

## DAY 2: VOCABULARY PRACTICE

### PART 1

**Task 1: Complete the sentences with the correct words. The first letter of each word is given.**

- 16 As part of the course, we will discuss how to write a m..... plot twist that your readers will not see coming!
- 17 We need a f..... shift in how we think about the value of a holiday. Everyone thinks it's purely a luxury but that's not the case.
- 18 To keep your mind active and e....., you should read actively and try to learn new things such as a foreign language.
- 19 Treat a m..... task such as drafting a report as a chance to practice mindfulness rather than feeling bored and burdened.
- 20 I was told that the movie was very unique and w....., but I was disappointed by the lack of originality and humour in the plot.
- 21 The research was f..... by funding from the British Research Council. Had it not been for their funding, the research could never have gone ahead.
- 22 I am in p..... agreement with the author's comments in which he invites us to accept the current situation and be tolerant. It's often easier said than done.
- 23 I love the quote by Maya Angelou that 'you can only become truly a..... at something you love'.

**Task 2: Complete the collocations in the sentences.**

- 24 It's amazing how actors can remember hundreds of lines .....
- 25 Hopefully this contract will ..... the way for future collaborations between the two companies.
- 26 Having a ..... memory helps me to forget the negative and focus on the positive. That's how I prefer it.
- 27 We can lend you the money, but that's all we can do as far as the support .....
- 28 Talking to another person involved in the same event helps ..... your memory of the finer details; things you had completely forgotten about.
- 29 This course has been designed to help teens navigate the ..... path to adulthood.
- 30 One of the best ways to build a positive attitude is to end each day on a positive .....

## PART 2

**Task 1: Complete the sentences with the correct words. The first letter of each word is given.**

- 16 They proposed a c..... model of change; one which was yet to become a concrete model.
- 17 What we are planning to use in the movie is c..... technology never seen in the UK before.
- 18 The memory test was looking at how well the participants were able to remember famous brands even if they looked different or had been slightly m..... .
- 19 It is a rare piece of research focusing on long-term memory, but it is so seriously f..... that the data it provides is meaningless.
- 20 It is very u..... to find out someone that you know is potentially losing their memory.
- 21 The trio tested their new creation and found it o..... as intended.
- 22 She stayed i..... and only described the candidates based on their suitability for the role and nothing else.
- 23 A s..... amount of forgetfulness was observed. It was certainly a significant amount.

**Task 2: Complete the collocations in the sentences.**

- 24 Our brain usually keeps memories but sometimes tries to ..... memories that are unpleasant.
- 25 My goal is to raise ..... of how exercise benefits cognitive health.
- 26 In this course we show you how much you can do to ..... facts and figures to memory, ready to recall them later in exams.
- 27 I still remember how my mum used to ..... out whenever my sister came back one second after it got dark.
- 28 It is amazing what can ..... a memory. It could be something as simple or as powerful as a smell.
- 29 Working memory ..... a vital role in social, emotional functioning.
- 30 We loved that documentary which depicted the ..... effect of one small act of kindness and how that one small act continues on and on.

### PART 3

#### Task 1: Read the sentences and complete the gaps with one word only.

- 16 He is a great team player but has a negative outlook most of the time and tends to see the ..... half empty.
- 17 Camogie is a full-body contact team sport played only by women and is not for the ..... ; you have to be tough.
- 18 Recovery from my broken leg, which happened mid-season, has been a roller coaster ride, but I am ..... there.
- 19 The last game was tough but the team rose to the ..... with an outstanding performance, winning a well-earned bronze medal.
- 20 After a disappointing season, we knew we had to cut our ..... , so we made the difficult decision to pull out of the competition.
- 21 His advice on how to improve my negotiation skills has made a huge difference to me so now I always ..... onto every word he says.
- 22 From the coach's perspective, the deal was a ..... situation for both the club and the player.
- 23 All that hope to win the trophy for the 9th time was gone in a split-second, just a ..... moment of self-doubt and it was all over.

#### Task 2: Complete the sentences with the correct words. The first letter of each word is given.

- 24 The club has spent a c..... amount rebuilding the stadium; it runs into the millions.
- 25 With over 200 spectators, the match was a r..... success, producing impressive scores and a new world record.
- 26 Climbing Mount Everest is a f..... challenge even for the fittest of people.
- 27 The losing team made a brave, but f..... effort to catch up to their opponent.
- 28 The strategy was fatally f..... and the tactics employed all failed.
- 29 I get t..... fed up with the 'shut-down' tactics he uses to end the conversation.
- 30 Although team spirit is important, there's s..... competition for places on the team and individual players are driven by that.

## PART 4

### Task 1: Read the sentences and complete the gaps with one word only.

- 16 We could have won the game, but we ended up losing we are now back to ..... one.
- 17 Having tried to become a professional tennis player, my brother comforted himself that if it all ....., he could always go back to accounting.
- 18 It's so petty to hold a ..... against someone when things don't go your way.
- 19 In order to make progress you need to ..... big and act small.
- 20 These tips probably won't make you the next winner of Wimbledon, but they can help you stay on top of your ..... and improve how well you play.
- 21 The meeting about team performance quickly turned into an all-out ..... and the coach had to take control of the discussion.
- 22 Let's ..... the music; the way our team is playing this season, it's hard to qualify for a League match, let alone win one.
- 23 Although playing in a hot and humid environment was a major challenge for me, and I felt extremely nauseous and tired, I certainly wasn't going to let it get the ..... of me.

### Task 2: Complete the sentences with the correct words. The first letter of each word is given.

- 24 His b..... ambition to become a racing driver has been fulfilled in a big way.
- 25 We knew the event was going to be an u..... disaster when one of the competitors didn't show up.
- 26 Tennis is one of the most popular sports in the UK which is played by a v..... number of people and followed by even more.
- 27 I still can't believe that our team lost thanks to a d..... performance and own goal from our most expensive player.
- 28 He is a successful Olympian and people love him not only for his achievements on the track but also his e..... character.
- 29 You can never win an argument with him no matter how p..... and valid your points are.
- 30 Although I was p..... shy as a teenager, I turned into a confident speaker.