



1 LISTENING

Listen to the conversation between two teenagers, Max and Lucy. Are the statements true or false?

- 1) Lucy and Mark have just listened to a radio programme on environmental damage. _____
- 2) Max feels pessimistic about the future. _____
- 3) Lucy's class got the second place in a recycling competition. _____
- 4) There's wind farm by the sea near where they live. _____
- 5) Lucy has some clothes to give to Mark. _____

2 READING

Read this article. Five sentences have been removed. Choose from the sentences a-f the one which fits each gap (1-5). There is one extra sentence which you do not need to use.

Making a good impression

A lot of books have been written about body language and how important first impressions are. Did you know that the effect of a handshake will stay with you for much longer than the handshake itself? Can you remember how a weak, 'wet' handshake feels as opposed to a strong, firm handshake? (1)

Now think back to a time when you've had to make a good impression. It might have been your first day at school or an interview for a part-time job or a college interview. (2) Was there anything you did to make yourself stand out from the crowd?

There are a few simple pieces of advice when it comes to creating that all-important first impression. Try to get off to a good start. (3) Then, make sure that you don't sit with your arms crossed, as that will make you look unsure and defensive. You want to appear confident and at ease.

There is other body language you can avoid. (4) Of course it's natural to be nervous, especially if you're in an interview situation, but the secret is to hide your nerves!

Finally, be natural. There's no point trying to be someone you're not. If you're in an interview situation, make sure you've done some preparation so you can ask, as well as answer, any questions. (5) Remember, it's about them as much as it is about you. As they say, practice makes perfect and all the effort you make will be worth it in the long run.

- a) Which one feels better?
- b) Prepare a few things you want to ask them about.
- c) If you yawn, people will think you are bored.
- d) How did you prepare?
- e) Don't play with your hair or jewellery, as this will show people you are nervous.
- f) A firm handshake and eye contact are instantly positive.