

## Vocabulary

### Success

**1** Complete the phrases with the verbs in the box.

ask have listen plan start  
take (x2) try

- 1 \_\_\_\_\_ a lot of questions
- 2 \_\_\_\_\_ carefully
- 3 \_\_\_\_\_ care of yourself
- 4 \_\_\_\_\_ again
- 5 \_\_\_\_\_ clear goals
- 6 \_\_\_\_\_ new things
- 7 \_\_\_\_\_ your time well
- 8 \_\_\_\_\_ time off

**2** Choose the correct alternatives.

- 1 Listen/Ask carefully to other people. They can help you!
- 2 It's really important to have/do clear goals.
- 3 It's also important to plan/take your time well.
- 4 Remember that if you make a mistake, you can start another/again.
- 5 Remember to take care/careful of yourself – eat good food and get lots of sleep.
- 6 Take time off/out work. It's important not to work too hard.
- 7 Don't always do the same things. It's good to have/try new things, too!
- 8 It's useful to ask/say a lot of questions when you learn something new.



## Grammar

### Expressions of frequency

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

all always every hardly often once rarely week

- 1 I usually do exercise \_\_\_\_\_ a day.
- 2 I \_\_\_\_\_ arrive early to class. I don't like to be late.
- 3 She checks her email \_\_\_\_\_ the time!
- 4 I want to pass my exam, so I study \_\_\_\_\_ day after college.
- 5 I like going out, so I \_\_\_\_\_ stay at home on Friday evenings.
- 6 I don't \_\_\_\_\_ watch sport on TV – I think it's boring!
- 7 I visit my mum once a \_\_\_\_\_, usually on Saturdays.
- 8 My best friend lives in another town, so I \_\_\_\_\_ ever see her.

**4** Put the words in the correct order to make sentences.

- 1 I'm / on / always / time  
*I'm always on time.*
- 2 I / late / Fridays / often / work / on

3 He's / after / usually / class / tired

4 I / night / go / running / never / at

5 doesn't / She / emails / usually / weekends / check / her / at

6 I / the / all / time / go / there

7 I / to / relax / have / rarely / time

8 the / to / I / hardly / cinema / ever / go

**5** Complete the second sentence so the meaning is the same as the first sentence. Use the words in the box.

always every month never often once a week rarely  
usually

- 1 It's a very busy job and I normally have a lot of work to do.  
It's a very busy job and I usually have a lot of work to do.
- 2 My job is really fun, so I hardly ever get bored.  
My job is really fun, so I'm \_\_\_\_\_.
- 3 My students make me happy all the time!  
My students \_\_\_\_\_.
- 4 I have a team meeting every Monday.  
I have \_\_\_\_\_.
- 5 We get paid on the last Friday of the month.  
We get paid \_\_\_\_\_.
- 6 I don't ever have enough sleep!  
I \_\_\_\_\_.
- 7 I work late two or three times a week.  
I \_\_\_\_\_.