

Unit 1 - Review

A. CONVERSATION

Complete the conversation below using the words in the box.

cope	responsibilities	handle	relief	anxiety	feel
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A: Your job seems very stressful. You have so many important (1) _____ . How do you (2) _____ the stress?

B: I've learned to (3) _____ with it in a number of ways. Sometimes, I take short breaks at work to meditate. And I like to go fishing on the weekends. Being out on the water in the peace and quiet is a great stress (4) _____ .

A: Do you experience less (5) _____ now than you used to?

B: Yes. I used to (6) _____ it all the time and had trouble sleeping. But now things are better.

B. GRAMMAR

Complete the sentences with the verbs from the box. Use a gerund or infinitive.

stay	join	pass	visit	apply
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1 I enjoy _____ new towns whenever I travel.

2 I want _____ the army so I can serve my country.

3 I am considering _____ to university next year.

4 I prefer _____ home on weekends because I am usually tired.

5 I hope _____ all my exams at the end of the semester.