1 Identity

Reading

3 Read the article again. Choose the correct option (a–c).

1 The expression in the title of the article is really talking about _____.
   a big cats
   b the way people are
   c the way people look

2 The article says that companies use personality tests. This means _____.
   a there are between four and 16 types of jobs
   b they don't need to interview people
   c they think only some people can do certain jobs

3 The main idea of the article is that _____.
   a it's a problem to understand different personalities
   b the number of personality types is changing
   c we can change the kind of person we are

Can a leopard change its spots?

There's an expression in English: "A leopard can't change its spots." People usually say this when they want someone to change but don't think that they can. Is it possible to change your personality?

How many "personality types" are there?

Think about someone you know—a friend or someone in your family. What type of person are they? Kind, happy, funny, interested in things, friendly? Were they different in the past or the same as they are now? Most people believe that your personality is permanent, and you are the same when you are young and when you are old.

Tests that explain your "personality type" are really popular. You can easily find them online and in magazines. And often these tests talk about a number of personality types. For example, some say there are four types, others say there are 16. Many companies use similar tests when they interview people for jobs. Different jobs match different personalities. All this seems to suggest that many people think that our personality is something we cannot change.

Are personality types really permanent?

However, experts like psychologists Dr. Brian Little and Dr. Benjamin Hardy are beginning to disagree with this idea. They looked at a study of a group of young people that first started in 1950. In 2012, the study asked the same group the same questions and their answers were completely different. Does this show that everything we thought about personality is wrong? Or were there problems with the way the study was done? The researchers think that it's clear we can change our personality, but the problem is that we don't believe we can change and so we don't even try. Dr. Little says that we can and do change in different situations. Dr. Hardy gives the example of people getting fit and healthy; in other words, they change their habits. He says that we can do the same thing for our personality and our identity. When we try new things in our lives, especially things that make us feel uncomfortable or that are difficult, we change inside.

And so perhaps we can say to "our leopard": "Good news, you ***can*** change your spots if you try!"

Grammar

Simple present and present progressive

1 Match the uses of the simple present or present progressive (a–g) with the example sentences (1–7).

a state that doesn't change

b background information of a photo

c a changing or temporary situation

d an action around now

e an action now

f an action in a photo

g a stative verb

1 He's staying with us this week until his new apartment is ready.

2 I come from a big city in Vietnam.

3 I don't know how to ski.

4 I'm eating my lunch.

5 I'm learning to drive.

6 In this photo, we're playing football on the beach.

7 This is a photo of the river that goes through my town.

LIVEWORKSHEETS

2 Circle the correct option to complete the sentences.

1 We *live / are living* in a very small village and nothing ever *changes / is changing* here.

2 A lot of people *buy / are buying* smart TVs at the moment because internet speeds *get / are getting* faster.

3 *I eat / I'm eating* a lot of meat, but it's true that more people *become / are becoming* vegan or vegetarian.

4 Online shopping *gets / is getting* easier these days. It's great for me because I *don't enjoy / am not enjoying* going to malls.

3 Complete the questions and answers with the correct form of the verb in parentheses.

1 Q: How many languages [1]_____ (you / speak)?

A: Well, [2]_____ (I / know) some Spanish and how to say "Hello" in Japanese.

B: Only one! But [3]_____ (my friend / try) to teach me Mandarin!

2 Q: [4]_____ (you / cook) a lot?

A: Yes, [5]_____ (I / make) all the food at home.

B: No, not at all. Usually [6]_____ (I / eat) takeout.

3 Q: What [7]_____ (you / study) at college this year?

A: [8]_____ (I / do) a teaching degree.

B: Oh, I'm not a student. [9]_____ (I / look) for a job, actually.

4 Q: [10]_____ (you / work) from home at the moment?

A: No, [11]_____ (I / need) to be in the office every day.

B: Yes, I am. [12]_____ (I / work) from home every Friday.

5 Complete the sentences with the simple present or present progressive form of these verbs.

agree	believe	have	know
need	prefer	not / remember	think

1 _____ you _____ with our suggestions for the weekend?

2 I _____ about buying a new phone. I _____ one with a better camera.

3 I _____ the name of my first teacher.

4 _____ you _____ you can change your personality?

5 My friend _____ problems in his new job, but I _____ he'll be fine soon.

6 Everyone in my family _____ tea over coffee—except me!

Pronunciation

Understanding *-ing* endings

1 1.1 Listen and complete the sentences.

1 My friend is _____ Japanese.

2 I'm _____ pasta for lunch.

3 The weather is _____ hotter.

4 What are you _____ at?

LIVEWORKSHEETS

Vocabulary

Character adjectives

1 **Circle the correct option in the sentences about people.**

1 An *academic / adventurous* person usually does well at school.

2 A *competitive / shy* person often likes winning.

3 A *messy / sensible* person doesn't do things without thinking.

4 A *sensible / sociable* person enjoys being in a group.

5 An *adventurous / organized* person really likes new or dangerous things.

6 A *shy / sociable* person is often quiet when meeting new people.

7 A *messy / sociable* person's house usually isn't neat.

8 An *ambitious / independent* person wants success in life.

9 An *academic / independent* person isn't afraid of being alone.

10 An *ambitious / organized* person always checks the schedules before they go on a trip.

2 **Complete the comments (1–4) with the correct adjectives from the groups (a–d).**

a shy sociable

b ambitious independent

c academic messy organized

d adventurous competitive sensible

1 I'm _____ and _____, and I plan to have my own business one day.

2 My dad loves talking to everyone he meets; he's not _____ at all. My mom is _____ too, but she prefers friends to strangers.

3 My best friend and I are very _____, and she hates it when I win. We both do lots of outdoor sports and are quite _____, but she's more _____ about decisions than I am.

4 My brother isn't really _____ around the house, but he's not very _____ about time! He works hard at college and is quite _____.

Listening

1 1.2 **Listen to three parts of a conversation between two friends, Nina and Carlo. Are the sentences true (T) or false (F)?**

Part 1

1 Nina had the same experiences as her brother and sister when they were children. T F

2 Nina changed her interests when she grew up. T F

Part 2

3 The twin brothers didn't meet until they were 39 years old. T F

4 The twin brothers made similar decisions about their lives. T F

Part 3

5 Mia and Alexandra grew up in different countries. T F

6 They don't look like each other even though they are sisters. T F

LIVEWORKSHEETS

2 1.2 **Listen again and complete the sentences with no more than three words in each gap.**

1 I mean, we _____ to music a lot.

2 My brother and sister aren't really interested in music _____.

3 And then, at the age of 39, they _____ each other.

4 They both married twice, first to women called Linda and _____ to women called Betty.

5 They also _____ in different families.

6 _____, they meet when they can.

Grammar

Used to and *would*

1 **Read the sentences and decide if it's possible (P) or not possible (NP) to replace *used to* with *would*. Then rewrite the sentences where *would* is possible.**

1 Before I went to college, I used to dream about being an actor. _____

2 Did you use to be shy when you were a child? _____

3 I didn't use to like my job, but now I love it. _____

4 When I had candy as a kid, I used to eat the chocolate ones first. _____

5 We didn't use to go on vacation because my parents had a store. _____

6 My grandparents used to live on the next street when I was a child. _____

2 **Complete the paragraph about a family with the correct form of *used to* or *would* and the verbs in parentheses. Sometimes, both *used to* and *would* are possible.**

I have two brothers and we all have the same birthday—we're triplets. As children, we [1]_____ (be) very similar. I mean, we [2]_____ (look) alike, but only one of us [3]_____ (wear) glasses. And we were very adventurous—we [4]_____ (not / listen) to our parents at all. We [5]_____ (stay out) late until my dad came to look for us. But around about 11 or 12, we started to change. I got into chess and they preferred football—they [6]_____ (play) for the school team every Saturday. After that, we [7]_____ (not / spend) much time together until we had our own kids. Now, we see each other all the time!

Pronunciation

Saying /ʊ/ and /uː/

1 1.3 **Listen to these words. Is the vowel sound long, as in *food*, or short, as in *foot*? Check (✓) the correct column.**

	food /uː/	foot /ʊ/
good		
grew		
group		
look		
put		
through		

LIVEWORKSHEETS

Writing

1 **Read the sentences from a student's online introduction. Underline one mistake in each sentence. Check:**

- capital letters.
- missing words.
- punctuation.
- spelling.
- verb tenses and other points of grammar.

1 I'm quiet shy.

2 I use to be great at English when I was at school.

3 I once won prize for writing an essay in English.

4 let me start with the things I like.

5 I'm wanting to improve.

6 I often listen to podcasts about Biology and nature.

7 I'm work in a restaurant.

8 I come from a little village near the coast but now I live in the city.

2 Check (✓) the statements that are true for written English.

1 ☐ Names of languages have a capital letter.

2 ☐ School and academic subjects begin with a capital letter.

3 ☐ Sentences begin with a capital letter.

4 ☐ Sentences end with a period.

LIVEWORKSHEETS