



5A One thing at a time

The bad news is time flies.
The good news is you're the pilot.
Michael Altshuler, American entrepreneur

1 LEXIS IN CONTEXT

Multitasking and mindfulness

Look at the Lexis in Context on Student's Book p.44. Then complete the sentences with the prepositions.

- 1 Please stop interrupting me; I can't concentrate on my work.
- 2 Owing to poor sales during the recession, the company was faced _____ closure.
- 3 My grandfather is in a home because he is no longer capable _____ looking after himself.
- 4 While he was walking home, he became aware _____ a figure behind him.
- 5 She works on the front desk, dealing _____ customer enquiries.
- 6 The documentary focuses _____ the rise in knife crime in the UK.

2 GRAMMAR distancing

- a Complete the sentences with the words in the list.

according agreed apparently appears
believed expected may seem

- 1 There are believed to be many homeless people living on the streets of the capital.
- 2 It _____ that there is a connection between eating too many carbohydrates and depression.

- 3 The Prime Minister is _____ to announce his resignation by the end of the day.
- 4 _____ to local residents, the man had always been a little strange.
- 5 The thieves _____ have been disturbed while they were going through the rooms upstairs.
- 6 It would _____ that there is some confusion about our new dress code. Staff are still turning up in jeans.
- 7 It is _____ that climate change is one of the greatest dangers facing the planet.
- 8 _____, the footballer was arrested because of an incident at a party last night.

b Complete the second sentence so that you distance yourself from the information. Use the correct form of the verb in brackets.

- 1 An employee leaked the information to the press. (say)
It is said that an employee leaked the information to the press.
- 2 Politicians have been falsifying their expenses. (appear)
_____ politicians have been falsifying their expenses.
- 3 The country's largest bank has gone bankrupt. (announce)
_____ the country's largest bank has gone bankrupt.
- 4 The pop star has had another breakdown. (think)
The pop star _____ had another breakdown.
- 5 The accused was under the influence of drugs. (may)
The accused _____ under the influence of drugs.

- 6 The winner had been chosen before voting commenced.
(seem)
_____ the winner had been chosen before voting commenced.
- 7 The burglars entered through an open window. (might)
The burglars _____ through an open window.
- 8 The economic situation will improve by next year. (hope)
_____ the economic situation will improve by next year.

3 VOCABULARY expressions with *time*

- a Complete the sentences with the correct form of the verbs in the list.

give have make run save spare take waste

- 1 I spent all morning cleaning the windows and now it's raining. I shouldn't have wasted my time.
- 2 We _____ a lot of time by getting the direct train to King's Cross instead of changing at Birmingham.
- 3 Alex has basketball training every day and also at weekends. The sport _____ up all his time.
- 4 Kate has too much to do. She can't even _____ the time to Skype her friends.
- 5 My dad had never been to his club's stadium, but now he's bought a season ticket, to _____ up for lost time.
- 6 Mum _____ me a really hard time for failing my exams.
- 7 Jenna's enjoying herself a lot at university. She's _____ the time of her life.
- 8 I only managed to answer half the exam questions before I _____ out of time.

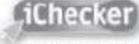
b Complete the sentences with a suitable preposition.

- 1 My manager's been really stressed recently, so she's having some time off.
- 2 My parents like to go abroad occasionally. _____ time _____ time they visit their friends in Greece.
- 3 I couldn't answer my phone when you rang. I was in a meeting _____ the time.
- 4 Karen is very punctual. She's always _____ time.
- 5 _____ five days' time I'll be on a plane to Hawaii for my holiday.
- 6 There was a huge traffic jam and _____ the time we arrived home it was dark.
- 7 You weren't even born when The Police were big. They were way _____ your time.
- 8 She can be a bit annoying _____ times, but I still love my sister.

c Complete the time expressions in the mini-dialogues.

- 1 A Where are you going?
B Shopping! I need some me time.
- 2 A Can you come to my presentation later?
B Sorry, I can't. I'm a bit _____ of time today.
- 3 A Was the bride late for the wedding?
B No, she got to the church with time to _____.
- 4 A Why are you so bored these days?
B I've got too much time on my _____ now I'm retired.
- 5 A Are you going to look for a new job?
B No, I'm staying where I am for the time _____.
- 6 A Do you think the business is in trouble?
B Yes, I do. It's just a _____ of time before it closes.
- 7 A Why can't I stay any longer?
B Time's _____. Visitors have to leave at 8 p.m.
- 8 A Why aren't you going to see Andy again?
B Because he spends the _____ time talking about himself!

5 LISTENING

- a  Listen to a radio programme about some new research into time. What is the science expert's 'good news'?
- b Listen again and complete the summary.

How we perceive time

The brain takes time to process information from the ¹_____. The ²_____ it takes to process the information, the slower time seems to pass.

How our perception changes with age

Children receive a lot of ³_____ information which takes a long time to process. For them, time passes ⁴_____.

Adults receive information which is more ⁵_____, so it doesn't take long to process. For them, time passes more ⁶_____.

What can we do to slow down time?

Keep ⁷_____.

Visit ⁸_____.

Meet ⁹_____.

Be ¹⁰_____.

6 READING

- a Read the article once. How does the author answer the question in the title?
- b Read the article again and choose the right answers.
- 1 How did the writer and the other participants of the meetings react to their colleague's lateness?
 - a They spoke to the person about it.
 - b They complained to their superiors.
 - c They accepted it.
 - d They weren't affected by it.

- 2 According to Irvin Yalom, what is responsible for the way we behave?
 - a Our body clock.
 - b The way our minds work.
 - c Our religious convictions.
 - d The pressures of time.
 - 3 What does the writer imply was the reason that Berlusconi made Merkel wait?
 - a He received an important phone call.
 - b He wasn't ready for their meeting.
 - c He wanted to show his importance.
 - d He was having his photo taken.
 - 4 How do most people react when their lateness is out of their control?
 - a They don't really mind.
 - b They get very nervous.
 - c They blame someone else.
 - d They have different reactions.
 - 5 How does lateness have a 'social value'?
 - a It affects other people.
 - b It makes us look good.
 - c It influences how we feel.
 - d It isn't important to us.
- c Choose the right answers.
- What do you think the writer means by...?
- 1 The whole day lost its shape. (para 1)
 - a The day's schedule was ruined.
 - b The day was a complete disaster.
 - c The day became shorter.
 - 2 ...are acting out an inner agenda (para 2)
 - a are pretending to be something they're not
 - b are trying to hide something
 - c are controlling a situation for their own benefit

- 3 It speaks volumes. (para 2)
 - a His phone call was very loud.
 - b His behaviour tells you a lot.
 - c His phone call goes on for a long time.
- 4 ...the power of their absence. (para 3)
 - a the effect they have on the people they're with
 - b the effect they have on the people who are waiting for them
 - c the effect they have on their own lives



1 When I worked in an office, meetings would often start late, usually because of a certain individual. Then they would overrun and the whole day lost its shape. But the individual was high-ranking and self-important: nobody challenged. So what are the ethics of lateness?

2 There's a psychotherapist called Irvin Yalom who argues that all behaviour reflects psychology. Just as people who like to be on time are motivated by certain deep-seated beliefs, so those who make others wait are acting out an inner agenda, often based on an acute sense of power. There's famous footage in which Silvio Berlusconi keeps Angela Merkel waiting while he makes a call on his mobile. It speaks volumes.

3 But that suggests all lateness is in one's control. What about when your train is cancelled or your flight is delayed or you had to wait longer for the plumber to arrive? In such cases, there's not a lot of psychology involved. Or is there? Some people will genuinely worry about the impact it will have on those left waiting, while others might secretly enjoy the power of their absence.

4 The essential fact is that lateness means breaking a convention – you can only be late in respect of a time agreed with other people. Regardless of psychology, it has a social value. And when we treat other people's time as less valuable than our own, we treat them as inferior.

d Without looking back at the text, can you remember the nouns from the following verbs and adjectives?

- 1 superior _____
- 2 behave _____
- 3 late _____
- 4 believe _____
- 5 absent _____

Expressions with *time*

1 VERBS

a Complete the sentences with the verbs in the list.

give have kill make up for run out of save spare
spend take (x2) take up waste

- 1 I waste a lot of time playing games and messaging on my computer instead of studying.
- 2 If you take the motorway, you'll _____ time – it's much quicker than the local roads.

- 3 I had three hours to wait for my flight, so I sat there doing sudoku puzzles to _____ **time**.
 - 4 There's no hurry, so _____ **your time**.
 - 5 When my mother was young, she never had the chance to travel. Now she's retired and wants to _____ **lost time**, so she's booked a trip around the world.
 - 6 The novel is 700 pages long and I'm a slow reader. It's going to _____ **me a long time** to finish it.
 - 7 I'd better go home now. If I'm late again, Dad will _____ **me a hard time**.
 - 8 I would like to go camping this weekend, but my final exams are next week, so I can't _____ **the time**.
 - 9 My children _____ **all my time** – I never seem to get to read a book or watch a film!
 - 10 New York's such a fantastic city! You're going to _____ **the time of your life** there.
 - 11 Let's not _____ **too long** at the museum or we'll _____ **time**.
- b 35))) Listen and check.