ENGLISH FILE ADVANCED
UNIT 1

Exercise 1

Underline the correct word(s):

Example: Justyna's bicycle was stolen this morning, so / because she had to walk to college.

1 I watched the entire film, **yet / therefore** I can't remember anything about the story!

2 The agent thinks our house will sell quickly. **As a result / Nevertheless**, we want to be sure it looks as good as possible when people come to view it.

3 We had to break the news gently **so that / so as** not to upset her mother.

4 I took a large umbrella with me **in case / as it** rained.

5 I love my job. **However / In spite of**, I find the commute really difficult.

6 Sergei didn't study very much, and **consequently / owing to**, he didn't pass the test.

7 Nick had to give up skiing **since / due** to a knee injury.

8 Tomasz sold his car **as a result / because** he couldn't afford the petrol.

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EXERCISE 2

Complete the sentences with the correct form of the verb in brackets.

Example: How many guests has Maria got in her flat at the moment? (have got)

1 _____ Simon _____ work late again tonight? (have to)

2 Did my phone ring while I _____ a shower? (have)

3 Sorry, I _____ time to watch a film tonight. (not have)

4 We _____ our kitchen _____ by a professional because we haven't had time to do it ourselves. (decorate)

5 I can't believe the taxi isn't here yet. We _____ for half an hour already! (wait)

6 Alwin and Lotte _____ married for 11 years and are very happy together. (be)

7 _____ your aunt _____ in the Philippines since she was a child? (live)

Exercise 3

Does the bold word or phrase indicate result, reason, purpose, or contrast? Write your answer in the gap.

Example: Even though I didn't want to, I spent my evening doing washing. contrast

1 Max has joined a gym so he can get in better shape. _____

2 The tennis match was cancelled due to the bad weather. _____

3 Chloe was working on her thesis; therefore, she wasn't able to join us for dinner.

_____

4 Despite her confusion, the teacher continued on with the lesson. _____

5 Jane went to the interview despite the fact that she knew she probably wouldn't get the job. _____.

LIVEWORKSHEETS

Exercise 4

Complete the words in the sentences.

Example: I tell people I'm happy living in Singapore, but deep down I still feel quite homesick.

1 My kids know that I'm a bit of a soft **t**_____ and they take advantage of it!

2 I **t**_____ to keep quiet when my mum starts complaining about the state of my room.

3 Jake's always the **l**_____ and soul of the party – everyone thinks he's fantastic!

4 My fiancé's parents are very down to **e**_____ – they agree with us that we shouldn't spend a fortune on our wedding.

5 Ingrid never lifts a **f**_____ to tidy up around the flat. It drives us all mad!

6 Malcom looks pretty scary but he's actually really gentle – he wouldn't **h**_____ a fly!

Exercise 5

Underline the correct word(s).

Example: Colleague / Staff turnover is high at the company because the wages are too low.

1 Laura is a great boss because she's good at **demanding / motivating** people to work hard.

2 Nicolai doesn't enjoy his job because the work is quite **monotonous / fulfilling.**

3 Maggie had **to resign / quit** her job recently for health reasons.

4 My boss has allowed me to study for some **qualifications / skills** while I'm working which should help me get further on the career ladder.

5 To be honest, I'd prefer a regular job rather than having fixed-term **leave / contracts**.

6 That factory's closing next month and hundreds of people are going to **be hired / made redundant.**

7 My salary might not be high, but the **skills / perks** are excellent!

8 Trust me, that's a **tedious / dead-end job** – there will be no hope of promotion.

LIVEWORKSHEETS

Exercise 6

Complete the sentences with a personality adjective. There are some words which you do not need to use.

stubborn - ~~thorough~~ - loyal - conscientious - mature – moody - reliable - sarcastic spontaneous - assertive

Example: Steph's so thorough – she always goes over every single detail!

1 I feel very _____ to my company. I'd never want to leave and work for the competition!

2 Don't worry – if Matteo says he'll be there, he'll be there. He's always very _____.

3 My husband can be very _____ sometimes; he's always right, even when he's wrong!

4 You never know with Tara. One minute she's fine, and the next she's not – she's so _____!

5 I'm not surprised Max just went to the airport and bought tickets to a random destination. He's very _____.

6 I don't like _____ people. It's not nice to say horrible things to make others feel bad.

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Exercise 7

Read the article and choose A, B, or C.

Rethinking success

What are your priorities over the next five years? Do you have grand plans to secure your dream job, achieve a fitness goal, or buy your first home? If so, you certainly wouldn't be alone in your ambitions. From a young age, we're conditioned to pursue goals in order to achieve success: work towards an exam; win a competition; secure a place in a top university; achieve financial success … Failure is never presented to us as an acceptable option. But while there's nothing specifically wrong with being conscientious and pursuing personal success, when we invest so much effort in achieving it, we inadvertently expose ourselves to failure and risk damaging our self-esteem in the process.

The truth is, that no matter how hard we try, we can't control the outcome of our efforts. Unfortunately, any failure to live up to our own, or others', expectations can result in negative thinking. We end up telling ourselves all sorts of things that aren't necessarily true: 'If only I'd studied harder / trained more efficiently / said this or that in the interview', and ultimately, 'I've only got myself to blame'. This is probably why more of us than ever before are suffering from anxiety and depression.

If this sounds familiar to you, don't worry – with the help of the Stoic philosophers, you can rethink your goals and change your life for the positive. The ancient philosophy of Stoicism was founded in Athens in around 300 BC, and was subsequently practised by both Greek and Roman philosophers. The Stoics believed that the key to a happy life was accepting that we have little control over external events, and focussing instead on what we can control such as our own thoughts, judgements, and responses to whatever happens in life. So, let's consider three Stoic principles that could help change your definition of success.

1. Accept what you can't control

If you put yourself in a position where your personal success and self-worth depend on a specific achievement, then you're seriously risking your happiness. Although our efforts can contribute to positive outcomes, we can never completely control the end result. For instance, while we may perform really well in a job interview, whether we get the job or not is another matter. It's important to see the bigger picture in such situations. You are not the only person involved in the process, and consequently the outcome will be determined by a range of factors including the interviewers' expectations, and the other candidates' experience and performance on the day.

2. Shift your focus

The Stoics used the sport of archery as an example of how people should approach life's challenges. Weather conditions, your prey's reaction, and how you feel at the time, will all affect your ability to hit the target, thus limiting your chances of success. However, what you can control is your expectations. So, focus less on the target, or outcome, and instead work on mastering the techniques. Of course, this won't guarantee success every time, but it will increase your skills and confidence, making both happiness and success more likely.

3. True value is internal, not external

Thinking like a Stoic means rethinking your priorities. While getting that promotion or pay rise might sound appealing, there's no guarantee you will be happier or more fulfilled. Those changes could potentially even make things worse – more pressure, greater responsibility, increased stress, less time to spend on the things that make you … you. And who's to say you'll stop striving once you achieve that goal? For many, it's just a case of taking one more step on the ladder – a never-ending line of new goals, each replacing the one before it. It's all just too exhausting.

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According to the Stoics, the best way to achieve well-being is through having a calm, rational mind. So, try to forget all those external elements of life that you can't control and focus instead on cultivating your mental well-being. Do everything as well as you can, simply for the satisfaction of doing it, without seeking further reward or personal gain. Now, that's something that's completely within your control.

1 In paragraph 1, the writer, suggests that _____.

A society promotes personal achievement as a measure of success

B people fail if they are not conditioned to achieve personal goals

C society does not adequately support people who fail

2 According to the writer in paragraph 2, _____.

A it is not important to impress others

B it is not a good idea to invest money in a personal ambition

C it is impossible to guarantee the results of our hard work

3 The writer says that not achieving a personal goal could _____.

A lead to poor work performance

B ultimately result in mental illness

C lead to a greater determination in future

4 According to Stoic philosophy, _____.

A success can only happen if we gain control of external events

B people should not attempt to control any parts of their lives

C changing your perception of success can make you happier

5 The writer explains the importance of realizing that _____.

A your chances of success depend on how hard you work at it

B your actions are not the only factor contributing to your chances of success

C you have to fail a few times before you can succeed

6 According to the Stoics, your chances of success in archery are determined by _____.

A factors beyond your control

B the amount of personal risk you're prepared to take

C your level of expectation

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7 Focussing on acquiring new skills can _____.

A have a negative impact on future outcomes

B create greater pressure to succeed

C increase your chances of life satisfaction

8 According to the writer, achieving a work-related goal could result in _____.

A improved future job prospects

B poorer quality of life

C a sense that you no longer need to try hard

9 A consequence of achieving personal goals is that _____.

A you become more critical of others

B you end up feeling less motivated to master new skills

C you place greater pressure on yourself to achieve more

10 The Stoics believed that our primary focus should be to _____.

A attempt to forget negative experiences

B enjoy whatever we are doing without having a goal

C gain material possessions

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Exercise 8

WRITING

Write an email to your friend telling him / her about a job you have applied for recently. Write approximately 250 words. Include the following information:

- say what the job is
- explain why you are interested in doing this job
- describe the qualities and personality traits you have which will make you a good candidate.

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Exercise 9

1 Listen to five people talking about the disadvantages of various jobs. Match the speakers (1–5) to the disadvantages of the job that they mention (A–H).

Speaker 1 ( )
Speaker 2 ( )
Speaker 3 ( )
Speaker 4 ( )
Speaker 5 ( )

A lack of job security
B the possibility of making a serious mistake
C having to work at inconvenient times
D bad treatment from employers
E having to work in unpleasant physical conditions
F other people's low opinion of the job
G having to be dishonest
H the need to cooperate with colleagues

2 Listen to two friends discussing an article about personality types. Choose A, B, or C.

1 The two speakers agree that _____.
A the man does not react well to pressure
B other people like the man's attitude and behaviour
C the man should not consider himself a 'go-getter'

2 The man doesn't agree that he _____.
A is good at organizing other people
B makes too little effort
C annoys other people

3 What do the two speakers agree on the subject of discussions?
A The man often changes his view during them.
B The man always wants to make other people agree with him.
C The man likes it when people disagree with him.

4 The woman agrees that she _____.
A is regarded as unreliable by many people
B has a relaxed attitude to life
C frequently changes her plans

5 The man says that one characteristic of 'performers' is that they _____.
A think too much about criticism
B expect too much of other people
C are too loyal to other people

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