**E11.NEW. UNIT 3. BECOMING INDEPENDENT.BÀI TẬP LUYỆN TẬP**

**VOCABULARY**

**Bài tập 1: Match words with their definitions.**

self-discipline , assignment, decision, reliability, self-esteem, self-reliant

1.the belief and confidence in your own ability and value

2.the ability to make yourself do what you know you should do although you do not want to do

3.doing everything on your own without others' help

4.a task or piece of work that somebody is given to do

5.the quality of being able to be trusted to do what somebody wants or needs

6.a choice you make after thinking and talking about what is the best thing to do

………………………………………………………………………………………………..

………………………………………………………………………………………………..

………………………………………………………………………………………………..

**Bài tập 2: Listen and click the word which is different from the other in the position of primary stress.**

1.A. admire B. assign C. decisive D. independent

2.A. admiration B. assignment C. decision D. decisiveness

3.A. determined B. self-reliant C. independent D. self-esteem

4.A. well-informed B. self-discipline C. self-esteem D. self-reliant

5.A. remind B. reliable C. reliability D. decisiveness

**Bài tập 3: Fill in each blank with the correct form of the word in the brackets.**

1.Being too……………………….on his mother makes me have a bad impression on him. (INDEPENDENT)

2.She is ……………………….to become a director of that company. (DETERMINATION)

3.You should think it over before making that …………………….. (DECIDE)

4.My…………………..for this girl grows daily. (ADMIRE)

5.Before watching TV, I must finish all of these………………………….. . (ASSIGN)

6.Family plays an important role in establishing children's……………………….. . (ESTEEM)

7.How can you know that he is a……………………………man? (RELIABILITY)

**Bài tập 4: Choose the best answer.**

1.In order to have a great essay, you should look for useful information from \_\_\_\_\_\_\_\_ sources.

A. well-informed B. reliable C. determined

2.My cousin is a very \_\_\_\_\_\_\_\_ person because he has a lot of knowledge about current topics and particular situations.

A. determined B. decisive C. well-informed

3.She is the most \_\_\_\_\_\_\_\_ woman in the world I have ever known. When she makes a firm decision to do something, she will never give up or let someone prevent her.

A. determined B. independent C. accurate

4.Being \_\_\_\_\_\_\_\_ is a vital skill for people who want to take more control of their lives and reach their goal on their own.

A. independent B. decisive C. reliable

5.The teacher \_\_\_\_\_\_\_\_ a different task to each student at the beginning of the term.

A. assigned B. admired C. reminded

6.Many teenagers \_\_\_\_\_\_\_\_ heavily on their parents, so they cannot live independently.

A. admire B. rely C. decide

7.Your education background is a \_\_\_\_\_\_\_\_ factor for your future career.

A. motivated B. well-informed C. decisive

**Bài tập 5: Choose the word whose part of speech is different from the others.**

1.Accurate approach communicate contribute

2.Enquire enroll expense approach

3.Inaccurate interpersonal motivated overcome

4.Priority motivated time management expense

5.Protective prioritize overcome enquire

**Bài tập 6: Fill in the gaps with suitable prepositions.**

1.It's time for you to stop relying \_\_\_\_\_\_\_ your parents.

A. on B. in C. at

2.She strives \_\_\_\_\_\_\_\_\_\_\_\_\_ a balance between studies and relationships.

A. on B. at C. for

3.Aptitude and motivation contribute enormously \_\_\_\_\_\_\_\_ the success of learning a language.

A. to B. in C. for

4.Yoga and meditation help to improve the ability to cope \_\_\_\_\_\_\_\_ stress and anxiety.

A. about B. with C. for

5.That situation placed me \_\_\_\_\_\_\_\_\_ a loss, which I will never forget.

A. on B. in C. at

6.He must have suffered \_\_\_\_\_\_\_\_ the flu for a long time.

A. from B. at C. in

**Bài tập 7: Complete the sentences using the given words/ phrases.**

**am at a loss, priority, overcoming, cope with**

1.To **…………………………**these problems, you must be well-prepared.

2.I **………………………….**when running across my boyfriend in the street.

3.If you want to be a good leader,………………….. these challenges is essential.

4.Finding somewhere to live is now my top **………………….**.

**Enroll, approaching, expense, enquired**

1.Tom invests a great **……………………** in this project in hope that he can be successful.

2.Jane **……………..** a lot about the reading assignment.

3.We could see the train **………………..**in the distance.

4.Please tell me about the course as soon as possible so that I can **……………….** early.

**Bài tập 8: Choose the word which is different from the other in the position of primary stress.**

1.A. accurate B. approach C. communicate D. contribute

2.A. enquire B. enroll C. contribute D. housekeeping

3.A. inaccurate B. approach C. motivated D. prioritize

4.A. prioritize B. suffer C. priority D. protective

5.A. management B. suffer C. accurate D. overcome

6.A. priority B. interpersonal C. enquire D. expense

**GRAMMAR.**

**N/Adj + to V - Bài tập 1: Choose the best answer to complete each sentence.**

1. It is necessary \_\_\_\_\_\_\_\_ for that book.

A. to look B. looking C. look

2. It is very simple to \_\_\_\_\_\_\_\_ this machine.

A. to use B. used C. use

3.She was excited \_\_\_\_\_\_\_\_ a letter from her mother last week.

A. to receive B. receive C. receiving

4.We are very surprised to \_\_\_\_\_\_\_\_ Peter at the party.

A. seeing B. see C. seen

5.Your handwriting is \_\_\_\_\_\_\_\_\_.

A. hard to read B. hard for reading C. hardly to read

6.She has the \_\_\_\_\_\_\_\_ well with work pressure.

A. able to cope B. ability for coping C. ability to cope

7.Susan made a great effort \_\_\_\_\_\_\_\_ all homework before the deadline but it was in vain.

A. for accomplishment B. to accomplish C. accomplish

8.Jack harbors an ambition \_\_\_\_\_\_\_\_ an inspiring teacher.

A. being B. be C. to be

9.It is important \_\_\_\_\_\_\_\_ us to hand in the report on time.

A. to B. for C. of

10.It is \_\_\_\_\_\_\_\_ of him to help the poor.

A. generous B. generously C. generosity

**N/Adj + to V - Bài tập 2: Complete the sentences using the given phrases.**

**difficult to follow, easy to understand, hard to believe,**

**necessary to wait- dangerous to go**

A: Turn right, then left, go ahead and then left again.

B: It is 1**…………………….**your directions. Can you tell me more details?

A: Do you make out what the teacher has just said?

B : Yes, I do. It is quite 2**……………………**.

A: Mary has just received first prize in the competition.

B: It is 3**……………………** Mary said that she had done it terribly.

A: It is 9 o'clock. Can we start now?

B: It is 4**……………………**for the marketing manager. I think that he is on the way here.

A: Stop! Susan. It is 5**……………………**near the tiger cage.

B: Oh! Thanks a lot. You save my life.

**offer to help, desire to get, chance to improve , decision to drop , plan to move**

We were surprised at his 1**……………………** with the project.

Her 2**……………………**out of school is a difficult one to make.

Studying in England gives you a 3**……………………** your English skills.

It was his 4**……………………** a good job that motivated him to study Japanese.

Sandy's 5**……………………**to Madrid bothered her parents.

**N/Adj + to V Bài tập 3: - Complete the letter by choosing the appropriate adjectives or nouns.**

Dear Diana,

My parents and I are (1) **glad, disappointed, chance** to know that you passed the end-of-term examination. Congratulations! I think that with your excellence, your (2) **decisive, dream. advice** to become a good doctor will come true.

My younger sister was really (3) **surprised, ability, determined** to receive a hair curling machine from you on her birthday and she asked me to say “thank you” to you. However, she doesn't know the (4)**chance, way,permission** to use that machine. It seems (5)difficult, chance, easy for her to use it.

I was relieved that your mother had recovered after a serious surgery. It was (6)**ambition, hard, relief**  to believe that she had to suffer from a severe disease for a long period of time. Please give her my love.

I am excited that you're going to visit my beautiful city. I want to show you my (7)**willing, willingness, demand** to take you to famous places.

We're looking forward to seeing you. It will be (8)**nice, unreasonable, necessity** for me to welcome yo u to my house.

Write me soon and confirm your arrival date and time.

Love,  
Sarah

**N/Adj + to V - Bài tập 4: Choose the sentence that is best rewritten from the given one(s).**

1.You should bring an umbrella with you. That is necessary.

A. It is necessary to bring an umbrella with you.

B. It is necessary of you to bring an umbrella.

2.I was not allowed to stay outside overnight.

A. I didn't have to stay outside overnight.

B. I had no permission to stay outside overnight.

3.Don't expect that everyone will agree with you. That is unreasonable.

A. Everyone is reasonable to agree with you.

B. It is unreasonable to expect that everyone will agree with you.

4.She has determination to achieve the goal.

A. It was her determation that helped her achieve the goal.

B. She is determined to achieve the goal.

5.We can't know exactly what will happen in 20 years. That is impossible.

A. It is impossible to know exactly what will happen in 20 years.

B. It is impossible of us to know exactly what will happen in 20 years.

6.Watch this video. It is very useful.

A. It is very useful to watch this video.

B. Watch this video is very useful.

7.My sister is able to solve every problem quickly.

A. My sister has the ability to solve every problem quickly.

B. It is hard for my sister to solve every problem quickly.

8.Don't touch that button. It is dangerous.

A. It is dangerous not to touch that button.

B. It is dangerous to touch that button.

9.We can't find a suitable candidate for this position. That is difficult.

A. It is difficult for us to find a suitable candidate for this position.

B. It was difficult for us to find a suitable candidate for this position.

10.I don't know how to use this washing machine.

A. I don't know the way how to use this machine.

B. I don't know the way to use this washing machine.

**N/Adj + to V - Bài tập 5: Fill in each gap with the correct form of the given words (use n./adj. + to V)**

1.I am………………………………………………………….. the result of the exam too late.

(disappointment, receive)

2.It is important for……………………………………. confidence in yourself. (having)

3.Her…………………………………the secret causes a lot of trouble for her. (fail, kept)

4.It was her…………………………………abroad that inspires her to study hard. (motivate, lived)

5.Mary is …………………………………one of the most excellent students in her class. (happiness, became)

6.A good friend is …………………………………. (luck, have)

7.Her competitor is ill, which increases her………………………………… the champion. (chance, became)

8.It is rude of him…………………………………when his mouth is full of food. (speaker)

**N/Adj + to V - Bài tập 6: Rewrite each sentence using "noun/ adj + to V" and the given word in brackets.**

1.She is excited that she gets first prize in the competition. (**excited**)

…………………………………………………………………………………………………………

2.My mother was very surprised when she heard that I had won a lottery. (**surprised**)

…………………………………………………………………………………………………………………………………………

3.I was very happy that I met my long-lost friend again. (**happy**)

…………………………………………………………………………………………………………

4.She is determined that she can find the best solution for this serious problem. (**determined**)

…………………………………………………………………………………………………………………………………………

5.That room needs cleaning by Ms. Laura this afternoon. (**necessary**)

…………………………………………………………………………………………………………

6.Linda finds it interesting to study and listen to music at the same time. (**interesting**)

…………………………………………………………………………………………………………………………………………

7.Mary is kind because she helps the poor and the disabled. (**kind**)

…………………………………………………………………………………………………………

8.Peter is clever when he chooses to work in Nancy's team. (**clever**)

…………………………………………………………………………………………………………

9.Finally, she decided to take part in the talk show for young people. (**decision**)

…………………………………………………………………………………………………………

10.Mark always tries to finish his homework on time. (**attempt**)

…………………………………………………………………………………………………………

**Luyện đọc: Chủ đề: Becoming independent**

Many young people strive to be independent. That means you are able to take care of yourself, and you don't have to rely on anyone else. However, to live independently, you need a number of life skills in order not to depend on your parents and older brothers or sisters.One of the most important skills is time management which can help you build your confidence and self-esteem. With good time management skills, you can perform your daily tasks, including your responsibilities at school and at home with pleasing results. Moreover, you will not feel stressed when exam dates are approaching. These skills can also help you act more independently and responsibly, get better grades at school and have more time for your family and friends.

Developing time-management skills is not as challenging as you may think. Firstly, make a plan for things you need to do, including appointments and deadlines. Using a diary or apps on mobile devices will remind you of what you need to accomplish and when you need to **accomplish** it. Secondly, prioritize your activities. You need to decide which tasks are the most urgent and important and then, concentrate on these first. This way, you may not be at a loss to deal with too much work at the same time. Thirdly, develop routines because routines, when established, take less time for you to do your tasks.

Time management skills are not hard to develop; once you master them, you will find out that they are great keys to success and you can become independent.

**Task 1. Decide whether the following statements are True, False or Not Given.**

1.Not only young people try to be independent.

2.People will be independent when they are mature.

3.Time-management is the only thing you need to be independent.

4.Teenagers can have more confidence and self-esteem when they are good at managing their time.

5.Good time-management can help teenagers get better grades at school.

**Task 2. Choose the best anwers for the following questions.**

**1.** What is the main idea of the passage?

A. Young people need a lot of life skills to be independent.

B. Teenagers can have more confidence and self-esteem if they have good time-management skills.

C. Mastering time-management skills can bring many benefits and there are three steps to develop them.

**2.** Which of the following is not mentioned as benefits of good time-management?

A. Be more confident and self-esteemed.

B. Complete the daily tasks with the best result.

C. Get better grades at school and have more time for other activities.

**3.** How can you prioritise your activities?

A. Make schedule for things you need to do.

B. Concentrate on the most urgent and important tasks first.

C. Try to establish routines.

**4.** What does the word **accomplish** mean?

A. Complete

B. Involve

C. Duty

**5.** What is the author's viewpoint on developing time-management skills?

A. It's hard but you can master it well.

B. It's very challenging to build.

C. It's easier to master than people think.

**Luyện nói: Hỏi và đưa ra ý kiến**

**Giving opinions about the importance of the skills needed for being independent.**

**I Analysis**

**1 - Asking for an opinion *(Hỏi ý kiến)***

Khi Alex muốn nghe ý kiến của Linda về những kĩ năng sống quan trọng nhất để có thể sống tự lập, bạn ấy đã hỏi:

Which of them do you think are the most important?

**2 - Giving an opinion *(Đưa ra ý kiến)***

Để đưa ra ý kiến của mình, Linda đã sử dụng cấu trúc “In my opinion,…”(Theo ý kiến của mình,…).

**3 - Agreeing *(Thể hiện sự đồng ý)***

Để diễn tả sự đồng ý về quan điểm của ai đó, các em có thể sử dụng cấu trúc: *"I coundn't agree with you anymore." (Mình hoàn toàn đồng ý với bạn)* như Linda đã sử dụng

**4 - Disagreeing *(Thể hiện không đồng ý)***

Khi các em không đồng ý với ý kiến của ai đó

**Practice**

**Task 1: There are some skills teens need to develop to become independent. Choose the skills that you need to be able to do the following things.**

**1.** You think independently and make informed decisions.

Getting around on your own

Finding information

Coping with loneliness

**2.**You don't depend on others to go to places and take responsibility for being late.

Getting around on your own

Cognitive skill

Time management skill

**3.**Lacking these skills may make you feel isolated and lead to mental problems such as anxiety or depression.

Cognitive skill

Problem solving

Coping with loneliness

**4.**Activities such as doing the laundry or cleaning the house are important daily routines.

General housekeeping

Emotional skill

Interpersonal communication skill

**5.**Keeping your body healthy and clean will make you feel happy and more confident.

General housekeeping

Health and hygiene

Time-management skill

**6.**You gain confidence in your ability to make good decisions and don't avoid issues.

Coping with loneliness

Getting around on your own

Problem solving

**Task 2: Complete the gaps with the appropriate given words/phrases.**

**carry out, independently,successfully, essential, time management, effective**

**1.**

It goes without saying that to live **……………………………..**; you should equip yourself with some **…………………………….** life skills. For me, **…………………………….** is, I think, the most important skill because it helps us make the most **…………………………….** use of time - to do right things at the right time. In addition, thanks to this skill, we can manage to **…………………………….** our tasks at school and home **…………………………….** without stress.

### Task 3: Which of life skills do you think is the most important? State your opinion and give the reasons in 3 or 5 sentences. You can refer to the ideas and expressions in task 1 and 2.

### Luyện viết:

**Writing a letter requesting further information about a course**

**I. A letter requesting information (Một bức thư hỏi thêm thông tin)**

(1) July 18th , 2016

(2) Dear Mr. Wilson,

(3) I'm writing to **enquire/ talk** about the life skill courses advertised on your website https://www.lifeskillstraining.com.  
(4) I am a freshman at Hanoi University and I find myself lack of interpersonal communication skills. It's hard for me to **interact/ talk** with my classmates effectively and **discuss/ express** my ideas well.

(5) Could you **advise/ give** me which of the courses I should take?

(6) Besides, I would like to know the **money/ tuition fee** that I need to pay if I **enroll/ study** your courses.  
(7) I hope that I will make a(n) **appropriate/ right** decision after receiving your helpful answer.  
(8) Thank you very much for your precious time. I am looking forward to **listening/ hearing** from you soon.

(9) Yours sincerely,

Diana

**B. Analysis**

**C. Practice**

**Task 1: Reorder the letter template**

A.Expressing hope

B.Requesting further information

C.Giving background information

D.Greeting

E.Thank-you note and formal closing

F.Requesting advice based on the background information

G.Signature

H.Stating the reason for writing the letter and/ or giving reference

I.Date

**Task 2: Choose the best answer to each question.**

**1.**Which one is NOT the sign of lacking problem solving skill?

A. Depend on others' solutions

B. Postpone making decisions

C. Get along well with people around you

D. Avoid problems

**2.**Which one is NOT the sign of lacking skills in finding information?

A. Base on one source of information

B. Communicate with others well

C. Don't identify problems

D. Don't know where to find information

**3.**Which one is NOT the sign of lacking emotional skill?

A. Don't adjust feelings

B. Can't schedule tasks effectively

C. Don't understand others' emotion

D. Can't express your emotion.

**4.**Which one is NOT the sign of lacking goal setting skill?

A. Have memory problems

B. Don't know how to make action plans

C. Can't prioritise the goals

D. Don't know what your specific goals are

**5.**Which one is NOT the sign of lacking confidence?

A. Always be shy

B. Don't want to interact with others

C. Always feel worried in front of crowds

D. Can't keep your body clean and healthy

**Task 3: Imagine that you have one of the problems mentioned in this lesson. Write a letter similar to the one in task 1 to Mr. Wilson for advice on a suitable course and get further information about it.**

**Suggested ideas***(Gợi ý)*: You can ask about:

Course duration *(Thời hạn khóa học)*

Lecturer/trainer *(Người dạy/ Người hướng dẫn)*

Starting date *(Ngày bắt đầu)*

Certificate *(Chứng chỉ)*, etc.