


NAME: _____

DATE: _____

SCORE: _____ /50

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 ¹*making / doing / getting* good progress with my science project. I've almost finished it. How about you, Hayley?
- Hayley** I'm getting ²*anywhere / nowhere / everywhere*. Every time I try to find information on the internet, I start watching videos on YouTube. It's so easy to ³*make / get / waste* time doing things that are not work!
- Logan** I know. I used to have ⁴*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 ⁵*concentrate / get / spend* on my work!
- Hayley** That's a great idea. Can you help me with something, Logan? I'm having ⁶*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 ⁷*make / have / do* your best. The sooner you finish, the sooner you can ⁸*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 Bones*? 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 ¹ _____ (look) for you for 45 minutes!
- Rob** Hi Emma! Look at this. ² _____ you _____ (see) this funny cat video on YouTube?
- Emma** Rob! You should be working! ³ _____ you _____ (finish) the report I asked you to write?
- Rob** I'm sorry. I ⁴ _____ (not have) time to get to it.
- Emma** What ⁵ _____ you _____ (do) all this time?
- Rob** I ⁶ _____ (write) a report for Dave. If I ⁷ _____ (finish) it by the end of the day, I'll start yours tomorrow!
- Emma** You ⁸ _____ (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)