

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 _____.

