# UNIT 1 LIVE AND LEARN

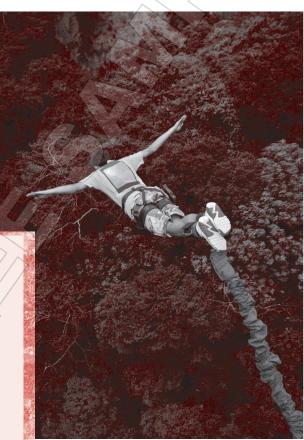
## 1 VOCABULARY: take, make, do

# A Complete the sentences with the correct form of take, make or do.

- 1 Have you ever \_\_\_\_\_ time off from university?
- 2 They are going to \_\_\_\_\_\_ a generous donation to our charity.
- 3 I \_\_\_\_\_\_ an important exam yesterday.
- 4 We haven't \_\_\_\_\_ anything artistic this year.
- 5 They \_\_\_\_\_\_ some volunteer work last year.
- 6 My friends \_\_\_\_\_ a great music video a year ago.

#### **B** Complete the paragraph with take, make or do.

I'm going to (1) \_\_\_\_\_\_ an important step in life and do some travelling before I start university next year. I want to (2) \_\_\_\_\_\_ something artistic, too. Maybe I'll write a book or (3) \_\_\_\_\_\_ a documentary. I also want to have fun, so I might (4) \_\_\_\_\_\_ an extreme sport like bungee jumping! And I want to (5) \_\_\_\_\_\_ some volunteer work, maybe for an environmental group because I'm not sure what kind of job I want in the future. It's easy to (6) \_\_\_\_\_\_ a mistake and end up in a job you don't like.



## **2 GRAMMAR:** present perfect + yet/already/just

- A Put the words in the correct order to form sentences.
- 1 have / they / to / been / already / Australia / ?
- 2 haven't / we / taken / yet / exam / the
- 3 just / sent / have / an email / l / you
- 4 had / you / party / your / have / yet / birthday / ?
- 5 already / homework / have / handed / in / you / your / ?
- 6 news / 17 just / the / heard / have

### **B** Match the questions to the answers.

- 1 How was your exam?
- 2 Have you finished your essay yet?
- 3 Have you read this new book?
- Where will you go on holiday?
- 5 Are you coming to the concert tomorrow?
- Are you having a party next week?
- a) No, I haven't had time yet.
- b) Yes, but I haven't bought a ticket yet.
- c) I haven't decided yet.
- d) Yes, I've already invited ten people.
- e) I haven't taken it yet.
- f) Yes, I've just handed it in.

## **C** Read the information. Write sentences with yet and *already*.

- Maria / study painting (), study sculpture (X)
  Maria has already studied painting, but she hasn't studied sculpture yet.
- 2 Hugo / see Rihanna (✗), see Beyoncé (✔)
- 3 Terence and Julio / climb a mountain (✔), walked on a glacier (Ⅹ)
- 4 I / do kitesurfing (X), try snowboarding ( $\checkmark$ )
- 5 we / do environmental work in Peru ( $\checkmark$ ), do volunteer work here ( $\varkappa$ )/
- 6 Jim / see most of England (✔), go to Scotland (Ⅹ)

## WHAT'S RIGHT?

 $(\checkmark)$ 

🕅 I just have taken my exam.

## **3 READING:** for the main idea

# A Read the article. Underline the topic sentence in each of the two paragraphs.

## Two types of memory

- 1 Our brains receive thousands of messages every minute of the day through our senses, including speech and other forms of communication. The human brain selects certain pieces of information and puts them into shortterm memory. Although it is possible to improve shortterm memory by using memory-training strategies, generally we can only hold about seven items in our short-term memory for about 20–30 seconds. This is enough time to complete a short task, such as dialling a phone number.
- <sup>2</sup> The brain then transfers information from short-term memory into long-term memory. This often occurs during sleep. It is easier to store new information that is connected to memories. That is why some people can remember huge amounts of information about one specific topic. Rehearsing and repeating information – such as when we play a piece of music on a musical instrument – also helps to transfer information to our long-term memory.

#### **B** Read the article again and choose the correct options.

- 1 The main idea of paragraph 1 is that ...
- a) we can't remember everything.
- **b**) we need to train our memories.
- The main idea of paragraph 2 is ...
  - a) why we forget things.
- b) how to improve long-term memory.

#### Choose T (true) or F (false).

1The brain stores everything in short-term memory.T / F2We can improve our short-term memory.T / F3Information is transferred to long-term memory while we are asleep.T / F4It is easier to remember information on topics we are familiar with.T / F

## 4 VOCABULARY: the learning process

#### A Complete the sentences with the words and phrases from the box.

beyond my comfort zone gave up measure progress pushes take risks

- 1 I went mountain climbing for the first time last year. It was terrifying – but I think it's good to \_\_\_\_\_\_ sometimes!
- I don't mind taking exams. It's a good way to
  \_\_\_\_\_ my progress.
- 3 I started learning the guitar this year. I try to practise every day, but my \_\_\_\_\_\_ is very slow.
- 4 I joined a drama club two years ago. I'm a very shy person but I wanted to do something that would push me \_\_\_\_\_\_. It was scary – but I loved it!
- 5 I tried to learn how to play chess, but it was just too difficult for me and I \_\_\_\_\_.
- 6 My tennis coach is really great he \_\_\_\_\_\_ me to practise every day and improve my game.

# **B 301** Listen and choose the correct option for each speaker.

- 1 The man likes / doesn't like to take risks.
- 2 The woman gives up / doesn't give up easily.
- 3 The man likes / doesn't like to push himself.

## **5 GRAMMAR:** present perfect continuous

A Complete the table with the verbs from the box.

be believe do go have (= own) know like make meet play study want write

Verbs not typically used with the present perfect continuous

Verbs typically used with the present perfect continuous

- **B** There is one mistake in each sentence. Rewrite the sentences correctly.
- 1 Diane has been having her motorbike for one year.
- 2 They been going out for three months.
- 3 We have living here for two weeks.
- 4 He has been study hard lately.
- 5 What you have been doing recently?
- I've been go out a lot with friends.





#### C Choose the best option.

- 1 I've had / been having my new laptop for two weeks.
- 2 She's written / been writing for over ten years.
- 3 I've studied / been studying really hard for my exams recently.
- 4 We've opened / been opening our own fashion shop in the town centre.
- 5 She's known / been knowing Alicia since April.
- 6 We've worked / been working on our new video for months.

## 6 SPEAKING: encouraging the speaker

# **A** Complete the short questions in response to each sentence.

- 1 A: I'm doing an MSc in biology.
- B: Are you?
- 2 A: I've been doing some volunteer work recently.
  - **B:** \_\_\_\_\_ you?
- A: Going travelling is a really good way to meet new friends.
  B: \_\_\_\_\_\_\_ it?
- A: Dave and Susan went to the Canaries for a holiday.B: \_\_\_\_\_\_ they?
- 5 A: We haven't found a new flat yet.
- B: \_\_\_\_\_ you?A: Lisa wants to find a
- A: Lisa wants to find a job in London.
  B: \_\_\_\_\_\_ she?
- 7 A: We're going to California next week.
  - **B:** \_\_\_\_\_ you?

#### B Number the conversation in the correct order.

- Oh, are you? What do you do there?
- Do you? Is it fun?
- Has it?
- Have you? Sounds good! I'm living in Sheffield now.
- Hi Nick. I haven't seen you for ages!
- □ I work for a computer company.

It's OK. Listen, I'm late for a meeting. It was really nice seeing you.

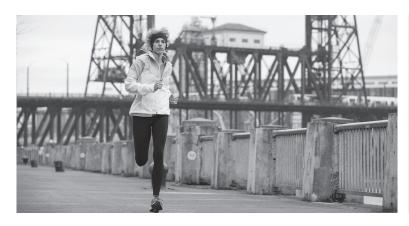
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- Not too bad. I've been working as an architect for five years.
- Nice seeing you, too. Bye.
- Yes. Time flies. How's it going?
- Yeah, I know. It's been at least ten years.

## **c 30 02** Listen and check your answers.



# Listen and write





A **3703** Listen to Becky talking about training for a marathon. Tick the appropriate column in the table to track her progress.

		Has been doing	Has already done	Hasn't done yet
1	fill in her application	· · · · · · · · · · · · · · · · · · ·	105	
2	post the application			
3	watch videos			
4	change her diet			
5	stop drinking soft drinks		$\sim$	
6	buy special clothes	• • •		
7	run			

**B** Think of a goal you are working towards. Write six steps that are important to take to achieve that goal. Then tick the appropriate column in the table to track your progress.

My goal: Have been doing Have already done Haven't done yet Have been doing Have already done Haven't done yet

# Over to You

# C 💋 Use your notes from Exercise B to write about your progress towards your goal.

- What have you already done?
- How do you feel about it?
- What haven't you done yet?
- How do you plan to do those things?

## WRITING TUTOR

My goal is to paint a really good painting and exhibit it. I've been taking art lessons for years.

I've already finished several paintings but I haven't ...

# **DOWN TIME**



# A Complete the conversation to find the words in the word search in Exercise B.

Kath:	l hear you got (1)! Congratulations!
lan:	Thanks. I didn't think it would ever happen but I'm glad I didn't
	(2) up. How about you? Are you still doing volunteer (3)?
Kath:	Yes, I am. It's hard to measure (4)sometimes, but I think I'm getting better. My (5)wants me to apply for a full-time position there. Unfortunately, it's a bit out of my comfort
lan:	(6)
Kath:	Yes, but I'd have to visit offices in London and Paris. And I don't like to (8) I don't mind driving or taking the train but I hate to
lan: Kath:	(9)! What a (10) Yeah. I think I need to (11) what I really want to do and
lan: Kath:	then fill in some more (12) applications. Well, good luck! Thanks, Ian.

### **B** Find and circle the words you wrote in Exercise A.

Р	R	0	М	0	T	E	D
R	S	Т	A	R	F	Z	С
0	Н	A	N	E	R	0	L
G	А	К	A	A	А	Ν	А
R	M	ZE.	G	I	V	E	R
Е	E	J	E	I	Е	S	Ι
s	W	0	R	К	L	Т	F
S	$\overline{1}$	В	С	L	F	L	Y



**c** Write the remaining nine letters here.

#### Now, unscramble them to answer this question.

o: What kind of goals should you set to achieve clear results?

\_ goals.

A: You should set \_\_\_\_\_