5 Mind

5.1 As if it were yesterday …

Vocabulary talking about childhood memories

1 Complete the sentences with memory words. The first letter is given.

1 I remember my wedding as if it were y*esterday* .
2 I v_____ recall seeing this film before, but I don't remember much about it.
3 He swears we've met before, but I have no r_____ of meeting him.
4 Apparently, I was sleepwalking last night; but I have no memory of it w_____.
5 I can just a_____ remember my first day at school.
6 The police officer wanted p_____ details of what the thief was wearing, but I couldn't remember.

PRONUNCIATION sentence stress (1)

2a 5.1 Listen and underline the stressed syllables in the sentences.

1 I can recall it clearly.
2 I can vaguely remember it.
3 I have no memory of it whatsoever.
4 I remember it as if it were yesterday.
5 I have a vivid memory of it.
6 I can just about remember it.

b 5.1 Listen again and check. Then repeat the sentences.

3 Complete the online article about memory with words from the box.

~~aeeess~~ analyse fade identify recall store vivid

SIX SURPRISING FACTS ABOUT MEMORY

1
Childhood amnesia is the inability to *access* memories from our earliest years.

2
Studies show that for many people their first kiss is one of their most _____ memories and that most of us are able to remember 90% of the details of this experience.

3
The human brain has enough memory to _____ three million hours of television.

4
A third of us regularly _____ the meaning our dreams. The best time to _____ dreams is in the ninety seconds after you wake up.

5
Recent research suggests that unpleasant memories _____ faster than pleasant ones.

6
Dolphins have the longest memories of all non-human species. Even after twenty years of separation, they can _____ the whistles of former companions.

LIVEWORKSHEETS

Grammar using verbs with *-ing* and infinitive

4 Find and correct the mistakes in five of the sentences.

1 I can't speak now as I'm about have dinner.
2 He was surprised to hear from me.
3 The shop wasn't easy finding.
4 I don't like the thought to get old.
5 We made a decision not to move house this year.
6 It's rare finding a job that doesn't get boring sometimes.
7 I'm looking for somewhere to park.
8 We've made plans for meeting up in Prague.

5 Complete the article with the correct form of the verbs in brackets and add prepositions where necessary.

Five ways to beat boredom at work

Do you ever have days at work when you feel incapable [1] *of concentrating* ***(concentrate), when you have an uncontrollable need*** [2]_____ ***(take) a nap at your desk, or are just desperate*** [3]_____ ***(get) home? We all do. Here are five ways to make your days a little more interesting.***

1 BE TASK-FOCUSED, NOT TIME-FOCUSED

Avoid the temptation to watch the clock. If you tell yourself you can go home at 5.00, the time is likely [4]_____ (crawl) slowly by. A better way of motivating yourself is to focus instead on completing the task that you are doing.

2 ACHIEVE MORE AND EARN BONUS POINTS WITH YOUR BOSS

If your work is dull, consider the idea [5]_____ (take) some extra notes during meetings, or taking on a new project. Not only will this serve the purpose [6]_____ (keep) you engaged, it will show your boss you are keen [7]_____ (get) ahead and may even get you a promotion.

3 FIGHT EXHAUSTION AND GET BACK TO WORK

Maybe the problem isn't your work. Maybe you're just exhausted and don't have the energy to work. Performing a few quick exercises is helpful for [8]_____ (get) your blood moving and can wake you up, too.

4 LEARN A NEW SKILL DURING WORK

If there really is little or nothing [9]_____ (do), use the time productively by learning new skills. Online training makes it easy [10]_____ (do) this from your desk. While [11]_____ (improve) your abilities, you're also increasing your chances [12]_____ (find) a better job in the future. Just be sure to check your company's policies about [13]_____ (pursue) personal projects during work time.

5 GET SOME NEW RESPONSIBILITIES

You could try talking to your employer to see if they would be willing [14]_____ (change) your job description. That way you can work on things you are more interested [15]_____ (do).

I can ...	Very well	Quite well	More practice
talk about childhood memories.	○	○	○
use verbs with *-ing* and infinitive.	○	○	○

LIVEWORKSHEETS