

INTERMEDIATE WORD LIST

UNIT ONE

Word / Phrase	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
achieve	verb	/ə'tʃi:v/	to succeed in doing or having what you planned or intended, usually after a lot of effort	Sometimes I feel like I haven't achieved any of my goals, but that isn't true.
all at once	adv phrase	/'ɔ:l æt wʌns/	at one time, without delay	You do not have to make decisions about your future all at once.
apart from	prep	/ə'pɑ:(r)t frɒm/	in addition to someone or something	Apart from English, what other languages do you learn?
application form	noun [count.]	/,æplɪ'keɪʃ(ə)n fɔ:(r)m/	a printed list of questions that you answer in order to try to get a job, borrow money, get a place at university etc	If you want the job, fill in the application form by the end of November.
apply	verb	/ə'plai/	to make an official request for a job or a place in a college or university	Apply to several universities so you have more options.
beyond	prep, adverb	/bɪ'jɒnd/	further than the usual range or limit	To be the best you have to push yourself beyond your comfort zone.
break (something) down	phrasal verb	/breɪk 'daʊn/	to divide something, such as a total amount, into separate parts	Break your goal down into smaller steps, so it is easier to achieve.
career	noun [count.]	/kə'riə(r)/	a job or profession that you have been trained for and you do for a long period	He had a long career in journalism.
careers advisor	noun [count.]	/'kə'riə(r)z əd'vaɪzə(r)/	someone whose job is to give advice on further education and jobs	Talk to the careers advisor about jobs and university courses.
chronological order	phrase	/,krɒnə'lɒdʒɪk(ə)l 'ɔ:(r)də(r)/	arranged or described in the order in which events happened or will happen	Arrange the steps in chronological order so you can go through them one by one.
clarify	verb	/'klærəfaɪ/	to explain something more clearly so that it is easier to understand	Can you clarify what you mean because we don't understand?
comfort zone	noun [uncount.]	/'kʌmfə(r)t zəʊn/	a situation, place or temperature that you feel relaxed in	In sport, do you push yourself or do you prefer to stay in your comfort zone?
compete	verb	/kəm'pi:t/	to take part in a competition or sports event	When you compete in the race you will see who is the fastest.
competence	noun [count.]	/'kɒmpɪtəns/	the ability to do something well	I am not questioning your competence.
conscious	adjective	/'kɒnʃəs/	conscious thoughts, memories etc are things that you know about	He was conscious of the fact that everyone was waiting for him.
degree	noun [count.]	/di'ɡri:/	a course of study at a university or the qualification that you get after completing the course	She is going to university to study for a degree in History.
do volunteer work	verb phrase	/du: ,vɒləntɪə(r) wɜ:(r)k/	to work without expecting to be paid for what you do	She does volunteer work at an orphanage every summer.

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earn	verb	/ɜ:(r)n/	to receive money for work that you do	Is it important to you to earn a lot of money?
evening course	noun [count.]	/'i:vniŋ kɔ:(r)s/	a series of classes for adults in a particular subject that they go to in the evening	If you want to learn Spanish why don't you do an evening course after work?
extreme sport	noun [count.]	/'ɪk'stri:m spɔ:(r)t/	a sport or activity that is exciting and dangerous, for example bungee jumping, white-water rafting or snowboarding	I love extreme sports. The more dangerous the better!
fluency	noun [uncount.]	/'flu:ənsi/	fluency is the ability to speak a language well	It takes time to develop fluency in another language.
fluent	adjective	/'flu:ənt/	able to speak a language very well	He is fluent enough in Italian to speak with the local people.
frustrating	adjective	/'frʌ,streɪtɪŋ/	making you feel annoyed and impatient because you are prevented from achieving something	Conscious incompetence can be a very frustrating stage for language learners because they realise how much they don't know!
get married	verb	/get'mærid/	to formally join in marriage to someone	I want to get married before I start a family.
give up	phrasal verb	/'gɪv ʌp/	to stop trying to do something because it is too difficult	I find studying Japanese really difficult but I'm not going to give up because I want to work in a Japanese bank.
go backpacking	verb phrase	/gəʊ 'bæk,pækɪŋ/	to travel around an area without spending much money, often on foot and carrying a backpack	I'm going backpacking around South America next summer.
grade	noun [count.]	/greɪd/	a letter or number that shows the quality of a student's work	He studied hard to get good grades at college.
green	adjective	/gri:n/	connected to the environment or its protection	Do you want to have a greener or healthier lifestyle?
have children	verb phrase	/hæv 'tʃɪldrən/	to be or become a parent	My sister can't have children so she is going to adopt a child.
however	conjunction	/həʊ'evə(r)/	used when you are saying something that seems surprising after your previous statement or that makes your previous statement seem less true	Sometimes this stage feels like too much work. However, if you work hard you will succeed.
improvement	noun [count.]	/ɪm'pru:vmənt/	the state of being better than before or the process of making something better than it was before	Check for improvement in your work to show you are making progress.
incompetence	noun [uncount.]	/'ɪnkəmptɪ(ə)ns/	lack of skill or ability to do something correctly or well	Conscious incompetence in language learning means that you know how much you haven't learnt yet.
job offer	noun [count.]	/'dʒɒb ɒfə(r)/	the offer of a job	I have had four interviews but not one job offer yet. I am getting a bit depressed.
list	noun [count.]	/lɪst/	a set of names, ideas etc that are written or printed one below another	Decide what you want to learn from the class and write your ideas in a list.
long	adjective	/lɒŋ/	a long book, letter, report etc has a lot of pages	I have a long list of things to buy at the supermarket. Do you need anything?

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main	adjective	/meɪn/	the main idea is the most important idea	The main thing to remember is to have fun!
maintain	verb	/meɪn'teɪn/	to make something stay the same	Do you want to have or maintain a serious love relationship?
make a decision	verb	/'meɪk ə dɪ'sɪʒ(ə)n/	to decide something after thinking carefully	You have to make a decision about university soon. Do you want to go or not?
make a donation	verb phrase	/meɪk ə dəʊ'neɪʃ(ə)n/	give money or goods to an organisation such as a charity	Can you make a donation to this charity? It needs to raise a lot of money.
make friends	verb phrase	/'meɪk frendz/	to become friends	I made friends with some girls in my Spanish class last year and we are meeting up this weekend.
measure	verb	/'meʒə(r)/	to form an opinion about how good or bad something is	You measure your progress in languages by taking exams at the end of the year.
mechanics	noun [uncount.]	/mɪ'kæniks/	the study of how engines and other machines work	If you learnt about mechanics you could fix my car!
mistake	noun [count.]	/mɪ'steɪk/	something that you have not done correctly or something you say or think that is not correct	I made a big mistake when I chose to study French. I find it really difficult.
model	noun [count.]	/'mɒd(ə)/	a simple technical description of how something works or happens	This model shows the stages of learning.
motivated	adjective	/'məʊtɪ'veɪtɪd/	enthusiastic and determined to achieve success	Sometimes it is difficult to stay motivated if you feel you are not making progress.
period	noun [count.]	/'pɪəriəd/	an amount of time during which something happens	It's best to set goals for a short period of time so you can reach them quickly.
plateau	noun [count.]	/'plætəʊ/	a period of time when something stops increasing or improving	I feel like I have reached a plateau in Spanish – I don't think I am improving at all!
progress	noun [uncount.]	/'prəʊgres/	the process of developing or improving	Progress in English can be slow sometimes and students get frustrated.
progress	verb	/'prəʊ'gres/	to continue to develop or move forward	To progress in English you need to study hard.
push yourself	verb	/'puʃ jə(r)'self/	to try very hard to achieve something, perhaps beyond what you would normally do	If you want to get to the top you'll have to push yourself very hard.
rarely	adverb	/'reə(r)li/	not often	I rarely go to the gym because I prefer other forms of exercise.
secure	adjective	/'sɪ'kjʊə(r)/	feeling confident and safe	It's easy to feel secure at intermediate level and just stay within your comfort zone.
stage	noun [count.]	/'steɪdʒ/	a particular part of a process that has several different parts	This diagram shows the four stages of language learning.
take risks	verb	/'teɪk rɪzks/	to do things although you know that something unpleasant or dangerous could happen	If you don't take risks you will never learn new things.

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take time off	verb	/ˈteɪk taɪm ɒf/	arrange not to be at work or at school for a period of time	He never takes time off – he’s always at work.
theory	noun [count.]	/ˈθiəri/	one or more ideas that explain how or why something happens	The theory behind the model is that, in order to learn something new, we first have to be conscious of what we know and what we do not know.
thing	noun [count.]	/θɪŋ/	an action or an activity	What do you like about learning new things?
trainer	noun [count.]	/ˈtreɪnə(r)/	someone whose job is to train someone in a sport	To get fitter you have to work with a professional trainer.
unconscious	adjective	/ʌnˈkɒnʃəs/	an unconscious feeling or thought is one that you do not realise that you have	In the first stage on the ladder, ‘unconscious incompetence’, we do not know how much we need to learn.
volunteer work	noun phrase [uncount.]	/ˌvɒlənˈtɪə(r) wɜː(r)k/	work that you agree to do without being paid for it	She does volunteer work for a local charity that helps the homeless.
yet	adverb	/jet/	used for talking or asking about something that has not happened at a particular time but will probably happen in the future	She hasn’t decided yet if she wants to come.

USEFUL EXPRESSIONS

Useful Expressions	Topic / Category	Sample Sentence
achieve (your) goal	The learning process	I hope you achieve your goal because you work very hard.
Another thing you could do is ...	The learning process	Another thing you could do is speak to John – he knows a lot about computer training.
How long ...?	The learning process	How long have you been looking for a job? More than two months?
identify a personal goal	The learning process	The first thing you need to do is identify a personal goal.
in the future	The learning process	I know you work in a shop now, but what kind of job would you like to do in the future?
learn from (your) mistakes	The learning process	I won’t go out the night before an exam again – I have learnt from my mistakes.
make a determined effort (to do something)	The learning process	I need to make a determined effort to pass my driving test this summer. I’ve failed twice already.
period of time	The learning process	Set goals for a shorter period of time, so they are easier to achieve.
reach (your) goal	The learning process	When you reach your goal you will feel very happy.
set a personal goal	The learning process	If you set a personal goal you can work towards it every day.
take care of an elderly relative	The learning process	She has to stay at home to take care of an elderly relative.
the rest of your life	The learning process	The results of these exams could affect the rest of your life!

Useful Expressions	Topic / Category	Sample Sentence
What have you been doing?	The learning process	What have you been doing since you left school?
Why haven't you ... yet?	The learning process	Why haven't you taken your exams yet?
working towards your goal	The learning process	Continue working towards your goal until you reach it!