

Topic: Praise / encouragement

1. A confidence kick (*n*) – Cú “đẩy” tự tin
2. A morale boost (*n*) – Sự nâng tinh thần
3. Acknowledge progress (*v*) – Ghi nhận sự tiến bộ
4. Deserved recognition (*n*) – Sự công nhận xứng đáng
5. Encouraging remark (*n*) – Lời nhận xét động viên
6. Hype someone up (*v*) – Khích lệ/cổ vũ ai đó lên tinh thần
7. Give someone props – Khen ai đó, ghi nhận công sức
8. A genuine compliment (*n*) – Lời khen chân thật
9. Validation (*n*) – Sự công nhận (khiến mình thấy “được nhìn thấy”)
10. To take it to heart – Ghi nhớ sâu, để trong lòng
11. A pat on the shoulder (*n*) – Lời/động tác khen nhẹ (kiểu động viên)
12. To keep someone going (*v*) – Giúp ai đó có động lực tiếp tục
13. To be chuffed (*adj*) – Vui, hạnh diện (kiểu “sướng rơn”)

Topic: Praise / Encouragement

1. Have you had any achievements recently?

Recently, S + have / has + V3 + ...

One of the biggest / latest things S + have / has done is + V-ing / noun

Gợi ý: achieve a goal, finish a project, pass an exam, hit a target, small achievement, feel proud of myself, make progress

2. How do you feel when you are praised?

S + feel(s) + adjective + when + clause

Being + V3 (praised / recognised / noticed) + makes S + feel + adjective

Gợi ý: feel motivated, feel appreciated, boost my confidence, feel more energetic, feel valued, encourage me to try harder

3. When was the last time you praised someone?

The last time S + Ved + someone was + thời gian

S + usually / often + V + when + clause

Gợi ý: give someone a compliment, say “Well done”, recognise their effort, praise a friend/classmate, encourage others, positive feedback

4. Have you ever been praised or encouraged by your teacher?

S + have / has + been + V3 (praised / encouraged) + by + someone

S + still remember + when + clause

Gợi ý: supportive teacher, kind words, feel inspired, lift my spirits, believe in my ability, push me to improve, unforgettable moment

Topic: Being busy

1. **Back-to-back schedule (n)** – Lịch kín mít, việc nối việc
2. **Time-poor (adj)** – Thiếu thời gian
3. **To run on a tight timeline (v)** – Chạy theo khung thời gian gắt
4. **A packed agenda (n)** – Lịch trình dày đặc
5. **To be tied up (v)** – Bị bận, không rảnh
6. **In full-on mode (n)** – Trạng thái “chạy hết công suất”
7. **To squeeze something in (v)** – Cố chen thêm việc vào lịch
8. **A constant juggle (n)** – Sự xoay xở liên tục nhiều việc
9. **To be stretched thin** – Bị quá tải, phân tán sức lực
10. **Downtime (n)** – Thời gian nghỉ ngơi thật sự
11. **To switch off (v)** – Tắt não, nghỉ ngơi đúng nghĩa
12. **Non-stop (adj)** – Liên tục, không ngừng
13. **To catch a breather** – Thở phào, tranh thủ nghỉ một chút
14. **On autopilot** – Làm theo quán tính vì quá bận

Topic: Being Busy

1. Are you often busy?

S + usually / often / rarely + V + thời gian

Most of the time, S + V + because + clause

Gợi ý: have a packed schedule, be busy all day, hardly have free time, always on the go, lots of responsibilities, manage many tasks

2. Why are you busy?

S + have / has to + V + because + clause

S + try / tries to + V + and + V

Gợi ý: balance work and study, meet deadlines, prepare for exams, take care of family, join many activities, chase goals, multitask

3. Do you need more time to relax?

S + feel(s) that + S + need(s) to + V

It's important for + someone + to + V + so that + clause

Gợi ý: take a break, reduce stress, recharge batteries, have some “me time”, improve mental health, slow down, avoid burnout

4. Are you busier now than when you were a child?

S + be + so sánh hơn (+ than) (busier / more stressed / more active)

When S + was / were + younger, S + used to + V

Gợi ý: carefree childhood, fewer responsibilities, more homework now, more pressure, full-time schedule, growing up, change in lifestyle