

Unit 3 | Reading

1. Read the text. Complete the sentences with the correct word.

Dear Pippa,

I did something really terrible at work and I can't live with myself. I really wanted to get promoted and knew that there was a new management position coming up. My colleague and I were both the obvious candidates, but I knew that she was better suited to the role. I guess I wasn't thinking straight. I was only thinking about myself. I decided to set her up so that my boss would think that she wasn't good enough for promotion. I broke into her email account and sent some false information in her name to one of her clients, a major account for our company. I thought that it would just cause a few problems for her, but, unfortunately, the client cancelled the contract. My boss was furious and sacked her on the spot. I didn't get the promotion because the loss of this big account meant that the company had to scale back on growth. Someone told me the other day that my ex-colleague is having problems finding work and that the company won't give her a reference. She's also a single mother with a little boy the same age as mine. What should I do? I feel so bad. I feel like there isn't anything I can do, but I can't sleep at night.

Sam

Dear Pippa,

When I was at the pub about a month ago, I met this guy. We got talking and got on like a house on fire. He's just great - single, really handsome and interesting. I'm about to get a divorce from my husband so I don't feel bad about seeing him. We've been out almost every night since we met and I've been staying at his place in town. He's asked me about my house, but I'm trying to keep him away from it. The thing is, he'd see the toys all over the place and the photographs - I've got three young kids and I haven't told him about them. He's quite a bit younger than me and I lied to him about my age, as well. The kids are staying with their grandparents in Vermont at the moment, but they'll be coming back at the end of the summer. I speak to them on a daily basis but I'm avoiding going up to see them. My problem is that I'm totally addicted to Grant and I'm afraid I'll lose him if I'm away or if I tell him about my guilty secrets. I'm worried I'm getting a bit carried away. I was even thinking of allowing my husband to take custody of the kids so that I wouldn't have to tell Grant about my past. I could live a new life. I'm even getting promoted at work. What would you do?

Helen

1. Sam played a trick on his colleague because he wanted to get a _____ at work.
2. Helen doesn't want Grant to see her home because he'll see toys and _____ of her family.

3. Sam is having problems getting to _____ because he feels bad about what he did.
4. Helen is prepared to give custody of the _____ to her husband in order to live a new life.
5. Sam's ex-colleague is finding it hard to find a job because the company won't give her a _____.

2. Reading FOMO

Everybody knows how important it is for students to get a good night's sleep every night. You aren't able to do your best and keep up with all of your responsibilities unless you sleep well. I'm sure you already know that you should go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted as common sense for as long as I can remember. However, I was young once and I know that most of you get much less sleep than that – and in some cases, it will be affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They did a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They may go to bed and get up at appropriate times, but a growing number are waking up in the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: FOMO – fear of missing out!

According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to check social media. Afraid of missing a comment or opportunity to take part in a chat, teenagers are waking at all times of the night, going online and getting involved. All this when they should be sound asleep.

Experts are worried about this growing trend and the report reveals some worrying statistics that I'd like to share with you:

23% of 12 to 15-year-olds wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.

One in three students are constantly tired and unable to function to their full capacity.

Students who use social media during the night are more likely to suffer from depression and anxiety.

So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end, and your social media will be waiting to greet you in the morning! I give you my word that you won't have missed anything important.

2. Choose the correct option to complete the sentence.

1. Students won't be able to perform well at school ...
 - a) if they have phones in class.
 - b) unless they use common sense.
 - c) if they don't sleep well.
2. The writer is worried by ...
 - a) what he has read in the press.
 - b) what other teachers have told him.
 - c) what he is seeing with his pupils.
3. Research shows that schoolchildren are tired because they ...
 - a) are going to bed very late.
 - B) are waking up in the middle of the night.
 - c) are getting up too early in the morning.
4. Fear Of Missing Out is ...
 - a) anxiety about not having the latest technology.
 - b) an irrational need to go out all the time.
 - c) a fear of missing opportunities for interaction on social media.
5. Nearly a quarter of 12 to 15-year-olds wake up to use social media ...
 - a) once a night, on average.
 - b) almost every night.
 - C) once a week.
6. Students who use social media during the night ...
 - a) have weaker immune systems.
 - B) do worse in exams.
 - c) have a higher incidence of depression and anxiety.

3. Write the word to fill the gaps.

FOMO means fear of _____ out. A recent study in a teachers' _____ observed a large group of students in Wales. The _____ of the survey were worrying. Although students go to bed and get up at a reasonable time, they are not getting enough _____. Many students woke up in the middle of the night to _____ their social media. They are afraid of missing a comment or taking part in a _____. These students are more likely to suffer from depression or _____. It is a good idea to _____ off your mobile at night because, of course, the world won't end!

Unit 3 | Listening

1. Listen to the conversation. Choose the correct option to complete the sentences.

1. John needs help with his social skills ...
 - a. because his clients do not seem to like him.
 - b. because he finds company dinners mundane and boring and he wants to make them more fun.
 - c. because he finds it hard to make conversation with clients if the topic is not business.
2. John's main problem is that ...
 - a. he doesn't speak if his boss is at the dinner.
 - b. he's afraid that when he speaks people will find him boring.
 - c. he finds the clients boring so he chooses not to speak.
3. Diana highlights that John is ...
 - a. better at speaking about work than he is at listening to his clients.
 - b. better at listening than at making spontaneous conversation.
 - c. better at giving presentations than listening to his clients.
4. Diana suggests that John should ...
 - a. listen more interactively, by asking questions and showing interest.
 - b. prepare a presentation about English food and avoid talking about his private life.
 - c. talk about his private life even though he hasn't got children or a nice car.
5. Diana suggests that John should ...
 - a. increase his football-related general knowledge so that he can contribute to competitions.
 - b. try to become an expert in football because most men love it.
 - c. keep up-to-date with football news and watch a game now and then.

Listening: My Hero

My hero

2. Which speaker (A, B, C or D) talks about ... ?

1. someone who was dedicated to world peace. A B C D
2. someone who has been the victim of violence as a result of their campaigning
A B C D .

3. someone who left a more conventional job to help young people in their country

A B C D

1. someone who was excluded from the professional community of the time

2. A B C D

5. someone who she wishes she could meet A B C D

6. someone who wrote a book about the effect humans could have on nature

A B C D

3. someone who made an important scientific discovery while still a child

A B C D

8. someone who faced strong criticism from big business A B C D

Listening My Hero

3. Choose the correct option to complete the sentence.

1. Mary Anning's discovery was important because it showed that _____.

- a) fossils could teach us about the past
- b) an animal could become extinct
- c) the shape of the coast was constantly changing

2. Mary Anning's dog died because _____.

- a) it fell off a cliff
- b) a large amount of earth and rocks fell on it
- c) it got stuck down a hole while looking for fossils

3. Mary Anning didn't write a famous book because _____.

- a) she was too busy exploring the cliffs
- b) she did not have access to a formal education
- c) she believed only men could be scientists

4. Kailash Satyarthi first saw the problems of child slavery when he was _____.

- a) 6 years old b) 11 years old c) 26 years' old

5. Kailash Satyarthi has saved over _____ children from enforced labor.

- a) 18,000 b) 80,000 c) 800,000

6. Because of their work, two of Kailash Satyarthi's _____.

a) friends were injured b) children were attacked c) co-workers were murdered

7. Rachel Carson first specialized in _____.

a) human biology b) the study of insects c) marine biology

8. Rachel Carson's book made people realize that _____.

a) using pesticides was damaging the ecosystem

b) birdsong is essential to humans

c) humans cannot control nature

9. These days, more and more people are buying _____.

a) powerful pesticides b) organic food c) Rachel Carson's book

10. The speaker is apologetic because _____.

a) she doesn't know very much about John Lennon

b) she gets upset when she thinks about John Lennon

c) John Lennon is an obvious choice of hero

11. The speaker likes _____.

a) all the Beatles' songs and Lennon's solo music

b) all of the Beatles' music, but not Lennon's solo music

c) only the Beatles songs that Lennon wrote

12. It's amazing that Imagine _____.

a) is still so well loved today

b) really changed the way things were

c) contained so many important themes