

## Reading and Use of English Part 3

**Exam skills** 1 Choose from the list the correct part of speech needed to complete these sentences. What clues helped you to decide?

adjective    adverb    noun    verb

- a At the \_\_\_\_\_ of their career, top professional footballers earn in a year more than most people earn in a lifetime. HIGH
- b Some people \_\_\_\_\_ that top sports personalities are worth every penny they earn and think they are grossly overpaid. AGREE
- c He can pass the ball very \_\_\_\_\_. SKILL
- d If you want to get to the top in any sport you need to be \_\_\_\_\_. AMBITION

2 Now, complete the sentences above with the correct form of the word in capitals.

3 Use the suffixes in A to form nouns from the verbs in B, making any necessary spelling changes.

A: -al    -ance / -ence    -er / -or    -ion / -ation    -ity    -ment

B: arrive    complete    employ    expect    improve    inform    perform    predict  
prosper    protect    refuse    reject    work

4 Quickly read the text below. Think of a suitable title for it.

### Tip

First, read the text quickly to get a general idea of the topic.

### Exam practice

**Word formation**

5 Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).



Nowadays, prize money for women tennis (0) players, at least in the major (1) \_\_\_\_\_, is equal to men's. But some male players do not think this is fair. Their (2) \_\_\_\_\_ is that as men spend more time on the court per match, they should get paid more. Probably, and not surprisingly, many women tennis players (3) \_\_\_\_\_, saying that they train just as hard as the men, are just as skilled and the (4) \_\_\_\_\_ they provide is the same. However, and like many athletes, most of their income does not come from official prize money. Instead, it comes from (5) \_\_\_\_\_ contracts with fashion and sportswear companies, turning some sports stars into millionaires at a very young and vulnerable age. It is (6) \_\_\_\_\_ surprising then that some sports stars are (7) \_\_\_\_\_ to cope with the pressure that goes hand in hand with being (8) \_\_\_\_\_ and consequently become victims of their own success.

PLAY  
COMPETE  
ARGUE

AGREE  
ENTERTAIN  
SPONSOR

HARD  
ABLE  
FAME

**Over to you** 6 Discuss these questions.

- a Who are the highest-earning sportspeople in your country? Do they deserve the money they earn?
- b Do you agree that women sports players should earn the same as men?
- c Do you know any sportsmen or women who have become victims of their own success?

## Listening Part 2

### Tip


Read the sentences you have to complete before the recording starts. Decide what kind of information you need to listen for.

### Think ahead

- 1 You are going to hear someone talking about 'hyper-parenting'. What do you think this is? Before you listen, discuss these questions.
  - a When you were a child, did your parents encourage you to take part in any activities outside school, such as sport or music? Did you enjoy them?
  - b Are there any other extra-curricular activities which you wish you had had the opportunity to do?
- 2 Look at questions 1–10 in the text below. What words could go in the spaces?

### Exam practice

### Sentence completion

- 3  1.09 You will hear a man talking about hyper-parenting. For questions 1–10, complete the sentences with a word or short phrase.



### Hyper-parenting

Cathy Hagner's children have  1, soccer and piano practice after school. Cathy admits that everyone in the family is suffering from  2 because of their lifestyle. Hyper-parenting affects  3 parents in the United States and Britain. Expectant mothers are told that they have to eat  4. More and more children are getting  5 because they are so stressed and tired. Many children have to attend  6 after school because both parents work. Some of the children who do activities outside school are only  7 years of age. Parents worry that they are  8 their children if they don't give them every opportunity. Terri Apter has found that many teenagers can't cope with  9 they have when they start college. Apter advises that, along with organizing extra-curricular activities for their children, parents should give them enough time for  10.

Adjective prefixes: *extra, hyper, over, under*

- 4 Match the adjective prefixes *extra, hyper, over* and *under* with the adjectives below. More than one answer may be possible.

active   curricular   indulgent   optimistic   populated   priced   sensitive  
staffed   terrestrial   used   valued

- 5 Complete these sentences with the correct prefix + adjective.
  - a Some children are \_\_\_\_\_: they can't sit still for a minute.
  - b Some parents are \_\_\_\_\_: they give their children everything they ask for.
  - c One of my friends is \_\_\_\_\_: she bursts into tears at the smallest criticism.
  - d Many people would agree that hospitals in the UK are \_\_\_\_\_: this is because there is a shortage of doctors and nurses.
  - e A number of \_\_\_\_\_ activities are reported in the USA every year: there have been sightings of flying saucers and strange goings-on.



## Unit 2 Review

- 1 For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

### HOUDINI



Harry Houdini (1874–1926) was one of the most (0) famous escapologists, stunt performers and (1) \_\_\_\_\_ of all time. Born in Hungary, he emigrated with his family to the USA at the age of four. As a child, Erich Weiss, as he was (2) \_\_\_\_\_ until he changed his name in 1891, did a (3) \_\_\_\_\_ of jobs, including being a trapeze artist. But he soon moved on to doing escape acts and learned to free himself from handcuffs, chains, etc. in full view of an audience.

FAME  
MAGIC  
KNOW  
VARY

Houdini explained some of his tricks in books written (4) \_\_\_\_\_ his career. He was not double-jointed, as was sometimes reported, but was extremely (5) \_\_\_\_\_, being able to dislocate his shoulders at will. Ironically, Houdini didn't die during the (6) \_\_\_\_\_ of one of his more (7) \_\_\_\_\_ stunts but as the result of a ruptured appendix. He is, even today, one of the ten most recognized (8) \_\_\_\_\_ names in the world.

THROUGH  
ATHLETE  
PERFORM  
DANGER  
CELEBRATE

- 2 Complete these sentences with the correct forms of *can*, *be able to*, *manage* or *succeed*.

- a \_\_\_\_\_ you speak Italian before you went to live in Italy?
- b We \_\_\_\_\_ (not) to persuade Charlotte to come.
- c After ten minutes of manoeuvring, I finally \_\_\_\_\_ in parking my car.
- d I'm sorry but I \_\_\_\_\_ (not) to contact Gill yet. She isn't answering her phone.
- e \_\_\_\_\_ you whistle? My brother taught me how to.
- f They \_\_\_\_\_ (not) swim to the shore because of the strong currents.
- g You \_\_\_\_\_ win the race if you really wanted to.
- h Instead of calming the situation, he only \_\_\_\_\_ in making it worse.

- 3 Choose the correct word to complete the phrasal verbs in these sentences.

- a Nobody thought he would be a success, but he turned out / into to be one of the most successful stars ever.
- b They were on their way to the airport when Mary realized she had forgotten her passport, so they had to turn up / back.
- c I was surprised to hear she had turned up / down his proposal of marriage.
- d He always turns to / into his manager for advice on what to do.
- e It started as a difference of opinion, but turned to / into a full-scale argument.
- f Hundreds of people turned up / over to see the stars at the film premiere.

## Listening Part 4

**Think ahead** 1 Discuss these questions with a partner.

- a How much time do you spend in an average day on the following activities?
  - talking to friends on your mobile phone
  - sending text messages
  - keeping in touch with friends on social networking sites
  - reading and replying to emails
- b Do you think you spend too much time on these activities? Are you a 'digital addict'?
- c How easy would it be for you to go without your computer and mobile for a week?


### Exam practice

**Multiple choice**

#### Tip

Before you listen for the first time, read the questions and the three options carefully, underlining key words.



2  1.10 You will hear part of a radio phone-in programme on the subject of people's use of digital technology. For questions 1–7, choose the best answer (A, B or C).

- 1 What are James' parents worried about?
  - A that their son does not have many friends
  - B that their son spends too much time with internet friends
  - C that their son goes out with his friends too often
- 2 When does James spend the most time talking to virtual friends?
  - A when he is going to college
  - B when he first wakes up
  - C when he isn't at college
- 3 What is James' own opinion of his behaviour?
  - A He doesn't think it is unusual.
  - B He realizes that it is antisocial.
  - C He knows his behaviour will have to change.
- 4 What generalization does James make about adults?
  - A They don't understand young people.
  - B They are too serious-minded.
  - C They are always busy.
- 5 What does Evan, the child psychologist, think about James' problem?
  - A He supports James' parents' views.
  - B He sympathizes with James.
  - C He understands both points of view.
- 6 What does Joanne Carter, the head teacher, suggest James should do?
  - A get professional treatment for his addiction
  - B take up new sports and other activities
  - C gradually reduce the time he spends on virtual friends
- 7 On what does Liz Winslett base her advice to James?
  - A her professional experience
  - B what happened in the case of one of her children
  - C her observations of other teenagers she knows

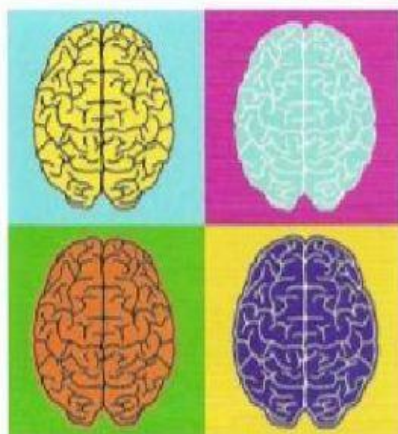
**Over to you** 3 Discuss these questions.

- a Who are you more sympathetic to – James or his parents? Give reasons.
- b What advice would you give to parents who are worried about their children's use of digital technology?
- c What advice would you give to teenagers about how to deal with their parents' concerns?



## Reading and Use of English Part 6

### Exam skills



- 1** Read sentences a-f. Then, find the correct follow-on sentences in 1-6. Underline the words or phrases that helped you decide.
- a People are always claiming they're addicted to things.
  - b I know there are people who sue fast food companies because they blame their health problems on the addictive nature of fast food and the refusal of restaurants to provide healthier alternatives.
  - c Would you be able to recognize someone who had a serious gambling habit? Would he look rich?
  - d The belief that addiction is a disease is becoming more accepted.
  - e Habitual behaviour is a natural part of our lives and includes everything from shutting down your computer to combing your hair. It isn't difficult to break these habits because we usually do them without thinking.
  - f We offer this eating plan to help food addicts.
- 1 Or would his eyes have a worried, slightly mad look?
  - 2 Addictions, however, are conscious choices that can become very difficult to control.
  - 3 A recent case involved a man who sued a restaurant for not telling customers that it used a certain kind of cooking fat.
  - 4 It is not meant to be a diet, but a permanent change in eating habits.
  - 5 I've heard them say, 'I'm addicted to coffee' or 'I'm hooked on that TV programme'.
  - 6 This is not surprising as the loudest voices involved in defining conditions come from doctors and other health workers.

### Exam practice

#### Gapped text

#### Tip

Read the gapped text quickly. Then read the missing sentences and underline any reference words such as names, pronouns and times.

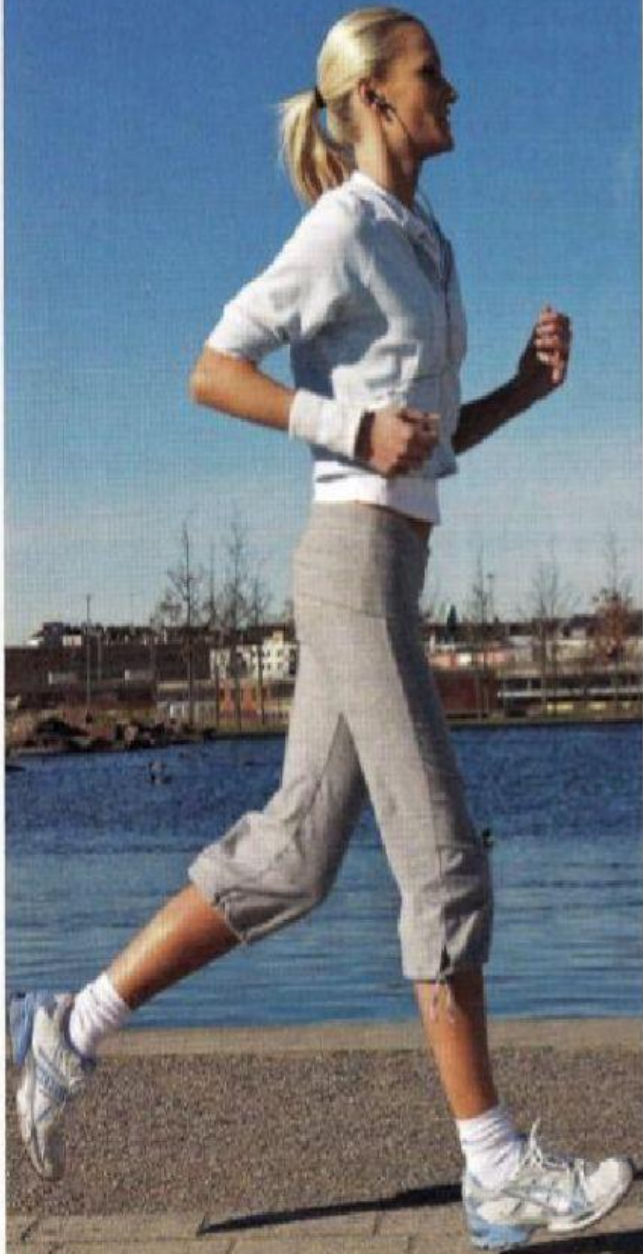
- 2** You are going to read an article about dealing with addiction. Six sentences have been removed from the article. Choose from the sentences A-G the one which fits each gap (1-6). There is one extra sentence which you do not need to use.
- A Half an hour of intense aerobic exercise can produce five times the amount you'd have if you were sitting down.
  - B Low concentrations of these are closely linked to depression.
  - C It may be, though, that the thrill can never quite compare with that achieved by taking drugs.
  - D People become addicted to something because there's an underlying unhappiness.
  - E Steve, a personal trainer, used his work to mask his secondary addiction.
  - F The thrill from the exercise is the thing, the drug-like feelings brought about by the activity are what addicts want.
  - G With a negative addiction, on the other hand, exercise overrides everything.

#### Over to you

- 3** Discuss these questions.
- a Do you think addiction is mainly an individual or a social problem?
  - b Do you think that some addictions are harmless or are they all harmful?
  - c If you thought that you were becoming addicted to something, what would you do if you found it difficult to simply stop?



# KICKING THE HABIT



**T**he term 'exercise addiction' was coined in 1976 by Dr William Glasser when he was studying long-distance runners. He noticed that many of them experienced low moods when they couldn't train, and he came to differentiate between positive and negative addictions: a positive addiction involves a love of the activity, and the exercise is scheduled around other everyday activities. You run your running schedule, for example, rather than it running you, and an enforced day off isn't the end of the world. The results are increased feelings of physical and psychological wellbeing. **1** Relationships and work suffer, a day away from the gym causes distress, and health can decline as overtraining leads to injury and illness.

Two types of negative exercise addiction have since been defined. Secondary addiction is probably the most common, where the compulsion to exercise is driven by a need to control and change one's body shape, and is often accompanied by an eating disorder. **2** 'Whatever workout my client was doing, I'd do it, too, alongside them, supposedly to motivate them, but in fact it was to keep my weight down. In total, I was doing several hours of cardio every day, and I didn't actually enjoy the exercise. I hated the feeling of not having the perfect body even more, though.'

With Primary addiction, body image isn't so central. **3** It works like this: when we exercise strenuously, we activate our sympathetic nervous system, causing a rise in the concentration of serotonin and other chemicals in the brain which make us feel happy.

At the same time, the body produces endorphins which shut down pain signals reaching the brain. **4** Add all these together, and you have a recipe for mild euphoria. Unfortunately, just as the body's tolerance of drugs increases, so it is with endorphins: more are required to produce the same thrill, so the exercise intensity has to be increased. **5**

Tony, who took drugs daily for almost a decade, then took to running half-marathons. He admits that getting the kick got harder. He said he'd lie awake at night thinking about the next day's session. It still wasn't as good as the drugs he was on before. Sports and exercise psychologist Paul Russell has encountered many people like Tony. 'Exercise addiction tends to be a more temporary addiction, marking time before the person returns to the basic ones, like drugs. **6** If they haven't sorted out the reasons for this state, via counselling for example, they'll have to direct that need to something else.'



## 3 Review

- 1 For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

### WHAT IS A SHOPAHOLIC?

In recent years, shopaholics have come to the public attention (0) on television and in newspaper articles. While the media sometimes use the word casually, shopaholics suffer (1) \_\_\_\_\_ a real, and sometimes frightening, lack (2) \_\_\_\_\_ self-control.

Without doubt, we live in a 'spend-happy' society. People live beyond their means and are (3) \_\_\_\_\_ debt. Many people, whatever their level of income, think of shopping as a hobby. They take weekend-long shopping excursions, spend money they do not have, and often regret their purchases later. But (4) \_\_\_\_\_ this mean that they have a problem? Not necessarily.

True shopaholics shop (5) \_\_\_\_\_ they can't help it. They go on buying things long (6) \_\_\_\_\_ they have huge debts. They shop when they feel depressed, and use spending as a way of coping (7) \_\_\_\_\_ life. They do not shop because they enjoy it, or because they need the things they buy. They buy things because they feel they have to. Shopaholics are (8) \_\_\_\_\_ of control.

- 2 Match a first sentence from a–e with a continuation (1–5).

- a I'm used to getting up early.
  - b I didn't use to enjoy watching football.
  - c I tend to reply to emails when I get them.
  - d I am gradually getting used to not smoking.
  - e When I first learnt to drive, I spent a fortune on petrol.
- 1 I must admit, I feel a lot healthier than I used to.
  - 2 I do it every day, so it isn't hard for me.
  - 3 I used to drive all over the place going to see my friends.
  - 4 Otherwise, I completely forget.
  - 5 Now, I can't get enough of it.

- 3 Choose the correct alternative in these sentences.

- a We have *no* / *not* money left – we'll have to get some from the cash machine.
- b I'm so busy this week. I wish I had *little* / *a little* more time.
- c *None* / *None of* my friends likes the same music as me.
- d We had *enough* / *plenty* of time to finish our meal before the restaurant closed.
- e After winning the match the players had *a few* / *few* drinks to celebrate.
- f You seem to be tired *most* / *most of* the time. You must be working too hard.
- g Don't take the game so seriously, it was just *a bit* / *little* of fun.
- h My grandfather gave me *an item* / *a piece of* advice I shall never forget.