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| ĐỀ THAM KHẢO  **BỘ ĐỀ PHÁT TRIỂN MINH HỌA**  **ĐỀ SỐ 01**  *(Đề thi có 05 trang)* | **KỲ THI TỐT NGHIỆP TRUNG HỌC PHỔ THÔNG NĂM 2025**  **Bài thi: NGOẠI NGỮ; Môn thi: TIẾNG ANH**  *Thời gian làm bài:50 phút; không kể thời gian phát đề* |

***Read the following article and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.***

**TEENAGE STRESS – FREQUENTLY ASKED QUESTIONS**

Stress is something that everybody feels at times – adults, teenagers and kids. There is good stress, stress that helps you to react in a diffi­cult **(1)** \_\_\_\_\_\_\_\_ . More often stress is a negative feeling, a feeling that stops you being happy or relaxed. But it’s always important to remember that stress is just a normal part of life.

People react to stress in different ways. Some people are sad and **(2)** \_\_\_\_\_\_\_\_ feel angry. Some people have diffi­culties with sleeping. Others change their attitude to food **(3)** \_\_\_\_\_\_\_\_ stress. Stress can also make it diffi­cult for some people to concentrate.

There are **(4)** \_\_\_\_\_\_\_\_ different things that can stress teenagers. Sometimes it can be just the ordinary things that happen every day. For example, homework or exams can cause stress. Or maybe you have a pet and your pet is sick. Problems with friends or parents or other family **(5)** \_\_\_\_\_\_\_\_ are another possible cause. Perhaps they want you to do something but you don’t want to do it, for example.

The good news is that stress is completely normal and it’s not permanent. And there are lots of things you can do to **(6)** \_\_\_\_\_\_\_\_ stress.

**Question 1: A.** position **B.** thing **C.** situation **D.** condition

**Question 2: A.** other **B.** others **C.** the other **D.** another

**Question 3: A.** instead of **B.** in spite of **C.** on account of **D.** in case of

**Question 4: A.** many **B.** amount **C.** little **D.** much

**Question 5: A.** participants **B.** members **C.** competitors **D.** players

**Question 6: A.** take after **B.** go off **C.** get up **D.** deal with

***Read the following announcement and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.***

**Halloween 2024**

Trick or Treat?! Join La Palma’s safe, family-oriented alternative to the traditional trick-or-treat on Sunday, October 27, 2024, for La Palma’s (7) \_\_\_\_\_\_. This free event is open from 3:30 p.m. to 6:00 p.m. at Central Park, 7821 Walker Street.

Kids and families can choose from a (8) \_\_\_\_\_\_ of activities such as carnival games, costume contests, treats, and giveaways. There is no cost to attend. Food and drink will be available for purchase (9) \_\_\_\_\_\_ to you by the Kiwanis Club of La Palma.

2024 Event Flyer

Volunteer Application - Submit an event volunteer application by Friday, October 18th to be considered (10) \_\_\_\_\_\_ the event. Both individuals and groups may apply to volunteer. The deadline could be (11) \_\_\_\_\_\_ if more volunteers are needed.

2024 Costume Contest Schedule is at https://www.cityoflapalma.org/365/Halloween-Carnival

PLEASE NOTE: Costume Contest Participants must sign up at the Recreation Booth before the start of the Contest. Don’t forget (12) \_\_\_\_\_\_ us for this exciting event.

Event Parking: Community Center parking lot, City Hall Parking lot and the Edison Right of Way.

For more information please call Community Services at 714-690-3350

**Question 7:**

**A.** Annual Carnival Halloween **B.** Halloween Annual Carnival

**C.** Carnival Annual Halloween **D.** Annual Halloween Carnival

**Question 8: A.** variety **B.** vary **C.** variable **D.** variably

**Question 9: A.** is brought **B.** brought **C.** which brought **D.** bringing

**Question 10: A.** to **B.** from **C.** for **D.** with

**Question 11: A.** extended **B.** met **C.** made **D.** expanded

**Question 12: A.** join **B.** to join **C.** joining **D.** to joining

***Mark the letter A, B, C, or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.***

**Question 13:** a. Alice: That sounds serious. Have you been to see a doctor?

b. Mark: Not great, actually. I’ve been feeling under the weather for a few days.

c. Alice: How have you been, Mark?

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

**Question 14:** a. Peter: Me too. There are too many things to think about.

b. Mary: I want to go to university, but it's really hard to choose one.

c. Peter: That’s a really good idea

d.Peter: Mary, do you know what you're doing after graduation yet?

e. Mary: Maybe we should make a list of what we think is most important and just focus on that.

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

**Question 15:** Dear Philip,

a. In addition, his humility and selflessness are qualities that I deeply admire because he always put the needs of the nation above his own interests and demands.

b. Ultimately, his vision for a united and prosperous Vietnam continues to inspire generations, reminding us of the importance of unity and resilience in the face of adversity.

c. I hope this letter finds you well. When it comes to life stories, I wanted to share the admirable life of Uncle Ho, also known as President Ho Chi Minh.

d. To commence with, his unwavering dedication to the liberation of Vietnam from colonial rule is a testament to his courage and resilience.

e. What about the life stories you admire? Share with me as soon as possible. I’m looking forward to hearing from you.

Warm regards,

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

**Question 16:** a. As the problem is getting worse, we must implement immediate solutions to make the world a better place to live.

b. One major type of pollution is air pollution, which is mostly caused by fumes and gases released from vehicles and factories.

c. Another concerning type is sea pollution, resulting from oil spills and factory waste.

d. The contamination of the sea and ocean is damaging both marine and human lives.

e. We are constantly hearing about global problems, like pollution on TV, radio, and in the newspaper**.**

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

**Question 17:** a. However, once the foundation is laid, the real work begins as they start building more complex systems of thought and understanding.

b. Learning a new language is challenging, especially at the beginning when students are overwhelmed by grammar rules and unfamiliar vocabulary.

c. With continuous practice, learners gradually develop confidence in their speaking, listening, and writing skills, although progress may seem slow at first.

d. Many language learners experience frustration early on, but it’s important to remember that fluency comes with time and dedication.

e. In the end, the sense of accomplishment that comes from mastering a language makes the effort worthwhile, opening doors to new cultures and opportunities.

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

***Read the following passage about humanoid robots and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.***

The development of humanoid robots has captured the imagination of many. One such creation is Apollo, a highly advanced robot designed for social interaction (18) \_\_\_\_\_\_. Apollo made her first public appearance in 2020, showcasing her ability to converse and express emotions. Since then, she has participated in numerous tech conferences across the globe.

Apollo was developed by a team of engineers and psychologists (19) \_\_\_\_\_\_. This collaboration aimed to create a robot that could effectively understand and respond to human emotions, making her a unique presence in the field of artificial intelligence. Apollo’s design is sleek and modern. (20) \_\_\_\_\_\_. Her facial expressions and gestures are crafted to resemble those of a human, enhancing her ability to connect with people on a deeper level.

Equipped with advanced speech recognition technology, (21) \_\_\_\_\_\_. This allows her to engage in meaningful conversations and adapt her responses based on the emotional tone of the discussion.

As humanoid robots like Apollo become more integrated into society, (22) \_\_\_\_\_\_. They hold the potential to transform the way we interact with technology and each other.

**Question 18:**

**A.** first stepped into the spotlight in early 2020

**B.** having designed to enhance social communication

**C.** who aims to redefine human-robot relationships

**D.** that was created to bridge the gap between humans and machines

**Question 19:**

**A.** of whom members in AI and human interaction

**B.** combined expertise in robotics and behavioral science

**C.** whose goal was to merge technology with emotional intelligence

**D.** collaborated to bring a human touch to robotics

**Question 20:**

**A.** The aesthetics of modern robotics and human likeness reflected her

**B.** She was designed to be visually appealing while functional

**C.** Combining elements of both futuristic and classic designs

**D.** Contemporary art and human anatomy inspired

**Question 21:**

**A.** people can use sophisticated algorithms to interact with users

**B.** programmed to facilitate discussions on various topics

**C.** a variety of human languages can comprehend and respond to her

**D.** Apollo understands context and nuance in human conversations

**Question 22:**

**A.** lead to more personalized user experiences

**B.** their development raises questions about ethics and empathy

**C.** they may change the landscape of communication in the past

**D.** they improve the integration and many people in daily life

***Read the following passage about a surprising source of relaxation and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the questions from 23 to 30.***

Living in the stressful modern era, most of us usually look for sources of relaxation, and it’s no secret that viewing nature and being outdoors can be pleasant and **restorative**. Spending time in nature is linked to improvements in mental health, mood, emotional well-being, and cognitive benefits. However, the more surprising thing is that, according to new research, viewing water may be a better environment for relaxation than green areas with grass and trees.

In a recent article, Harvard psychologist Adam Grant discussed a remarkable 2024 study that he **came across**, showing that people who viewed water for less than two minutes had reduced blood pressure compared to people who viewed green areas and trees.

So why are nature’s blue spaces more relaxing than green ones? According to the original authors of the study, the reason might be related to the process of our evolution. For early humans who have to work hard to survive day by day, the lack of water has always been a major challenge, as it posed a direct threat to life, leading to heightened levels of stress, increases in blood pressure and cardiac stress. Therefore, successfully detecting water or simply just looking at **it** can provide a sense of great relief.

**Being in nature can help you re-invigorate your body, mind, and spirit, offering moments of awe, calm, and relaxation.** And now we are learning that bodies of water may bring even greater relaxation. So, whether it’s a river, lake, or ocean, it might be time to go outside and find the nearest blue space to experience the effects for yourself!

*(*Adapted from *psychologytoday.com)*

**Question 23:** Which of the following is NOT mentioned in paragraph 1 as a benefit of spending time in nature?

**A.** increased creativity **B.** improvements in mental health

**C.** improved emotional well-being **D.** cognitive benefits

**Question 24:** The word **restorative** in paragraph 1 is OPPOSITEin meaning to \_\_\_\_\_\_.

**A.** harmful **B.** refreshing **C.** energizing **D.** remedial

**Question 25:** The word **came across** in paragraph 2 could be best replaced by \_\_\_\_\_\_.

**A.** discovered **B.** explained **C.** ignored **D.** created

**Question 26:** The word **it** in paragraph 3 refers to \_\_\_\_\_\_.

**A.** water **B.** blood pressure **C.** cardiac stress **D.** stressor

**Question 27:** Which of the following is TRUE, according to paragraphs 3?

**A.** Only by being in nature can we heal both our body and our spirit.

**B.** Finding water was the biggest survival challenge for early humans.

**C.** The larger the area of water you look at, the more relaxed you are.

**D.** Early humans suffered more stress when there is not enough water.

**Question 28:** Which of the following best paraphrases the underlined sentence in paragraph 4?

**A.** Nature offers a temporary distraction from life’s problems, but its benefits are limited to short-term relaxation.

**B.** Spending time outdoors in nature can refresh both your physical and mental state, providing peaceful and uplifting experiences.

**C.** Nature is a perfect escape from modern life, allowing people to rest while boosting their physical and spiritual well-being.

**D.** Being in nature brings challenges to both the mind and body, creating feelings of stress and discomfort.

**Question 29:** In which paragraph does the writer mention a mental health professional talking about a research?

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

**Question 30:** In which paragraph does the writer explain why viewing water might be more relaxing than viewing green areas?

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

***Read the following passage about green technology and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the questions from 31 to 40.***

**[I]** Wildlife conservation refers to the efforts made to protect and preserve wild animal species and their habitats. **[II]** It is crucial for maintaining biodiversity, which plays a vital role in ecosystem stability and health (Smith & Jones, 2018). **[III]** Unfortunately, many species are threatened due to habitat destruction, poaching, and climate change, making conservation efforts more urgent than ever. **[IV]**

One of the primary reasons for wildlife conservation is the preservation of biodiversity. A diverse range of species contributes to **ecosystem services**, such as pollination, water purification, and climate regulation. The loss of a single species can disrupt these services and lead to ecological imbalances. For instance, the decline of pollinators like bees has serious implications for food production and agriculture (Global Biodiversity Outlook, 2020).

Moreover, wildlife conservation has significant economic benefits. Many communities depend on ecotourism, which relies on healthy wildlife populations and **intact** ecosystems. According to a study by the World Wildlife Fund (WWF), ecotourism can generate billions of dollars in revenue, providing jobs and supporting local economies (WWF, 2021). Protecting wildlife not only safeguards natural resources but also creates sustainable livelihoods for local populations.

However, effective wildlife conservation requires a collaborativeapproach. **Governments, non-governmental organizations, and local communities must work together to implement policies and strategies that promote conservation efforts**. Community-based conservation initiatives, where local people actively participate in protecting **their** natural resources, have shown promising results. These initiatives empower communities and ensure that conservation efforts are tailored to local needs and contexts (Bennett & Dearden, 2014).

(Adapted from *Wildlife Conservation and Its Importance* by Smith, Jones, and others)

**Question 31:** Where in paragraph 1 does the following sentence best fit?

**Conservation measures are essential for the survival of many endangered species.**

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

**Question 32:** The phrase **ecosystem services** in paragraph 2 could be best replaced by \_\_\_\_\_\_.

**A.** functions that ecosystems perform for humanity

**B.** services offered by wildlife organizations

**C.** economic services provided by local communities

**D.** benefits provided by the economy

**Question 33:** The word **their** in paragraph 4 refers to \_\_\_\_\_\_.

**A.** local people’s **B.** efforts’ **C.** strategies’ **D.** initiatives’

**Question 34:** According to paragraph 2, which of the following is NOT a reason for wildlife conservation?

**A.** To maintain biodiversity **B.** To ensure food production

**C.** To promote industrial development **D.** To support ecosystem stability

**Question 35:** Which of the following best summarizes paragraph 3?

**A.** Wildlife conservation is not economically beneficial.

**B.** Protecting wildlife can create economic opportunities for local communities.

**C.** Ecotourism negatively affects local economies.

**D.** Wildlife conservation primarily benefits large corporations.

**Question 36:** The word **intact** in paragraph 3 is OPPOSITE in meaning to \_\_\_\_\_\_.

**A.** unbroken **B.** integral **C.** complete **D.** damaged

**Question 37:** Which of the following is TRUE according to the passage?

**A.** Only governments are responsible for wildlife conservation.

**B.** Community involvement is essential for successful conservation initiatives.

**C.** Wildlife conservation is solely focused on endangered species.

**D.** Ecotourism has no connection to wildlife conservation efforts.

**Question 38:** Which of the following best paraphrases the underlined sentence in paragraph 4?

**A.** Local communities must manage their resources without external help in an attempt to protect species habitat and biodiversity.

**B.** Non-governmental organizations can work independently on conservation without community involvement.

**C.** Policies and strategies need to be taken seriously for the sake of governments, non-governmental organizations, and local communities.

**D.** Local communities, non-governmental organizations, and governments should collaborate to create and enforce conservation policies.

**Question 39:** Which of the following can be inferred from the passage?

**A.** Habitat destruction has little impact on wildlife populations.

**B.** Wildlife conservation is primarily a global issue that does not affect local communities.

**C.** Without wildlife conservation, both biodiversity and local economies may suffer.

**D.** The economic benefits of conservation are negligible compared to its ecological impact.

**Question 40:** Which of the following best summarizes the passage?

**A.** Definition of wildlife conservation, the reasons for protecting species and the effects of their biodiversity loss on the local economy.

**B.** The primary focus of wildlife conservation is on endangered species and their immediate habitats, requiring the communities’ joining hands for a better life.

**C.** Ecotourism is the only reason for wildlife conservation efforts globally and its adverse effects need drastic measures from both individuals and government.

**D.** Wildlife conservation is essential for maintaining biodiversity, and providing economic benefits through ecotourism, thus requiring collaborative efforts for effectiveness.

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|  | D | B | A | A | A | A | D | B | C | B | C | A | A | C | B | D | B | D | C | D |

***------ THE END ------***