on some aspect of parenting. Disagreements on parenting styles are bound to happen, and they are an unavoidable part of having a family. But like any argument, disagreements on parenting can be aided by a calm and reasonable approach.

To handle disputes on parenting, more than in most other areas of disagreement, it is vital that you and your partner learn to compromise. Your child should be raised with both of your values in mind, not by values held by only one parent.

### 2. Work-Life Balance

Work is a high priority in the lives of many parents, as it is for most adults. The tension between needing to provide financially for one's family and wanting to be there for them physically and emotionally can result in an uneven work-life balance.

A few solutions are to leave work at work and focus on your family when you are at home; make sure to set time aside for the things that matter most to you and your family; delegate tasks to others to save you time; and do not forget about "you time." With a more balanced work-life schedule, you can finally have the time to better focus on your family.

### 3. Unfaithfulness

Infidelity is, unfortunately, one of the main reasons for divorce. It is a challenging problem to solve within a marriage, let alone a family. When a partner cheats, you may wonder how a marriage can be put back together, or if it is worth it to continue.

Prevention is the best solution to unfaithfulness, meaning that both partners commit to and nurture the relationship sufficiently. Once infidelity has occurred, however, it is generally wise to get professional support in the form of couples counseling.

### 4. A Cluttered Schedule

As a parent, it may seem as if you have no time. Your schedule may be cluttered with work, chores, and your children's events, leaving little time for the things you want to do.

One solution is to use a calendar or daily schedule system. This way you can prioritize what matters most. You can also try to make an agreement with neighbors or friends to watch each other's kids once a week; this is a win-win situation where all involved get a weekly date night.

# Listening activity



You will hear different audios and then fill words/phrases you've heard in the blanks. If you can't figure hidden words/phrases out, repeat the audio until you can hear every single word. After listening to the audio, you can have a look at the reading activity to check the answer



[https://bit.ly/Chapter1\\_audio18](https://bit.ly/Chapter1_audio18)

## Family Issues

### 1. Disagreements On Parenting

If you have been a parent for more than \_\_\_\_\_ day, you will most likely have \_\_\_\_\_ with your partner on some \_\_\_\_\_ of parenting. Disagreements on parenting styles are bound to happen, and they are an \_\_\_\_\_ part of having a family. But like any argument, disagreements on parenting can be \_\_\_\_\_ by a calm and \_\_\_\_\_ approach.

To handle disputes on parenting, more than in most other areas of disagreement, it is \_\_\_\_\_ that you and your partner learn to \_\_\_\_\_. Your child should be raised with both of your \_\_\_\_\_, not by values held by only one parent.

### 2. Work-Life Balance

Work is a high \_\_\_\_\_ in the lives of many parents, as it is for most adults. The \_\_\_\_\_ between needing to provide financially for one's family and wanting to be there for them \_\_\_\_\_ can result in an uneven work-life balance.

A few \_\_\_\_\_ are to leave work at work and focus on your family when you are at home; make sure to set time aside for the things that matter most to you and your family; \_\_\_\_\_ to save you time; and do not \_\_\_\_\_ about "you time." With a more balanced work-life schedule, you can finally have the time to \_\_\_\_\_ your family.

### 3. Unfaithfulness

Infidelity is, \_\_\_\_\_, one of the main reasons for \_\_\_\_\_. It is a challenging problem to solve within a marriage, \_\_\_\_\_ a family. When a partner cheats, you may wonder how \_\_\_\_\_ can be put back together, or if it is worth it to continue.

\_\_\_\_\_ is the best solution to unfaithfulness, meaning that both partners commit to and \_\_\_\_\_ sufficiently. Once infidelity has occurred, however, it is generally wise to get \_\_\_\_\_ in the form of couples counseling.

### 4. A Cluttered Schedule

As a parent, it may seem as if you have no time. Your schedule may be \_\_\_\_\_ work, chores, and your children's events, \_\_\_\_\_ for the things you want to do.

One solution is to use a \_\_\_\_\_. This way you can prioritize what matters most. You can also try to make an agreement with \_\_\_\_\_'s to watch each other's kids once a week; this is \_\_\_\_\_ where all involved get a weekly date night.

# Writing activity



**Write an essay (at least 250 words) for the task below**

In recent years, the family structure has changed, as well as family roles. What are the changes that have occurred? Do you think these changes are positive or negative?





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