

GRAMMAR

1 Write predictions or questions about the future with *will / won't*.

Example: you / think / it / snow tonight?
Do you think it will snow tonight?

- 1 we / miss / the bus ? _____
- 2 there / be / heavy rain this evening . _____
- 3 she / not pass / the exam . _____
- 4 I / sure / I / not enjoy / Rebecca's party . _____
- 5 what time / Harriet and Stan / arrive ? _____
- 6 I / not think / we / find / anywhere to park . _____

2 Complete the sentences with *will / 'll, won't, or shall* and a verb.

not drive not forget go have help make open

Example: 'I can't do this exercise.' 'Don't worry I 'll help you.'

- 1 _____ I _____ you a cup of coffee?
- 2 We _____ to Glasgow; we'll take the bus.
- 3 'It's hot in here.' 'I _____ the window.'
- 4 I'll ring you tomorrow – I _____!
- 5 'How will you get to Lyon?' 'I _____ by train.'
- 6 _____ we _____ some juice with our sandwiches?

3 Complete the sentences. Use the correct form of the verb in brackets.

Example: Patrick is having (have) a French lesson right now.

- 1 _____ Neil ever _____ (go) abroad?
- 2 Luciana's not here today. She _____ (not work) on Mondays.
- 3 I promise I _____ (not be) late.
- 4 We aren't hungry. We _____ just _____ (have) lunch.
- 5 Henrik _____ (look) for a job when he finishes university.
- 6 I _____ (see) the dentist tomorrow morning – I've got an appointment.
- 7 He's tired! He _____ (not sleep) well last night.
- 8 Where _____ you _____ (going) when I saw you yesterday?

VOCABULARY

4 Write the opposite.

Example: win a match lose a match

- 1 lose a key _____
- 2 buy a car _____
- 3 forget a name _____
- 4 start work _____
- 5 pass an exam _____
- 6 miss the train _____
- 7 learn English _____
- 8 get a postcard _____

5 Complete the sentences with the correct verb.

go come give pay send call take

Example: I'll come back here after the meeting.

- 1 I'm going to _____ this skirt back to the shop. I don't like it.
- 2 Please lend me the money. I'll _____ you back tomorrow.
- 3 Give me your phone number and I'll _____ you back in half an hour.
- 4 That's my dictionary. _____ it back to me.
- 5 Lunch was lovely, but now it's time to _____ back to work.
- 6 I don't like this bag I bought on the internet. I'm going to _____ it back.

6 Underline the correct word(s).

Example: He speaks very fast. It's **bit** / **very** hard to understand him.

- 1 Taking good photographs is **quite** / **not very** difficult. You need a lot of skill.
- 2 Of course I can cook – it's **not very** / **really** easy. Anyone can do it.
- 3 The test was **a bit** / **not very** difficult. I didn't answer all the questions.
- 4 Translation apps are **not very** / **incredibly** useful. I use them all the time.
- 5 Colette's **really** / **a bit** nice. She helps anyone who has a problem.
- 6 He's **not very** / **a bit** worried about his driving test. He's had a lot of practice.

READING

1 Read the article on positive thinking and tick (✓) A, B, or C.

How to be an optimist

Do you think positively? I hope so, because if you do, you'll be more successful in your job. Optimists can see new opportunities and can respond well to stressful situations. Or are you a negative thinker? I hope not. Studies show that pessimists have fewer friends and take longer to get better when they're ill. But there is good news. It is possible to change how we think. We asked three people for their tips on how to be an optimist.

Amy: Write a positivity diary

We often remember the bad things that happen but we forget the positive things. Write down five positive things every day in a special diary. These can be small things such as 'A woman on the bus had bright red socks' or bigger things like 'I finished all my work today'. At first, it can be hard to think of five things. But if you do it every day, I promise it will get easier. You can read the diary when you are feeling sad or depressed, and that will make you feel more positive. My diary has helped me to be more positive about my life and about the world around me.

Pol: Try a 'digital detox'

Do you lie in bed at night thinking 'I'll never get a promotion' or 'I won't pass my English exam'? Try a 'digital detox'. Avoid screens for one hour before you go to bed. You can listen to music or read a book, but you cannot go online or use social media. You also need to make sure you can't see any screens in your bedroom at night – even your phone. Now my busy brain is 'turned off' before bed time. I sleep better and that means I work better during the day. As a result, I have less to worry about and I feel more positive.

Manos: Positive speaking

If you use positive language when you speak, you will think more positively. For example, don't say 'Our holiday was a disaster'. Say 'Next holiday, we're going to do things differently'. Don't say 'I know I'll fail my exam'. Say 'I'll try my best'. You can also give positive feelings as a gift to other people by saying nice things: 'You look nice today.' 'Well done, that's a great grade.' I use positive speaking all the time at university, and also when I feel nervous, for example at parties and when I meet new people. Try it – it works! Making other people feel good will cheer you up too.

According to the article ...

- 1 ... optimists do well in stressful situations.
A True B False C Doesn't say
- 2 ... pessimists have as many friends as optimists.
A True B False C Doesn't say

3 ... only important things go in a positivity diary.
A True B False C Doesn't say

4 ... writing a positivity diary gets easier if you practise.
A True B False C Doesn't say

5 ... Amy puts pictures and tickets in her diary.
A True B False C Doesn't say

6 ... you should never use social media in your bedroom.
A True B False C Doesn't say

7 ... Pol leaves his phone in the kitchen at night.
A True B False C Doesn't say

8 ... a digital detox will help you at work.
A True B False C Doesn't say

9 ... positive speaking changes the way you think.
A True B False C Doesn't say

10 ... you can give positive feelings to other people.
A True B False C Doesn't say

2 Read the article again and answer the questions.

1 What sort of things do we often remember?

2 When should you read a positivity diary?

3 How long is a digital detox?

4 What should you say if you're worried about an exam?

5 When does Manos use positive speaking?

LISTENING

1 Listen to Tanis talking to a psychoanalyst about a dream. Tick (✓) A, B, or C.

- 1 Tanis is at a _____.
A car park B bus stop C train station
- 2 She doesn't have a _____.
A coat B bag C ticket
- 3 She begins travelling _____.
A very fast B at night C with no lights
- 4 She sees _____.
A birds B horses C children
- 5 The analyst says the dream is about _____.
A life B work C love

2 Listen to five conversations. What promises do the people make? Match the conversations with the promises (A–G). There are two answers you don't need.

Conversation 1

Conversation 2

Conversation 3

Conversation 4

Conversation 5

- A remember a time and place
- B call a friend back
- C invite someone to a party
- D help someone repair a bike
- E practise the piano
- F pay someone back £20
- G send someone an email