

1 VOCABULARY: Describing experiences

A Match each word with its definition.

- | | | |
|---------------|---------------|---|
| 1 achievement | <u> d </u> | a a chance to do something |
| 2 challenge | <u> </u> | b a difficult task |
| 3 change | <u> </u> | c a planned task |
| 4 opportunity | <u> </u> | d a particular thing that you have done successfully |
| 5 project | <u> </u> | e something different from what you were doing before |

B Match more words with their definitions.

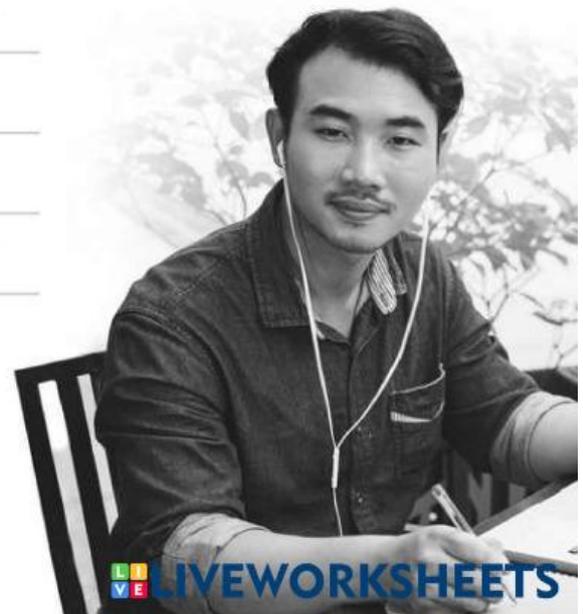
- | | | |
|-----------|---------------|---|
| 1 chore | <u> </u> | a an attempt that ends in a good result |
| 2 process | <u> </u> | b something that you do to make money |
| 3 job | <u> </u> | c an ordinary task that you do regularly, like cleaning |
| 4 success | <u> </u> | d the steps involved in doing something |

2 GRAMMAR: Present perfect continuous

A Complete each question with a word or phrase in the box. Then answer the questions so they are true for you.

Has	Have	I	someone in your class
What has	Where have	your mom and dad	

- 1 A Where have you been working?
B I've been working in the library, but on Saturdays I work in a café.
- 2 A _____ 've been working a lot. What about you?
B _____
- 3 A Have _____ been reading a lot of books lately?
B _____
- 4 A _____ your best friend been doing this week?
B _____
- 5 A Has _____ been learning how to cook?
B _____
- 6 A _____ you been taking music lessons recently?
B _____
- 7 A _____ anyone been calling or texting you every day?
B _____



B Complete the sentences with the subjects and the present perfect continuous forms of the verbs in parentheses ().

- 1 What _____ *have you been doing* _____ these past few days? (you / do)
- 2 _____ a Spanish class. (I / take)
- 3 _____ how to paint. (she / learn)
- 4 _____ out a lot? (you and your friends / go)
- 5 _____ a lot this summer. (we / travel)
- 6 _____ all afternoon. (he / call)

3 GRAMMAR AND VOCABULARY

A Complete the sentences with the present perfect continuous form of the verbs in parentheses () and a word in the box.

achievement chores job process project

- 1 He _____ *has been doing* _____ *chores* _____ at home all morning – vacuuming, doing laundry, washing dishes. (do)
- 2 I _____ on a new _____ at the office. It's almost finished. (work)
- 3 I _____ about the _____ of creating a handmade book. There are a lot of steps. (learn)
- 4 I _____ for a new _____. I'm not happy at work. (look)
- 5 She _____ hard for this _____. She just graduated from college. (work)

B Answer the questions. Give examples.

- 1 What opportunities have you been taking advantage of lately?

- 2 What have you been having the most success at lately: school, home, or work? Explain.

- 3 What kinds of challenges have you been dealing with in your academic or professional life lately?



1 VOCABULARY: Describing progress

A Write each phrase in the correct place in the chart.

concentrating on having problems	didn't have a chance having trouble	doing my best making good progress	getting nowhere taking it easy
Fast or focused progress		Slow or no progress	
		having problems	

B Complete the conversation with the correct forms of the verbs in the box.

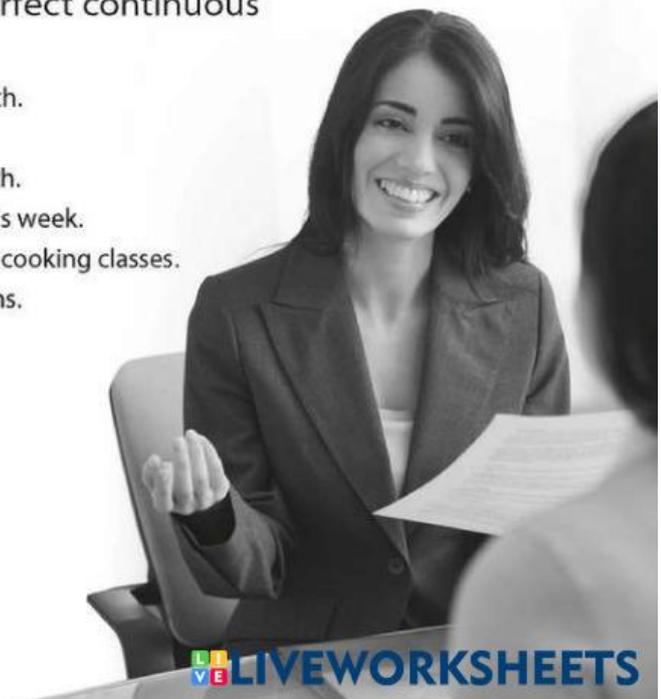
have save spend waste

A You've been ¹ _____ a lot of time working on your new website lately, haven't you?B Yeah, I learned how to code, so I can ² _____ time and work more quickly.A That's great. Do you think you'll ³ _____ time to help me with my website?B Well, not today. My computer crashed! I've ⁴ _____ a lot of time trying to fix it.
I can't figure it out.

2 GRAMMAR: Present perfect vs. present perfect continuous

A Circle the correct verb form to complete each sentence.

- I've looked / been looking for a new job for the past month.
- I've had / been having three job interviews so far.
- I've worked / been working part-time during my job search.
- She's gone / been going to the supermarket five times this week.
- She's tried / been trying new recipes since she started her cooking classes.
- She's taken / been taking cooking classes for a few months.



B Find and correct mistakes in **four** of the sentences. If a sentence is correct, write *correct*.

1 I've read three books this month.

correct

2 She been spending a lot of time with her family lately.

3 We've clean the whole house.

4 I've been worked all day.

5 He have gone to Hong Kong twice.

6 We've been traveling for a week.



3 GRAMMAR AND VOCABULARY

A Complete each sentence with the present perfect or present perfect continuous form of the verb in parentheses () and a word or phrase in the box.

a chance a lot of time it easy my best nowhere

1 I decided that I need a break, so I _____ lately. (take)

2 I _____, but I still can't work as quickly as you can. I'll keep trying. (do)

3 Oh no! This is the wrong paint! I _____. Now I have to paint all the walls again. (waste)

4 I _____ on this project after three days of work, so I'm moving onto a different one. (get)

5 I _____ to read this book yet, but I'm going to start reading it tonight. (not / have)

B Answer the questions.

1 When you're having trouble at work or school, who do you talk to about it? Why?

2 Do you know a way to save a lot of time at work, at home, or on the way to work? Describe one way.

3 Where do you go when you have to concentrate on work or schoolwork and you don't want anyone to bother you?

1 FUNCTIONAL LANGUAGE: Talking to someone you haven't seen in a while

A Put the conversations in order.

Conversation 1

B I know. I haven't seen you since last summer! _____

B Good, thanks. What have you been up to? _____

A Hi, Mateo! It's been a long time. _____

B The same as usual. _____

A So, how have you been? _____

A Not much. I've just been going to school. What's going on with you? _____

Conversation 2

A The same as usual. She works all the time. What have you been up to? _____

A I've been really busy. I have to travel a lot for my job. Oh, hey, I saw Dasha last month. _____

B Not much. I've been looking for a new job. _____

A It's great to see you again, Melinda! It's been a long time. _____

B I know. What have you been doing? _____

B Really? What's going on with her? _____

2 REAL-WORLD STRATEGY: Using *that would be* to comment on something

A Write a comment about each statement using *that would be* and the best adjective in the box.

awful exciting fun great interesting

1 A I heard that Alan might lose his job.

B _____ . He really needs that job.

2 A Do you want to have lunch at Luigi's Italian restaurant tomorrow?

B _____ . I love Luigi's.

3 A Sook and I are going ice-skating tomorrow. Do you want to join us?

B _____ . Sook always makes me laugh.

4 A I'm thinking about going on a trip around the world.

B _____ . You should do it!

5 A Do you want to come with me to a lecture about space travel?

B _____ . I read a lot of books about the future of space travel.

3 FUNCTIONAL LANGUAGE AND REAL-WORLD STRATEGY

A Read the situations. Complete the sentences with phrases from the box.

have you been haven't seen you it's been
the same as too much what have you

- You see someone you knew when you were 10 years old.
Hey, ¹ _____ a long time! How ² _____ ?
- You run into an old classmate.
Wow, I ³ _____ since last semester! ⁴ _____ been up to?
- An old teacher asks you what you've been doing since last year.
Oh, not ⁵ _____. Just ⁶ _____ usual.

B Complete the conversation with expressions for catching up with people's news or comments with *that would be*.

A Hi, it's so great to see you. ¹ _____.

B I know! ² _____ since last spring when we had that class together.

A I can't believe we ran into each other here. ³ _____ ?

B ⁴ _____. I'm still going to school, and I've been working full-time since July.
⁵ _____ ?

A Oh, ⁶ _____. I've been taking classes full-time. Hey, are you busy right now?
Do you want to get some dinner?

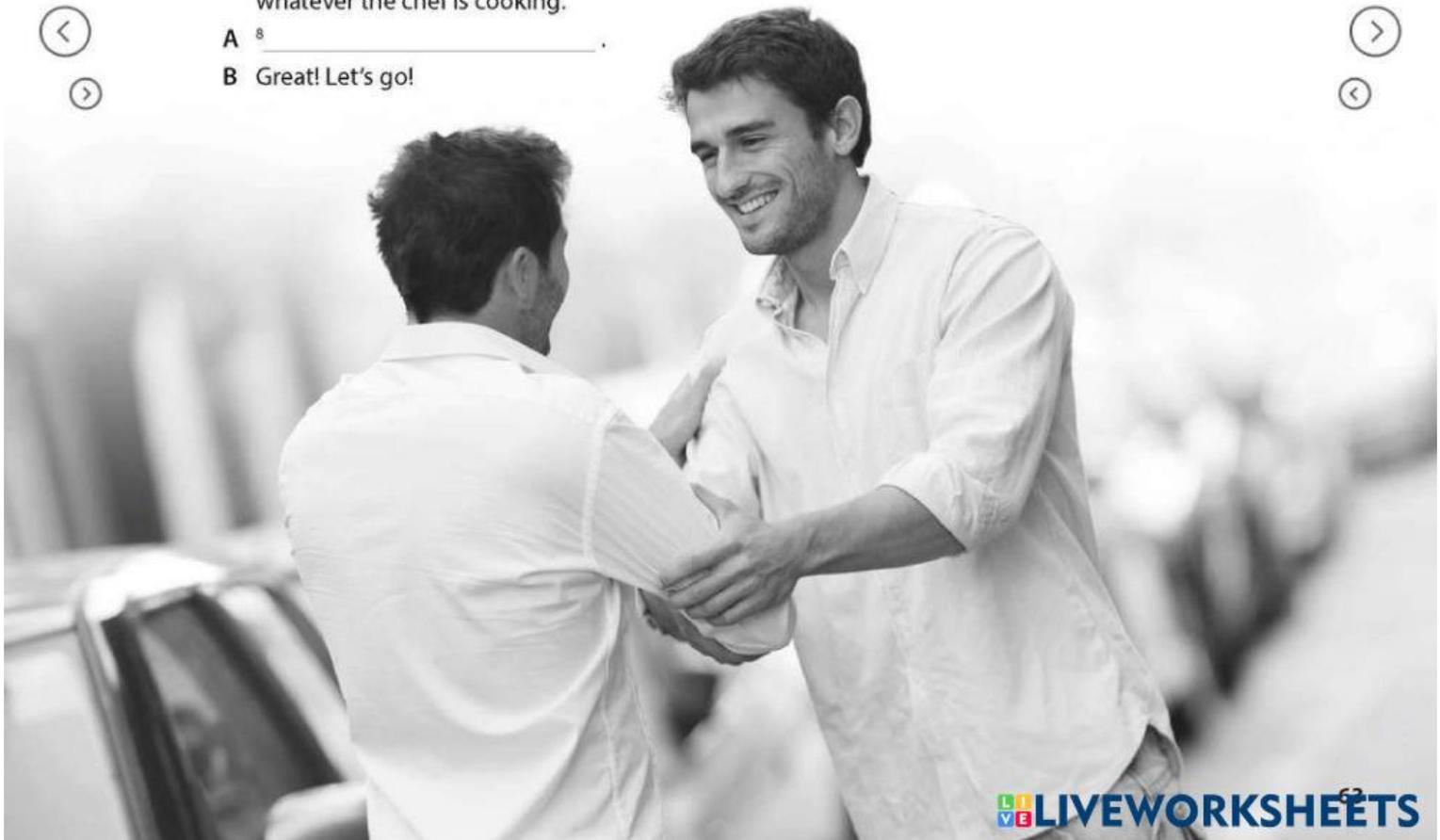
B ⁷ _____. Where should we go?

A Well, I've been thinking about Chinese food all day because someone in my office was eating some.

B Oh, I know a fantastic Chinese restaurant. You don't order your food. The servers just bring you whatever the chef is cooking.

A ⁸ _____.

B Great! Let's go!



1 LISTENING

A  8.01 LISTEN FOR MAIN AND SUPPORTING IDEAS Listen to the podcast. Answer the questions.

- 1 What is the first tip? _____
- 2 What is an example of the first tip? _____
- 3 How is the first tip helpful for Tina? _____
- 4 What is the second tip? _____
- 5 How is the second tip helpful for Tina? _____
- 6 According to Andrew, which of the two tips can save you more time? _____

2 READING

A Read the comment by BusyBee221. Then read the statements and check (✓) the ones that are true.

**BusyBee221 wrote:**

After I listened to the latest episode of *Tips with Tina*, I immediately decided to try Andrew's tips for saving time. Like Tina, I'm always losing my keys. I also spend a lot of time looking for my wallet in the morning. So, I put a bowl on the dresser in my bedroom, and I started putting my keys and my wallet in it when I got home every evening. I tried it for a week, and it really made a difference. Before, I used to feel rushed every morning, and I would sometimes get to class late, but now I don't feel rushed at all. I got to class on time every day last week, and I even had time to stop for coffee on my way to school. The second tip was harder to follow, but I did my best. I managed to say "no" to one invitation last week when my friend invited me to a movie. I felt guilty about it for a while, but I was really glad that I refused the invitation. While my friend was at the movies, I finished my paper for my history class. It felt great!

So far, Andrew's tips are working for me. I think they'll keep saving me time in the future.

_____ reply —

- 1 BusyBee221 tried Andrew's tips.
- 2 He started putting his wallet and keys in a bowl by the front door.
- 3 He didn't have to look for his keys, but he still got to class late every morning.
- 4 He said "no" to one friend's invitation.
- 5 He was able to write a paper because he didn't go to the movies with his friend.
- 6 He wishes that he had said "yes" to his friend.

3 WRITING

- A Write your own comment responding to Tina's podcast and BusyBee221's comment. Decide if you think Andrew's tips are helpful.



CHECK AND REVIEW

Read the statements. Can you do these things?

UNIT 8

Mark the boxes. I can do it. I am not sure.

If you are not sure, go back to these pages in the Student's Book.

I can ...

VOCABULARY	<input type="checkbox"/> describe experiences. <input type="checkbox"/> describe progress.	page 76 page 78
GRAMMAR	<input type="checkbox"/> use the present perfect continuous. <input type="checkbox"/> use the present perfect and the present perfect continuous.	page 77 page 79
FUNCTIONAL LANGUAGE	<input type="checkbox"/> ask about someone's news and say how long it's been. <input type="checkbox"/> use <i>that would be</i> to comment on something.	page 80 page 81
SKILLS	<input type="checkbox"/> write a post about managing your time. <input type="checkbox"/> use time expressions.	page 83 page 83