

**A**  Listen to the conversation between two friends, Brandon and Kayla. Then read the questions and choose the correct answers.

1 What is one example of an urgent activity that Brandon gives?  
 A finishing a report  
 B doing exercise  
 C listening to music

2 What does "long-term" mean?  
 A taking a long time to do  
 B continuing a long time into the future  
 C travelling a long distance

3 Why is Brandon deciding if his tasks are urgent or important?  
 A so he can do more exercise  
 B to help him know what activity to do first  
 C to help him write a longer list of things to do

4 What does "beneficial" mean?  
 A something that makes you fitter  
 B something that doesn't take a lot of time  
 C something that is good for you or has a good effect

5 Brandon thinks that answering emails is  
 A usually important but not urgent for him.  
 B always urgent and important for him.  
 C usually urgent but not usually important for him.

\_\_\_\_\_ / 10 (2 points each)

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

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1 Traveling to the US was the perfect \_\_\_\_\_ for Paulo to practice his English.

2 Doing \_\_\_\_\_ at home is important, but I don't really enjoy washing the dishes.

3 The \_\_\_\_\_ of a new business depends on luck and hard work.

4 Getting into college is a long and complicated \_\_\_\_\_.

5 Megan's final \_\_\_\_\_ at college was about new energy sources, and she got an A.

6 Diego's dad gave him the difficult \_\_\_\_\_ of cleaning the garage, but it didn't take him long.

7 Nathan never travels outside the US, so a trip to South America will be a complete \_\_\_\_\_ for him.

\_\_\_\_\_ / 7 (1 point each)

**C** Circle the correct answers to complete the conversation.

**Logan** I've been <sup>1</sup>*making / doing / getting* good progress with my science project. I've almost finished it. How about you, Hayley?

**Hayley** I'm getting <sup>2</sup>*anywhere / nowhere / everywhere*. Every time I try to find information on the internet, I start watching videos on YouTube. It's so easy to <sup>3</sup>*make / get / waste* time doing things that are not work!

**Logan** I know. I used to have <sup>4</sup>*progress / a chance / problems* with that too. I put a program on my computer which stops me from visiting my favorite pages. Now I have no choice but to <sup>5</sup>*concentrate / get / spend* on my work!

**Hayley** That's a great idea. Can you help me with something, Logan? I'm having <sup>6</sup>*problem / trouble / progress* with my book report for English. Have you done yours yet?

**Logan** Not yet. In fact, I'm doing it now. The most important thing is to choose a book you like and start writing. Try not to worry. Just <sup>7</sup>*make / have / do* your best. The sooner you finish, the sooner you can <sup>8</sup>*do / take / make* it easy and relax!

\_\_\_\_\_ / 8 (1 point each)

**D** Complete the sentences with the words in parentheses ( ). Use the present perfect continuous.

1 Matt \_\_\_\_\_ (not listen) to music this week because he has exams.

2 I have been very busy this week. I \_\_\_\_\_ (build) my first website.

3 \_\_\_\_\_ you \_\_\_\_\_ (watch) *Game of Thrones*? It's an amazing series!

4 My sisters \_\_\_\_\_ (not shop) this week because they don't have any money.

5 Alex \_\_\_\_\_ (work) as an extra in a film. I hope we see him in the movie!

6 Rebecca \_\_\_\_\_ (not go) to work this week because she isn't feeling well.

7 \_\_\_\_\_ Tony \_\_\_\_\_ (make) any progress with his new project?

\_\_\_\_\_ / 7 (1 point each)

**E** Complete the conversation with the words in parentheses ( ). Use the present perfect or the present perfect continuous.

**Emma** Hi Rob. Why aren't you at your desk? I <sup>1</sup> \_\_\_\_\_ (look) for you for 45 minutes!

**Rob** Hi Emma! Look at this. <sup>2</sup> \_\_\_\_\_ you \_\_\_\_\_ (see) this funny cat video on YouTube?

**Emma** Rob! You should be working! <sup>3</sup> \_\_\_\_\_ you \_\_\_\_\_ (finish) the report I asked you to write?

**Rob** I'm sorry. I <sup>4</sup> \_\_\_\_\_ (not have) time to get to it.

**Emma** What <sup>5</sup> \_\_\_\_\_ you \_\_\_\_\_ (do) all this time?

**Rob** I <sup>6</sup> \_\_\_\_\_ (write) a report for Dave. If I <sup>7</sup> \_\_\_\_\_ (finish) it by the end of the day, I'll start yours tomorrow!

**Emma** You <sup>8</sup> \_\_\_\_\_ (not work). You've been watching silly videos. I need my report today, so get back to work!

\_\_\_\_\_ / 8 (1 point each)

**F** Read the article. Then answer the questions.

### The 10-Day Challenge

As part of our new Personal Development section, we are inviting you to do a 10-day challenge. Simply choose something you want to do, and do it every day for ten days. But it must be a challenge, of course! To give you some ideas, we spoke to four people who have decided to try the challenge.

I've been doing a ten-day no-complaint challenge. So now I can't say anything bad when my brother doesn't wash the dishes. It's also difficult when I'm watching sports, and my team plays poorly. If I last ten days, it will be a great achievement, but I don't think I will.

#### Luz – Mexico

I've been trying not to eat sugar for ten days. I didn't realize that sugar was in everything! I failed on the second day when I had some bread which contained sugar. I've stopped putting sugar in coffee and have found one breakfast cereal that doesn't include sugar! I have more energy, and I can concentrate better at work, but I need some chocolate soon! Three days to go!

#### João – Brazil

I've posted a black-and-white photo on Facebook every day for ten days. My life is not very exciting, so it was a challenge to find interesting subjects. My most popular photo was of my cat in front of a lamp. It wasn't planned, but the light made my cat look really mysterious.

#### Diego – Colombia

I've been writing in a diary for seven days. I think it will be easy to complete the challenge, but some days it's more difficult than others. I usually write about how I feel, but yesterday I wrote a poem. It's nice that the challenge is flexible – you can do what you like. It's been fun so far. In the future I hope to work as a journalist.

#### Jose – Peru

- 1 Which person had some success in their challenge by accident? \_\_\_\_\_
- 2 Which person is not confident about finishing the 10-day challenge? \_\_\_\_\_
- 3 Which person likes the fact that you can complete the challenge in different ways? \_\_\_\_\_
- 4 Which person has found that the challenge has helped at work? \_\_\_\_\_
- 5 Which person has already completed the challenge? \_\_\_\_\_

\_\_\_\_\_ / 10 (2 points each)