

**Vocabulary**

**1. Choose the correct options.**

1. Her biggest \_\_\_\_\_ would be to climb the mountain on her own.
2. You need a lot of \_\_\_\_\_ to run a marathon.
3. Being a firefighter takes a lot of \_\_\_\_\_.
4. My friends always \_\_\_\_\_ me when I need help.
5. My school didn't \_\_\_\_\_ me to try hard at sports.
6. Learning to drive was a big \_\_\_\_\_ for me.
7. If I had the \_\_\_\_\_ I'd like to learn Spanish.
8. Last year, I \_\_\_\_\_ my dream of going to Kenya.
9. I really want to \_\_\_\_\_ my fear of meeting new people.
10. The only \_\_\_\_\_ in our path to success might be our fears.

**2. Complete the sentences with *heart* or *mind*.**

1. When I left home, it broke my mother's \_\_\_\_\_.
2. I was planning to tell you the news, but it completely slipped my \_\_\_\_\_.
3. Francesca was going to become an actress, but then she changed her \_\_\_\_\_.
4. Looking after local parks is a subject close to my \_\_\_\_\_.
5. Martin really puts his \_\_\_\_\_ into his work.
6. I hope you make your \_\_\_\_\_ up soon.

7. Carla is very talented, bearing in \_\_\_\_\_ how young she is.

8. My \_\_\_\_\_ was broken when my soccer team lost!

9. It never crossed my \_\_\_\_\_ to get Andrew anything for his birthday.

10. Jonathan has a lot on his \_\_\_\_\_ right now, and he's really stressed.

**3. Match the beginnings with the endings to make sentences.**

1. I like being outdoors, so I get a lot _____	a. and I try to take advantage of it.
2. I started eating more pasta because _____	b. I got bored of eating bread all the time.
3. The gym has a lot of equipment, _____	c. the chance.
4. I prefer to do things carefully, rather _____	d. fun at all.
5. I'm not sure about what course to study, _____	e. lost here
6. When I went to the party, I was sick and didn't have _____	f. than take risks.
7. When you go to Paris, visit the Louvre if you have _____	g. and I have a lot of doubts.
8. Without a map, it's very easy to get _____	h. know some nice people.
9. Unlike my friends, who love soccer, I don't take any _____	i. interest in it.
10. When I was on vacation, I got to _____	j. out of hiking in the forest.

**Grammar**

**4. Choose the correct options.**

1. If I had the opportunity, I \_\_\_\_\_ abroad more.

2. If Linda \_\_\_\_\_ me something, I'd believe her.

3. What \_\_\_\_\_ if you never had to work again?

4. If I had bad service in a restaurant, I \_\_\_\_\_.

5. If you \_\_\_\_\_ more risks, you might have more success in life.

6. I \_\_\_\_\_ much of my classes if my teacher didn't explain things clearly.

7. A lot of stores \_\_\_\_\_ here if local people didn't support them.

8. What would you do if you \_\_\_\_\_ billions of dollars?

**5. Complete the third conditional sentences. Drag the correct option to the gap.**

- had finished
- would have done
- hadn't done
- would have finished
- had seen
- would have seen
- had had
- wouldn't have had
- had won
- wouldn't have won
- hadn't gone

1. Would Jack have come to the party if he \_\_\_\_\_ his work on time?

2. If I \_\_\_\_\_ well on my exams, I wouldn't have gone to college.

3. Erica \_\_\_\_\_ the award if she hadn't shown so much bravery.

4. My grandfather would have gone to college if he \_\_\_\_\_ the chance.

5. If I had gone to the party last weekend, I \_\_\_\_\_ fun. I don't like parties.

6. What would you have done if you \_\_\_\_\_ the lottery last night?

**6. Complete the sentences with the correct gerund or infinitive form.**

1. Paul met me \_\_\_\_\_ how grateful he was.
2. \_\_\_\_\_ a nice meal makes me feel very good.
3. I suggest \_\_\_\_\_ a short vacation.
4. It's important \_\_\_\_\_ people if they do something nice for you.
5. I'm eager \_\_\_\_\_ your new apartment.
6. He wants \_\_\_\_\_ married in May.
7. I'm thrilled \_\_\_\_\_ that I have a new job!
8. I went to the supermarket \_\_\_\_\_ some cleaning products.
9. \_\_\_\_\_ the news sometimes makes me feel insecure about the future.
10. Sara didn't want \_\_\_\_\_ me annoyed, but she did.

**7. Complete the conversation with the correct option.**

**IAN** What major \_\_\_\_\_ ?

**VICKY** Well, I haven't decided yet. Computer Science has always been close to my heart, but I think it's hard to get a job.

**IAN** Really? What \_\_\_\_\_ think that?

**VICKY** My parents told me. What \_\_\_\_\_ think?

**IAN** I think it's a growing industry.

**VICKY** Which major \_\_\_\_\_ to the best jobs? Maybe it's Business.

**IAN** What \_\_\_\_\_ if you study Business?

**VICKY** It might be easier to find work with a lot of different companies. But I'm not so eager to major in Business. Why do I need to study something I'm not really interested in?

**IAN** When \_\_\_\_\_ to make up your mind? I'd be glad to help you think about it!

### Listening

#### 8. Listen to a podcast. Are the sentences *T* (true) or *F* (false)?

1. There are three parts to the Ironman event. \_\_\_\_\_
2. The total distance is a little less than 220 kilometers. \_\_\_\_\_
3. The speaker doesn't know anyone who has done the Ironman challenge. \_\_\_\_\_
4. His family wasn't useful in helping him with the training he did. \_\_\_\_\_
5. He was able to finish the event. \_\_\_\_\_
6. He had to stop a lot because his bike broke. \_\_\_\_\_

### Reading

#### 9. Read the text. Match the paragraphs (1–5) with the ideas (a–f).

##### **Challenging Advice!**

##### **1 DO ONE THING EVERY DAY THAT SCARES YOU**

You might have doubts about the above advice. However, it has inspired many people to give themselves challenges, and become stronger. To be clear, it doesn't mean giving yourself shocks or making yourself sick. If you did that, it would hardly make you stronger.

##### **2 GET OUT OF YOUR COMFORT ZONE**

Most of us avoid frightening situations or taking risks. We live comfortable lives, in which we try to feel as little stress as possible. However, if we become too comfortable, we might become less creative, less able to cope with unexpected changes. In short, we might stop developing. If you do things that scare you, this will help you overcome difficult situations throughout your life.

##### **3 CONFRONT YOUR FEARS**

Fear is our friend. If we listen to our fears, we can usually avoid hurting ourselves. But fear can also be our enemy, and stop us from doing things. If we listen too much to our fears, they might grow in power. However, it takes a lot of bravery to ignore our fears. But sometimes, if we do, we might become even braver. Some experts advise thinking about what would be the worst thing that could happen if we did something, and then deciding how we would deal with the situation if it ever happened. This is

known as confronting your fears, and is often the best way to move forward.

#### 4 A LITTLE AT A TIME

Imagine you had a fear of spiders. The best way to overcome this is not to lock yourself in a room full of them. If you did that, you would probably make your fear much worse. A better way would be to gradually expose yourself to what makes you afraid, a little bit every day. It takes determination and a long time to do this, but it can be worth it.

#### 5 SOME FINAL ADVICE

It is important to realize that some fears never really go away. But what we can do is to get to know them, rather than let them control us.

- a. Fear often protects us.
- b. We should try and understand our fears.
- c. We don't grow when we feel too safe.
- d. You shouldn't do things that make you sick.
- e. Knowing your fears will help you control them.
- f. You should gradually expose yourself to things that scare you.

#### Writing

##### 10. Choose the correct options.

1. I enjoy sports such \_\_\_\_\_ cycling and running.
2. There are a lot of things that can go wrong in life, for \_\_\_\_\_, failing an exam.
3. On \_\_\_\_\_ hand, it's best to be positive about life, but on the other, it's good to be realistic, too.
4. When we overcome a problem, we can feel much happier. \_\_\_\_\_ we can feel proud of ourselves for not giving up.
5. I \_\_\_\_\_ believe that we can't succeed in something without making mistakes.

6. \_\_\_\_\_, it's better to learn from our mistakes, rather than feel bad about them.