Module 4

Vocabulary

▪ Body language

A **Fill in:** *arms, eyebrow, finger, head, legs, mouth, nails, smile.*

1 Dave was scratching his ..... as if to say he didn't understand anything.
2 When Elaine is stressed she tends to bite her ..... .
3 Evelyn always has a beautiful broad ..... on her face.
4 The teacher pointed his ..... at the boy at the back of the classroom.
5 Fiona stood there with her ..... folded.
6 Patricia sat down casually with her ..... crossed.
7 The teacher looked at Greg and raised one ..... in doubt.
8 From her open ..... and shocked expression we knew that she had had bad news.

B **Choose the correct item.**

1 It isn't always easy to ..... one's dreams.
A satisfy **B** fulfil

2 Jeff was depressed after being made ..... .
A redundant **B** laid off

3 It's about time we ..... the apartment.
A restored **B** renovated

4 Travelling abroad alone is a(n) ..... experience that enriches one's character.
A costly **B** invaluable

5 Selfish people will do anything to ..... their own happiness.
A pursue **B** follow

6 Michael was very happy to get ..... in his company.
A progressed **B** promoted

7 In life there are times when we have to ..... difficult situations.
A face **B** feel

8 She admitted that she didn't know how to ..... the problem.
A deal **B** handle

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Module 4

C Complete the exchanges with words from the list.

• divorced • engaged • gap • pregnant • toddler • upbringing • widow • voting

1 A: Michelle is ..... with twins!
B: Oh, that's wonderful!
2 A: What's Ruth going to do?
B: It seems she's taking a ..... year.
3 A: Jenny's husband passed away.
B: I know. She's been left a ..... with two kids.
4 A: How long have you known Lenny?
B: Believe it or not, I've known him since he was a ..... .
5 A: Ian and Sonia are getting ..... .
B: No! They've only been married for six months.
6 A: Why is Margaret always so serious?
B: Maybe because she had a very strict ..... .
7 A: What is the ..... age in your country?
B: It's 18.
8 A: Guess what! I'm ..... to be married.
B: Oh, congratulations!

D Choose the correct word.

1 It is hoped that the patient will **improve**/**increase** with therapy.
2 If you set the washing machine temperature too high, your clothes will **lower**/**shrink**.
3 I'm afraid you don't **serve**/**fulfil** the requirements for the position.
4 You'll need to **minimise**/**reduce** your cholesterol if you want to be healthy.
5 You cannot **experience**/**sample** the produce before buying it, so choose carefully.
6 These measures were taken to **serve**/**assist** people with disabilities.

E Fill in: *breathed, full, life, matter, prime, citizens.*

1 Linda is always cheery and ..... of life.
2 We should respect and help senior ..... .
3 James was an excellent tennis player in the ..... of his life.
4 Oh well, what did you expect? That's .....!
5 The government grant ..... new life into the club.
6 Betty begged me for a loan saying it was a ..... of life and death.

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Module 4

▪ Moods & Feelings

F Match the words to their synonyms.

1		happy	**a**	depressed
2		calm	**b**	satisfied
3		frightened	**c**	devastated
4		pleased	**d**	self-centred
5		selfish	**e**	relaxed
6		sad	**f**	content
7		upset	**g**	petrified

▪ Hobbies

G Fill in *do*, *go* or *play* in the correct form.

1 Do you ..... computer games?
2 Do you fancy ..... hiking this weekend?
3 How often do you ..... swimming, Mark?
4 John ..... the saxophone very well.
5 Have you ..... the crossword puzzle yet today?
6 They say that ..... chess helps brain development.
7 I used to ..... fishing with my granddad when I was a kid.
8 Is it expensive to ..... golf here?

▪ Word formation

H Complete the sentences with the correct form of the word in bold.

1	Naturally, success tends to boost people's	**CONFIDENT**
2	Yoga is an ..... way to relax.	**EFFECT**
3	I would like to be a ..... photographer after school.	**PROFESSION**
4	Millions of people around the world live in	**POOR**
5	Mr Martin is a very ..... young man.	**WEALTH**
6	When you start thinking ....., you'll feel better.	**POSITIVE**
7	There are very good methods to increase students' ..... and interest.	**MOTIVATE**
8	Extreme sports are becoming popular ..... activities.	**RECREATE**

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Module 4

▪ Phrasal verbs

I Choose the correct particle.

1 This business has been handed **down**/**up** through several generations.
2 The woman fell **apart**/**about** when she received the bad news.
3 Most people settle **in**/**down** and have a family before 40.
4 They broke **up**/**apart** and both went their separate ways.
5 After the accident it took Paula months to open **apart**/**up** and talk about it.
6 I like to wind **about**/**down** after my week's work over coffee with friends.

▪ Prepositions

J Fill in: *for, from, to, with (x2)*.

1 Several factors contribute ..... depression.
2 The doctors are doing everything to make sure she recovers ..... her injuries rapidly.
3 Carmen is blessed ..... a talent for writing.
4 Who is responsible ..... this mess?
5 Everyone sympathised ..... John when he lost his job.

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Module 4

Grammar

- **Modals – (to) infinitive/-ing form**

A Rewrite the sentences using modals.

1 I advise you to think carefully before quitting your job.
.....
.....

2 It isn't necessary to vote if you don't want to.
.....
.....

3 It's forbidden to drink and drive.
.....
.....

4 All children are obliged to attend the annual sports day.
.....
.....

5 It is possible that I will get engaged soon.
.....
.....

6 Would you like me to help you write a letter of application for the job?
.....
.....

7 Is it all right if I invite some friends over?
.....
.....

8 I feel it is important for me to study hard this weekend. .....
.....

B Choose the correct item.

1 A: I can't help **thinking/to think** about it.
B: You should **not worry/to worry** so much.

2 A: Why doesn't Carol listen to anyone?
B: She's very stubborn. It's not even worth **to try/trying**.

3 A: How about **to have/having** a party for our wedding anniversary?
B: Yes, I'd love **celebrating/to celebrate** it with friends.

4 A: Would you mind **to wait/waiting** a few moments?
B: No. That's fine!

5 A: Timothy is thinking **to quit/of quitting** his job to become an actor.
B: I know. I think you should **to try/try** to persuade him not to.

6 A: I can't decide what **wearing/to wear** to the party.
B: Why don't you wear your long black dress? It looks great on you.

7 A: Let's **go/to go** to the cinema tonight.
B: Sorry, but I must **to study/study** for my final exams.

8 A: Mary spends hours **to read/reading** in her room, doesn't she?
B: Yes, she enjoys **to read/reading**.

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C Put the verbs in brackets into the correct *infinitive* or *-ing form*.

1 You are not allowed ..... **(use)** a dictionary during the exam.
2 I'd like ..... **(see)** Victoria Falls one day.
3 He is considering ..... **(move)** to Australia.
4 Sam is looking forward ..... **(get)** married.
5 I can't help ..... **(think)** about what happened.
6 Peter can ..... **(run)** very fast.

D Put the verbs in brackets into the correct *infinitive* or *-ing form*.

1 Don't forget ..... **(bring)** the wedding ring with you.
2 I will try ..... **(convince)** her to change her mind.
3 Please remember ..... **(pay)** the bills today.
4 Anita has stopped ..... **(talk)** to me for no apparent reason.
5 She doesn't remember ..... **(meet)** me at Jenny's party.
6 They will never forget ..... **(visit)** China.
7 Try ..... **(exercise)** more if you want to lose weight.
8 The tourist stopped on the side of the road ..... **(ask)** for directions.

▪ Tenses of the *infinitive*/*-ing* form

E Rewrite the sentences using *can't*, *may (not)*, *must* or *should*.

1 I expected Miriam to have given birth by now.
.....
.....
2 Perhaps Jim is still working in his office.
.....
.....
3 I suppose he didn't get the message.
.....
.....
4 It's possible that Frank is having family problems.
.....
.....
5 I'm convinced Peter didn't lie to Miranda.
.....
.....
6 I'm sure Thomas is very upset about what happened.
.....
.....

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Module 4

F Rewrite the second sentence so that it means the same as the first.

1 Nancy can't wait to get engaged.
Nancy is looking forward ..... .

2 She said she didn't lie to her parents.
She denied ..... .

3 She told me she would marry me.
She promised ..... .

4 Could you pass me that newspaper, please?
Would you mind .....?

5 Belinda thinks she will get promoted soon.
Belinda expects ..... .

6 Teenagers are not old enough to make important life decisions.
Teenagers are too young ..... .

7 You're wasting your time arguing with Eva.
There's no point ..... .

8 I'm sure he is telling the truth.
He ..... .

9 Sam would prefer not to get married so young.
Sam would rather ..... .

10 I expected her to have apologised by now.
She ..... .

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Module 4

Reading

Read the text and choose the best answer, A, B, C or D.

Born to be happy

Have you ever asked yourself why some people are happier than others? Chances are you probably concluded that it must be due to them being born into a wealthy family, having the right job or perhaps just the luck of the draw. So, would you be surprised to hear that it's unlikely to be down to any of the above? Recent research suggests that everyone has a specific level of happiness they always return to no matter what happens in their life, whether it is positive or negative. This means that even if something wonderful happens, the increase in happiness that it causes will not be long lived. In fact, it is believed that 50% of our happiness is genetic, 10% is determined by circumstances, such as social status, income level, relationships and so on and 40% is related to our everyday activities, thoughts and feelings.

One study that followed a number of lottery winners over a period of a year after their win showed that, a year on after the initial excitement had passed, their level of happiness hadn't increased from their pre-win days. Conversely, people who suffered a serious injury due to an accident and became depressed because of it regained their former level of happiness after a year. Some researchers believe that this is in large part due to our genetics rather than our environment and that our overall happiness may depend on whether we received the long or short version of a certain gene known as 5-HTT, which is involved in the transport of the feel-good chemical serotonin in the brain. A study of more than 2,500 Americans showed that those born with two long versions of the gene were more likely to consider themselves 'very satisfied' with life than those with short versions.

Other studies, focused on the brain, have discovered significant differences between happy and unhappy people. According to some experts, the brains of happy people notice and appreciate positive things in life more than the brains of unhappy people. Scientists carried out brain scans on volunteers who were shown a series of images designed to produce positive or negative feelings. The scans showed that all the volunteers' brains reacted in the same way to the negative and neutral images while the 'happy' volunteers demonstrated an enhanced activity in the section of the brain called the amygdala, which is used in perception and regulating emotional reactions.

These studies may in time give us an insight into the causes of happiness but it is an extremely complex area and we are only at the beginning of our voyage of discovery. Therefore, experts remain cautious about any results. One expert says that inheriting two short versions of the 'happy gene' does not mean that a person is bound to a life of misery any more than two long versions would make someone euphoric all their life. Happiness is only partly influenced by genetic makeup and each individual's experiences throughout the course of their life remain important factors in contributing to happiness. Still, the bottom line is that we might spend a lifetime searching for happiness in material things while the truth is that the happiness you seek is within.

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1 In the first paragraph, the writer states that

A we have practically no control over our happiness.
B genetics has a major effect on our happiness.
C we can completely control our own happiness.
D we are only happy if we are well-off.

2 In one study, people who had won the lottery

A were not any happier a year later.
B didn't notice any difference throughout the year.
C were happy for a long time.
D were depressed a year later.

3 Some scientists believe that

A unhappy people are too emotional.
B everybody's brain has the same reaction.
C images have no effect on emotions.
D a part of 'happy' people's brains is more active.

4 Experts on the subject

A believe inheriting happy genes is the key to happiness.
B don't think more research would be helpful.
C criticise the findings of recent research.
D have some doubts about results of research.

5 The main purpose of the article is to

A offer advice on how to beat depression.
B explain why some people are happier than others.
C give the reasons for a scientific study.
D describe what makes people unhappy in life.

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Module 4

Listening

Listen to a radio presenter speaking to an expert in psychological problems in the elderly and for questions 1-5 choose the correct answer, A, B or C.

1 **Frank is**
- **A** a nurse caring for old people.
- **B** studying for a new career.
- **C** an expert in conditions affecting the elderly.

2 **Why does Frank think the real statistics might be higher?**
- **A** There was not enough research.
- **B** The research didn't include all the elderly.
- **C** The elderly didn't help the researchers.

3 **What does Frank refer to as 'the silent killer of the elderly'?**
- **A** Alzheimer's
- **B** dementia
- **C** loneliness

4 **Frank says that human beings**
- **A** prefer the company of animals.
- **B** want to be physically active.
- **C** need to be part of a group.

5 **What is Frank doing to solve the problem?**
- **A** building social venues
- **B** working with aid organisations
- **C** providing healthy meals

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