

TRƯỜNG ĐẠI HỌC VĂN LANG  
ĐƠN VỊ: KHOA NGOẠI NGỮ

**ĐỀ THI VÀ ĐÁP ÁN**  
**THI KẾT THÚC HỌC PHẦN**  
**Học kỳ 3, năm học 2023-2024**

**I. Thông tin chung**

Tên học phần:	Đọc 2		
Mã học phần:	71ENGL30382	Số tín chỉ:	2
Mã nhóm lớp học phần:	233_71ENGL30382_01		
Hình thức thi: <b>Trắc nghiệm kết hợp Tự luận</b>	Thời gian làm bài:	<b>60</b>	phút
<i>Thí sinh được tham khảo tài liệu:</i>	<input type="checkbox"/> Có	<input checked="" type="checkbox"/> Không	

**II. Các yêu cầu của đề thi nhằm đáp ứng CLO**

Ký hiệu CLO	Nội dung CLO	Hình thức đánh giá	Trọng số CLO trong thành phần đánh giá (%)	Câu hỏi thi số	Điểm số tối đa	Lấy dữ liệu đo lường mức đạt PLO/PI
(1)	(2)	(3)	(4)	(5)	(6)	(7)
<b>CLO 1</b>	Áp dụng từ vựng đã học để đọc hiểu các bài đọc học thuật từ 300 đến 500 từ	Tự luận	25%	31-40	2,5	
<b>CLO 2</b>	Vận dụng quy trình đọc hiểu vào các bài đọc học thuật từ 300 đến 500 từ	Trắc nghiệm	25%	11-20	2,5	
<b>CLO 3</b>	Thực hiện được việc đọc lướt lấy ý chính và đọc hiểu chi tiết các bài đọc học thuật từ 300 đến 500 từ	Trắc nghiệm	50%	1-10 21-30	5	

### III. Nội dung câu hỏi thi

#### **PHẦN TRẮC NGHIỆM (30 câu + thang điểm từng câu hỏi: 0,25 điểm)**

#### **READING PASSAGE 1**

**Part 1: Read the passage and choose the correct option A, B, C, or D to answer each given question. (2.5 marks)**

Health experts say that many of us don't get enough sleep and, that unlike previous generations—who regularly got a full eight hours—we have too many distractions. Many of us have a demanding work life, we are constantly connected to our devices, and we feel as if we are on call 24/7. All of these pressures tend to keep us up at night. We just can't seem to switch off and unwind at the end of the day. This lack of sleep results in frustration and exhaustion for many people.

But did people really get eight solid hours of sleep in past generations? New research into sleep patterns in the eighteenth and nineteenth centuries suggests that they did not. In fact, most people did not sleep through the night. Instead, they would sleep in two separate *segments*. For the first segment, they would sleep starting when it was too dark to see until about midnight. Then they would get up and engage in quiet activities, often by candlelight, for an hour or two. They would write in their journals, check on their animals, or do some work in the kitchen to prepare for the following day. Then, they would go back to sleep for another three to four hours, waking at dawn. This practice must have worked for them. They couldn't have gotten so much work done if they were constantly exhausted.

But this all changed with the invention of electric lighting. People started staying up later and later, sometimes until midnight, so they stopped waking up in the middle of the night to complete tasks. Instead, they would sleep through the night. Also, because fewer and fewer people were working on farms, they didn't need to wake up as early to care for their animals. As a result, more and more people began to sleep in a single segment. Does that mean the eight-hour guidelines are correct? Perhaps, but research on traditional societies living in different parts of the world today suggests otherwise. The full eight hours may still be just wishful thinking for the average adult. Between six and seven hours is probably enough for most of us.

**According to the article, why are adults today not getting enough sleep?**

- A. stress from responsibilities and modern life
- B. advancements in technology
- C. an inability to keep up with work
- D. aging population

ANSWER: A

**What is the most likely meaning of a *segment*?**

- A. part of a whole
- B. a location
- C. a division
- D. a scale

ANSWER: A

**The article says that people used to wake at *dawn*. About what time would that have been?**

- A. around 5:00 A.M.
- B. before 4:00 A.M.
- C. after 10:00 A.M.
- D. around 8:00 A.M

ANSWER: A

**What does the author mean when she says that the practice of segmented sleep “must have worked for them”?**

- A. They were very productive.
- B. They did not complain.
- C. The practice continues today.
- D. They should have found another job.

ANSWER: A

**What does the author mean when she says that research suggests that eight hours of sleep is *wishful thinking*?**

- A. Research shows that very few people actually get this much sleep.
- B. No one really knows how much sleep humans need.
- C. Sleep needs vary from one society to another.
- D. A lot of people have already had eight hours of sleep.

ANSWER: A

**Which of these statements can you infer from the article?**

- A. Most adults today probably are getting enough sleep.
- B. The way that adults slept in the past was probably healthier.

- C. Sleeping patterns today are probably having a negative effect on health.
- D. People nowadays tend to sleep more than in the past.

ANSWER: A

**Which statement best expresses the author's attitude?**

- A. We shouldn't always take health experts' advice too seriously.
- B. We need to learn from the past.
- C. We cannot turn back the clock on technology.
- D. Technology can help people improve their sleep quality.

ANSWER: A

**In terms of their impact on human sleep, in what way was electric lighting like today's electronic devices?**

- A. They have both extended the workday.
- B. They have made our lives easier.
- C. They are both technological solutions.
- D. They have made our lives more difficult.

ANSWER: A

**According to the article, which of these statements is true?**

- A. Sleeping six or seven hours a day might be enough for us.
- B. Most people in the past slept through the night.
- C. Most people in the past preferred a long nap during the day.
- D. We must sleep more than eight hours a day.

ANSWER: A

**According to the article, what are the consequences of lack of sleep?**

- A. frustration and exhaustion
- B. negative attitude towards work
- C. violence
- D. unemployment

ANSWER: A

**READING PASSAGE 2**

**Part 2: Read the passage and decide whether each statement is True, False, or Not Given (2.5 marks)**

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

### **Unusual sports**

**(A)** Do you ever get bored with the same old sports? If you're tired of tennis, fed up with football or bored of basketball, don't worry. There are plenty of new and unusual sports out there for you to try. Many of these are a mix of existing sports, sometimes with a local element added. Bossable, for example, is a mix of football and volleyball, played on an inflatable pitch with a trampoline in the middle. To make it more exciting, it also has elements of Brazilian martial arts!

**(B)** If you are very good at horse riding, you could try the national sport of Afghanistan, buzkashi. Many versions have been played in the Central Asia region for hundreds of years. The game involves players on horseback trying to get hold of a death goat. The Afghan Buzkashi Federation wants the game to spread throughout the world and has finally written down the rules because they hope to get Olympic status for the sport.

**(C)** A sport that is more likely to become famous is kabaddi. It is popular in India and other parts of South Asia. It is similar in some ways to the game called 'tag' or 'it' which schoolchildren play. One person is 'it' and has to catch the others. In kabaddi, a 'raider' from one team tries to 'tag' a player from the other team and then return to their own half of the field without getting caught. In some versions of the game, the 'raider' must chant the word 'kabaddi' as he returns to his place. Kabaddi is good fun, good exercise and doesn't need any equipment. It is played at the Asian Games.

**(D)** There is an unusual sport which describes itself as a 'classic mix of brains and brawn'. The game, called 'chess boxing', involves around chess and then a round of boxing, then another chess, and so on. There is one minute between rounds. The first chess boxing world championship took place in 2003 in Amsterdam and was won by a Dutchman, Lepe Rubingh. Since then, it has become more popular, particularly in Germany, the UK, India and Russia. It is a difficult sport, as players need to be very good at two very different activities and be able to switch quickly between the two.

**(E)** Finally, an unusual sport that will be familiar to most of us is roshambo, which began in China about 2000 years ago and spread gradually to the rest of the world. Played by young and old, in the UK it is known as 'rock-paper-scissors'. It is surprising that it is called a sport and taken so seriously: there's a World Rock Paper Scissors Society and a league which holds

championships every year. So, whatever kinds of sport you like, there is something new and interesting for you to try.

**Players of chess boxing only need to reach a high level in one of the activities.**

- A. False
- B. True
- C. Not Given

ANSWER: A

**Buzkashi got written rules long after the game first started.**

- A. True
- B. False
- C. Not Given

ANSWER: A

**Roshambo Can be played by anyone, even children and the elderly.**

- A. True
- B. False
- C. Not Given

ANSWER: A

**Bossaball is played on grass.**

- A. False
- B. True
- C. Not Given

ANSWER: A

**It could be quite expensive to play kabaddi.**

- A. False
- B. True
- C. Not Given

ANSWER: A

**They are different versions of the game kabaddi.**

- A. True
- B. False
- C. Not Given

ANSWER: A

**Chess boxing is played in several different countries.**

- A. True
- B. False
- C. Not Given

ANSWER: A

**People play boosaball on a soft surface.**

- A. True

B. False  
 C. Not Given  
 ANSWER: A

**Buzkashi is an Olympic sport.**

A. False  
 B. True  
 C. Not Given  
 ANSWER: A

**Lepe Rubingh is from Germany.**

A. False  
 B. True  
 C. Not Given  
 ANSWER: A

### READING PASSAGE 3

**Part 3: Read the text and choose the correct answer to each given question. (2.5 marks)**

Everybody knows how important it is for students to get a good night's sleep every night. You aren't able to do your best and keep up with all of your responsibilities unless you sleep well. I'm sure you already know that you should go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted as common sense for as long as I can remember. However, I was young once and I know that most of you get much less sleep than that – and in some cases it will be affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They did a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They may go to bed and get up at appropriate time but a growing number are waking up in the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: *FOMO – fear of missing out!*

According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to check social media. Afraid of missing a comment or opportunity to take part in a chat, teenagers are waking at all times of the night, going online and getting involved. All this when they should be sound asleep.

Experts are worried about this growing trend and the report reveals some worrying statistics that I'd like to share with you:

- 23% of 12 to 15-year-old wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.
- One in three students are constantly tired and unable to function to their full capacity.

• Students who use social media during the night are more likely to suffer from depression and anxiety. So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end and your social media will be waiting to greet you in the morning! I give you my word that you won't have missed anything important.

**Students won't be able to perform well at school ...**

- A. if they don't sleep well.
- B. if they have phones in class.
- C. unless they use common sense.
- D. unless they know

ANSWER: A

**The writer is worried by ...**

- A. what he has read in the press.
- B. what other teachers have told him.
- C. what he is seeing with his pupils.
- D. what he likes

ANSWER: A

**Research shows that schoolchildren are tired because they ...**

- A. are waking up in the middle of the night
- B. are going to bed very late.
- C. are getting up too early in the morning.
- D. are doing much homework

ANSWER: A

**Fear Of Missing Out is ...**

- A. a fear of missing opportunities for interaction on social media.
- B. anxiety about not having the latest technology.
- C. an irrational need to go out all the time.
- D. a fear of getting ill

ANSWER: A



**Nearly a quarter of 12 to 15-year-olds wake up to use social media ...**

- A.** almost every night.
- B.** once a night, on average.
- C.** once a week.
- D.** every day

ANSWER: A

**Students who use social media during the night ...**

- A.** have a higher incidence of depression and anxiety.
- B.** have weaker immune systems.
- C.** do worse in exams.
- D.** become lazy

ANSWER: A

**According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to ...**

- A.** check social media
- B.** do homework
- C.** read books
- D.** take a bath

ANSWER: A

**What is the proportion of 12 to 15-year-old wake up nearly every night to use social media?**

- A.** 23%
- B.** 20%
- C.** 25%
- D.** 27%

ANSWER: A

**Where does this article appear?**

- A. in a teachers' magazine
- B. in the newspapers
- C. in the school
- D. on the board

ANSWER: A

**What is the main title of the paragraph?**

- A. FOMO – a negative trend
- B. the way to avoid staying up late
- C. For Many Opinions
- D. Social media is important

ANSWER: A

**PHẦN TỰ LUẬN (tổng số câu hỏi: 10 + thang điểm từng câu hỏi: 0,25)**

**Part 4: Complete the following sentences with 8 words from the box. You don't need to change the word forms. (2.5 marks)**

poverty	threat	data	develop	stranger
comfort zone	obstacle	system	factor	confidence

Câu 31 (0,25 điểm): The government is aiming to tackle \_\_\_\_\_ in the future.

**Đáp án Câu 31: poverty**

Câu 32 (0,25 điểm): The \_\_\_\_\_ of losing his job made him nervous.

**Đáp án Câu 32: threat**

Câu 33 (0,25 điểm): English speaking skill can be an \_\_\_\_\_ for many students.

**Đáp án Câu 33: obstacle**

Câu 34 (0,25 điểm): The nervous \_\_\_\_\_ helps us process much information.

**Đáp án Câu 34: system**

Câu 35 (0,25 điểm): Her creativity is a major \_\_\_\_\_ in her success.

**Đáp án Câu 35: factor**

Câu 36 (0,25 điểm): The students demonstrated their high \_\_\_\_\_ in the competition.

**Đáp án Câu 36: confidence**

Câu 37 (0,25 điểm): We have just analyzed the raw \_\_\_\_\_.

**Đáp án Câu 37: data**

Câu 38 (0,25 điểm): She was a complete \_\_\_\_\_ to this class.

**Đáp án Câu 38: stranger**

Câu 39 (0,25 điểm): Young people should step out of their \_\_\_\_ if they want to achieve huge success.

**Đáp án Câu 39: comfort zone**

Câu 40 (0,25 điểm): It takes time and patience to \_\_\_\_ our skills and knowledge.

**Đáp án Câu 40: develop**

### ĐÁP ÁN PHẦN TỰ LUẬN VÀ THANG ĐIỂM

Phần câu hỏi	Nội dung đáp án	Thang điểm	Ghi chú
<b>Phần 1</b>		<b>2,5</b>	
Câu 1-10	1. stress from responsibilities and modern life 2. part of a whole 3. around 5:00 A.M. 4. They were very productive. 5. Research shows that very few people actually get this much sleep. 6. Most adults today probably are getting enough sleep. 7. We shouldn't always take health experts' advice too seriously. 8. They have both extended the workday. 9. Sleeping six or seven hours a day might be enough for us. 10. frustration and exhaustion		
<b>Phần 2</b>		<b>2,5</b>	
Câu 11-20	11. False 12. True 13. True 14. False 15. False 16. True 17. True 18. True		

	19. False 20. False		
<b>Phần 3</b>		<b>2,5</b>	
Câu 21-30	21. if they don't sleep well. 22. what he has read in the press. 23. are waking up in the middle of the night 24. a fear of missing opportunities for interaction on social media. 25. almost every night. 26. have a higher incidence of depression and anxiety. 27. check social media 28. 23% 29. in a teachers' magazine 30. FOMO – a negative trend		
<b>Phần 4</b>		<b>2,5</b>	
Câu 31-40	31. poverty 32. threat 33. obstacle 34. system 35. factor 36. confidence 37. data 38. stranger 39. comfort zone 40. develop		
	<b>Điểm tổng</b>	<b>10</b>	

**Trưởng bộ môn**

*TP. Hồ Chí Minh, ngày 22 tháng 6 năm 2024*  
**Giảng viên ra đề**



**TS. Nguyễn Hoà Mai Phương**

**ThS. Trương Hồng Ngọc**