1 Exam Skills Trainer

Reading

Strategy
Read the text all the way through first so that you get a good general understanding before you try to answer the questions.

1 Read the Strategy. Then read the text in exercise 2. Choose the best summary (a–c).

a The text describes what teenagers believe makes them happy.
b The text gives tips for teenagers about different ways to be happy.
c The text gives some information about how young people feel.

2 Read the text again. Circle the correct answer: *True* (T), *False* (F) or *Doesn't say* (DS).

Happiness is … ? Your survey says …

So you're between the ages of thirteen and eighteen. What makes you happy? There have been lots of surveys about teenagers and happiness and they all come to different conclusions. Some surveys say that most young people are happiest when they spend time with their family. Others say it's when they're with friends. Some teenagers think that getting good marks at school and passing exams makes them happy and others feel that it's having a boyfriend or girlfriend that improves their lives. The problem is that there isn't just one thing that makes everyone happy. Happiness is something different for each of us, and what made us happy last week might not make us happy next week!

However, there are some things that can help improve our mood when we're feeling unhappy. Experts believe that exercise can make you a happier person – but how? Exercise releases chemicals in your brain that are related to a feeling of pleasure. Many people who exercise say that the more exercise they do, the more they want to do. Now we know why! In addition to this, exercise is also good for our physical health. So, if we know that we're doing something healthy, that should make us even happier!

There's another surprising idea to help make us happier. Although you might think that eating chocolate is bad for you, it seems that it is good to eat chocolate when we're feeling sad. According to some research, experts say that eating chocolate can make us feel happy. Of course it isn't healthy to eat too much, but chocolate releases chemicals in the same way that exercise does – and for some people it's easier and quicker than running several kilometres or working out in the gym!

It's also important to remember that we can't all be happy all the time. There are times in our lives when things are going well and we feel good. But we can also be happy for brief moments and we should value these as well. For example, perhaps you're sitting on a beach watching the sun on the water, with friends around you, and you feel happy. Remember that moment! Or maybe your dog does something silly that makes you laugh. Remember it! And when you feel sad, go for a run or eat some chocolate – you'll soon cheer up!

1 The surveys show that teenagers and parents have different ideas about happiness. T F DS
2 The things that make us happy never change. T F DS
3 The surveys show that teenagers who do exercise are happier. T F DS
4 When we feel depressed it's good to do something active. T F DS
5 Exercise and eating chocolate can produce similar results. T F DS
6 It's important to value even short moments of happiness. T F DS

Listening

Strategy
Read through the options in the task carefully before listening. Try to predict what kind of text you think you will hear: a conversation, an announcement, part of a talk, part of a radio show, an advert, a telephone message, etc. This will help you to better understand what the text is about.

3 Read the Strategy. Then read the questions and answers in exercise 4 and try to predict what types of text you are going to hear.

4 1.05 You will hear six texts twice. Choose the correct answer (A–D).

1 What is the speaker giving advice about?
A making life decisions
B studying for tests
C improving your work
D planning your time

2 What is true about Amy?
A She's leaving her family.
B She's starting work.
C She's leaving her home town.
D She's going on holiday.

3 The presenter is asking for opinions about
A a news story.
B a holiday.
C a charity.
D a new lottery.

4 What does Lucy do?
A give advice
B ask about an event
C recommend a style of music
D remind someone about an event

5 What is the speaker advertising?
A the best bands to see in August
B the range of food to buy at music events
C different places to make money in the summer
D the chance to work at a music festival

LIVEWORKSHEETS

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6 Who is the speaker?

A a student discussing schoolwork
B a teacher giving advice on a trip
C a tour guide welcoming visitors
D a weather presenter on television

Use of English

Strategy
Always read the text all the way through first, ignoring the gaps, to understand the general meaning.

5 Read the Strategy. Then quickly read through the text in exercise 6. What is the disadvantage of using electronic devices?

6 Read the text again and complete it with the correct words. Use only one word for each gap.

I'm sure that, like most people today, you have and regularly use a wide range of electronic devices – smartphones, tablets, laptops and so on. We rely on these [1]_____ talk to our friends, get information, send pictures and videos and [2]_____ lot more. But [3]_____ you ever think [4]_____ the dangers to your health of using these devices? It seems that more [5]_____ 60% of us listen to music that is too loud, and this can damage our ears. Some people text and message all [6]_____ time, which can cause problems with their fingers and thumbs. Also, because we regularly look [7]_____ small screens, we can sometimes get bad headaches and sore eyes. And people who use desktop computers every day at work can get very bad backs. Finally, there [8]_____ a horrible problem that experts call 'Text neck'. When we text, we look down at our phone, bending our necks. When we do this [9]_____ much, it can cause neck pain and even damage to the spine. Will this information stop us using electronic devices? Probably not. But it might make us think [10]_____ a moment before we pick up our phone or go online.

Speaking

Strategy
When you are doing a role-play task, remember to ask questions, make suggestions, and agree or disagree with your partner. Include all the information in the task.

7 Decide who is Student A and who is Student B. Read your own role in the exam task. Make a list of ideas and think about ways of suggesting them to your partner. Then do the role-play.

Student A
You and a friend want to go to see a new film together. Discuss what your friends have told you about the new films they've seen recently and decide which one to see with your friend. Tell your partner about a friend who saw a comedy.

Student B
You and a friend want to go to see a new film together. Discuss what your friends have told you about the new films they've seen recently and decide which one to see with your friend. Tell your partner about a friend who saw an action film.

Writing

Strategy
Read the question carefully and make sure you understand what type of text you need to write. Think carefully about how formal or informal your writing needs to be.

8 Read the Strategy. Then read the exam task and a student's answer. Underline words and phrases that show you that the email was written to a friend.

You have recently been on holiday with your family. Write an email about it to a friend in Britain. Include the following points:

- where you went
- how you got there
- something interesting you did
- how you felt when you got home
- an invitation to your friend to stay with you for the next school holiday.

Hi David,

How are things? I'm depressed! I went on holiday to the south of France with my family last week and I didn't want to come home! We had a brilliant time.

We travelled by plane to Marseille and then by coach to a seaside town. We stayed in a lovely hotel. It was right on the beach.

One day we went to a small restaurant and we had an amazing meal. We had loads of seafood – delicious! The restaurant was on a hill with a lovely view of the sea. It was really cool.

When we got home yesterday I started to get anxious about my school exams next week. I need to think about another holiday! So, why don't you come and stay with us in the summer? We can have a great time!

Write soon,

Katy

9 You have recently been to a music event with some friends. Write an email about it to a friend in Britain. Include the points below.

- type of event and its location
- the atmosphere at the event
- what you enjoyed most
- someone interesting you met
- a request to send you some new music he / she likes.

LIVEWORKSHEETS