

Unit 1 - Live and learn



Workbook

A. Put the phrases in the correct column

a big mistake

a donation to a charity

an extreme sport

a very important exam

volunteer work

something artistic

time off from school / work

an important step in your life

a video

take

make

do

B. Complete the sentences with the correct form of *take*, *make*, or *do*.

1. Have you ever _____ time off from school?
2. Did you _____ a 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 video a year ago.

C. Complete the paragraph with *take*, *make*, or *do*.

I'm going to _____ an important step in life and do some traveling before I start college next year. I want to _____ something artistic, too. Maybe I'll write a book or _____ a documentary. I also want to have fun, so I might _____ an extreme sport like bungee jumping! And I want to _____ 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 _____ a mistake and end up in a job you don't like.

D. Read the article. Select the topic sentence in each paragraph.

Two types of memory

1. Our brains receive thousands of messages every minute of the day through our sense, including speech and other form of communication. The human brain selects certain pieces of information and puts them into short-term memory. Although it is possible to improve short-term 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 dialing a phone number.



2. 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.

E. 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.
2. The main idea of paragraph 2 is...
a) why we forget things. b) how to improve long-term memory.

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

1. The brain stores everything in short-term memory T / F
2. We can improve our short-term memory T / F
3. Information is transferred to long-term memory while we are asleep T / F
4. It is easier to remember information on topics we are familiar with T / F

G. Complete the sentences with the words and phrases in the box.

beyond my comfort zone

gave up

measure

progress

pushes

take risk

1. I went mountain climbing for the first time last year. It was terrifying-but I think it's good to _____ sometimes!
2. 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 practice 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 love 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 practice every day and improve my game.

H. Listen to a Becky talking about training for a marathon.

Check the appropriate column in the table to track her progress.

	Has been doing	Has already done	Hasn't done yet
fill out her application			
mail the application			
watch videos			
change her diet			
stop drinking soft drinks			
buy special clothes			
run			