UNIT 1

# Progress test

Name: _____ Result: __/100

## Vocabulary

**1 Match the adjectives in the box with the definitions.**

arrogant clumsy grumpy modest sensitive stubborn

1 someone who doesn't like to talk about themselves, even if successful _____

2 someone who moves in a way that isn't careful and often breaks or knocks things _____

3 someone who isn't willing to change their ideas _____

4 someone who is unhappy and dissatisfied _____

5 someone who becomes angry or upset easily _____

6 someone who thinks they are better or more important than other people _____

Score __/6

**2 Choose the correct option.**

**Jack** What qualities do you look for in a friend, Abby?

**Abby** Well, they must be a nice person, you know, they have to be **1 determined/likeable**. I don't like anyone who is too **2 selfish/outgoing** and always thinks about themselves. A good friend should be **3 chatty/supportive** and help you when you have a problem. I like it when a friend is **4 selfish/thoughtful** and does kind things like remembering your birthday or preparing a nice surprise.

**Jack** And how would you describe yourself?

**Abby** I love sports and I'm quite **5 cruel/competitive** when I play. I always like to win, but you shouldn't be **6 determined/aggressive** or someone might get hurt.

Score __/6

**3 Complete the dialogue with the words in the box.**

about for on out round up

**Beth** Can you help me, Ian? I need to apply for an extra-curricular course.

**Ian** Really? You're running **1** _____ of time. The last day to apply is this Friday. The teachers have been going on **2** _____ it for ages.

**Beth** I know. I planned to do it after I finished my exams but with the celebrations I forgot, and I never got **3** _____ to it! I was looking out **4** _____ a course in web design, but there isn't one. I've come **5** _____ with a list of three possibilities: a writing course, an English course and a technology course.

**Ian** Mr Terry is running the technology course. He's a great teacher and everyone gets **6** _____ with him really well. I would go for that one, but it's your decision.

Score __/6

**4 Choose the correct option.**

### THE END OF EXAMS?

Do you get nervous in exams? Have you ever **1** _____ time and been unable to finish? Would you rather be evaluated for your coursework during the year? Many schools have decided to **2** _____ final exams and instead they have **3** _____ a new system of project work and continuous assessment. This means that students can't **4** _____ relaxing all year and just studying for the final exam. Which types of students prefer continuous assessment? Well, if you are getting a mark for participation, it helps if you are quite **5** _____ . If you have to do a presentation in front of the class or work in groups, being **6** _____ could be an advantage over someone who is less sociable. But remember at the end of the day, it doesn't matter which system you have, if you are **7** _____ and really want to succeed, you will.

| | | | |
|---|---|---|---|
| 1 | **a** got away with | **b** come up with | **c** run out of |
| 2 | **a** do away with | **b** get away with | **c** go in for |
| 3 | **a** come up with | **b** got on with | **c** looked out for |
| 4 | **a** live up to | **b** do away with | **c** get away with |
| 5 | **a** stubborn | **b** confident | **c** supportive |
| 6 | **a** aggressive | **b** outgoing | **c** arrogant |
| 7 | **a** determined | **b** competitive | **c** stubborn |

Score __/7



LIVEWORKSHEETS

# Progress test

## Grammar

**5 Choose the correct option.**

1 When I was younger, I didn't **used to play/play** video games very often.

2 I always remember the day that I **met/had met** my best friend.

3 I **used to play/was playing** board games a lot when I was ten.

4 When I got to the party, I suddenly realised I **forgot/had forgotten** the present.

5 I **wasn't wearing/didn't wear** jeans when I was younger, but now I wear them all the time.

6 While I was walking home, I **had seen/saw** my best friend's sister.

Score __/6

**6 Complete the text with the present perfect simple or present perfect continuous form of the words in brackets.**

Your friend **1** _____ **(just / arrive)** saying 'Sorry I'm late'. You **2** _____ **(wait)** for over 30 minutes and you're annoyed. Most of us know people who are always late, but this might be because they simply don't like to arrive early. When they say, 'I **3** _____ **(just / miss)** the bus', they probably didn't want to get the earlier bus because they would be the ones waiting – something they see as a waste of time. To get your friend to stop being late, tell them the things they **4** _____ **(miss)** by not being early. So, when they ask, 'What **5** _____ **(you / do)** while waiting for me?', let them know that you **6** _____ **(have)** fun. Hopefully, this makes them understand the value of arriving early.

Score __/6

**7 Complete the second sentence so it means the same as the first. Use the word given.**

1 It was the best film I'd seen. **NEVER**

I _____ a better film.

2 We spent 20 minutes waiting for the bus to arrive. **BEEN**

We _____ for 20 minutes when the bus arrived.

3 When my sister arrived, the surprise was prepared. **ALREADY**

By the time my sister arrived, we _____ the surprise.

4 Paul had spent all morning painting and that's why his hands were covered in paint. **HAD**

Paul's hands were covered in paint because he _____ all morning.

5 After having a large lunch, Jabir didn't want any dessert. **HAD**

Jabir didn't want any dessert because he _____ a large lunch.

6 We talked for ten minutes and then the waiter served us. **BEEN**

We _____ for ten minutes before the waiter served us.

Score __/6

**8 Choose the correct option.**

Hi Lizzy,

I'm writing from Greece where I **1** ___ how to surf! I think I **2** ___ in the water about a hundred times, but it's good fun. As you know, before the summer I **3** ___ for this trip for such a long time. Before we left, I **4** ___ a couple of classes on land to practise jumping up on the board.

The best moment yesterday was when I **5** ___ my first wave. While I **6** ___ on the board, my dad took a picture. It looked really professional! Do you remember when we were young and I **7** ___ the water! You should see me now!

See you in a week!

Love Max

1 **a** 'd learned **b** 've been learning **c** was learning

2 **a** 've been falling **b** fell **c** 've fallen

3 **a** 'd been waiting **b** used to wait **c** 'd waited

4 **a** 'd already been doing **b** 'd already done **c** was already doing

5 **a** 've ridden **b** 've been riding **c** rode

6 **a** 'd stood **b** was standing **c** 've been standing

7 **a** didn't use to like **b** wasn't liking **c** didn't used to like

Score __/7



LIVEWORKSHEETS

# Reading

## Be yourself, be happy

Have you ever followed the crowd and acted in a way that fitted in with the people around you? Are you afraid of not living up to other people's expectations? Or have you ever got so obsessed with someone else's life that you wanted to be just like them? If you've answered 'yes' to any of these questions, read on.

Deep down, we may be worried about expressing our true selves; we're afraid others won't like who we are or the way we look. However, by doing so, we might end up doing things that we never intended to do, such as starting a course we don't actually enjoy, getting a job we hate or spending time with people we don't really like. None of these things can make us genuinely happy.

So, how can you start to be yourself? The first step is to be honest about what is truly important to you. Discover what you love doing and start doing it! This can make you much happier.

Of course, doing something that is different from everyone else requires a great amount of **courage**. By being **courageous**, you can build an inner strength that will help you face any problems or difficulties in the future. And if you are determined to be true to who you are, the skills and abilities you need to get what you want in life will soon follow.

Finally, it's important to see your differences positively. Value your uniqueness, no matter how unconventional, and don't be shy about sharing it with the world! Be yourself and you'll be happy!

**9 Read the article and choose the correct answers.**

1 What is the main message of the article?

**a** You can't be truly happy unless you are yourself.

**b** Being yourself is challenging but more satisfying.

2 In paragraph 1, the writer thinks the reader

**a** is very sociable and likes to be in a crowd.

**b** may have problems with personal identity.

3 One reason suggested for not being ourselves is

**a** we worry about what other people think.

**b** we are afraid we will get an unsuitable job.

4 What advice does the writer give in paragraph 3?

**a** You should always tell people the truth.

**b** You should do what you really enjoy.

5 What does the writer say about having courage?

**a** It offers long-term benefits.

**b** It can make you physically stronger.

6 What does the writer say about being different?

**a** You shouldn't hide your differences.

**b** You should always be unconventional.

Score __/6

**10 Read the article again. Are the sentences T (true) or F (false)?**

1 Our inner fears might be a reason why we don't reveal our true personalities. **T/F**

2 To be ourselves we should begin by working hard to develop our skills. **T/F**

3 It's easier to be yourself than to follow others. **T/F**

4 You shouldn't worry about allowing others to see your individuality. **T/F**

Score __/4

**11 Look at the vocabulary records and find the words in bold in the article. Complete the sentences with the correct form of the words.**

courage (n) – the ability to do something that is right or good, even though it is dangerous, frightening, or very difficult; courageous (adj); courageously (adv)

encourage (v) – to give someone confidence or hope encouragement (n); encouraging (adj); encouraged (adj); encouragingly (adv)

discourage (v) – to make someone feel less confident or hopeful; discouragement (n); discouraging (adj); discouraged (adj); discouragingly (adv)

1 My parents have always _____ me to follow my dreams. They never _____ me.

2 A young man _____ stopped the thief. He showed more _____ than the people who just watched.

Score __/2

**12 In your opinion, what is the biggest challenge when trying to be yourself? What are two possible benefits?**

_____

_____

_____

Score __/3



LIVEWORKSHEETS

# Progress test

## Listening

**13 Listen to four people talking about how they met their best friends. Choose the correct answers.**

1 What does Speaker 1 say about the girl she met?

**a** They travelled to the beach together.

**b** She didn't seem very happy.

2 What did Speaker 1 discover about the girl she met?

**a** She wasn't as quiet as she seemed.

**b** She wasn't very friendly.

3 What does Speaker 2 say about the boy he met?

**a** He played aggressively during their match.

**b** He was competitive.

4 According to Speaker 3,

**a** her best friend helped her during a difficult time.

**b** her best friend arranged it so they could meet their favourite artist in person.

5 What does Speaker 4 say about Sarah?

**a** She's good at fixing things.

**b** She's kind and considerate.

6 Before he met Sarah, Speaker 4 describes himself as

**a** not very outgoing.

**b** very confident.

Score __/6

**14 Listen again. Are the sentences T (true) or F (false)?**

1 Speaker 1 first talked to her best friend at the beach. **T/F**

2 Speaker 2 was surprised by his opponent's reaction after the match. **T/F**

3 Speaker 2 believes the person he met helped him achieve a goal. **T/F**

4 Speaker 3 received a personal message on social media which started a friendship. **T/F**

5 Speaker 3 and her best friend live in the same city. **T/F**

6 Speaker 4 has started a new hobby because of his friend. **T/F**

Score __/6

**15 Listen again and find homophones of these three words. The first one is an example.**

two *too*

1 their _____

2 one _____

3 are _____

Score __/3

## Speaking

**16 Choose the correct option.**

| | |
|---|---|
| **Shop assistant** | **1 Will/Can/Do** I help you? |
| **Customer** | I bought this shirt here last week and I **2 will like/ 'd like/like** to return it. |
| **Shop assistant** | Of course. Can I ask why you're returning it? |
| **Customer** | It's **3 bad/badly/wrong** made. The buttons came off when I washed it. |
| **Shop assistant** | I'm sorry. Have you got the **4 recipe/receipt/bill**? |
| **Customer** | Yes, here you are. |
| **Shop assistant** | Thank you. Would you like to choose something else? |
| **Customer** | No, **5** I **'d preferred/ 'm preferring/'d prefer** a refund, please. |
| **Shop assistant** | No problem, I'll do that for you. |

Score __/5

**17 Work in pairs and act out the dialogues using the prompts in the Speaking task from your teacher.**

Score __/5



LIVEWORKSHEETS

# Writing

**18 Write a description of a person you have known for a long time or someone you have met recently. Give a short physical description and describe their personality.**

**Write 110–130 words.**

**Checklist**

**Paragraph 1:** Introduce the person; say where and when you met
**Paragraph 2:** Describe the person
**Paragraph 3:** Say how they are similar or different from you

Score __/10

**Teacher's comments:**

**Vocabulary ___/25**
**Grammar ___/25**
**Reading ___/15**
**Listening ___/15**
**Speaking ___/10**
**Writing ___/10**
**TOTAL ___/100**



Standard

LIVEWORKSHEETS