1 Exam Skills Trainer

Reading

Exam Strategy

When matching headings to paragraphs, you will need to look for both general clues and specific information. Look at the topic of the sentence, key words and use of tenses.

1 Read the strategy above. Then read the paragraph below and headings A–D. Choose the heading which best matches the paragraph.

The older generation seem to have chosen to forget so much about their past. It is obvious to a teenager that their parents must have made some mistakes in their youth, disagreed with their parents, listened to the 'wrong' music, or made the 'wrong' friends. But it is rare to find a parent who admits to it.

A Parents expect too much perfection from teens.
B Teens are unable to see a parent's point of view.
C Parents frustrate teens by denying their past.
D Teens should admit their mistakes to their parents.

2 Read the text about staying young. Match the headings (A–G) with the paragraphs (1–5). There are two extra headings.

1 ☐ As people grow older, they often think back to the days of their youth. They remember the great friends of those days, great times together, and how bright the future looked. Of course, not everything was perfect – but it can look that way as we get older. And this can make people feel pessimistic and bitter.

2 ☐ It doesn't need to be that way. There are many secrets to staying young in spirit well into old age. Why put up with feeling miserable when you can be enthusiastic instead? Here are some tips to keep you young at heart as you grow older.

3 ☐ Relationships are extremely important. Family gives you comfort and support, and catching up with old friends can help older people to feel young. Making new friends is important too – but make sure they are optimistic, enthusiastic people.

4 ☐ Bad things happen to all of us. We split up with a boyfriend or girlfriend, and later we may have to do a boring job for years. But don't think too much about negative things. Deal with them, and get on with your life.

5 ☐ Always keep special things around you, like family photos or favourite possessions – and be grateful that you can enjoy them. Thank your loved ones daily for sharing your life too. When you see the pleasure on their faces, you will never feel old – even in your eighties!

A The importance of people in your life
B Ageing can be a positive experience
C You can choose to stay young
D Appreciate the things and people in your life
E Looking back can make old people feel bad
F Getting over the negatives and moving on
G Even pessimists can have friends

Listening

Exam Strategy

Incorrect options often contain language that is similar to words in the text, so it is important to listen carefully to the whole text, and not just match words or phrases that the speaker uses to the options.

3 Read the strategy above. Then read the short extract and the question below it. Choose the correct answer (A–C). What makes the other options incorrect?

I used to think my childhood was great because both my parents were in the army and we were travelling around all the time. It was fantastic to see so many cool places, but now I realise that I missed out on getting to know my family back home in America.

The speaker says that the way she grew up ...
A brought her closer to friends and family.
B was fantastic in every way.
C caused problems that she did not see at the time.

4 1.17 **You will hear six short extracts. There is one question for each extract. Choose the best answer (A–C).**

1 What does Cara say about the incident that happened when she was two?
A She remembers it clearly.
B It still affects her today.
C She blames her parents for it.

2 What point does the speaker make?
A That young people are not reliable friends.
B That making friends is easier for young people than for adults.
C That young people end friendships more quickly than adults.

3 Who is the speaker?
A a hairdresser
B a customer at a hairdresser's
C a fashion reporter

4 How does the woman explain why she likes audio books?
A Her father records them.
B They bring back a good feeling.
C They helped her learn to read.

5 What does the woman say about the sport she liked at school?
A Her children are better at it than she was.
B She was never very good at it.
C She has stopped playing it.

6 Where is the speaker?
A in a classroom
B at a job training centre
C in a library

LIVEWORKSHEETS