

Họ, tên thí sinh:

MÃ ĐỀ: 1147

Số báo danh:

Read the article about Light Therapy 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 6.

According to Dr. Paul Desan of Yale University's Winter Depression Research Clinic, light therapy is the primary treatment for Seasonal Affective Disorder (SAD). This therapy utilizes devices (1) _____ emit light approximately 20 times (2) _____ standard indoor lighting, measured at about 10,000 lux. Research indicates that most patients experiencing dramatic improvements often (3) _____ medication when exposed to this bright light for 30 minutes every morning. This treatment is effective for both clinical SAD and less severe winter low moods.

How to Use Light Therapy Effectively:

- ✓ **Select the Right Device:** Choose a lamp specifically designed for SAD that produces 10,000 lux.
- ✓ **Timing:** Use the light shortly after waking up in the morning (4) _____ this is when the body is most responsive.
- ✓ **Positioning:** Sit at the manufacturer's recommended distance, allowing light (5) _____ your eyes indirectly without staring directly into the lamp.
- ✓ **Consistency:** Maintain a daily routine of 30-minute sessions throughout the winter months.

By following this daily routine, users can effectively (6) _____ symptoms of depression and low mood during the darker seasons.

- Question 1. A. who B. where C. that D. when
- Question 2. A. as brighter than B. so bright as C. brighter than D. as brighter as
- Question 3. A. get over B. work out C. do without D. take up
- Question 4. A. because B. although C. due to D. despite
- Question 5. A. reach B. to reach C. reached D. reaching
- Question 6. A. manage B. increase C. endure D. neglect

Read the leaflet about Cruise: Destination of Your Dreams 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.

Create Your Own Adventure

Are you ready for a/an (7) _____ trip but find that your friends just don't have the time to join you? Don't wait for others to be ready—make this journey your own and save big with our exclusive "Cruising Solo" program. In the cruise industry, cabins are typically designed for double (8) _____, which often forces solo travelers to pay nearly the full cabin rate alone. We have changed that to ensure your dream destination is more affordable than ever.

Our company offers a truly (9) _____ experience, providing the perfect environment to meet fantastic people from every corner of the world. Once on board, you will enjoy world-class entertainment, a relaxing spa, a fitness center, and even a court to play sports. If you are seeking thrills, you can visit our refreshing pools and (10) _____.

What You Get:

- Access to our full range of luxury pools, spas and gyms.

- Extended shore excursions (11) _____ for more in-depth exploring.
- (12) _____ exciting themed parties every night.
- Access to a selection of specialty restaurants serving up authentic local flavors.

Contact us at +0 (123) 456 789 or visit our office at 445 W. Mount Eden Road, Anchorage, AK to book the cruise of your dreams.

- Question 7. A. forgettable B. forget C. forgetful D. unforgettable
- Question 8. A. assistance B. occupancy C. residency D. availability
- Question 9. A. ordinary B. single C. unique D. common
- Question 10. A. exciting parks water B. water parks exciting
C. exciting water parks D. water exciting parks
- Question 11. A. designing B. be designing C. designed D. which designed
- Question 12. A. A wide variety of B. A great deal of
C. A large amount of D. A high degree of

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, letter or text in each of the following questions from 13 to 17.

Question 13.

- a. Sarah: Yes, there's one near my office that offers flexible hours.
- b. Mike: That's a good idea. Staying active is important. Do you have a gym in mind?
- c. Sarah: I think I'm going to sign up for a gym membership. I really want to work out more regularly.
- d. Sarah: Definitely. That way, I can go either before or after work, depending on my schedule.
- e. Mike: Perfect! It's always great to have a gym in a convenient location, especially when you're busy.
- A. a – e – c – b – d B. c – b – a – e – d C. a – b – d – e – c D. c – d – e – a – b

Question 14.

- a. As a result, the phrase is no longer limited to casual online humour but has entered mainstream discussions, including journalism and mental-health debates.
- b. Originally coined in the nineteenth century by Henry David Thoreau, the term criticised society's preference for simplistic ideas over complex intellectual engagement.
- c. In the digital era, however, "brain rot" has been revived to describe both the spread of low-quality online content and its perceived harmful effects on cognition.
- d. The growing popularity of short-form videos, memes, and repetitive viral trends has intensified concerns about "brain rot" and the long-term consequences of excessive screen consumption.
- e. "Brain rot" refers to the supposed deterioration of mental or intellectual ability caused by prolonged exposure to trivial and unchallenging material.
- A. d – e – b – a – c B. e – b – c – d – a C. b – e – d – a – c D. e – c – b – d – a

Question 15.

- a. Moreover, many people argue that taxing fast food is not an effective solution, as consumption is influenced not only by sugar, salt and fat content, but also by other factors such as lack of exercise, poor portion control and individual eating habits.
- b. A growing number of people today suffer from health problems linked to the overconsumption of cheap, mass-produced food, leading many to argue that fast food should be heavily taxed in order to encourage healthier choices.

- c. However, fast food also plays an important role in people's social lives, as its affordability and convenience make it a popular choice for teenagers to socialise and provide low-income families with small but meaningful pleasures that help maintain their quality of life.
- d. Despite these concerns, some believe that taxing fast food could push consumers toward healthier options and encourage producers to improve food quality, although resistance may arise from those who value a wider range of choices.
- e. Overall, the impact of raising fast-food taxes remains uncertain, since any potential benefits may be outweighed by the drawbacks, especially if people feel that the tax is unfair or if taxation alone fails to promote a healthier society.

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

Question 16.

Dear Sir or Madam,

- a. I also spend time on my uncle's farm during the year helping him take care of the animals, which has strengthened my decision to pursue a career working with animals.
- b. I am hard-working, punctual and highly committed, and I believe that a placement at your sanctuary will give me invaluable insight into animal care and help me develop essential skills.
- c. I am writing to express my interest in the voluntary work placement at your animal sanctuary which was recently advertised on your website.
- d. I have gained practical experience with animals through voluntary work at a local dogs' home, where I took responsibility for feeding, cleaning, and exercising the dogs.
- e. I am eighteen years old and currently in my final year at secondary school, and I plan to study veterinary science at university, having already received two conditional offers.

I hope I have shown that I am an ideal candidate for this position and please find attached my CV.

I look forward to hearing from you.

Yours faithfully,

Emily Jones

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

Question 17.

- a. **Alex:** That's awesome! I think we'll make a real difference together.
- b. **Alex:** I'm so excited about the upcoming community clean-up event! Have you signed up yet?
- c. **Emma:** Yes, I signed up last week! It feels good to contribute to our neighborhood.

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

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 18 to 22.

Do you have the right mindset?

Think back to a time when you were in a classroom, perhaps confronted with a challenging maths problem. This could have happened recently or many years ago. How did you respond? Some students feel immediately overwhelmed and give up, (18) _____. Others embrace the challenge, making an effort to tackle it and hoping to gain knowledge even if they do not succeed.

Early in her career, psychologist Carol Dweck at Stanford University (19) _____, presenting problems slightly beyond their current abilities. One group responded positively, enjoying the challenge and demonstrating confidence in their capacity to develop. Dweck termed this a "growth mindset," focused on

learning and future progress. Another group felt their intelligence was being judged, interpreting failure as a lack of ability. These children exhibited a "fixed mindset," struggling to envision improvement. Some even considered cheating or comparing themselves with weaker peers to protect their self-esteem. This observation highlights a broader issue in how students are guided and assessed in educational settings.

Dweck emphasizes that traditional praise for talent or intelligence can instill a fear of failure. (20) _____. She argues that recognition should instead highlight effort, strategies, persistence, and incremental improvement. Such an approach encourages mastery-oriented thinking and motivates learners to continually enhance their skills.

Research confirms these insights. Students who were taught that grappling with difficult material strengthens neural connections advanced faster than their peers. In one study, underperforming children on a Native American reservation practiced growth mindset techniques for a year, (21) _____. Such evidence clearly demonstrates the practical benefits of adopting a growth mindset.

Returning to the initial question: Do you tend to embrace challenges and make a genuine effort to learn? If so, you already demonstrate a growth mindset. If not, it is never too late. With deliberate effort and effective strategies, (22) _____.

Question 18.

- A. seeing that the question was intentionally designed to confuse
- B. providing the explanation has not yet been made clear
- C. assuming the task is beyond their capacity
- D. supposing the solution requires knowledge they lacked

Question 19.

- A. where classroom behavior of ten-year-old children was observed
- B. in which achievement data were collected from ten-year-old children
- C. conducted experiments with ten-year-old children
- D. having analyzed test results of ten-year-old children

Question 20.

- A. As a result, students may become overly dependent on standardized tests
- B. Hence, students tend to associate academic success primarily with financial rewards
- C. Therefore, students frequently feel little pressure to outperform their peers
- D. Consequently, students often concentrate on grades rather than actual learning

Question 21.

- A. which led to top regional test scores and less privileged peers surpassing
- B. achieving top regional test scores and surpassing more privileged peers
- C. involved surpassing more privileged peers and achieving regional test scores
- D. which resulted in regional test scores and surpassing more privileged peers

Question 22.

- A. your academic ability can adopt a mastery-oriented mindset, leading to intellectual growth
- B. anyone can adopt a mastery-oriented mindset and thrive academically and professionally
- C. your mindset is positioned as the primary driver of sustained learning, though
- D. adopting a mastery-oriented mindset in both academic and professional contexts become evident

Read the following passage about Global Communication Styles 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 23 to 30.

Understanding global communication styles in the workplace is essential in today's interconnected world. Whether you are part of a multinational corporation or a small organization with a diverse team, being **adept** at navigating these varied communication styles is crucial for lasting success.

The workplace is a melting pot where different cultures, languages, and backgrounds come together. This diversity enriches our work environment, but **it** also presents unique challenges, particularly in intercultural communication. Global communication styles in the workplace vary significantly—from the direct and straightforward approach often seen in North American and Western European cultures to the more indirect and holistic styles prevalent in many Asian cultures. Cultures that value directness see it as a sign of honesty and efficiency. In contrast, other cultures might view the same directness as rude or disrespectful. Similarly, indirect communicators, who often rely on context and non-verbal cues, might find themselves misunderstood in environments where directness is the norm. The key to success here is to strike a balance and develop an understanding of these nuances.

The concept of high-context and low-context cultures is important in understanding global communication styles in the workplace. High-context cultures heavily rely on **implicit** communication, where much is conveyed through body language, tone of voice, and even silence. Low-context cultures, on the other hand, prefer clear and detailed verbal communication. Recognizing whether your colleagues come from high or low-context backgrounds can greatly enhance your interactions and collaborations.

Encouraging an environment that respects and adapts to various global communication styles in the workplace is likely to increase productiveness. It fosters better collaboration, reduces misunderstandings, and enhances a team's dynamic. It's about being flexible, culturally sensitive, and empathetic. By embracing these diverse communication styles, both organizations and individuals can build stronger, more effective teams. **As we navigate through the complexities of global communication, let's remember that it's not just about overcoming barriers; it's about building bridges of understanding that can lead to greater success and innovation.**

Question 23. The word "**adept**" in paragraph 1 could best be replaced by _____ .

- A. amateur B. adjustable C. compatible D. skilled

Question 24. The word "**it**" in paragraph 2 refers to _____ .

- A. culture B. diversity C. environment D. workplace

Question 25. Which of the following is NOT mentioned in paragraph 3 as a way meaning is conveyed in high-context cultures?

- A. verbal communication B. tone of voice
C. body language D. silence

Question 26. The word "**implicit**" in paragraph 3 is OPPOSITE in meaning to .

- A. explicit B. implied C. unspoken D. indirect

Question 27. Which of the following best paraphrases the underlined sentence in paragraph 4?

As we navigate through the complexities of global communication, let's remember that it's not just about overcoming barriers; it's about building bridges of understanding that can lead to greater success and innovation.

- A. Success and innovation in global workplaces depend on building cultural understanding rather than dealing with communication difficulties.
B. Greater success and innovation are more likely to be achieved when all communication barriers in the global workplace have been completely removed.

- C. Successfully handling global communication focuses on eliminating barriers in order to promote understanding that results in success and innovation.
- D. The process of global communication is not merely about overcoming obstacles but about fostering mutual understanding that helps drive success and innovation.

Question 28. Which of the following is TRUE according to the passage?

- A. The direct and straightforward approach tends to be preferred across all cultures in global workplaces.
- B. High-context cultures rely more on body language and unspoken signals than on detailed verbal messages.
- C. Understanding global communication styles in the workplace is only essential in multinational corporations.
- D. Embracing diverse communication styles can discourage organizations and individuals from working effectively.

Question 29. In which paragraph does the writer mention a contrast between different communication styles?

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

Question 30. In which paragraph does the writer mention creating a supportive environment that adapts to different global communication styles?

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

Read the passage about Cancel Culture 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 31 to 40.

Cancel culture

Cancel culture has become one of the most debated phenomena in today's digital society. At its core, **it** refers to the practice of publicly shaming or withdrawing support from individuals or organizations that are perceived to have violated social norms. While public shaming has existed for centuries, the internet has transformed its speed and reach. **[I]** This immediacy has made cancel culture a powerful tool of accountability, but also a source of controversy regarding fairness, freedom of expression, and the potential for harm.

Historically, social movements such as the abolitionist campaigns or the Civil Rights Movement relied on boycotts and public pressure to demand justice. **[II]** Cancel culture can be seen as a modern extension of these tactics, amplified by digital technology. Online platforms allow communities to mobilize quickly, using hashtags, petitions, or viral posts to call out perceived misconduct. Influencers and celebrities play a crucial role in shaping these narratives, either intensifying criticism or helping to mitigate its effects. The involvement of high-profile figures often determines whether a cancellation succeeds or fades away, highlighting the complex interplay between public opinion and media influence. The consequences of cancel culture are wide-ranging. For individuals, the impact can include reputational damage, loss of employment, and even psychological distress. **[III]** At the same time, public pressure can lead to positive outcomes, such as policy changes or greater awareness of discrimination and injustice. Yet critics warn of negative effects: the chilling of free speech, **disproportionate** punishment, and the spread of misinformation. Because online judgments are often made quickly and without due process, people may face condemnation for statements taken out of context or exaggerated by viral content. **This lack of nuance raises concerns about whether cancel culture truly promotes justice or simply fuels polarization.**

Looking ahead, cancel culture is likely to evolve alongside technology and social movements. Artificial intelligence and algorithms may further amplify online criticism, while platforms will continue to struggle with balancing free speech and community safety. The future of cancel culture will depend on how societies adapt—whether they foster media literacy, encourage critical thinking, and design fairer systems of accountability. **[IV]** Ultimately, cancel culture reflects both the power and the risks of digital communities. It can hold individuals accountable for harmful actions, but it must be tempered with fairness, empathy, and respect for human dignity to avoid becoming destructive.

Question 31. The word “**it**” in paragraph 1 refers to _____ .

A. debated phenomena B. cancel culture C. digital society D. shaming practice

Question 32. According to paragraph 2, influencers and celebrities mainly _____ .

- A. influence whether public criticism is intensified or moderated
- B. contribute to modern activist tactics through their media presence
- C. reduce the ramification of public narratives
- D. play a role in ensuring that online criticism becomes more objective

Question 33. Which of the following best summarises paragraph 2?

- A. Digital platforms allow rapid collective action, with public figures shaping the impact of cancellations.
- B. Influencers use their popularity to distort traditional media narratives and reshape public discourse.
- C. Cancel culture originates from historical movements but shows limited effectiveness in digital environments.
- D. Online campaigns rely on petitions more than public opinion to pressure individuals involved.

Question 34. The word “disproportionate” in paragraph 3 mostly means _____ .

- A. disqualified B. unauthorized
- C. inequitable D. unacknowledged

Question 35. According to paragraph 3, one possible positive outcome of cancel culture is _____ .

- A. the elimination of misinformation on social media platforms
- B. protection of freedom of expression in society
- C. increased consciousness of social inequality and fairness
- D. guaranteed fairness in public judgment processes

Question 36. Which of the following best paraphrases the underlined sentence in paragraph 3?

This lack of nuance raises concerns about whether cancel culture truly promotes justice or simply fuels polarization.

- A. The absence of careful judgment leads people to question whether cancel culture achieves fairness or deepens social divisions.
- B. The complexity of cancel culture proves that polarization is unavoidable within modern online debates and social movements.
- C. A lack of contextual understanding leads some to see cancel culture as either ineffective or socially divisive.
- D. Without clear nuances, cancel culture causes injustice in digital communities and undermines trust in public accountability.

Question 37. Which factor is most likely responsible for the increasing destructiveness of cancel culture in digital communities?

- A. Relying on algorithms to accelerate the spread of public criticism.
- B. Deficient critical reasoning and flawed frameworks of fair accountability.
- C. The normalization of slow and carefully considered collective judgment.
- D. The increasing visibility of online controversies across digital platforms.

Question 38. Which of the following can be inferred from the passage?

- A. The absence of procedural safeguards in online accountability increases the risk of unjust outcomes.
- B. Public reactions to online controversies are increasingly shaped by individual experiences.
- C. Online criticism has become more effective as digital platforms encourage careful evaluation of misconduct claims.

D. The influence of digital communities on public judgement tends to diminish once investigations are initiated.

Question 39. Where in the passage does the following sentence best fit?

“What once took weeks or months to spread through newspapers or word of mouth can now escalate within hours on social media platforms.”

A. [IV]

B. [I]

C. [II]

D. [III]

Question 40. Which of the following best summarises the passage?

A. Cancel culture will evolve with technology, requiring media literacy and fair accountability systems.

B. Cancel culture is a modern form of online punishment driven by celebrities and algorithms dominating contemporary digital public discourse worldwide today.

C. Cancel culture shows the power and risks of digital accountability, requiring fairness and adaptation as technology evolves.

D. Cancel culture enables rapid digital accountability by consistently reshaping social norms through online collective action.

The end