

# Secrets of the mind

## Grammar

Modal verbs to express certainty and possibility

1 Rewrite the sentences in *italics* using a modal verb: *might, may, could, must* or *can't*.

1 Ryan is behaving very strangely. *I'm sure he's in love.*  
He ..... *must be* ..... in love.

2 Deborah is looking a bit tired. *Perhaps she's working too hard.*  
She .....

3 He never goes on holiday. *I don't suppose he earns much.*  
He .....

4 She is studying full-time and she has a job in a restaurant. *I imagine that's very hard.*  
That .....

5 That man's quite young. *He's definitely not Claire's grandfather.*  
That .....

6 He's just bought a new car and a yacht. *He obviously sold his business for a lot of money.*  
He .....

7 Andy and Sarah aren't speaking to each other. *I don't believe they've had another argument.*  
They ..... another argument.

8 You seem very familiar. *Perhaps we've met before.*  
We .....

9 She says she doesn't like children. *I'm sure she didn't have a happy childhood herself.*  
She ..... a happy childhood.

10 I don't know why she didn't tell me she'd left her job. *It's possible she thought I would be angry.*  
She .....

2 Read the paragraph about risk-taking. Circle the correct modal verbs.

Psychologists believe that taking risks has always been part of human nature. For early humans, risk-taking (1) *must / can't* have been part of everyday life. Psychologists think that early human risk-takers (2) *may / can't* have been more likely to explore new places, possibly finding a new source of water or food. Such individuals (3) *can't / might* also have risked doing things differently, such as using a new kind of weapon or animal trap. These acts (4) *must / mustn't* have given the risk-taker a great sense of achievement, but (5) *can't / could* also have profoundly benefited his or her group by improving their lives in some way.

## Writing | Part 2 An article

You see this advertisement in your college magazine.

### Articles wanted

**Who has inspired you most?**

**A friend? A family member? Someone famous?**

Tell us why you admire them and describe the influence this person has had on you.

The best article will appear in next term's magazine.

Write your article in 140–190 words.

1 Read the following introductory paragraphs.

1 Which title do you think has the most impact?

2 Which paragraph is about the right length?

3 Underline all the adjectives which describe personality and feelings.

4 Which paragraph repeats the same vocabulary and structures too often?



**A**

*A living example*

My favourite aunt has had a very big influence on me. She is my father's oldest sister and I spent a lot of time with her when I was growing up. She didn't have any children of her own so she treated all her nephews and nieces as if they were her own children. She was quite old-fashioned in many ways and could be quite critical if she didn't approve of our behaviour or our clothes. But at the same time she was always ready to listen to us and discuss our feelings without getting shocked or angry.

**B**

*My favourite cousin*

My family have all influenced me in different ways. My parents taught me to be responsible and to work hard. My grandmother taught me how to cook. But the person who has had the biggest impact on me is my cousin Robert because he taught me how to have fun and how to enjoy life.

**2** Read the rest of *My favourite cousin*.

- Find more adjectives that describe personality and feelings.
- Replace the word *very* with a word from the box to add variety and interest. Can you use the modifying adverbs in the box in all the examples?

extremely particularly really quite

Robert was **(1)** *very* confident whereas I used to be **(2)** *very* shy and always stressed. But Robert taught me that being stressed doesn't help solve problems. Robert never got upset when things went wrong and I decided I wanted to be like him. So I stopped worrying so much and soon I began to enjoy life more.

A cousin who is a few years older can have a **(3)** *very* big influence. In my case Robert had a bigger influence than my older brother because that relationship was always **(4)** *very* competitive and my brother never wanted to spend time with me.

Now Robert and I have **(5)** *very* different jobs and interests but I will always be **(6)** *very* grateful to him for showing me that it's easy to have fun and enjoy life.

## Vocabulary

*stay, spend and pass; make, cause and have; achieve, carry out and devote*

**1** Circle the correct verb.

- Did you *stay* / *spend* at the party till the end?
- Reading is the best way to *spend* / *pass* the time when you are travelling.
- I used to *spend* / *pass* all my holidays at my grandparents' house.
- Studies have shown that teenagers *spend* / *pass* more time playing computer games than watching TV.
- Some people prefer *staying* / *spending* at home to going out.
- A lot of time has *spent* / *passed* since we saw each other.

**2** Which verbs in the table collocate with the nouns in the box? Put the nouns in the correct column. Some can go in more than one column.

progress fun patience confusion trouble  
a shock peace an effort damage an impact on  
changes offence a mistake unhappiness

make	cause	have

**3** Match the two parts of the sentences.

- During the exam the students tried to carry out ...
- Their marriage was successful because they devoted ...
- Ella finally achieved ...
- Scientists have been carrying out ...
- Some scientists devote ...
- It can take a long time to achieve ...

- A new research on what makes people happy.  
 B her ambition to become a doctor.  
 C their teacher's instructions perfectly.  
 D their lives to finding a cure for diseases.  
 E a lot of time to each other.  
 F success in your career.

- 1 ..... 2 ..... 3 .....  
 4 ..... 5 ..... 6 .....



## Adjectives describing personality

4 **EP** Match the adjectives with the definitions.

- |               |  |
|---------------|--|
| 1 creative    | A Someone who wants to get a good job and make a lot of money. |
| 2 sociable    | B Someone who is imaginative and has lots of ideas.            |
| 3 adventurous | C Someone who is friendly and likes meeting new people.        |
| 4 shy         | D Someone who worries a lot and gets stressed easily.          |
| 5 ambitious   | E Someone who finds it difficult to meet new people.           |
| 6 nervous     | F Someone who enjoys risky and challenging experiences.        |

5 Now choose one adjective from above to describe the people in each photograph.

## Listening | Part 4

**10** You will hear an interview with Professor Jackson, a psychologist, talking about the science of happiness. For questions 1–7, choose the best answer (A, B or C).

- Professor Jackson thinks surveys on happiness  
A are less accurate than economic studies.  
B will be used to measure the success of governments.  
C will become less useful in the future.
- What does Professor Jackson suggest about diet?  
A It is given more attention by happy people.  
B People feel happier if they have a good diet.  
C It has less effect on life expectancy than happiness.
- What seems to be the relationship between standard of living and happiness?  
A People are happier now than in the past.  
B People in rich countries are getting happier.  
C People need to achieve a basic income to be happy.
- People who buy material goods to make them happy are  
A usually dissatisfied with their purchases.  
B confusing happiness with pleasure.  
C only happy for a short time.
- What does Professor Jackson say about the effect of relationships on happiness?  
A Having strong friendships may improve health.  
B People with a lot of friends seem to be the happiest.  
C Close friends are more important for happiness than family.
- What do recent studies say about happiness at work?  
A People need to feel useful.  
B People need to enjoy their work.  
C People need to have goals.
- Professor Jackson says the easiest way to increase happiness is to  
A smile more often.  
B stop comparing yourself to others.  
C do something kind every day.





## Reading and Use of English | Part 3

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

### Personality types

It's often said that no two people are exactly (0) .....*alike*....., but according to one (1) ..... theory, we all share one of 16 distinct personality types, which are formed by several (2) ..... of personality traits.

(3) ..... can be made between personality and left- or right-handedness. Most people are born with a (4) ..... for one hand, and all of us are born with a personality type. Experts say that we (5) ..... develop our personality type through the course of our lives in (6) ..... to our (7) ..... and experiences – school or work, for example.

However, it should be emphasised that personality type doesn't explain everything about us and that the (8) ..... of people with the same personality type can differ hugely.

LIKE  
PSYCHOLOGY

COMBINE

COMPARE

PREFER

TYPICAL

RESPOND  
SURROUND

BEHAVE



## Reading and Use of English | Part 2

### Exam advice

Read the whole text when you have finished to make sure the words you have written make sense.

For questions 1–8, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

### The happiest day of the year



A British psychologist says he can prove that the last Friday in June is the happiest day of the year.

Cliff Arnall, a University of Cardiff psychologist specialising (0) ..... seasonal disorders, (1) ..... created a formula for finding happiness. The research looks (2) ..... everything from increased outdoor activity and rising energy levels, to picnics and beach trips with families.

Mr Arnall's happiness formula depends (3) ..... six factors: outdoor activity, nature, social interaction, positive memories of childhood summers, temperature, and holidays and anticipation of time off.

'At the end of June, the days are at their longest (4) ..... means there are more hours of sunshine to enjoy. It's (5) ..... people tend to have lots of gatherings with friends and family,' Mr Arnall said.

'Happiness is associated with many things in life and can (6) ..... triggered by a variety of events. Whether it's a sunny day (7) ..... a childhood memory that triggers a feeling of happiness, I think this formula proves that the path to finding happiness is very (8) ..... simpler than people imagine.'

