

1

Wake up your senses!

READING

1 Complete the text with these words.

cosy dismiss dull overwhelming pigeonhole
pretty reluctant willing worthwhile

Small change, big difference

Is life feeling ¹..... and boring right now? Are you ²..... to get out and try something new? Then change. But this doesn't mean taking on huge challenges that become ³..... The key to shaking up your routine is to start small. Look for ways of changing the stuff you do every day: take a different route to school or college, download a song by a band you've never heard before, talk to a student you don't normally mix with. These things might sound ⁴..... basic but don't ⁵..... them. For one thing, they help to make day-to-day life a bit more fun. And they really can be ⁶..... because they make you start to think differently. It's easy to ⁷..... yourself with fixed roles and routines. Making a change every day helps you escape in a risk-free way. And if you're ⁸..... to step out of your ⁹..... routine in small ways, you're much more likely to take on bigger challenges.

2 Read the article on the right quickly. Choose the quotation (1–3) that best fits the main message of the text.

- 1 Whoever said money can't buy happiness simply didn't know where to shop
- 2 Have stories to tell, not stuff to show
- 3 Good advice comes from bad experiences

3 e Read the article again. Choose which sentence (A–G) best fits each gap (1–6). You do not need one of the sentences.

- A A description of a difficult situation can over time turn into a funny story that becomes part of the speaker's identity.
- B While the happiness we get from objects fades over time, experiences define who you are.
- C Firstly, the memory of an experience stays with us for a long time, much longer than the excitement you get from buying an object.
- D So don't give up buying objects completely but invest in some great experiences, too.
- E There's nothing wrong with objects: some are necessary, others are beautiful.
- F He has been studying the link between money and happiness for over twenty years.
- G They seem to regret missing an experience more than losing out on an object.

Extend

4 Complete the questions with the correct prepositions. Check your answers in the article.

- 1 What three objects are most important you?
- 2 Have you ever been left feelings of disappointment after buying something? What?
- 3 How many people are you connected on social media?
- 4 What's happened this week to make you feel positive life?

5 Complete the comments (1–6) with the correct form of these pairs of words.

regret / miss last / keep possession / stuff

Objects OR experiences?

Sarah Add message | Report

I guess objects. I often ask 'Why do I have all these ¹.....?' But then I'm not very good at getting rid of all my old ².....!

Hayley Add message | Report

Both. The only thing I ³..... is not getting tickets to see my team but I really ⁴..... seeing it live.

Liz Add message | Report

I think both. Experiences give you memories that ⁵....., but ⁶..... objects also brings back happy times.

The search for *happiness*: to have or to do?

I imagine you could have either the object of your dreams or the experience of your dreams. Which would make you happier for longer? Most people would choose the object. It's logical. You can keep the object for years but the experience may be over in days, hours or even minutes. Well, according to recent research, if you want to be happier for longer, choose the experience.

Thomas Gilovich is Professor of Psychology at Cornell University in the United States.

¹..... His research suggests that people who spend money on experiences are generally happier than those who buy physical objects. So why are experiences more important to our wellbeing than possessions?

²..... Although the majority of people think it's better to spend money on something physical, Professor Gilovich has found that the opposite is true. People tend to believe an experience will come and go. They feel they will be left with very little when compared to owning an item.

But in reality we remember experiences long afterwards, while we soon get used to our possessions or even bored with them.

The research also looked at other differences, including how people felt before a purchase or experience. Professor Gilovich says that people look forward to enjoying an experience more than owning an object. So before getting a new smartphone, for example, it's exciting to think about owning the object itself. But more pleasure comes from thinking about what you can do with the object and how you can share experiences with others. Another area of the

research was how people felt after choosing not to do or buy something. ³..... So you may feel worse about not going to see a band with friends than not buying a new pairs of jeans.

Perhaps one of the most important results from the research was the effect on identity.

⁴..... Professor Gilovich believes that who we are isn't a direct result of the things that we own. He says that our experiences are a bigger part of ourselves and that even though can really like your material things, they are separate from who you are. In other words, they aren't a part of your identity. He adds however, that we are connected to our experiences.

If experiences make a person, they also make a community. They are very often shared with family and friends, face-to-face and on social media. Even if they last only a very short time, they become part of the stories that we tell each other. They can be remembered across different communities and generations. Even if an experience has made someone unhappy, describing what happened can make that person feel more positive about things.

⁵.....

So we connect more with other people when sharing experiences than when comparing objects. The next time you're bombarded by adverts on TV, online and on the streets, maybe take a moment to decide how you want to spend your money.

⁶..... But you won't enjoy them forever. And your friends probably want to hear more about where you went in your new trainers than about the trainers themselves. ■



UNIT CHECK

Wordlist

Experiences and feelings

anxious (*adj*)
delighted (*adj*)
determined (*adj*)
insulted (*adj*)
moved (*adj*)
offended (*adj*)
petrified (*adj*)
relieved (*adj*)
strong-willed (*adj*)
sympathetic (*adj*)
tense (*adj*)
terrified (*adj*)
thrilled (*adj*)
understanding (*adj*)

Phrasal verbs

add to
get sth across
give sth away
give sth up
miss out on sth
put sb off doing sth
take off
try sth out

Collocations

feel a sense of achievement
have a sense of adventure
have a sense of direction
have a sense of fun
have a sense of freedom
have a sense of humour
have a sense of rhythm

Suffixes

Noun endings

achievement
confidence
deafness
difference
excitement
fitness
happiness
laziness
tiredness

Adjective endings

accessible
achievable
childish
comfortable
competitive
dreadful
energetic
excitable
fashionable
foolish
hopeful
hopeless
painless
painful
repetitive
scientific
visible

Phrases for recommendations

not really worth it
perfect
thoroughly
won't regret
worth trying
wouldn't recommend


Other

affect (*v*)
apparently (*adv*)
approve (*v*)
conclude (*v*)
cosy (*adj*)
dismiss (*v*)
dull (*adj*)
gift (*n*)
nerve-racking (*adj*)
overwhelming (*adj*)
pigeonhole (*v*) (*n*)
pretty (*adv*)
reluctantly (*adv*)
seminar (*n*)
willing (*adj*)
worthwhile (*adj*)

Practice

1 Complete each sentence with a word or phrase from the wordlist.

- 1 Karen never tries anything new, she's got no
adventure!
- 2 Don't be by how the food looks, it's actually
really tasty.
- 3 The weather on the camping trip was
It rained continuously for four days!
- 4 My cousin is so – he's always doing some
kind of sport, he never stops!
- 5 I'm very – once I get an idea in my head,
I'm determined to do it whatever the cost.
- 6 The house was barely in the thick fog.
- 7 Lara used to be very shy, but now she has lots of
.....
- 8 The school is easily by bus or train.

2  **1.10** Listen and write the missing word. Use words from the *Other* section of the wordlist.

- 1
- 2
- 3
- 4
- 5
- 6

3  **1.11** Listen and check your answers.

4 Work in pairs. Describe three words from Ex 2 and see if your partner can guess which words they are.

UNIT CHECK

Review

1 Complete the sentences with the correct form of these verbs.

burn go persuade plan see think

- Tim to drama club every week.
- anyone ever you to try something new?
- I've asked Jake to go camping with me. He about it and will let me know tomorrow.
- We this trip for weeks, I really hope it goes well.
- Mark just that new art exhibition and he said it's really worth going to.
- What's that dreadful smell? something

2 Match the first half of the sentences (1–6) with the second half (A–F).

- | | |
|--|--|
| 1 My cooking skills are definitely worse | A quiet, I can't hear what they're saying. |
| 2 I'm probably the most | B toughest challenge I've ever faced. |
| 3 Can you turn the TV up? It's too | C than my brother's – he makes the most delicious meals! |
| 4 Mark's as tall | D as his sister – in fact they're exactly the same height. |
| 5 Thanks for helping me move this table, it's much | E adventurous person in my family. |
| 6 This is definitely the | F easier with two people. |


3 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. You must use between two and five words, including the word given.


- It's been ages since I last saw Sam.
SEEN
I ages.
- They didn't see the fireworks because they arrived too late.
EARLY
They didn't arrive the fireworks.
- The tickets were more expensive than we'd expected.
AS
The tickets we'd expected.
- Tom began playing the drums five years ago.
BEEN
Tom the drums for five years.
- The film wasn't half as bad as the review suggested.
MUCH
The film was the review suggested.
- Maria performs more confidently than Kate.
PERFORMER
Maria is Kate.

4 Complete each gap with one word.

Have you got a good sense of direction? 

Who's ¹ best map reader in your family? Is it your mum or dad giving directions? It has ² a long-held stereotype that men have a better sense of direction ³ women, but is it really true? Research conducted in a Norwegian university ⁴ suggested that it *is* true. Scientists at the Norwegian University of Science and Technology set 18 men and 18 women the challenge of locating various objects in a virtual maze. Not only were the men able to solve 50% ⁵ of the tasks than the women, but they were also faster. Scientists suspect that this is due to how our brains have evolved ⁶ ancient times, when men were hunters and women were gatherers. The researchers ⁷ also concluded, however, that while men may have a better sense of direction, they are ⁸ worse than women at finding objects locally, e.g. things in a house.

5  1.12 Listen to two friends talking. What is Anna trying to do? Is she successful?

6  1.13 Listen again and complete the summary with a word or short phrase.

- Anna to dance club for two weeks.
- Joe doesn't think he a sense of rhythm.
- Anna says that Joe is at dancing than some of the people at the club.
- Joe thinks he the wrong clothes.
- Joe hopes the club is Anna says it is.

7 Write a short email to your friend persuading him or her to join you in an activity.

UNIT CHECK

1 1.7 Listen and complete the anecdote. Use full and short forms as in the recording.

So I ¹ home and this girl ² my name. The next thing I ³ she's there in front of me and she ⁴ She ⁵ to know where her iPad is. And I ⁶ to her, "I ⁷ you. What ⁸?" So then she just ⁹ And I ¹⁰ there thinking, "What ¹¹?"

2 Complete the blog post with one word in each gap.

Putting the **sense in **sensitive****

I've just started a novel and it's ¹ silliest thing I've ever read. All the girl characters are a ² more sensitive ³ the boys. They're always saying and doing the right thing. As I read, I got more and ⁴ frustrated. Why wasn't the writer imaginative ⁵ to create true-to-life characters? Everyone knows that the ⁶ interesting stories are when characters do the unexpected. If the next part of the book is ⁷ bad as the first, I'll give up. Life's ⁸ short to read bad books!

3 Rewrite the sentences using the word given. Use between two and five words, including the word given.

1 Your marks are improving as you practise more.

BETTER

The more you practise, are getting.

2 The sports challenge was far more difficult than the reviewer said.

AS

The sports challenge the reviewer said.

3 I'm not nearly as adventurous as you.

FAR

You me

4 You're too young to go and see a band by yourself.

ENOUGH

You to go and see a band by yourself.

5 There's no better time to pick up a bargain.

THE

This to pick up a bargain.

4 Complete the online article with the correct form of these verbs.

add to get across miss out put off
take off try out

Have you ever smelled a food advert or heard your dinner?

Don't be ¹ by these ideas – businesses are using multi-sensory techniques to ² their message Food companies have been ³ 'smell-vertising' – advertising through the sense of smell. A UK company wanted a new potato product to ⁴ in the market. It installed special adverts at bus stops. You pressed a button and it gave off the smell of a warm baked potato straight from the oven.

Restaurants ⁵ also their customers' experience. Some spray scents just as a dish is served to connect the customer with positive memories. And your other senses don't need to ⁶ One UK chef is famous for a fish dish made to look like a beach; as you eat, you listen to the sounds of the sea through an MP3 player.

5 Write the words with the correct suffix. Make any necessary spelling changes.

1 **verb** → **noun**:

achieve →

excite →

2 **verb** → **noun**:

differ →

exist →

3 **adjective** → **noun**:

lazy →

tired →

4 **verb** → **adjective**:

compete →

create →

5 **noun** → **adjective**:

enthusiasm →

sympathy →

6 **noun** → **adjective**:

knowledge →

change →