

Lesson 1A

GRAMMAR | present perfect simple and continuous

VOCABULARY | personality adjectives; suffixes

PRONUNCIATION | weak forms of *have* and *been*

VOCABULARY

personality adjectives

1 A Choose the correct word to complete the sentences.

- 1 He's so! He's planning to open two new restaurants by the end of the year.
a adventurous b ambitious c hopeful
- 2 Hilda is the most person I know. She seems to disagree with everything I say.
a argumentative b rebellious c stubborn
- 3 People often go through a stage of life, where they want to break rules.
a rebellious b curious c stubborn
- 4 I think I'm pretty I've climbed a mountain, trekked through the Amazon – that kind of thing.
a outgoing b stubborn c adventurous
- 5 My sister's very Once she's made her mind up, she won't change it.
a outgoing b stubborn c argumentative
- 6 My twin brother and I are completely different. I'm quite shy, whereas he's very
a rebellious b ambitious c outgoing

B Complete the conversation with the adjectives in the box.

adventurous ambitious argumentative
cheerful curious outgoing rebellious
stubborn

- A: Do you get on well with your brother and sister?
B: Usually, but my brother can be a bit ¹ Whatever my opinion is, he'll almost always tell me I'm wrong. He's quite ², too. He never follows rules and sometimes gets in trouble at school.
A: Oh, dear! Your sister's always very ³ She seems to enjoy life.
B: Yeah, she does. She's quite ⁴ and has got loads of friends. I'm quieter than her. Anyway, what about you and your brother?
A: We get on fine. He's a lot older than me, so he's working now. He's quite ⁵ Like, he's already going for a promotion.
B: He sounds quite ⁶, as well. Doesn't he go mountain climbing?
A: Yeah, he's very ⁷ about the world – wants to know everything and try everything.
B: I wish my brother was more like yours!
A: Oh, he isn't perfect. He can be very ⁸ and won't change his mind for anything!

suffixes

2 Complete the sentences with the adjective form of the words in brackets.

- 1 Our new teacher's really (help) – she sent a list of useful websites to the group.
- 2 I'm not (art) at all. I can't even draw simple objects.
- 3 Wow! That musician was so (talent)! Imagine being able to play the piano like that.
- 4 I'm quite an (emotion) person – I always cry at the end of films.
- 5 I think you need to be more (realist). Can you really be a professional footballer?
- 6 Jade isn't very (like). She says unpleasant things about people behind their backs.
- 7 Rupert is an (experience) lawyer with over 30 years in the industry.

GRAMMAR

present perfect simple and continuous

3 A Choose the correct word or phrase to complete the sentences.

- 1 I've called / been calling / 'm calling the doctor's all morning, but no one's answering.
- 2 Have you had / having / been having your hair cut? It's looks great!
- 3 Felix has been / had / been having lessons recently and is making great progress so far.
- 4 How many times have you visited / been visiting / been Canada?
- 5 I've studied / study / been studying Japanese for just over a year now.
- 6 She's raised / been raising / raising €1,000 for charity.

B Complete the blog post using the correct form of the verbs in brackets.

Something I'm working on

Ellie Behr | Fri 23 Oct | 10.27 GMT

Regular followers of my blog will know that, I ¹ always (be) a shy, quiet person who hates conflict and walks away from any kind of argument. Recently, though, I ² (work) on being more assertive, by which I mean being stronger and more confident. I ³ (have) three sessions with a life coach, who ⁴ (help) me to finally understand that being assertive is not the same as being aggressive, and that people have more respect for you when you stand up for yourself. Recently, I ⁵ (practise) the things we've talked about and it ⁶ (be) a real eye-opener!

C Use the prompts to write present perfect simple or present perfect continuous sentences.

- 1 I / see / that new Wes Anderson film / five times now.
- 2 You / work / on that report / all morning!
- 3 Have / you go / anywhere interesting recently?
- 4 Ben / never try / horse-riding / because he / scared of horses!
- 5 He / take / a year off / go travelling.
- 6 I / look / for you / the last half an hour!

PRONUNCIATION

4A **1.01** | weak forms of *have* and *been* | Listen and choose the correct words to complete the sentences.

- 1 He's never been / She's never been to Poland.
- 2 How long have you been / have they been studying in Manchester?
- 3 What's he been / she been up to this week?
- 4 They've been / I've been trying to book flights to Mexico all morning.
- 5 She's been / He's been waiting here for the last four hours.

B **1.01** | Listen again and repeat.

LISTENING

5A **1.02** | Listen to an interview about identity. Put the topics in the order they are discussed.

- a Other factors that influence our identity
- b How to find yourself
- c The elements that form our identity
- d How we develop our sense of self
- e The importance of self-identity

B **1.02** | Listen to the interview again. Complete the sentences with no more than three words from the recording.

- 1 Identity is a combination of your _____, your likes and dislikes, your moral code and what motivates you.
- 2 Without a clear sense of self, it can be difficult to _____.
- 3 Parents provide _____ for how their children should behave.
- 4 Your identity isn't _____ – it develops over the course of your life.
- 5 Our relationships and experiences _____ our sense of self.

C **1.03** | Listen to the speaker's final advice again and write what you hear. You will hear the sentence only once.

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WRITING

a blog post

6A Read the blog post. How has the writer changed? Complete the summary with words from the text.

I'm not the person I once was

When I was a young kid, I was pretty adventurous. I was always out in the woods near home, climbing trees and swimming in the river. As a teenager, I was a bit of a risk-taker and didn't think twice about the stuff I did: snowboarding, sky-diving, you name it! I think I've changed considerably since then. These days I much prefer indoor activities and I've been a music teacher for the last four years. I've become a lot calmer as a result! I'm still curious about the world, but I haven't done anything 'extreme' for a long time!

I'm definitely less ¹ _____ and no longer a ² _____. Nowadays, ³ _____ are more my thing, and my role as a ⁴ _____ has calmed me down. That doesn't mean I'm not ⁵ _____ about what's going on around me. I just choose not to take part in ⁶ _____ sports like snowboarding and sky-diving anymore!

B Read the comments. Underline examples of the present perfect simple and continuous.



Astrid94
14.07 | 2 Nov

I would say that I've actually changed very little. I've always been very close to my family and we agree on most things. You'll often find us all on the golf course, too – recently I've taken up the sport so I can join my parents and brothers for a game!



JosephER
14.22 | 2 Nov

I've changed loads! As a young child I was quiet like my mum, who brought me up on her own, but in my teenage years I was rebellious and hated school with a passion. I think I've outgrown that, and I've been channelling my energy into being ambitious instead.



I_Kara
14:39 | 2 Nov

I've always had two sides to my personality. In my work as a gym instructor, I'm patient and cheerful, but in my personal life, I'm a total stress-head, though I've been working on that! I still love nothing more than getting together with friends and debating all the issues important to us.

C Make notes about how these things have changed as you have got older. Then write a blog post. Write 100–140 words.

- your personality
- your interests
- your values