9 Secrets of the mind

Starting off

1 Work in pairs. Find nine things which might make people happy by matching these words and phrases.

1 being admired	a a loving family
2 being part of	b in your studies or work
3 doing really well	c by the people around you
4 falling	d live well
5 having enough money to	e friends
6 having lots of	f in a nice neighbourhood
7 having lots of time to spend	g in love
8 living	h on the things you enjoy doing
9 not having to	i work too hard

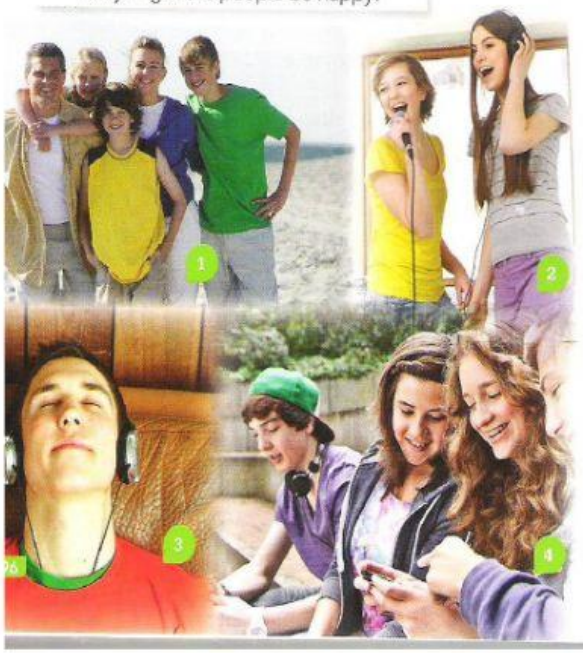
2 Which of the things in Exercise 1 do you think are essential for happiness? Which do you think are not so important?
Are there any other important things which make people happy?

3 Work in pairs. Take turns to do the task below.

- Student A should look at photos 1 and 2.
- Student B should look at photos 3 and 4.

The photos show people who are happy. Compare the photos and say why you think the people might be happy.

Why might the people be happy?



Reading and Use of English | Part 5

1 You are going to read an article by a psychologist about happiness. Read the article quickly to find out what he thinks makes people happy.

Article | Video | Picture gallery

The secrets of happiness

Mihaly Csikszentmihalyi has devoted his life to studying happiness. He believes he has found the key.

I've been fascinated by happiness most of my life. When I was a small boy, I noticed that though many of the adults around me were wealthy and educated, they were not always happy and this sometimes led them to behave in ways which I, as a child, thought strange. As a result of this, I decided to understand what happiness was and how best to achieve it. It was not surprising, then, that I decided to study psychology.

On arrival at the University of Chicago 50 years ago, I was disappointed to find that academic psychologists were trying to understand human behaviour by studying rats in a laboratory. I felt that there must be other more useful ways of learning how we think and feel. Although my original aim had been to achieve happiness for myself, I became more ambitious. I decided to build my career on trying to discover what made others happy also. I started out by studying creative people such as musicians, artists and athletes because they were people who devoted their lives to doing what they wanted to do, rather than things that just brought them financial rewards.

Later, I expanded the study by inventing a system called 'the experience sampling method'. Ordinary people were asked to keep an electronic pager for a week which gave out a beeping sound eight times a day. Every time it did so, they wrote down where they were, what they were doing, how they felt and how much they were concentrating. This system has now been used on more than 10,000 people, and the answers are consistent: as with creative people, ordinary people are happiest when concentrating hard.

LIVEWORKSHEETS

After carrying out 30 years of research and writing 18 books, I believe I have proved that happiness is quite different from what most people imagine. It is not something that can be bought or collected. People need more than just wealth and comfort in order to lead happy lives. I discovered that people who earn less than £10,000 are not generally as happy as people whose incomes are above that level. This suggests that there is a minimum amount of money we need to earn to make us happy, but above that dividing line, people's happiness has very little to do with how much poorer or richer they are. Multi-millionaires turn out to be only slightly happier than other people who are not so rich. What is more, people living below the dividing line and in poverty are often quite happy too.

I found that the most obvious cause of happiness is intense concentration. This must be the main reason why activities such as music, art, literature, sports and other forms of leisure have survived. In order to concentrate, whether you're reading a poem or building a sandcastle, what you need is a challenge that matches your ability. The way to remain continually happy, therefore, is to keep finding new opportunities to improve your skills. This may mean learning to do your job better or faster, or doing other more difficult jobs. As you grow older, you have to find new challenges which are more appropriate to your age. I have spent my life studying happiness and now, as I look back, I wonder if I have achieved it. Overall, I think I have, and my belief that I have found the keys to its secret has increased my happiness immeasurably.

Adapted from *The Times*

Exam advice

When a question asks what a word or phrase refers to:

- read carefully what is said in the preceding sentence
- make sure you understand the reference before you read the options.

2 For questions 1 and 2, the sentences in the article which give you the answers have been underlined. Read the questions and the underlined sentences. Then choose the answer (A, B, C or D) which you think fits best according to the underlined sentences.

1 What does *this* in line 6 refer to?
A the writer's decision to study psychology
B the writer's interest in happiness
C the writer's observations of adults
D the writer's unhappy childhood

2 What sort of people did the writer choose to concentrate on at the start of his career?
A People who were clearly happier
B People with more freedom
C People whose main aim in life was not making money
D People whose objective was to become richer

3 Now, for questions 3–6, choose the answer (A, B, C or D) which you think fits best according to the text.

3 The 'experience sampling method' showed in general that
A creative people are happier than other people.
B uncreative people are just as happy as creative people.
C people's happiness depends on who they are with.
D people are happier when they are very focused on an activity.

4 *that dividing line* in line 47 refers to a division between
A living more comfortably and less comfortably.
B poor countries and rich countries.
C happy people and unhappy people.
D millionaires and poor people.

5 According to the writer, people concentrate more when they are doing
A something which they find enjoyable.
B something which they find difficult but possible.
C something which they find quite easy.
D many things at the same time.

6 What impression do you have of the writer of the text?
A He has become happier by studying happiness.
B He has been unhappy most of his life.
C He has always been a happy person.
D He has only been happy for short times.

4 Work in groups.

- Did anything surprise you about what the writer says makes people happy? If so, what? If not, why not?

LIVEWORKSHEETS

Vocabulary

achieve, carry out and devote

1 Complete these sentences from Reading and Use of English Part 5 by writing the correct form of *achieve, carry out* or *devote* in each gap.

1 Although my original aim had been to ..... happiness for myself, I became more ambitious.
2 They were people who ..... their lives to doing what they wanted to do, ...
3 After ..... 30 years of research and writing 18 books, I believe I have proved that happiness is quite different from what most people imagine.

2 Write the nouns in the box by each verb they can form collocations with.

~~an aim~~ an ambition energy an improvement
an instruction an objective an order one's life
research success a test a threat time

1 achieve an aim, ...
2 carry out
3 devote ... (to)

3 Complete these sentences by writing collocations from Exercise 2 in the correct form in each gap. In some cases, more than one answer may be possible.

1 Last year, my uncle ..... a lifelong ..... to visit New York.
2 Scientists have been ..... to discover the cause of the disease.
3 The exercise is quite easy, so you won't need to ..... very much ..... to doing it.
4 Igor felt very tired because he had ..... a lot of time and ..... to the project.
5 My mum said she'd stop my pocket money if I was home late, but I don't think she'll ..... her ..... .
6 In the army, you have to be obedient and ..... immediately.

stay, spend and pass; make, cause and have

4 Candidates often confuse the following words: *stay, spend* and *pass; make, cause* and *have*. Read these sentences and circle the correct word in *italics*. Then check your answers by reading the definitions on page 184.

1 Remember, your behaviour will *have / cause* an effect on other people.
2 I'm very sorry if I've *made / caused* you any problems.

3 I have *passed / spent* my life studying happiness.
4 Yesterday, I *spent / stayed* two hours listening to the radio.
5 I really enjoy late-night films on TV when I can *stay / be* awake.
6 The news that her sister had had a baby *made / had* her very happy.

5 Now complete each of these sentences using *stay, spend, pass, make, cause* or *have* in the correct form.

1 I decided to ..... the afternoon in the park.
2 Colin played a game on his phone to ..... the time while he was waiting for the train.
3 We should be able to go camping because they say the weather is going to ..... like this for the rest of the week.
4 Your talk was excellent and ..... a powerful impact on the other students.
5 How did you ..... the weekend? Did you enjoy yourself?
6 I ..... two hours today trying to finish my homework.
7 The bus strike has been ..... problems for students trying to get to school.
8 The bad sound quality ..... the film very difficult to understand.
9 Using up-to-date materials can ..... a dramatic effect on the amount students learn.
10 Our maths teacher ..... the whole lesson explaining algebra to us.

6 Which verb – *make, cause* or *have* – forms a collocation with each of these nouns? In some cases, more than one verb–noun collocation is possible.

an accident a change an effect an impact
an impression a problem trouble

7 Complete these sentences by writing a collocation from Exercise 6 in each of the gaps. In some cases, more than one answer may be possible.

1 A dog ran onto the road and would have ..... if I hadn't reacted quickly.
2 Amalia obviously ..... a good ..... on the examiners because they gave her a Grade A.
3 I hope I haven't ..... you ..... by coming to stay unexpectedly.
4 I ..... that she's not very organised. Otherwise, she'd hand her work in on time.
5 Living in the country ..... a nice ..... after spending the last three years living in a city.
6 Your choice of subjects at university will ..... a big ..... on your future career.

LIVEWORKSHEETS

Listening | Part 1

1 You are going to hear people talking in eight different situations. Before you listen, work in groups. Discuss whether you agree with these statements or not.

- Your first impression of a person is usually formed by what they say, not how they look.
- In general, people marry someone quite similar to them rather than someone very different.
- Young people nowadays are generally more intelligent than their grandparents were.
- Few people are afraid of flying in planes and getting in lifts. More people are afraid of heights.
- Everyone sometimes has a dream where they're flying, falling or running.

2 Now work in pairs. Read questions 1 and 2 and match the words and phrases in the box with each of the options A, B and C in the two questions. (For some options there may be more than one word or phrase.)

actual words body language character
things in common gestures hobbies intonation
people we like appearance mirror

1 You hear an expert giving advice about meeting people for the first time. What has the most impact?
A how you sound
B how you look
C what you say

2 You hear a man and a woman talking about successful relationships. The man thinks the most important factor in successful relationships is
A similar personalities.
B the same friends.
C similar interests.

3 ▶ 02 Now listen and for questions 1 and 2, choose the best answer (A, B or C). Then say which words and phrases you heard from the box in Exercise 1.

4 ▶ 03 Listen and, for questions 3–8, choose the best answer (A, B or C).

3 You hear a psychologist in the UK talking about intelligence. What does she say?
A The human brain is changing.
B Scores in intelligence tests are rising.
C Exams are getting harder.

4 You overhear a boy calling a friend on his mobile phone. Why is he calling his friend?
A to complain about her behaviour
B to explain a problem
C to change an arrangement

5 You overhear a man talking about things which frighten people. What frightens him?
A using an escalator
B taking a flight
C using a lift

6 You hear a girl talking to a boy about a dream. She has read that the dream means
A she's worried about lack of success.
B her life is in danger.
C she has to escape from something.

7 You overhear two students talking about a classmate. Why are they discussing her?
A To organise something for her.
B To see if they can help her.
C To point out her faults.

8 You hear a boy and a girl talking about the boy's free-time activities. What do they agree about his personality?
A He's friendly and sociable.
B He prefers his own company.
C He's creative and adventurous.

Exam advice

- Listen to the whole piece before you choose: the answer may depend on the general idea rather than a few words.
- If you are not sure about the answer after listening the first time, try to decide which answers you think are wrong before you listen the second time.

5 Work in pairs.

- When you feel stressed, what do you do to relax?
- Talk about someone in your family. What do you think their free-time activities might show about their personality?

LIVEWORKSHEETS

Grammar

Modal verbs to express certainty and possibility

1 Read these extracts from Listening Part 1 and look at the underlined modal verbs. Then answer the questions below.

- That's right! I think I must have got the problem when I was trapped in one as a kid. I can't have been there for more than ten minutes, but I was trembling when I came out.
- Well, the interpretation I've heard is that you may be afraid of failing in some way. You know, there are all sorts of interpretations for other dreams, for example that you could find something subconsciously threatening and your dream might be sort of pointing that out to you.

1 Which of the underlined verbs do we use when we:
- are certain something is true? (1) .....
- are certain something is not true? (2) .....
- think something is possibly true? (3) ....., (4) ..... and (5) .....

2 Which of the underlined verbs refer to
a the present?
b the past?

page 170 Language reference: Modal verbs – expressing certainty and possibility

2 Candidates often make mistakes with modal verbs. Four of these sentences contain mistakes with modal verbs. However, one is correct. Find and correct the mistakes.

1 I think the school play was lovely. You may have really enjoyed acting in it!
2 He's had a really good sleep, so he mustn't be tired any more.
3 The road is very busy, so cross it carefully or you can have an accident.
4 I have a lot of homework to do, so I may go to bed late.
5 She lives in a really nice house, so her mum and dad can be earning a lot of money.

3 Complete these sentences by writing a suitable modal verb and the verb in brackets in the correct form (present or past) in the gaps. In some cases, more than one answer may be possible.

1 Everyone in the class ..... (*work*) incredibly hard because you have all passed the exam!
2 I think she ..... (*be*) a really happy person because she's always smiling and laughing.
3 Jamie woke up in the night screaming. He ..... (*have*) a nightmare.
4 I don't know why Irina hasn't arrived yet. She ..... (*have to*) stay on late at school, or she ..... (*stop*) on the way home to see some friends.
5 I don't know how old the teacher is, but he looks quite young, so he ..... (*be*) more than 25.
6 They say it ..... (*rain*) at the weekend, so we won't be able to play football on Saturday.

4 Work in pairs. Look at these two pictures and, using *may, might, must, could* and *can't*, say what you think
- has happened or is happening in each picture
- the people are feeling and why.

LIVEWORKSHEETS

Reading and Use of English | Part 4

1 Work in pairs. In Reading and Use of English Part 4, you have to complete a sentence so that it has a similar meaning to the first sentence, using the word given. You must write between two and five words. Look at questions 1–5 and the different answers students wrote (a–c).

- Decide which is the correct answer.
- Say why the other answers are wrong.

1 'I spoke to Maria yesterday,' Paola said.
HAD
Paola said she ..... day before.
a had had a conversation with Maria the
b had spoken to Maria the
c spoke to Maria the

2 Although the music outside was loud, we managed to sleep.
DESPITE
We managed to sleep ..... outside.
a despite of the loud music
b despite the loud music
c despite they played loud music

3 I'll forget the number if I don't write it down.
NOT
I will ..... I write it down.
a remember the number if
b not remind the number unless
c not remember the number unless

4 You needn't give me your homework tomorrow.
HAND
It is ..... your homework to me tomorrow.
a not necessary for you to hand
b not needed handing in
c not necessary to hand in

5 It is possible that Eva collected the parcel from the post office.
MAY
Eva ..... up the parcel from the post office.
a may have collected
b could have taken
c may have picked

6 'You should try harder at maths,' my teacher said.
MORE
My teacher advised ..... an effort at maths.
a that I do more
b me to make more of
c making more of

Exam advice

Think about:

- whether you need an expression, e.g. *he changed his mind*
- whether you need a phrasal verb, e.g. *give up*
- what grammar you will need, e.g. do you need to change from active to passive or put something into reported speech?

You should try to spell your answers correctly.

2 For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

1 My grandma hates it when people make a noise in her house.
STAND
My grandma can't ..... in her house.

2 'Don't forget to lock the front door, Karl,' said his wife.
REMINDED
Karl's wife ..... the front door.

3 Sven enjoyed the film despite missing the beginning.
MANAGE
Although Sven ..... the beginning of the film, he enjoyed it.

4 I'm sure Annabel wasn't in London all weekend.
HAVE
Annabel ..... in London the whole weekend.

5 How long did it take you to write the essay?
SPEND
How long ..... the essay?

6 It's possible that my brother has discovered that I have borrowed his bike.
MAY
My brother ..... out that I have borrowed his bike.

LIVEWORKSHEETS

Task 1

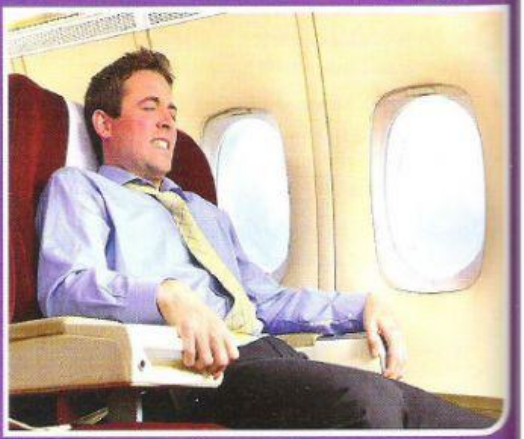
Here are your photographs. They show people who have just done something special. I'd like you to compare the two photographs and say how you think the people feel about what they have just done.

How are the people feeling about what they have just done?

Task 2

Here are your photographs. They show people in frightening situations. I'd like you to compare the two photographs and say why you think the people are frightened in these situations.

Why are the people frightened in these situations?



Writing | Part 2 A report

1 Work in pairs. Read this writing task, underlining the things you must deal with in your answer. Which do you think the money should be spent on?

The college where you study has been given a large amount of money to spend either on improving the classrooms or on students' social activities. The director of your college has asked you to write a report describing the benefits of both ideas and saying which one you think should be chosen and why.

Write your **report**.

LIVEWORKSHEETS