

MÃ ĐỀ: 1215

Đề thi khảo sát gồm 04 trang

Họ và tên thí sinh:
Số báo danh:

Read the following passage 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 1 to 5.

Stress

In prehistoric times, the physical changes in response to stress were an essential adaptation for meeting natural threats. The stress response, even in the modern world, (1) _____ during critical events such as sports activities, important meetings, or situations of actual danger. If stress becomes persistent and low-level, however, the brain, heart, lungs, vessels and muscles become chronically over- or under-activated. (2) _____. Acute stress can also be harmful in certain situations.

Studies suggest that (3) _____ is associated with depression or anxiety. In one study, two-thirds of subjects who experienced a stressful situation had nearly six times the risk of developing depression within that month. Some evidence suggests that repeated release of stress hormones disrupts normal levels of serotonin, the nerve chemical (4) _____. Certainly, on a more obvious level, stress diminishes the quality of life by reducing feelings of pleasure and accomplishment, and relationships are often threatened.

The tensions of unresolved stress frequently cause insomnia, generally keeping the stressed person awake or causing awakening in the middle of the night or early morning. In fact, evidence suggests that stress hormones can increase during sleep in anticipation of a specific waking time. (5) _____. Relaxation therapy has been found to reduce stress levels and consequently improve the quality of sleep.

(Adapted from Cambridge Vocabulary for IELTS)

- Question 1. A. which can enhance performance levels B. increasing levels of performance
C. can raise levels of performance D. have to greatly improve performance levels
- Question 2. A. This is not necessarily harmful to people's physical and psychological conditions
B. This is not likely to result in long-term damage to people's physical and psychological well-being
C. This will possibly improve people's physical and psychological well-being over time
D. This may produce physical or psychological damage over time
- Question 3. A. people are unable to handle stress B. it is impossible to deal with stress
C. to be able to handle stress D. the inability to deal with stress
- Question 4. A. who is important for feelings of well-being
B. that is critical for feelings of well-being
C. what makes people feel that they are healthy
D. when feelings of well-being become essential
- Question 5. A. However, there is some hope for sufferers in this area
B. Thus, there is no effective cure for sufferers in this area
C. Therefore, therapies for people's sufferings are unavailable
D. Nevertheless, it is impossible to relieve people's sufferings

Read the following advertisement 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 6 to 11.

✦ TravelMate – Your Perfect Travel Companion!

TravelMate is the ultimate travel platform that helps you connect with people who have (6) _____. Whether you're into adventure, food, culture, or just relaxing, we'll match you with like-minded explorers (7) _____ the same things you do. Looking to make your trips more meaningful? TravelMate is perfect for travelers who want to enrich (8) _____ journeys with real connections and unforgettable memories. All you have to do is to create a profile, tell us about your preferences, and get instant (9) _____ to potential travel buddies. It's quick, easy, and fun! Plus, TravelMate works (10) _____ on both computers and smartphones, making it easy to use while on the go. Tired of traveling alone? Ready to explore the world with someone who truly gets you? Join TravelMate today – and let your next adventure (11) _____ with the perfect companion!

(Adapted from travelcommunity.org)

- Question 6. A. preferences similar travel B. travel similar preferences
C. similar preferences travel D. similar travel preferences
- Question 7. A. loved B. to love C. to loving D. loving
- Question 8. A. their B. them C. theirs D. they
- Question 9. A. contact B. access C. bond D. link

Question 10. A. care

B. carefulness

C. careful

D. carefully

Question 11. A. begin

B. begins

C. to begin

D. beginning

Read the following leaflet about environmental protection 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 12 to 17.

● Save the Earth, One Step at a Time!

■ Key Facts

✎ Every year, over 8 million tonnes of plastic enter our oceans, threatening (12) _____ life and ecosystems.

✎ Transport significantly contributes to greenhouse gas emissions. ✎ Air travel alone can (13) _____ 10% of your annual carbon footprint!

✎ What You Can Do

◆ Eat Sustainably

- Choose a plant-based diet (14) _____ possible.
- Reducing meat and dairy consumption not only cuts down on greenhouse gas emissions but also helps prevent deforestation for animal feed crops.

◆ Reduce Waste

- Say no (15) _____ single-use plastics!
- Use reusable bags, containers, and water bottles.
- Every time you reuse, you keep waste out of landfills and oceans.

◆ Travel Responsibly

✎ Walk or ✎ bike for short trips.

For longer distances, (16) _____ public transport or trains instead of flying. This helps reduce (17) _____ air pollution.

(Adapted from WWF)

Question 12. A. insect

B. home

C. marine

D. coast

Question 13. A. get up

B. carry out

C. look after

D. account for

Question 14. A. how

B. which

C. when

D. what

Question 15. A. with

B. to

C. of

D. by

Question 16. A. consider

B. avoid

C. ignore

D. prefer

Question 17. A. a range of

B. a wide variety of

C. a large amount of

D. a number of

Read the following passage and mark the letter A, B, C, D on your answer sheet to indicate the best answer to each of the following questions from 18 to 27.

Anyone walking through a local park might unexpectedly discover an abandoned book bearing a label that reads 'Read and Release me'. Rather than dismissing it as a mere joke or prank, the finder has likely encountered a fascinating example of 'bookcrossing'. This global book-sharing movement was initiated in 2001 by American software developer Ron Hornbaker. His stated mission was to "make the whole world a library," and the initiative has since attracted hundreds of thousands of participants across the globe.

The process of bookcrossing involves 'releasing' books either by passing them directly to friends or by leaving them in public locations for strangers to find, read, and later release them again. [I] Suitable places for such exchanges include parks, cafés, airports, bus stops, and train stations. [II] The person who finds the book then is encouraged to visit the Bookcrossing website and enter its unique identification number printed on the label. [III] This enables the original owner and future readers to track the journey of the book, track its progress, and share reflections on the experience. [IV]

Books are often released in locations that connect to their content, adding an extra layer of relevance.

For instance, Agatha Christie's *Murder on the Orient Express* might be left on a train, while a book about marine biology could appear near a public aquarium. Some enthusiasts have even reported placing books in unusual settings, such as telephone booths or underwater fountains, to create memorable encounters.

Bookcrossing combines a love of literature with a spirit of generosity and adventure. In a world where digital entertainment dominates, this movement serves as a reminder of the simple joy that a physical book - and a shared story - can bring.

(Adapted from Ready for FCE)

Question 18. The word initiated in paragraph 1 is OPPOSITE in meaning to _____.

A. established

B. investigated

C. discontinued

D. uncovered

Question 19. Which of the following best summarizes paragraph 1?

- A. Books in the movement of bookcrossing can be discovered in local parks with a label that says 'Read and Release me', so they are usually mistakenly regarded as a joke or prank.
- B. Ron Hornbaker successfully developed a piece of software that enabled people to share their books with others all around the world, thus making the whole world a library.
- C. With a view to turning the world into a library, Ron Hornbaker, an American software developer intentionally left books with a label that says 'Read and Release me' in local parks for others to read.
- D. Bookcrossing, a global book-sharing movement founded in 2001 by Ron Hornbaker, encourages people to leave books in public places for others to discover and read, turning the world into a shared library.

Question 20. The word them in paragraph 2 refers to _____.

A. strangers

B. friends

C. locations

D. books

Question 21. The word reflections in paragraph 2 could be best replaced by _____.

A. images

B. requests

C. opinions

D. ambitions

Question 22. Where in paragraph 2 does the following sentence best fit?

Once a book has been found, it is considered 'caught'.

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

Question 23. Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Books are frequently placed in settings related to their content, thereby enhancing their contextual connection.
B. Only when books are placed in settings which are relevant to their content can they connect people who love books together.
C. Regardless of the locations where books are placed, there is always an extra layer of contextual connection added to their content.
D. It is because of different layers of the content of books that the locations where they are commonly placed became relevant.

Question 24. According to the passage, which of the following is NOT mentioned as a place where books can be found?

- A. local library B. train station C. coffee house D. telephone booth

Question 25. Which of the following is NOT true according to the passage?

- A. Books in the bookcrossing movement have been reported to be found in extraordinary places. ✓
B. The bookcrossing movement has gained in huge popularity with thousands of global participants. ✓
C. The journey of a book in the bookcrossing movement is always hidden from its original owner.
D. The bookcrossing movement reminds people of the plain pleasure coming from a physical book. ✓

Question 26. Which of the following can be inferred from the passage?

- A. Local parks are the most common places where bookcrossing participants come across a book.
B. Ron Hornbaker has managed to earn a lot of money from the bookcrossing movement.
C. Books found in unusual settings are more interesting than those discovered in normal places.
D. Participants in the bookcrossing movement may place a book about animals in a zoo.

Question 27. Which of the following best summarizes the passage?

- A. Because participants in bookcrossing can place books everywhere, people may find Agatha Christie's *Murder on the Orient Express* on a train, and a book about marine biology near a public aquarium.
B. Ron Hornbaker succeeded in 'making the whole world a library' through his global initiative of book sharing, which invites people to upload their favourite books on the Bookcrossing website.
C. Bookcrossing is a global movement that involves people passing books directly or leaving them in public places, fostering a passion for reading, a spirit of generosity, and the thrill of unexpected discovery.
D. Beginning as a prank played on local people by Ron Hornbaker, bookcrossing has spread like wildfire all over the world, giving global readers a sense of adventure and promoting a spirit of generosity.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 28 to 35.

William Shakespeare must surely be the greatest writer in the English language, and he may also be the writer who has influenced this language the most. For example, he came up with many phrases we commonly use today, like 'all of a sudden', 'love is blind' and 'too much of a good thing'. He might not be everyone's favourite author, but people speak highly of his work, and *Hamlet*, *Macbeth* and *Romeo and Juliet* are some of the best-known plays in the world.

Although Shakespeare is so famous, we do not know much about his life, not even his date of birth. He was baptised in Stratford-upon-Avon on 26th April 1564, so he must have been born around that time. His birthday is celebrated on 23rd April, but no one can say for sure whether that is the right date.

Similarly, little is known about his education. He may have attended school in Stratford, where he could have studied Latin and Greek. It cannot have been easy – school started at 6 a.m. and finished at 5 p.m., so he would have had to keep up with very long hours.

In recent years, this lack of knowledge about Shakespeare's life has led to speculation that other people might have written some of his works. However, while it is sometimes difficult to tell the differences between Shakespeare's works and those of other contemporary writers, the vast majority of scholars agree that it simply cannot be true – the works must be Shakespeare's own.

(Adapted from *Venture into First for Schools*)

Question 28. Which of the following is NOT mentioned in paragraph 1 as one of Shakespeare's plays?

- A. Love is Blind B. Macbeth C. Romeo and Juliet D. Hamlet

Question 29. Which of the following is TRUE about Shakespeare according to the passage?

- A. People know a great deal about Shakespeare's education.
B. He invented a lot of phrases which are now commonly used.
C. Most scholars agree Shakespeare's works were not written by himself.
D. Shakespeare had minor influences on the English language.

Question 30. The underlined phrase speak highly of in paragraph 1 is OPPOSITE in meaning to _____.

- A. praise B. explain C. welcome D. criticize

Question 31. Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. Despite Shakespeare's fame, much about his life, even his exact birthdate, remains a mystery.
B. Though little is known about his life, not even his exact birthdate, Shakespeare is still famous.
C. Much about Shakespeare's life, except for his date of birth, remains a mystery in spite of his fame.
D. Shakespeare is such a famous writer that much about his life, even his date of birth, is well known.

Question 32. The underlined word speculation in paragraph 4 is CLOSEST in meaning to _____.

- A. invention B. guess C. evidence D. rank

Question 33. The underlined word those in paragraph 4 refers to _____.

- A. differences B. writers C. works D. years

Question 34. In which paragraph does the writer mention specific dates?

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

Question 35. In which paragraph does the writer mention the languages Shakespeare may have studied?

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

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 36 to 40.

Question 36. Dear Sir or Madam,

- a. I am interested in your community projects because I care deeply about improving the lives of local people and would like to offer my time and support.
b. I am writing to apply for a volunteer position at the local Centre for Community Development.
c. I am free on Sunday afternoons and would be happy to assist if selected.
d. I am available for an interview on any weekday after 4.30 p.m. or at weekends. If my application is accepted, I can start immediately.
e. I heard about this opportunity in a public announcement last Monday.
I look forward to hearing from you.
Yours faithfully,
Nguyen Hai An

(Adapted from *Future Youth Magazine*)

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

Question 37.

- a. Through these activities, I've developed essential skills such as time management, communication, and critical thinking.
b. Participating in school projects and community service has played a significant role in shaping who I am today.
c. These experiences not only allow me to contribute to the community but also help me grow as an individual.
d. In the future, I hope to apply these skills to create positive changes in society.
e. Whether it's organizing a charity event or volunteering at a local shelter, I always find value in being involved.

(Adapted from *Inspire Magazine*)

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

Question 38.

- a. Thus, the population has surged by 15%, putting pressure on housing and public transportation systems.
b. Urbanization has rapidly transformed the city in recent years.
c. This shift has drawn a diverse range of businesses, enhancing economic opportunities and attracting new residents.
d. However, despite this growth, the city still grapples with rising living costs, making it difficult for some residents to afford housing.
e. Areas once filled with local shops and markets have now become zones for corporate offices, reflecting a move towards commercial development.

(Adapted from *Bright*)

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

Question 39.

- a. Nam: I have a big exam tomorrow and I haven't finished revising yet.
b. Anna: Don't worry. I'm sure you'll do well. Just try to get a good night's sleep.
c. Anna: Hi. You look worried. What's the matter?

(Adapted from *Explore English*)

- A. c - b - a B. b - a - c C. a - b - c D. c - a - b

Question 40.

- a. Alex: Then let's go on a beach holiday together this summer!
b. Alex: I love beach holidays. I really like to spend my time relaxing at the seaside.
c. Alex: That sounds fun! What about swimming?
d. Bella: Me too! I love making sandcastles and playing beach volleyball.
e. Bella: I'm not great at swimming, but I still enjoy the beach atmosphere.

(Adapted from *PET*)

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

-----THE END-----