



## LISTENING

1 **A**  3.1 Listen to the introduction to a radio programme about the achievements of sportspeople overcoming learning difficulties. Answer the questions.

- Which learning difficulty does Clare Ellis specialise in?  
\_\_\_\_\_
- How did Clare's pupils feel about their abilities?  
\_\_\_\_\_
- What two qualities does Clare think are more important than doing well in the classroom?  
\_\_\_\_\_

**B**  3.2 What do you know about these sportsmen? Are the statements true (T) or false (F)? Listen to the rest of the programme to check your answers.

**Michael Phelps:**

- is a gymnast. \_\_\_\_\_
- won an Olympic medal when he was fifteen. \_\_\_\_\_
- hated swimming as a child. \_\_\_\_\_

**Muhammad Ali:**

- was a boxer. \_\_\_\_\_
- wrote poetry. \_\_\_\_\_
- wasn't self-confident. \_\_\_\_\_





**C** Listen again and circle the correct answer, a), b) or c).

- ADHD affects children's ability to  
a) read.    b) concentrate.    c) fight.
- Apart from being a good sportsman, Muhammad Ali was good at  
a) maths.    b) business.    c) speaking.
- When he was a child, Michael Phelps was told that he  
a) wasn't hyperactive.  
b) would never be successful.  
c) was terrible.
- Swimming helped him use up energy and  
a) keep him safe.  
b) increase his strength.  
c) think more calmly.
- These people can teach us that it's important to try new things and  
a) learn more.  
b) keep trying.  
c) make mistakes.
- Parents need to help children  
a) follow a traditional path.  
b) experience new activities.  
c) develop their talents.

## GRAMMAR

## NARRATIVE TENSES

2 Underline the correct alternatives to complete the text.

 sign out
 search

### A photo that caused trouble

Years ago, when I <sup>1</sup>was/had been a student, I used to hitchhike around the country because I <sup>2</sup>wasn't having//didn't have much money to pay for transport. One day I <sup>3</sup>set off/was setting off to go to a concert and <sup>4</sup>walked/was walking out to the edge of town to try and get a lift. My mother <sup>5</sup>didn't approve/hadn't approved of hitchhiking, so I <sup>6</sup>was telling/had told her that I <sup>7</sup>took/was taking the train. I <sup>8</sup>was waiting/waited for a car to come when a girl <sup>9</sup>approached/was approaching me and asked if she could take my photo. I was rather surprised, but she <sup>10</sup>had explained/explained that she <sup>11</sup>took/was taking photos of typical students for an article about student life. I agreed and after she <sup>12</sup>was taking/had taken the photo, I <sup>13</sup>thought/was thinking no more about it. I went on to the concert and <sup>14</sup>got/had got a lift home again without any problems. It was only two weeks later that my mother <sup>15</sup>had come/came to me with the local paper and there was my picture! I <sup>16</sup>stood/was standing by the side of the road with my thumb out. She was furious!

3 Underline the correct alternatives to complete the sentences.

- After sending the email, she had realised/realised she was copying in/had copied in the wrong person.
- Before he joined/was joining the First Division, he wins/had won several trophies in the Junior League.
- We were living/had lived in the city centre when the war started/starts.
- My father was warning/had warned me about living in that area, but I move/moved there anyway.
- Although he had studied/was studied hard for his exam, he was failing/failed.
- She was looking/looked for her ring when she found/had found the old letters.
- I grew up/was grown up in a small village where everyone was knowing/knew each other.
- I was waking up/woke up in the middle of the night because my phone was ringing/was rung loudly in the other room.
- He was hurting/hurt his leg while he was skiing/skied last month.
- They were arranging/had arranged to meet in the café but when he was getting/got there, it was closed.

## VOCABULARY

### ADVERBS

4 Complete the sentences with the words in the box.

realistically desperately amazingly  
cheerfully literally undoubtedly  
bravely typically

- 1 She \_\_\_\_\_ wanted to succeed. In fact, nothing was more important to her.
- 2 He \_\_\_\_\_ faced the attacker who was threatening his son.
- 3 The members of the Masai tribe are \_\_\_\_\_ tall and thin.
- 4 Winning the gold medal in the London Olympics was \_\_\_\_\_ the highlight of her career.
- 5 She sang \_\_\_\_\_ as she packed her suitcase to go on holiday.
- 6 The boy is \_\_\_\_\_ good at the piano, considering he's only three years old.
- 7 There were \_\_\_\_\_ thousands of people on the streets waiting for the king to go by.
- 8 \_\_\_\_\_, you can't expect to win the lottery.

## WRITING

### A BIOGRAPHY; LEARN TO USE LINKERS

5 Complete the sentences with the words in the box.

however although whereas  
consequently furthermore despite

- 1 He'd never played in public before. \_\_\_\_\_, he didn't feel nervous.
- 2 \_\_\_\_\_ he had had a difficult childhood, he was a great father.
- 3 Her coach was very supportive \_\_\_\_\_ her teammates didn't believe in her.
- 4 Yoga is recommended to footballers as a good way to relax. \_\_\_\_\_, it has also been shown to prevent injuries.
- 5 He was in the lead but then he fell in the last few metres. \_\_\_\_\_, he didn't win the gold medal.
- 6 \_\_\_\_\_ living in a dangerous area, he never felt threatened.

6 A Read the text below and put the paragraphs in the correct order according to these headings.

- 1 Introduction \_\_\_\_\_
- 2 Background/Early life \_\_\_\_\_
- 3 Major achievements \_\_\_\_\_
- 4 Final comments \_\_\_\_\_

## Tom Daley



- A** Tom first showed talent at the age of only seven, when he joined his first diving club in his home town, Plymouth. <sup>1</sup> \_\_\_\_\_ he started secondary school, he had already won several international championships. <sup>2</sup> \_\_\_\_\_ much of his time was spent training, he managed to get good grades at school. Being famous was not easy and he was bullied at school. <sup>3</sup> \_\_\_\_\_, he bravely tried to help other children who were having a hard time at school. <sup>4</sup> \_\_\_\_\_, he also supports The Brain Tumour Charity due to his father's death from this disease when Tom was just seventeen.
- B** He is admired because he is a skilful diver and is extremely confident, <sup>5</sup> \_\_\_\_\_ he is also humble and has never let fame go to his head. He's undoubtedly one to watch in this spectacular sport.
- C** British sportsman Tom Daley is a likeable figure, well-known for his achievements <sup>6</sup> \_\_\_\_\_ his rise from brilliant junior diver to diving superstar. Still young, he has shown great expertise at the highest level of the sport.
- D** <sup>7</sup> \_\_\_\_\_ his disappointment when he missed out on an individual medal in the 2016 Olympics, he didn't give up and went on to win gold in the 2017 World Championships. He has obtained numerous other gold medals in national and international events. He is also a TV celebrity and has appeared on shows such as *Splash!*, where he taught celebrities to dive.

B Complete the text in Exercise 6A with the words in the box.

since despite although by the time  
because of this in addition to this but

7 Write a short biography (200–250 words) of tennis player Novak Djokovic. Use some of the information below and any other information you can find on the internet or in books.

- born 1987 (Belgrade, Serbia); started playing age 4; tennis courts opposite his parents' restaurant
- war in Belgrade 1999; practised in empty swimming pool because of bombing
- 2008 won Australian Open (6 wins in total); 2011 became no.1 in the world; 2 US Open; 3 Wimbledon titles; many other wins
- great sense of humour; many television appearances
- started a foundation to help disadvantaged children; member of Champions for Peace club – peace through sport
- married 2014; first child 2014; second child 2017
- intolerant to wheat, dairy and tomatoes; only drinks warm water, not cold; ate grass after winning Wimbledon



## GRAMMAR

## MODALS OF OBLIGATION: PRESENT/PAST

1 Underline the correct alternatives to complete the sentences.


- 1 Visitors *must/shouldn't* register with security before entering the main building.
- 2 You *don't have to/shouldn't* be watching TV now. You've got a lot of homework to do.
- 3 Why are you at home? You *don't have to/should* be at work now!
- 4 I'm happy we *mustn't/don't have to* get up early on Saturday. I need to rest.
- 5 You *should/don't have to* leave yet. There's lots of time before the train goes.
- 6 You *mustn't/should* move while I'm taking the photo or the picture will be out of focus.
- 7 The school rule is that children *mustn't/don't have to* leave the school without an adult if they are under fourteen.
- 8 You *should/mustn't* book the tickets today. It may be too late tomorrow.
- 9 You *don't have to/must* turn off all electronic devices when the plane is taking off.
- 10 I really think you *should/shouldn't* call him now. It's already midnight, so he may be asleep.

2 Match sentences 1–7 with responses a)–g).

- 1 Oh no, there's no milk left!
  - 2 I'm tired today.
  - 3 I've got an exam tomorrow.
  - 4 I broke John's calculator.
  - 5 Lunch is provided.
  - 6 The concert was free.
  - 7 What's the deadline for the report?
- a) You must hand it in before 2p.m. on Friday.  
 b) You should have bought some yesterday.  
 c) So I don't have to bring food. That's perfect!  
 d) You should buy him a new one.  
 e) You mustn't go to bed late.  
 f) You shouldn't have gone out so late last night.  
 g) So you didn't have to pay to get in. Fantastic!

3 A How is *have* pronounced in these sentences? Underline it if it is pronounced /əv/. Circle it if it is pronounced /hæf/.

- 1 I have to leave right now.
- 2 You should have been more careful.
- 3 Did you have to pay for parking?
- 4 We have had to make a few changes.
- 5 I have got a new car.
- 6 They don't have to come tomorrow.

B  3.3 Listen and check. Then listen again and repeat.

## READING

4 Which tip, a) b) or c), do you think is the best for each situation? Read the article and check your answers.

- 1 You worry about taking exams.  
a) Study long hours.                      b) Do exercise.
- 2 You worry about your health.  
a) Talk to your friends.                  b) Talk to experts.
- 3 You worry about your relationships with others.  
a) Try to be like them.                    b) Be self-confident.

## WHAT DO YOU WORRY ABOUT?

**Anxiety** is a recognised medical issue and as many as one person in three suffers from an anxiety attack at some point in their life. But anxiety isn't always a bad thing; some people actually work better under stress and having to face challenges. However, for other people, worrying makes them physically ill.

## Exam worries

Exam anxiety is especially common with students who are academically successful and concerned about their future. If you are one of these people, you often spend your time immersed in books, forgetting that a healthy body leads to a healthy mind. You should make sure you get plenty of rest (no all-night studying just before an exam) and regular exercise. It's important to have breaks and do some physical activity to clear your mind. Drinking too much coffee or overusing other stimulants does not reduce anxiety and may lead to a last minute panic on the exam day.



## Good advice?

Health and physical appearance is also a frequent cause of anxiety. In some respects, talking and reading about it can make it worse. For example, you are worried about having headaches. You call up a friend to ask their opinion. They're not an expert and they try to comfort you, but then they tell you about someone they know who had the same symptoms and has a terrible disease! Then, filled with dread, you google the symptoms and you read about all sorts of frightening diagnoses, so you feel twenty times more anxious than when you started. Too much information can be a bad thing when it is not given to you personally by a trained professional.

## Social anxiety

Many teenagers and adults worry about what other people think of them. You want to fit in and be liked but trying too hard can stop you feeling comfortable in your own skin. You mustn't worry if some people don't take any notice of you, but just think that they are worse off for not knowing you. You should have confidence in yourself and your own beliefs, but you should also listen to others and try to understand their point of view. It's a combination of tolerance and high self-esteem.

**5** Read the article again and underline the correct alternative to complete the sentences.

- 1 Students who want to do well sometimes spend too much time *panicking/studying*.
- 2 Exercise helps you to *think more clearly/rest*.
- 3 Friends' advice isn't always *helpful/truthful*.
- 4 Good health advice must be *personal/comforting*.
- 5 You should *respect/question* other people's opinions.

**6** Find words/phrases in the article that match definitions 1–8.

- 1 an uncomfortable feeling of worry (para 1)  
\_\_\_\_\_
- 2 completely involved (para 2) \_\_\_\_\_
- 3 decrease (para 2) \_\_\_\_\_
- 4 illness (para 3) \_\_\_\_\_
- 5 fear (para 3) \_\_\_\_\_
- 6 confidence in your own abilities (para 4)  
\_\_\_\_\_

## VOCABULARY

### LEXICAL CHUNKS: LIFE CHALLENGES

**7** Complete sentences 1–6 with phrases a–h.

- 1 The current economic crisis means that many families find it difficult to \_\_\_\_.
- 2 Leaving the UK to volunteer in Mexico was a \_\_\_\_\_. I had no idea what to expect.
- 3 My son wants to \_\_\_\_ his own business selling sunglasses online.
- 4 He just wants to \_\_\_\_ with his friends in the shopping mall.
- 5 I'm not sure I'll be able to \_\_\_\_ all the deliveries on my own. I need someone to help me.
- 6 She started kickboxing because she wanted to \_\_\_\_ with her friends who did the sport.
- 7 They didn't \_\_\_\_ the 'No Entry' sign and went into the park.
- 8 The new volunteers \_\_\_\_ the charity. They are talented and motivated.

- a) hang out
- b) make ends meet
- c) deal with
- d) fit in
- e) have so much to offer
- f) set up
- g) take any notice of
- h) leap into the unknown

**8** Underline the correct alternatives to complete the sentences.

- 1 When I changed careers and became a schoolteacher, it was a transitional *day/moment*.
- 2 Even though some people think he's strange, he feels comfortable in his own *place/skin*.
- 3 When he agreed to take over the business, he was taking a *leap/jump* into the unknown.
- 4 I tried to ask a question but he didn't *take/make* any notice of me.
- 5 My sister is really *into/onto* salsa dancing.
- 6 I was unemployed, so I had to use my savings to make *money/ends* meet.

## VOCABULARY PLUS

### IDIOMS: RELATIONSHIPS

**9 A** Match 1–12 with a)–l) to make sentences.

- 1 My brother and I have a stormy
- 2 I've never met your other
- 3 You should give him a second
- 4 He's only a fair-weather
- 5 I'm sorry we don't see eye to
- 6 I need a shoulder to
- 7 It was truly love at first
- 8 My mother's one in a
- 9 We had a meeting to clear the
- 10 My two friends got on like a house on
- 11 He's really under the
- 12 My ex-boyfriend broke my

- |                  |             |
|------------------|-------------|
| a) relationship. | g) half.    |
| b) air.          | h) chance.  |
| c) fire.         | i) million. |
| d) friend.       | j) thumb.   |
| e) eye.          | k) heart.   |
| f) cry on.       | l) sight.   |

**B** Complete the sentences with idioms from Exercise 9A.

- 1 His donation means the charity will be able to help thousands of children. He's \_\_\_\_\_.
- 2 She comes to my parties but she didn't visit when I broke my leg. She's only a \_\_\_\_\_.
- 3 My business partner and I don't \_\_\_\_\_ about how to run the company, so we're always arguing.
- 4 They met on a blind date and got \_\_\_\_\_. They enjoy each other's company.
- 5 Please give me \_\_\_\_\_. I'll try to improve.
- 6 My neighbours are shouting again. I think they have a \_\_\_\_\_ and might separate soon.
- 7 After the argument we both realised we needed to talk about it again to \_\_\_\_\_, otherwise we might ruin our friendship.
- 8 Have you met my \_\_\_\_\_? We've been together for two years.

## VOCABULARY

### EVERYDAY ISSUES

**1 A** Match the adjectives with prefixes 1–7 with their definitions a–g.

- 1 unacceptable      5 misleading  
 2 underestimated      6 substandard  
 3 outdated      7 disconnected  
 4 overpriced

- a) removed, taken away  
 b) giving a false impression  
 c) excessively expensive  
 d) insufficiently calculated  
 e) too bad to be allowed  
 f) lower than the minimum quality required  
 g) old-fashioned

**B** Complete the email with the adjectives in Exercise 1A.

To: Editor  
 From: R.Smith

Dear Editor,

It's shocking how the elderly can sometimes be completely abandoned, especially when they live in a big city. A recent apartment fire has brought this issue to the media's attention. Harriet Fallow, a ninety-year-old with no family, couldn't pay her electricity bill, so the supply was <sup>1</sup> \_\_\_\_\_. The fire started because she used a candle to light her room.

We can find many other cases of elderly people living in <sup>2</sup> \_\_\_\_\_ accommodation, with no washing facilities and <sup>3</sup> \_\_\_\_\_ equipment that is old and dangerous to use. Basic services such as power are <sup>4</sup> \_\_\_\_\_, so these people, who have little income, can't afford the minimum comfort such as heating or decent food. The case of Harriet just shows how <sup>5</sup> \_\_\_\_\_ government reports are when they claim everyone has access to a reasonable standard of living. In fact, recent surveys have shown that the extent of the problem has been <sup>6</sup> \_\_\_\_\_ and is more common than was previously thought. It is <sup>7</sup> \_\_\_\_\_ that these people are refused access to essential services.

Yours,

R. Smith

Send

**2** Match issues 1–6 with possible solutions a)–f).

- 1 The information on your company website is outdated.  
 2 The fish in the supermarket is overpriced.  
 3 A builder is using substandard cement for the wall he's building.  
 4 Your water supply has been disconnected.  
 5 The information in a holiday brochure is misleading.  
 6 The way an employee dresses is unacceptable.
- a) Ask them to change their clothes.  
 b) Go to a different store.  
 c) Pay your bill immediately.  
 d) Redo it with the latest details.  
 e) Complain to the tourist office.  
 f) Talk to the architect in charge.

## FUNCTION

### RESOLVING CONFLICT

**3 A**  3.4 Listen and match conversations 1–5 with situations a)–e).

- a) two colleagues discussing decorating the office \_\_\_\_\_  
 b) a boss and a worker discussing some work \_\_\_\_\_  
 c) a shop assistant and customer discussing a purchase \_\_\_\_\_  
 d) a husband and wife talking about their weekend plans \_\_\_\_\_  
 e) two neighbours in the street talking about a problem \_\_\_\_\_

**B** Listen again and complete the sentences from the conversations.

- 1 a) Good morning, \_\_\_\_\_ return this hairdryer I bought last month.  
 b) \_\_\_\_\_ speak to the manager about this?  
 2 a) I'm sorry to bother you, but \_\_\_\_\_ move your car.  
 b) If possible, \_\_\_\_\_ to park a little further down the street?  
 3 a) Well, we do need to paint it. \_\_\_\_\_ another colour?  
 b) \_\_\_\_\_ choose blue?  
 4 a) Well, I \_\_\_\_\_ to get the facts right.  
 b) \_\_\_\_\_ go through the points together and I will explain?  
 5 a) Look, there's something \_\_\_\_\_ about.  
 b) Well, \_\_\_\_\_ you drive me there, say hello and then go to play golf while we chat?

## LEARN TO

### SOUND TACTFUL

**4** Complete the sentences with the phrases in the box.

I thought maybe    I wonder if    perhaps you could  
 there's something    the thing is    would you be able

- 1 \_\_\_\_\_ to give me the information this week?  
 2 \_\_\_\_\_ call him today?  
 3 \_\_\_\_\_ I'm rather busy.  
 4 \_\_\_\_\_ you had finished the work.  
 5 \_\_\_\_\_ you would mind moving your bag?  
 6 \_\_\_\_\_ I have to tell you.