**HƯỚNG DẪN CHẤM ANH 10**

**I. LISTENING (50 POINTS)**

**Part 1. 2.0 points for ONE correct answer**

1. fat burn 2. websites 3. 10 4. induction 5. personal trainer

**Part 2. 2.0 points for ONE correct answer**

6. T 7. F 8. T 9. NG 10. T

**Part 3.2.0 points for ONE correct answer**

11. B 12. C 13. A 14. B 15. D

**Part 4.2.0 points for ONE correct answer**

|  |  |
| --- | --- |
| 16. buzzword proportions | 21. lofty values |
| 17. innate gifts | 22. real, attainable policies |
| 18. organisational support | 23. risk taking |
| 19. positive outlook | 24. competition, collaboration |
| 20. outcomes | 25. insecurity or defensiveness;  defensiveness or insecurity |

**II. LEXICO - GRAMMAR (40 POINTS)**

**Part 1. 1.0 point for ONE correct answer.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 26. B | 30. D | 34. A | 38. C | 42. C |
| 27. B | 31. A | 35. D | 39. A | 43. A |
| 28. B | 32. B | 36. A | 40. A | 44. C |
| 29. C | 33. C | 37. C | 41. A | 45. D |

**Part 2. 1.0 point for ONE correct answer.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 46. officialdom | 47. backdrop | 48. fraudulent | 49. qualitative | 50. precautionary |
| 51. unprecedentedly | 52. counteracting | 53. off-putting | 54. tellings-off | 55. recipient |

**Part 3. 1.0 point for ONE correct answer.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 56. out | 57. up | 58. out | 59. around | 60. out |
| 61. down | 62. about | 63. away | 64. down | 65. of |

**III. READING (60 POINTS)**

**Part 1. 1.5 points for ONE correct answer**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 66. C. plagued | 67. B. giving | 68. A. image | 69. B. overwork | 70. D. discrimination |
| 71. C. major | 72. A. genuinely | 73. B. effectively | 74. B. conducted | 75. D. staggering |

**Part 2. 1.5 points for ONE correct answer**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 76. particular | 77. momentum | 78. alike | 79. make | 80. view |
| 81. preresquisite | 82. true | 83. concept | 84. framework | 85. meet |

**Part 3. 1.5 points for ONE correct answer**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 86. D | 87. A | 88. D | 89. B | 90. B |
| 91. D | 92. A | 93. C | 94. A | 95. C |

**Part 4. 1.5 points for ONE correct answer**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 96. E | 97. D | 98. G | 99. B | 100. A |
| 101. C | 102. NO | 103. YES | 104. NOT GIVEN | 105. YES |

**IV. WRITING (50 POINTS)**

**Part 1. Write an essay of about 150 words to describe the given diagram. (20 pts)**

\* Task Achievement: 5 points

\* Coherence and Cohesion: 5 points

\* Grammar and Accuracy: 5 points

\* Lexical Resource: 5 points

***Sample Answer:***

This table provides data on various features of six underground train systems around the world, including network size, ticket price for passengers and number of passenger trips taken.  
   
Overall, all the subways serve at least a billion people a year and have over ten lines. However, there is quite a disparity in terms of ticket prices and the length of the subway system differs considerably over the six cities   
   
Tokyo and Beijing have the two most used networks, with double the amount of yearly journeys than most of the others. They are also two of the cheapest, with only the Mexico City Metro offering a lower price which, at 23 cents, is a tenth of the cost of a journey in Paris.  
   
Interestingly, the Paris metro has the least amount of track, at only 127.4 miles, which is less than a quarter of the 659-mile length of the New York system, yet its 16 lines are more than most of the others. The London underground has the lowest number of lines and is used by fewer people (1.2 billion journeys per year) than in any other city. Furthermore, it is by far the most expensive place to take a ride. With a ticket costing $7.30, it is almost triple the cost of a journey in New York, the next most expensive metro system.

**Part 2. Write an academic essay of about 250 words: 30 pts**

\* Task Response: 7.5 points

\* Coherence and Cohesion: 7.5 points

\* Grammar and Accuracy: 7.5 points

\* Lexical Resource: 7.5 points

***Sample Answer:***

In today’s digital age, the use of computers and mobile phones for communication has become increasingly prevalent. While I think that this trend is negatively impacting the reading and writing abilities of some young people, I believe the advantages of these technologies far outweigh any potential drawbacks.

On the one hand, the over-reliance on computers and mobile phones for communication can result in a decline in reading and writing acitivities among young people to a certain extent. Instead of reading books or writing letters, young people are spending more time browsing social media or sending text messages. This can lead to a decrease in literacy skills, as young people are not engaging with the same level of complex language and ideas as they would in a book or a longer written format.

On the other hand, I am far more convinced that the use of computers and mobile phones can help to enhance young people’s reading and writing skills. Digital content such as e-books and online resources like news articles can provide readers with easy access to vast amounts of information and literature, promoting reading and learning. Additionally, online communication and social media platforms can provide opportunities for informal writing practice and collaboration with peers from different backgrounds. Furthermore, technology has made it easier for young people to access and create written content. Blogs, websites, and social media platforms allow young people to express their ideas and creativity in a public forum, providing opportunities for self-expression and promoting literacy skills.

In conclusion, while the increasing use of computers and mobile phones for communication may have some negative effects on young people’s reading and writing skills, I think the benefits of these technologies far outweigh any potential drawbacks.

**Transcript**

**PART 1**

Alice: Can I ask you some things about the facilities, please?  
Steve: Of course.  
Alice: I was interested in doing some classes. What ones do you run?

Steve: Well, as you’ve a full-time job, the ones that would be suitable for you would be the early ones, which are for one hour and start at either six or seven a.m. We have wake-up aerobics, spinning and fat burn at both those start times.

Alice: And later in the day? I finish work at four thirty in the afternoon.

Steve: There are aerobics, keep fit and spinning classes hourly from four p.m. and there are also pilates classes and yoga classes and they’re hourly from six p.m. At the weekends, all these classes are done regularly all through the day. The schedule changes from time to time, so I’ll give you our latest schedule before you leave. The schedules are also on our website and they’re always up to date.

Alice: Can I swim early, too?

Steve: Oh yes. The pool is open from six a.m. and, as the first three hours are mostly used by people who are swimming for exercise, two thirds of the pool is divided up into lanes for exercise swimming. There are two lanes for slow swimming, two for medium and two for fast.

Alice: And what time does the pool close?

Steve: Well, the centre closes every day at ten thirty p.m. and so the pool closes half an hour before that. You can swim up until then every day.

Alice: Now, I’d like to ask about the gym. I’ve never done that and I’d like to give it a go to see if it’ll suit me.

Steve: Well, I’d recommend it. It can really develop people’s core strength and by doing that you’ll avoid injuries at other sports. It also really makes you feel good about yourself. So, our gym is open during the opening hours of the centre and, if you want to try it out, you’ll need to book an induction with one of the instructors, so that you get to know the machines. This will help prevent you from injuring yourself. Inductions are free for full members. Another thing you can do is book a regular session with a personal trainer. This is a great way of getting fit. Not only is it harder to be lazy and avoid going for your session, but the trainers are great motivators.

Alice: Those are great ideas. Thanks. I’ll definitely try that.

**PART 2**

Ukraine and the United Nations have warned of a huge impact on global food security following the Khafka Dam burst. The UN's aid chief, Martin Griffiths, told the BBC there was massive concern about the environmental destruction of what he called the world's bread basket and warned food prices were bound to rise. It is almost inevitable that we're going to see huge, huge problems in harvesting and in sewing for the next harvest, so that what we're going to see. Almost inevitably, but still not clearly calculated is a huge impact on global food security. That's what's going to happen. The Ukrainian minister for agrarian policies that the main crops affected would be soybeans, corn, sunflowers and wheat.

The authorities in the Philippines have warned people living within 8 kilometers of the erupting Mayan volcano to be prepared for a possible evacuation from their homes as it continues to ooze lava and noxious gases. The eruption started on Sunday with more details. Here's Tom Bailey. At least 14,000 people living within a six kilometer radius have already been ordered to stay in shelters, as officials warned that many of them may be displaced for months. One community leader in the province of Albi has urged the authorities to supply more food and drinking water for those displaced, and police have set up checkpoints to prevent evacuated residents from trying to return to their homes amid fears the volcanic activity may intensify in the coming days.

A federal judge in the United States has rejected a request by news organizations to be allowed to photograph and video an initial court appearance in Miami by the former President Donald Trump on Tuesday. He's due to face dozens of charges of illegally hoarding classified documents at his Florida home after leaving office, including some about nuclear secrets. The 76 year old has denied wrongdoing. Joseph Moreno, a former federal prosecutor at the Department of Justice. We know Donald Trump had these documents in Florida. We know he had many months to turn them back in voluntarily, and we know ultimately it took a raid by the FBI to recover them. So the reality is that he's facing some real potential consequences here, and I think, rather than give speeches and make sort of boasts about how the Justice Department is illegitimate, he should really focus on his defense. Despite his legal troubles, Mr. Trump remains the clear frontrunner in the race to be the Republican Party candidate for next year's presidential election.

An update from the India Meteorological Department on the severe cyclone beeper, Joy, is projecting that the storm will slow down and weaken before making landfall in the state of Gujarat on Thursday. Thousands of people have been evacuated from low lying coastal areas and fishing boats are being kept in port.

**PART 3**

**Interviewer:** Today, I'm interviewing Claire MacBride and Shaun Kale, who both recently ran a marathon for the first time. Claire, what made you train for the marathon?

**Woman:** I decided to have a stab at it as a way of raising money for charity. I wasn't the sporty type who typically runs distances of 42 kilometres! The very idea made me shudder. When I've heard people making resolutions to turn over a new leaf at new year, I've always been skeptical, so I assumed my resolve would wear off once I began training. I can't quite work out how I became that annoying person who'd arrive at work glowing with satisfaction at having run ten kilometres to work. I relished those runs and when I got into conversations with colleagues about nightmare commutes, I'd shrug my shoulders and say: "I'm so glad I run to work!"

**Interviewer:** Shaun, how was your marathon preparation? Did things go right for you?

**Man:** Well, I'd always been an enthusiastic athlete and believed anyone with grit and enough preparation could do the marathon, but it was obvious I needed to have a clearly thought out training strategy. I already had a fair base fitness level, so I set out to bank some big distances early on. But I became conscious I'd underestimated the mental struggle. I'd failed to grasp how critical it was to find ways to spur myself on-to reach the number of kilometres that go into building up the necessary endurance without giving up. If I'd factored in ways to get over my resistance in the early stages, I'd have tackled the challenge more effectively.

**Interviewer:** How did it feel getting up to train on winter mornings?

**Woman:** Friends told me 'It'll be so lonely and miserable'. I know there are visualisation techniques to conquer negative feelings, you picture yourself racing along ahead of the pack, any image that'll induce you to get up and out. But then you confront the reality of heading out through the park in the darkness of a January dawn: there's hardly another runner to be seen. It's amazing what you find to focus on: the cooing of pigeons, the rustling of leaves, the crunch of trainers on gravel. Focusing on insignificant things enabled me to endure the monotony and the icy winds.

**Interviewer:** Was your running speed in the marathon a concern, Shaun?

**Man:** During my training I tried some half- marathons. Using my time for them, I tried to calculate my speed across the full distance using software. Of course, it's double the distance, stamina, everything, but the claim is that your performance on the marathon can be predicted based on other times and distances you've run, assuming you make it to the end. Obviously, the fitter you are the more you can hold on to your pace for longer. Using apps got me into the whole process of establishing targets. Within any gadget- based prediction there's leeway of course. It couldn't take into account anything that happened on race day, or how I'd trained.

**Interviewer:** So, how was the experience on the day?

**Man:** Running a marathon's a huge undertaking. Uplifting isn't the word. The weather was dreadful, but a massive crowd turned out, and the applause ringing out on all sides was overwhelming. But there was also the hassle of locating my loyal friends and family. Despite agreeing a spot at the end of the route, exasperatingly, when I passed the finish line they were nowhere to be seen among the endless spectators

**Woman:** For me, it took time to sink in that I'd made it. During the race I wondered if my body might let me down, my legs were like lead, and before the finish I tumbled, which wasn't how I'd envisioned things. Somehow, I dragged myself up and staggered over the line, only to collapse in a heap, oblivious to the cheering and clapping. I gather people came to my rescue. I don't think anyone who hasn't tried it can fully appreciate what it feels like to achieve a goal like that.

**Interviewer:** Well, congratulations...

**PART 4**

The term growth mindset has reached buzzword proportions and its true meaning has become distorted. Research shows that people who believe their talents can be developed through hard work good strategies and input from others. Have a growth mindset they tend to achieve more than people with a more fixed mindset that is those who believe their talents are innate gifts. When companies embrace a growth mindset their employees feel more empowered and committed they also receive greater organizational support for collaboration and innovation. In contrast people that primarily fixed mindset companies report more cheating and deception among employees most likely to gain an advantage in the talent race.

But people have a limited grasp of growth mindset concepts. Here are three common misconceptions. The first is the belief that you already have a growth mindset and always have people often confuse a growth mindset with being flexible open-minded or with having a positive outlook. This is a false growth mindset. Everyone is a mixture of fixed and growth mindsets, and that mixture continually evolves with experience. We must acknowledge that a pure growth mindset doesn't exist to attain the benefits we seek. Another belief is that a growth mindset is just about praising and rewarding effort but the truth is outcomes matter it's critical to reward, not just effort but learning and progress; and to emphasize the processes that yield these things such as seeking help from others,trying new strategies and capitalizing on setbacks to move forward effectively. Outcomes follow from deeply engaging in these processes. And third, people think that just espousing a growth mindset will make good things happen. For instance organizations often think they embody a growth mindset by creating mission statements that include lofty values like growth empowerment or innovation but they mean little to employees if the company doesn't implement policies to make them real and attainable.

Organizations that exhibit a growth mindset encourage appropriate risk taking they reward employees for useful lessons learned. Even if a project does not meet its original goals they support collaboration across organizational boundaries rather than competition among employees. They are committed to the growth of every member not just in words but in deeds. And they continually reinforce growth mindset values with concrete policies.

But even if we correct these misconceptions it's still not easy to attain a growth mindset in part because we all have our own fixed mindset triggers facing challenges criticism and being compared with others can push us into insecurity or defensiveness a response that inhibits growth. Companies that play the talent game make it tough for people to practice growth mindset thinking and behavior like collaborating innovating, seeking feedback or admitting errors. To stay in a growth zone we must identify and work with these triggers. It's hard work but if people and organizations deepen their understanding of growth mindset concepts and the processes for putting them into practice, they'll gain a richer sense of who they are, what they stand for and how they want to move forward you.