30th Anniversary
LONDON Institute
Hablá, pensá, viví el Inglés!

Student: Date: / /

TEENS 4

UNIT 5 EXAM

TENSES:

She is Malena and she _____ (TO BE) a barista for three years and she _____ (TO LOVE) it.

Every day she _____ (TO GO) to the coffee shop …….. she _____ (TO WORK) but she _____ (NOT TO GO) by bus, she _____ (TO RIDE) a bike. She _____ (TO INSIST - NOT TO USE) public transport when is not necessary.

Yesterday she _____ (TO PREPARE) a coffee when …….. she _____ (TO HEARD) her boss arguing with her coworker, …… name is Melisa, because she _____ (TO FORGOT) to pay a provider and they didn't have …….. ingredients. However, they _____ (CAN) fix it a few hours later.

At the moment, she _____ (TO TALKING) with her friends but she _____ (TO DRINK) coke. She _____ (TO LOVE - TO SPEND) time with her friends. She _____ like to spend more time with them but she is …… a busy woman that she can't always be with them.

LIVEWORKSHEETS

READING COMPREHENSION:

Read and write down your opinion (120 words)

@english_besties

How to Stop Doomscrolling

Reading B1+ I Habits & Lifestyle

Doomscrolling is the habit of **constantly** scrolling through negative news or social media posts for a long time. Many people start doing it without thinking, **especially** before sleep or when they feel bored. **Although** it may **seem** harmless, doomscrolling can make people feel **anxious**, tired, and stressed.

Why It Is Hard to Stop

Social media platforms are designed to keep our attention. Every new post, video, or **notification** makes us want to keep scrolling. Our brain becomes used to this constant **flow** of information. As a result, it can be difficult to stop, even when we know it is not good for us.

Set Time Limits for Social Media

One simple way to **reduce** doomscrolling is to control the time you spend online. You can set a timer or use phone settings that limit social media use. For example, you may decide to check social media only two or three times a day.

Replace Scrolling with Better Habits

It is easier to stop doomscrolling when you replace it with another activity. Instead of scrolling, you can read a book, listen to music, go for a short walk, or talk with friends. These activities relax your mind and **improve** your mood.

Create Phone-Free Moments

Try to create small parts of the day when you do not use your phone. For example, avoid social media during meals or one hour before sleep. These phone-free moments can help your brain rest and reduce stress.

Take Back Control of Your Time

Doomscrolling can slowly take a lot of time from your day. By becoming **aware** of this habit and making small changes, you can **regain** control. Less scrolling means more time for real experiences, hobbies, and people around you.

Expres your opinion about this topic and write it down. (120 words)

tg : @english_besties

LIVEWORKSHEETS

NARRATIVE:

Create a short story using the next words. REMEMBER TO USE TENSES, COMPLEMENTS, PASSIVE VOICE AND CONDITIONALS.

LUCY - LOSE HER WALLET - PHONE CALL - ACCIDENT - HOSPITAL - BROKEN ARM - SAD - FRIENDS - VISIT - BOSS - FIRED - ACCUSED - WAKE UP - NIGHTMARE

LIVEWORKSHEETS

LISTENING:

https://learnenglish.britishcouncil.org/free-resources/listening/b2/talk-about-motivation

Listening B2: A talk about motivation – 1

Are the sentences true or false?

6 items remaining

1. We try to motivate workers in the same way that we try to motivate our children. ○ True ○ False
2. In the Glucksberg experiment, the people who were offered a reward finished faster than people who were not offered one. ○ True ○ False
3. The people who were offered smaller rewards in Ariely's experiment performed better than those offered bigger rewards. ○ True ○ False
4. In Ariely's experiment, people were more creative when they were concentrating on achieving a goal. ○ True ○ False
5. In the future, jobs will require workers to be more creative. ○ True ○ False
6. People always work better when they start the day later and work into the night. ○ True ○ False

Finish Try again

LIVEWORKSHEETS