

1 Fill in the correct form of the word in capitals.

- I need more information before I can make a DECIDE
- You seem Is everything OK? ANXIETY
- I find music very when I'm trying to study. DISTRACT
- Winning the game gave the team CONFIDENT
- Tom felt after a long day at school. SLEEP
- Was the teacher happy with the students' in the test? PERFORM

☐ 6

2 Fill in the correct word. activity ♦ advice ♦ benefit ♦ energy ♦ impact ♦ mood

- She was in a bad because she didn't do well in the maths exam.
- Do you think technology has a negative on young people?
- One of listening to music is that it helps you relax.
- Thanks for the you gave me. It really helped.
- If you go to bed early, you'll have more in the morning.
- A(n) I really enjoy is playing basketball.

☐ 6

3 Choose the correct word.

- To / In my opinion, Taylor Swift is a great singer.
- I try to use my phone in / with moderation.
- Sorry, I took your pen from / by mistake.
- Luke is playing games on / at his phone again.
- Your music is very loud. Can you turn it up / down, please?

☐ 5

4 Fill in the correct verb. do ♦ make ♦ take ♦ set ♦ scroll

- It's a good idea to limits on your screen time.
- What do you do to your mind off your problems?
- I need to a quick call to my mum.
- The children usually their homework after lunch.
- I often through social media before I go to bed.

☐ 5

5 Choose the correct word.

- It is hard for me to find the motivation / notification to study.
- Would you practise / recommend this app for studying?
- Most students today have busy schedules / situations.
- He pressed previous / pause to stop the video.
- You need to make an effect / effort if you want to do well in the exam.
- Does classical music help you concentrate / organise while studying?
- Anna's marks have improved / affected this year.
- What skills / surveys do you need to do this job?

☐ 8