

B1+ Progress test 1A Units 1–3

1 ▷ Listen to an interview in which a woman is talking about life skills. Decide if statements 1–5 are true or false.

1 Katia says that the key life skills aren't the same for all of us.

TRUE

FALSE

2 For Katia, communication skills are the most important of the life skills.

TRUE

FALSE

3 Katia says that good communication skills come naturally to most people.

TRUE

FALSE

4 One example of a personal skill which Katia gives is staying healthy.

TRUE

FALSE

5 According to Katia, personal skills have always been essential.

TRUE

FALSE

2 ▷ Listen to the interview again. Choose the correct answer to complete the sentences.

6 Katia says that the life skills we need are influenced by ...

a whether we are single or married.

b who we spend time with.

c where we live.

7 One reason why Katia believes communication skills are important is that ...

a people like listening to good speakers.

b they have a positive effect on other skills.

c they're useful for explaining things clearly.

8 Katia says that communication ...

a is mainly about speaking to people effectively.

b is all about listening carefully.

c involves more than just the words you use.

9 According to Katia, 'personal skills' include ...

a looking good at all times.

b staying well physically and emotionally.

c being able to talk about how you feel.

10 Katia explains that managing your time well ...

a helps you to organize your life.

b isn't as important as it used to be.

c may not be possible for very busy people.

3 Read the text about friendships in the twenty-first century. Choose the correct answers from the words in *italics*.**Friendship in the twenty-first century**

In a world driven by technology that seems to have no limits, what ¹*was happening* *is happening* *had happened* to true friendship? Is it dying out or is social media such as Facebook, Twitter and LinkedIn simply changing our modern-day idea of friendship? And if so, what ²*does this mean* *did that mean* *has this meant* for us?

As I ³*am writing* *have written* *had written* in this blog many times, the influence of social media allows us to become more technologically connected. Yet, we ⁴*feel* *want* *seem* to be losing other more important relationships. I'd even say that we're actually losing our friends.

According to recent research, the average American has only two close friends with whom they feel they ⁵*make friends* *trust someone* *have a lot in common*, and around 25% ⁶*admit* *tell* *inform* that they don't have any friends at all. At the same time, we ⁷*had become* *were becoming* *have become* a society with a huge number of so-called 'friends' that we've been promised through Facebook and other sites.

Aristotle, the famous Greek philosopher, once asked the people of Athens, 'Who ⁸*had to* *could* *must* live without friends, even if they had every other thing?' Importantly, he ⁹*believed* *had* *believed* *has believed* that good friends were far better than any material possessions a person might have. Stop and think, then, for a moment about the quality of relationships with people we only ever meet online, and compare this with the friends we see face-to-face regularly. Which of these types of friends do you have a deeper ¹⁰*achievement* *connection* *happiness* with? Which ones are really important in your life?

4 Complete the online post with abbreviations from the box. There are two abbreviations that you don't need.

4	c	esp	ppl	r	u	w/
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Feeling happy

So glad it's the weekend at last - been a long week. Time now 2 relax ¹ _____ the ² _____ that matter most to me and ³ _____ looking forward 2 2morrow – my birthday! Going 2 ⁴ _____ friends in town. Hope there'll be cake – I'm never 2old ⁵ _____ cake! ☺

5 Read the text about storytelling. Match the paragraphs A–E to the descriptions 1–5.**The art of storytelling**

A There are many reasons why people have always told, and still tell, stories. They can be used to explain difficult ideas or common messages and bring communities together. Things that people have found scary, annoying or desirable have all been turned into stories by people who wanted to be sure that others felt the same. Stories have also long been used to explain how the world works and how we should behave. Many of them also explain what will happen if we do not behave appropriately; the terrible things that happen to some characters are usually caused by their own bad behaviour.

B Long before the invention of TV and radio, or computers and iPods, people entertained themselves by telling each other stories. And storytelling is not unique to any one culture. Most people enjoy a good story and storytellers from all around the world have answered this need for thousands of years. Many of us have a favourite story from childhood and very often these can be frightening and fascinating. And there are many different kinds of stories, including myths and legends, but how are they different from each other?

C A legend is a partly true story which has been handed on from person to person, and which has an important meaning for the culture which it comes from. A legend usually contains some truth, or is based around historic facts, but with extra qualities added. They often include the particular beliefs of the culture which they belong to. Legends can involve great heroes like King Arthur, unlikely creatures such as the Loch Ness Monster, or fantastic places like the lost island of Atlantis or the imaginary city of El Dorado.

D A myth, on the other hand, is a story that has a meaning deeper than the story itself. Myths usually ‘explain a truth’, rather than necessarily recording a true event, and so they are often used to explain how certain things have come about. For example, they may explain how the elephant got its trunk, why it rains, or why the sun rises every day and so on. The power of the meaning behind the stories, rather than the stories themselves, is the reason why certain myths continue to exist, sometimes for thousands of years.

E So how much truth is there in a myth or legend?

Imagine a line that begins with accurate historical facts at one end and myths or legends at the other. As you move along the line towards the myths and legends, the facts become less important, and the meaning behind the story becomes more important. So by the time you reach the far end of the line, the story has often got a life of its own and the original facts have disappeared, or can no longer be recognized.

Which paragraph ...

1 mentions an animal that probably doesn't exist? _____

2 explains why the truth behind a story often gets lost? _____

3 gives a general explanation for storytelling? _____

4 explains why some stories have been told for a very long time? _____

5 says that people from all times and places tell and listen to stories? _____

6 Read the text again and complete the notes. Use one word from the text for each answer.

- In some stories, the characters' ¹ _____ causes bad things to happen to them.
- Storytelling can be found in every ² _____.
- There are many different types of stories, including myths and legends.
- Atlantis and El Dorado are examples of imaginary ³ _____ from legends.
- Myths often explain why things happen and aren't about a real ⁴ _____.
- Some stories survive for thousands of years.
- In myths and legends, the facts are less important than the story's ⁵ _____.

7 OPTIONAL

You recently had an unusual or exciting experience. Write a diary entry or online blog about it. Write 120–150 words.

You should:

- say what happened
- use time expressions to show the order of events
- use comment adverbs to say how you felt about it.

SPEAKING

Student A

8 Have a discussion with a partner about life skills.

- Talk about which life skills you think are the most important and explain why.
- Talk about which life skills you think you already have.
- Talk about which life skills you would like to improve.
- Advise your partner about how they can best improve their life skills.

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SPEAKING

Student B

8 Have a discussion with a partner about life skills.

- Talk about which life skills you think are the most important and explain why.
- Talk about which life skills you think you already have.
- Talk about which life skills you would like to improve.
- Advise your partner about how they can best improve their life skills.

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