

Vocabulary

1. Choose the correct options.

1. Her biggest _____ would be to climb the mountain on her own.
2. You need a lot of _____ to run a marathon.
3. Being a firefighter takes a lot of _____.
4. My friends always _____ me when I need help.
5. My school didn't _____ me to try hard at sports.
6. Learning to drive was a big _____ for me.
7. If I had the _____ I'd like to learn Spanish.
8. Last year, I _____ my dream of going to Kenya.
9. I really want to _____ my fear of meeting new people.
10. The only _____ in our path to success might be our fears.

2. Complete the sentences with *heart* or *mind*.

1. When I left home, it broke my mother's _____.
2. I was planning to tell you the news, but it completely slipped my _____.
3. Francesca was going to become an actress, but then she changed her _____.
4. Looking after local parks is a subject close to my _____.
5. Martin really puts his _____ into his work.
6. I hope you make your _____ up soon.

7. Carla is very talented, bearing in _____ how young she is.
8. My _____ was broken when my soccer team lost!
9. It never crossed my _____ to get Andrew anything for his birthday.
10. Jonathan has a lot on his _____ right now, and he's really stressed.

3. Match the beginnings with the endings to make sentences.

- | | |
|---|--|
| 1. I like being outdoors, so I get a lot _____ | a. and I try to take advantage of it. |
| 2. I started eating more pasta because _____ | b. I got bored of eating bread all the time. |
| 3. The gym has a lot of equipment, _____ | c. the chance. |
| 4. I prefer to do things carefully, rather _____ | d. fun at all. |
| 5. I'm not sure about what course to study, _____ | e. lost here |
| 6. When I went to the party, I was sick and didn't have _____ | f. than take risks. |
| 7. When you go to Paris, visit the Louvre if you have _____ | g. and I have a lot of doubts. |
| 8. Without a map, it's very easy to get _____ | h. know some nice people. |
| 9. Unlike my friends, who love soccer, I don't take any _____ | i. interest in it. |
| 10. When I was on vacation, I got to _____ | j. out of hiking in the forest. |

Grammar**4. Choose the correct options.**

1. If I had the opportunity, I _____ abroad more.

2. If Linda _____ me something, I'd believe her.
3. What _____ if you never had to work again?
4. If I had bad service in a restaurant, I _____ .
5. If you _____ more risks, you might have more success in life.
6. I _____ much of my classes if my teacher didn't explain things clearly.
7. A lot of stores _____ here if local people didn't support them.
8. What would you do if you _____ billions of dollars?

5. Complete the third conditional sentences. Drag the correct option to the gap.

- had finished
- hadn't done
- had seen
- had had
- had won
- hadn't gone
- would have done
- would have finished
- would have seen
- wouldn't have had
- wouldn't have won

1. Would Jack have come to the party if he _____ his work on time?
2. If I _____ well on my exams, I wouldn't have gone to college.
3. Erica _____ the award if she hadn't shown so much bravery.
4. My grandfather would have gone to college if he _____ the chance.
5. If I had gone to the party last weekend, I _____ fun. I don't like parties.
6. What would you have done if you _____ the lottery last night?

6. Complete the sentences with the correct gerund or infinitive form.

1. Paul met me _____ how grateful he was.
2. _____ a nice meal makes me feel very good.
3. I suggest _____ a short vacation.
4. It's important _____ people if they do something nice for you.
5. I'm eager _____ your new apartment.
6. He wants _____ married in May.
7. I'm thrilled _____ that I have a new job!
8. I went to the supermarket _____ some cleaning products.
9. _____ the news sometimes makes me feel insecure about the future.
10. Sara didn't want _____ me annoyed, but she did.

7. Complete the conversation with the correct option.

IAN What major _____ ?

VICKY Well, I haven't decided yet. Computer Science has always been close to my heart, but I think it's hard to get a job.

IAN Really? What _____ think that?

VICKY My parents told me. What _____ think?

IAN I think it's a growing industry.

VICKY Which major _____ to the best jobs? Maybe it's Business.

IAN What _____ if you study Business?

VICKY It might be easier to find work with a lot of different companies. But I'm not so eager to major in Business. Why do I need to study something I'm not really interested in?

IAN When _____ to make up your mind? I'd be glad to help you think about it!

Listening

8. Listen to a podcast. Are the sentences *T* (true) or *F* (false)?

1. There are three parts to the Ironman event. _____
2. The total distance is a little less than 220 kilometers. _____
3. The speaker doesn't know anyone who has done the Ironman challenge. _____
4. His family wasn't useful in helping him with the training he did. _____
5. He was able to finish the event. _____
6. He had to stop a lot because his bike broke. _____

Reading

9. Read the text. Match the paragraphs (1–5) with the ideas (a–f).

Challenging Advice!

1 DO ONE THING EVERY DAY THAT SCARES YOU

You might have doubts about the above advice. However, it has inspired many people to give themselves challenges, and become stronger. To be clear, it doesn't mean giving yourself shocks or making yourself sick. If you did that, it would hardly make you stronger.

2 GET OUT OF YOUR COMFORT ZONE

Most of us avoid frightening situations or taking risks. We live comfortable lives, in which we try to feel as little stress as possible. However, if we become too comfortable, we might become less creative, less able to cope with unexpected changes. In short, we might stop developing. If you do things that scare you, this will help you overcome difficult situations throughout your life.

3 CONFRONT YOUR FEARS

Fear is our friend. If we listen to our fears, we can usually avoid hurting ourselves. But fear can also be our enemy, and stop us from doing things. If we listen too much to our fears, they might grow in power. However, it takes a lot of bravery to ignore our fears. But sometimes, if we do, we might become even braver. Some experts advise thinking about what would be the worst thing that could happen if we did something, and then deciding how we would deal with the situation if it ever happened. This is

known as confronting your fears, and is often the best way to move forward.

4 A LITTLE AT A TIME

Imagine you had a fear of spiders. The best way to overcome this is not to lock yourself in a room full of them. If you did that, you would probably make your fear much worse. A better way would be to gradually expose yourself to what makes you afraid, a little bit every day. It takes determination and a long time to do this, but it can be worth it.

5 SOME FINAL ADVICE

It is important to realize that some fears never really go away. But what we can do is to get to know them, rather than let them control us.

- a. Fear often protects us. ☐
- b. We should try and understand our fears. ☐
- c. We don't grow when we feel too safe. ☐
- d. You shouldn't do things that make you sick. ☐
- e. Knowing your fears will help you control them. ☐
- f. You should gradually expose yourself to things that scare you. ☐

Writing

10. Choose the correct options.

1. I enjoy sports such _____ cycling and running.
2. There are a lot of things that can go wrong in life, for _____, failing an exam.
3. On _____ hand, it's best to be positive about life, but on the other, it's good to be realistic, too.
4. When we overcome a problem, we can feel much happier. _____ we can feel proud of ourselves for not giving up.
5. I _____ believe that we can't succeed in something without making mistakes.

6. _____, it's better to learn from our mistakes, rather than feel bad about them.