Instructions: Read the text below. Then, complete the exercises that follow using the vocabulary and expressions from the text.

Part 1: Reading Text

> My first job out of university was a real **eye-opener**. I thought I was prepared for the corporate world, but I quickly realised I was completely **out of my depth**. My manager expected me to **hit the ground running**, but I was struggling just to understand the basic software. For the first few weeks, I felt like I was **swimming against the tide**.
>
> Instead of giving up, I decided to **take the bull by the horns**. I asked my colleague, Sarah, for help. She was always **swamped** with her own work, but she **went the extra mile** to show me the ropes. She told me that to succeed in that environment, you need to be **adaptable** and not **jump to conclusions** too quickly.
>
> Slowly, I began to make **significant** progress. I started contributing ideas in meetings and **taking the initiative** on small projects. By the end of the year, I had turned a stressful situation into a valuable learning experience. I learnt that it's okay to feel **overwhelmed** at first, as long as you are willing to **put in the effort**.

Part 2: Vocabulary in Context

Exercise A: Match the word or expression from the text to its correct definition.
(Students would type the number next to the letter or drag and drop.)

Word/Expression	Definition
1. Out of your depth	a. To make a special effort beyond what is expected.
2. Swamped	b. To guess something without having all the facts.
3. To go the extra mile	c. Involved in a situation that is too difficult to handle.
4. To jump to conclusions	d. Extremely busy with too many things to do.
5. Significant	e. To start doing something in a very determined way.

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Word/Expression	Definition
6. To take the bull by the horns	f. Important and noticeable.

Part 3: Collocations

Exercise B: Complete the sentences with the correct collocation from the box.
(Students would type the missing word into the blank.)

Collocation Bank
Take the initiative
Hit the ground running
Swimming against the tide
An eye-opener
Show me the ropes
Put in the effort

1.	I was nervous on my first day, but my new colleague was kind enough to	_____
2.	The training course was a real	_____I learned so much about the industry.
3.	When the project was falling behind, Maria decided to	_____ and reorganise the team.
4.	If you want to improve your English, you really need to	_____ every single day.
5.	Our new marketing manager is very energetic and ready to	_____from day one.
6.	I felt like I was	_____ trying to get the committee to approve my plan.

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Part 4: Grammar & Vocabulary Integration

Exercise C: Read the sentences below. Choose the correct word (a, b, or c) to complete each sentence.

1.The project was a failure, mostly due to a _____ lack of planning and communication.
a) significant
b) swamped
c) adaptable
2.He is an incredibly _____ person who can work well in any team and with any type of task.
a) overwhelmed
b) adaptable
c) out of his depth
3.The CEO's speech had a _____ impact on the employees, who felt more motivated than ever.
a) significant
b) swamped
c) adaptable

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