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Кафедра англійської філології та методики викладання іноземних мов



Практика усного та писемного МОВЛЕННЯ

**збірник завдань до лабораторних занять для студентів 2
курсу напряму підготовки 6.020303 «Філологія*
(англійська)»**

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П69

Практика усного та писемного мовлення: збірник завдань до лабораторних занять для студентів 2 курсу напряму підготовки 6.020303 «Філологія* (англійська)»/укладач М.В. Білак. - Мукачево: МДУ, 2017. – 58 с. (1,9 др. арк.)

Збірник висвітлює систематичний курс практичних завдань і вправ, метою якого є подальше вдосконалення набутих навичок усного та писемного мовлення з англійської мови, спрямований на поглиблене навчання читанню, аудіюванню, письму та репродуктивній мовленнєвій діяльності, за всіма лексикотематичними розділами нормативної програми з практики усного та писемного мовлення.

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Загальні методичні вказівки

Запропонований збірник завдань з дисципліни «Практика усного та писемного мовлення» має на меті допомогти студентам 2 курсу денної та заочної форми навчання у їхній роботі для розвитку практичних навичок читання та використання лексичного і граматичного матеріалу. А також для подальшого удосконалення навичок сприйняття, розуміння та відтворення вільної англійської мови, підвищення загальноосвітнього рівня, розширення їх загальної культури та кращого засвоєння граматичного матеріалу.

Опрацювання завдань збірника забезпечить формування у студентів системи компетентності, яка є критерієм оцінки якості знань з курсу.

1. Загальні компетентності: уміння працювати самостійно; здатність до аналізу та порівняння отриманої інформації з іншими джерелами; базові уявлення про процеси в суспільстві, які на сучасному етапі впливають на розуміння основних понять та явищ, які охоплює дисципліна.

2. Фахові компетентності: уміння продемонструвати знання з предмету; висвітлення тенденцій розвитку мовних кліше, фраз, стандартів; здатність практично застосовувати отримані знання із курсу.

Збірник складається з 10 лабораторних занять (Units), укладених згідно тематичній програмі, передбаченою програмою, які в свою чергу складаються з низки споріднених між собою підтем. Матеріал, поданий в кожній підтемі, побудовано за видами мовленнєвої діяльності. Підтеми, з яких складається кожен розділ це: Grammar, Vocabulary, Pronunciation, Reading.

Опрацювання завдань поданих у лабораторній роботі відбувається після опрацювання студентами тем, що подані в навчальній програмі, для закріплення вивченого матеріалу. Завдання виконуються в зошиті для лабораторних робіт і оцінюються викладачем.

Критерії оцінювання лабораторних робіт наступні:

5 - «Відмінно» — заслуговує студент, який вміє надати в письмовому вигляді інформацію у відповідності із письмовим завданням, висловлюючи власне ставлення до проблеми, при цьому правильно використовуючи лексичні одиниці та граматичні структури.

4 - «Добре» — заслуговує студент, який вміє написати відповіді на питання, допускаючи ряд орфографічних помилок, які не утруднюють розуміння інформації, у роботі вжито ідіоматичні звороти, з'єднувальні кліше, різноманітність структур, моделей тощо.

3 - «Задовільно» — заслуговує студент, який вміє написати коротко відповіді до поставлених завдань, за зразком у межах вивченої теми, використовуючи обмежений набір засобів логічного зв'язку при цьому відсутні з'єднувальні кліше, недостатня різноманітність вжитих структур, моделей тощо.

2 - «Незадовільно» — заслуговує студент, який вміє писати прості непоширені речення відповідно до комунікативної задачі проте зміст повідомлення недостатній за обсягом для розкриття теми та інформативно не

насичений, допускає грубі граматичні помилки, не володіє лексичним матеріалом.

Програма з дисципліни «Практика усного та писемного мовлення» передбачає – підготовку спеціалістів за освітнім ступенем «Бакалавр» відповідно до державних стандартів, встановлених освітньо-кваліфікаційною характеристикою та освітньо-професійною програмою підготовки спеціалістів вищезазначеного фахового спрямування.

В результаті вивчення даного курсу студент повинен:

- **знати:** професійну лексику та термінологію і застосовувати її, лексичний мінімум, основні правила мовленнєвого етикету спілкування, основні прийоми техніки усного та письмового перекладу професійно-орієнтованих іншомовних джерел, лексичний мінімум комп'ютерних технологій.
- **вміти:** вести бесіду з фаху, володіти зразками кліше, штампами, фразами необхідні для спілкування, одержувати інформацію з іноземних джерел, володіти навичками професійного та ситуативного спілкування в письмовій формі.

Лабораторна робота (Unit 1)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 the present and future

Complete the sentences with a suitable form of the verbs in the box.

come get make recognise research ~~take~~

Jorge *takes* after his father in so many ways.

- 1 I _____ in touch with my cousins when I go to Canada next year as we've never met.
- 2 Sally _____ her family history at the moment.
- 3 I'm sure I _____ Dan even though it's been some time since we last saw each other.
- 4 Jack _____ over again after the awful way you treated him.
- 5 Unfortunately Lucia _____ a good impression when you first meet her.

2 the past

Underline the correct words in *italics*.

I was waiting/*had waited* for the bus when I saw Maria for the first time.

- 1 By the time we *got*/*were getting* to the cinema, the film had already started.
- 2 As soon as I heard the news I *was calling*/*called* my neighbours.

- 3 I didn't know that you *were meeting/had met* Lucas before.
- 4 Jana *was cooking/cooked* supper when Marek called to say he'd be late.
- 5 *I had never said/was never saying* that I could help so why was Anna so upset?

3 obligation and ability

Look at the underlined phrases and rewrite them using modal verbs.

It wasn't obligatory to do sport every day when we were at school.
 We didn't have to do sport every day when we were at school.

- 1 It is forbidden to use flash photography in here.
 You _____ flash photography in here.
- 2 It wasn't a good idea to forget Harry's birthday.
 You _____ Harry's birthday.
- 3 Did you manage to get through to George?
 Were _____ get through to George?
- 4 It's a good idea to learn a few new words every day.
 You _____ a few new words every day.
- 5 It's necessary to be respectful to your elders.
 You _____ respectful to your elders.

Vocabulary

4 family/relationships

Complete the sentences using one word in each gap.

As they say, you should never judge a book by its cover.

- 1 Karel made a very good _____ on us as soon as he walked into the room.
- 2 Peter can sometimes _____ across as being quite arrogant when he's nervous.
- 3 I'm very lucky to have very pleasant _____ at work and we all get on pretty well.
- 4 _____ rivalry is not something I've ever suffered from as I'm an only child.
- 5 I wouldn't say that Julia is a friend exactly – she's more of an _____ really.

5 ways of speaking

Complete the words.

I'll call you next week so we can have a good chat.

- 1 Peter always g _ _ _ _ me like a long-lost friend whenever he sees me.

- 2 I'm not very good at making s _ _ _ _ talk. I don't really see the point of it.
- 3 When you give someone a c _ _ _ _ _ _ _ _ , you can immediately see how much they appreciate what you've said.
- 4 I can never understand Mark because he always m _ _ _ _ _ .
- 5 I tend to s _ _ _ _ _ over my words when I'm nervous.

6 adjectives/nouns

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

Tim's extremely *intellectual* so I often feel rather stupid when I'm with him. (intellect)

- 1 Looking after you is not my _____. (responsible)
- 2 Cath is the most _____ member of the family. (art)
- 3 Did you ever experience _____ as a child? (lonely)
- 4 Our teachers were very _____ at bringing out the best in us. (skill)
- 5 _____ is a very unattractive trait. (jealous)

7 phrasal verbs (relationships)

Replace the underlined phrases with a suitable phrasal verb.

I've always respected my aunt as she was a very strong woman. *looked up to*

- 1 I wish you wouldn't boast so much about all your money. _____
- 2 Jack has had an argument with his wife again. _____
- 3 Do you resemble your mother at all? _____
- 4 My parents raised me to be hard-working and self-sufficient. _____
- 5 I think I have a good relationship with most of my family. _____

Pronunciation

8 connected speech

Listen. Do you hear the weak or strong form of the underlined words? Write S (strong) or W (weak).

Can I help you? S

- 1 I don't think we can meet later as I have to go to a meeting. _____

- 2 You really should have told me the truth. _____
- 3 You say I can't but I tell you I can. _____
- 4 Could you help me with my homework? _____
- 5 I never could understand what Julia saw in Nick. _____

How to...

9 make a good first impression

Put the words in the correct order to make sentences.

great / you / to / It's / meet *It's great to meet you.*

1 you / to / Nice / meet / too
_____ .

2 before / you / Spanish / Have / classes / any / done
_____ .

3 today / did / here / How / get / you
_____ .

4 must / sorry / I / go / I'm / really
_____ .

5 soon / See / again / you
_____ .

Reading

10 Read the article and complete the gaps (1–5) with the sentences (A–F).

We recently asked our readers to tell us about their experiences growing up, whether as one of several siblings or as only children. (0) We were inundated with entries and will be publishing a selection over the next couple of weeks. Thank you all for sharing your childhood memories with us.

Only is lonely – or is it? by Sally MacFarlane

I was brought up as an only child, the daughter of two intellectual, emotionally absent parents who believed that children should be seen and not heard. On the surface perhaps not the best start in life, but there were many advantages to this rather isolated upbringing.

(1) _____ They were both successful writers who worked long hours and then often had to travel abroad to attend conferences and give talks. As a consequence I was left in the capable hands of an endless stream of nannies.

Once I started going to primary school, however, the focus of my world changed and I found that I enjoyed being challenged, learning new things every day. (2) _____
If I could show them the progress I was making, we had some point of contact. They weren't really interested in my social development, more my academic skills.

At first I was shy and introverted, although I think I probably came across as rather arrogant. It's just that I was not accustomed to spending so many hours every day in the company of others and I'd grown to depend on myself for my own entertainment. I spent hours creating stories for all my imaginary friends to star in. (3) _____ How could you be lonely when you had all this?

Most of my friends had brothers and sisters and I could see that they sometimes felt sorry that I was often alone. I, on the other hand, felt sorry for them in a way as they had to compete with one another for attention and possessions. (4) _____

The years passed and I continued to do well at school. I passed all my exams and went on to university and strangely enough followed in my parents' footsteps. (5) _____
It is now, as an adult with children of my own, I look back and wish I'd had brothers and sisters.

- A** I quickly realised too that this was the way to engage my parents.
- B** I at least did not have to do that.
- C** There is, however, one big difference and that is my family life.
- D** Even when my parents were around, they weren't – if you know what I mean.
- E** I had a room full of books as well and could happily spend all weekend in other worlds.
- F** I don't think I really appreciated what I had at the time.

Лабораторна робота (Unit 2)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

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Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 Present Perfect Simple and Continuous

Complete the sentences with a suitable form of the verbs in the box.

drive eat finish know see teach

Have you *seen* any of the Harry Potter films yet?

- 1 I _____ the same car for the last ten years.
- 2 We _____ one another since the beginning of the year.
- 3 Dan _____ properly since he came back from his holiday. I'm quite worried about him.
- 4 How long _____ Sarah _____ English?
- 5 Anna _____ already _____ her homework. She's always so quick.

2 questions

Rewrite the questions.

What did John just say?

Do you know what *John just said*?

- 1 Where have you put my sunglasses?
I'd like to know _____ !
- 2 What time does the bank open?

Could you tell me _____ ?

- 3 Were there any souvenirs for sale at the hotel?
Do you know _____ ?
- 4 Why did Paul leave the table so quickly?
I'd like to know _____ .
- 5 Why do you always disagree with me?
Can you tell me why _____ ?

3 modifying comparatives

Underline the correct words in italics.

The weather is *a lot of/much* nicer today than it was yesterday.

- 1 The UK isn't *quite/just* as expensive as Japan.
- 2 My German isn't *nearly/easily* as fluent as my French.
- 3 This is *just as/by far* the most interesting city I've been to.
- 4 In my opinion Charles is *far/just as* friendlier than his brother.
- 5 Kate's party was *far/easily* the best one I've been to this year.

Vocabulary

4 describing situations and feelings

Use the correct adjective form of the verbs in the box. Use each verb only once.

annoy	challenge	disgust	fascinate	petrify	worry
-------	-----------	---------	----------------------	---------	-------

I've always been *fascinated* by the history of China.

- 1 The thought of giving a talk to 500 people is absolutely _____ .
- 2 I'm _____ about James as he's looking really tired these days.
- 3 The way some journalists write about celebrities is _____ .
- 4 It's so _____ when you constantly interrupt me.
- 5 It's good to step outside your comfort zone and be _____ from time to time.

5 weather

Complete the words.

The *sub-zero* temperatures we experienced last night were a bit of a shock to the system!

- 1 The forecast is for **c**_____ weather so I guess that means a bit of everything.

- 2 It's remarkably **m**___ for this time of the year. Normally it's quite a bit colder.
- 3 I think I'll put another jumper on as it's quite **c**_____ when the sun goes in.
- 4 You can still be affected by the sun's rays even when it's grey and **o**_____.
- 5 It was absolutely **s**_____ on the beach – it must have been over 40 degrees C.

6 verb phrases about moving/travelling

Complete the sentences using phrases from the box in the correct form. There are two extra phrases.

emigrate live abroad move house leave home be off
~~roam around~~ set off see someone off

I've spent my entire life roaming around because I can't seem to settle down.

- 1 I _____ until I was in my twenties but I think my parents were probably happy to see me go!
- 2 Of course I _____ at the airport. What time do you have to check in?
- 3 If we _____ early in the morning, we can avoid the rush hour traffic.
- 4 A lot of Britons want _____ to warmer countries because they don't like the British climate.
- 5 We _____ several times as children because Dad was in the army.

7 expressions with go

Correct the underlined word in each sentence.

I've no idea what's going off but I'm sure Stephen's up to no good. on

- 1 It goes without speaking that I'll support you whatever you decide to do. _____
- 2 Dana always goes to great widths to make people feel at ease. _____
- 3 I think we should try to do a go of our relationship. _____
- 4 Tim is always off the go. I don't know when he ever relaxes. _____
- 5 I've promised to help you and I never go over on my word. _____

Pronunciation

8 connected speech: linking sounds

Which sound can you hear between the linked words in each sentence: /w/, /j/ or /r/?

You are incredibly brave to go off on your own like that. /w/

- 1 Ella is very happy in her new apartment. _____
- 2 I've never enjoyed travelling on my own very much. _____
- 3 Could you tell me why it's so hard for you to be on time? _____
- 4 Sue is one of the most adventurous people I know. _____
- 5 Summer is my favourite season. _____

How to...

9 describe two things which change together

Match the two parts of the sentences.

- The more you prepare for the trip, f
- 1 The more you spend now, _____
 - 2 The more you know Jack, _____
 - 3 The less luggage you take, _____
 - 4 The longer you stay, _____
 - 5 The more you complain, _____
- a the more likely it is that no one will listen.
 - b the harder it'll be to leave.
 - c the less you'll believe in him.
 - d the less you'll have at the end of the month.
 - e the easier it'll be to pack.
 - f ~~the more enjoyable it'll be.~~

Reading

10 Read the email. Are the statements true (T), false (F) or not given (NG)?

Hi Anna

How are things? I hope you managed to get yourself a decent last-minute flight. I know how tired you must be after the house move, and a break somewhere out of the way is probably just what you need.

I can't believe that I was at home this time last week and now I'm on the other side of the world. It's been an amazing few days. Well, you of all people know how it is when you travel. I must say I've forgotten how many times I've had emails from you from some internet café or other! And now it's my turn. To be honest, I was a bit nervous at first as I found the idea of travelling on my own quite daunting but once I'd checked in and gone through security to the departure lounge I could feel the excitement rising. It was a long flight but, would you believe, I got an upgrade so ended up travelling in business class! How the

other half lives. Beginner's luck I guess. There was plenty of room so I even managed to sleep for a while.

We landed in Seattle in the early evening and I felt quite overwhelmed by all the signs and security. You wouldn't think we all spoke the same language, but finally I was through, picked up my luggage and took the airport shuttle to my hotel. I'd taken your advice and booked accommodation for the first night. It was fine – clean and functional. I didn't really sleep very much at all due to jetlag and the usual noises you get in hotels so I got up early and headed into town.

There's something about cities that are built by the sea. Do you think it's the sense of space perhaps? You just feel you can breathe more easily. Anyway, I took the bus down town to the waterfront and spent the whole day breathing in all the sights and sounds of the bustling market. In fact, it was quite exhausting – sensory overload. And by the end of the day I was looking forward to the next stage of the journey especially as it had started drizzling and was quite chilly. Surprisingly, given I'm a Brit, I didn't have an umbrella with me!

Day Two and the ferry over to Orcas Island. had to take a bus to the ferry port and then it was a couple of hours on the ferry. Orcas is one of the few San Juan Islands that is inhabited. I'd heard about these islands from a friend of mine and had decided to head out there and do some island-hopping away from the bustle of the big city. Since getting off the mainland, I haven't made any firm plans at all, so will take each day as it comes and will write to you again when I have internet connection – it's quite difficult here to find places with decent reception.

Take care and write back soon.
Love,
Sam xx

Ann has travelled a lot.

T

- 1 Sam hasn't travelled alone before. _____
- 2 He found a hotel when he landed in Seattle. _____
- 3 Seattle is surrounded by water. _____
- 4 It poured with rain on the first day. _____
- 5 It's not easy to send emails. _____

Лабораторна робота (Unit 3)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 Past Perfect Simple and Continuous

Complete the sentences with the correct form of the verbs in the box.

finish have learn live meet wait

I had just finished my presentation when the door opened.

- 1 We _____ for ages before the train finally came.
- 2 I _____ trouble getting to sleep for a long time until I stopped drinking coffee.
- 3 Clare _____ in London all her life so it was very hard for her to leave.
- 4 We _____ before so I introduced myself.
- 5 How long _____ you _____ Spanish before you went to Argentina?

2 articles

Complete the sentences with *a*, *an*, *the* or – (no article).

I'm afraid I don't know the answer to this question.

- 1 Would you like ____ drink with your meal?
- 2 Have you ever been to ____ ancient ruins at Petra?
- 3 I'm not a fan of ____ modern architecture.

- 4 ‘ ____ apple a day keeps the doctor away’ so the saying goes.
- 5 Laura’s studying to be ____ archaeologist.

3 adjectives and adverbs

Put the words in the correct order to make sentences.

I / you / should / think / However / apologise / still
However, I still think you should apologise.

- 1 see / that / probably / again / You / film / want / won’t / to
 _____ .
- 2 sightseeing / to / always / It / interesting / go / is
 _____ .
- 3 visit / Pompeii / moving / is / place / an / to / amazingly
 _____ .
- 4 have / while / this / been / I / built / ago / must / think / a
 _____ .
- 5 cinema / time / If / we’ll / the / quickly / get / in / run / we / to
 _____ .

Vocabulary

4 time expressions

Underline the correct words in *italics*.

What were you doing *at/in* 2005?

- 1 I was given some old toys as a child and I started to go to antique fairs *since/from* that point on.
- 2 Hans studied medicine and *until/after* that he got a job in a hospital.
- 3 *During/While* the winter I always feel like hibernating.
- 4 *Throughout/Since* my years at university I enjoyed playing tennis for the college team.
- 5 *For/At* that time no one had any idea how valuable our old paintings would turn out to be.

5 materials

Complete the words.

I can only wear leather shoes because my feet get very hot.

- 1 Please be careful with that **p**_____ vase as it’s very delicate.

- 2 When Charles proposed to Kate, he gave her a beautiful **g** _ _ ring.
- 3 I love wearing **s** _ _ _ because it's such a light fabric.
- 4 There must be **l** _ _ _ _ in these trousers as they're nice and stretchy.
- 5 That handbag was expensive, I can't believe it's only made of **p** _ _ _ _ _ .

6 verb phrases with *take*

Correct the underlined word.

- Huge superstores are taking down our towns. *over*
- 1 I don't suppose anyone thought that the Internet would take through. _____
 - 2 Nothing seems to stress David. He just takes everything in his step. _____
 - 3 We took up our new life in Dublin like ducks to water. _____
 - 4 There was too much information at the conference, I found it hard to take it all off. _____
 - 5 The view from the top of the Eiffel Tower takes your breathing away. _____

7 making nouns

Complete the sentences with the noun form of the words in brackets.

There are few things I value as much as the *friendship* I have with my neighbours. (friend)

- 1 The Chinese were the _____ of so much that is useful today. (invent)
- 2 Greed has been the _____ of so many great civilisations. (weak)
- 3 We couldn't see the mountains due to the poor _____. (visible)
- 4 There has been a noticeable _____ in the number of visitors to the site. (reduce)
- 5 _____ obviously agreed with Queen Victoria as she had thirteen children! (mother)

Pronunciation

8 speech units

Listen and write // in the places you hear a pause.

I really admire my elderly neighbours // and one of the reasons is // that they never complain.

- 1 I went back to the place where I was born recently and it was quite a shock.
- 2 Sadly none of the old shops I remember so well were there any more.
- 3 However I did bump into someone I knew and what a pleasure that was.
- 4 We decided though I didn't really have the time to go for a coffee.
- 5 I think it did us both good and I hope we'll keep in touch maybe even meet up again.

How to...

9 reach an agreement

Underline the correct words in *italics*.

Alternative medicine, yes, as you say/tell, there must be something in it.

- 1 If you *put/take* into account all the money that we've spent, I think you'll agree that the museum is now a world-class attraction.
- 2 But then *more/again*, although new design is necessary, traditional buildings also have their place.
- 3 Yes, that's a good *idea/point*. I think we can combine modern and old if we approach the project with sensitivity.
- 4 Right, so we agree *on/for* the value of both.
- 5 So, that's *planned/decided*: we'll get an architect to come up with some new designs.

Reading

10 Read the posting on a web forum and answer the questions.

School days are the happiest days of your lives

St Anthony's School is celebrating its centenary this year so we are inviting all of our former students to write in with memories of their time with us. We look forward to hearing what you have to say.

Philip

I vividly remember my first day at school. I walked through the main doors and felt so small. I'd been at a village school before starting at St Anthony's so it was quite a shock to the system. Everyone seemed so much older than me and everyone seemed to know what they were doing and where they were going. Whenever I start something new, I'm reminded of that awful sinking feeling. I don't suppose it'll ever go away.

Marianne

My favourite subject was English because I really liked our teacher. She was so passionate about literature so we all just got caught up in her enthusiasm. At the start of every lesson she would read us a short extract from whatever it was that she was reading at the time. She also encouraged us to write for ourselves and I can honestly say that I wouldn't be a teacher myself if it hadn't been for her influence and encouragement.

Luke

To be honest, I don't have happy memories of my time at the school. I was a very introverted child and had always found it hard to make friends. Everyone seemed so sporty and competitive and I just didn't fit in. Looking back, I wish I'd told my parents how unhappy I was instead of staying put. The one saving grace, as far as I'm concerned, was the library. Whenever we had a break I just went there and studied.

Graham

I'm not really academic so I don't see the point of learning all about physics and history and all that kind of stuff. From my point of view it would have been far better if we'd done a few vocational subjects something that's actually useful if you want to go out and get a job. I dropped out when I was 16 and got myself an apprenticeship with a local building company. I don't think the teachers were particularly interested in anyone who didn't want to go to university but I still see some of my classmates from time to time.

Kate

One of my best memories is our trip to Berlin. We'd been studying German for four years. There were fifteen of us so it was a good number. A couple of parents came along as well and we all stayed in a small hostel in the city centre. It was so good to be able to practise what we'd spent so long learning in the classroom. And amazingly people actually understood us!

Who ...

felt unappreciated by the teachers?

Graham

1 was lonely at school?

2 was able to put theory into practice?

3 is still affected by memories of school?

4 was inspired to go into the teaching profession?

5 wanted to study practical subjects?

Лабораторна робота (Unit 4)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 futures (1)

Choose the correct answer (a, b or c).

We _____ up for a pizza later. Do you want to join us?

- a 'll meet b 're meeting c 're about to meet

1 Look how dark it is. I'm sure it's _____ soon.

- a going to rain b raining c bound to rain

2 Do you think Xavier _____ apply for promotion?

- a is certain to b is sure to c will

3 Kate's _____ leaving as she's really had enough.

- a on the verge of b about c on the point

4 Mark's _____ to be late for the meeting. He always is!

- a about b bound c on the point

5 You can tell when Jack's _____ to lose his temper as he goes bright red.

- a sure b certain c about

2 Future Perfect and Future Continuous

Complete the sentences with the correct form of the verbs in the box.

check die finish have make travel
--

How many more endangered species will have died out by the end of the decade?

- 1 Sam's a real **w** _____. He's in the office seven days a week and would sleep there too if he could.
- 2 It's important to do **v** _____ unpaid work if you have time as there are a lot of people who need help.
- 3 I spend hours **c** _____ to and from work by train every week.
- 4 I can't remember the last time I had a **n** _____ working day.
- 5 I enjoy **f** _____ working hours because I'm self-employed and work the hours that suit me.

6 verb phrases about *time*

Complete the sentences with a suitable verb from the box. Use each verb only once.

make run out of save spend take waste
--

Honestly, I don't know how you can waste so much time playing computer games.

- 1 You should always _____ time to do the things you really want to do.
- 2 You can really _____ time if you do your shopping online.
- 3 There's no hurry. Just _____ your time.
- 4 I _____ time during yesterday's test so I didn't manage to finish the last question.
- 5 I enjoy _____ time with my colleagues as we have a lot in common.

7 collocations with prepositions

Complete the sentences with the correct preposition.

I've never been interested in making lots of money.

- 1 Ivan is very modest _____ all his achievements.
- 2 Our boss insists _____ smart clothes in the office.
- 3 Are you going to apply _____ the vacancy that's just come up?
- 4 You should be really proud _____ yourself.
- 5 Karen is very good _____ leaving everything until the last minute!

8 Collocations with prepositions (2)

Complete the words.

Julia resigned from her job after she was passed over for promotion.

- 1 Please allow me to **p**_____ for our meal as it was my idea after all.
- 2 Pavel **s**_____ in everything he tries because he's focused and ambitious.
- 3 I'm quite **w**_____ about my exams as I don't feel well prepared.
- 4 Dan's really **a**_____ of heights so he'll never walk over bridges.
- 5 I feel really **p**_____ about the environment though my friends would say I'm obsessed!

How to...

9 talk about future plans

Put the words in the correct order to make sentences.

thinking / leaving / soon / I'm / my / about / job

I'm thinking of about leaving my job soon.

- 1 go / yet / he / not / he'll / Jack's / travelling / sure / but / thinks
_____ .
- 2 jobs / in / so / I / change / the / or / next / to / month / want
_____ .
- 3 time / contract / month's / My / in / ends / a
_____ .
- 4 this / We're / June / married / coming / getting
_____ .
- 5 depends / the / whether / It / can / or / on / I / money / not / raise
_____ .

Reading

10 Read the article and complete the gaps (1–5) with the sentences (A–E).

Think carefully before you choose.

The world of work has changed so much over the past couple of decades that it can often be quite challenging to decide which career path to follow. (0) Some people are very lucky and have a vocation. They know exactly what they want to do and have always done so. For others, however, the choices can be far harder to make. When you consider that you might well be spending fifty years in the workplace, as the retirement age rises, you will realise just how important it is to spend some time thinking about what it is you really want to do.

Of course, we are not all lucky enough to have the 'perfect' job. How many people do you know who can honestly say they wake up every morning excited about the day ahead with all its demands and challenges? (1) _____ It's more a case of 'well it's almost the weekend'.

Most people would say that they just ‘fell’ into the line of work they’re doing. They knew someone who knew someone or they just happened to be in the right place at the right time. After that, there’s a natural progression. (2) _____

Increasingly, however, in this age of technology, people are choosing to work from home rather than going out to work. (3) _____ It is an environment which needs to function, the only difference being that there you are likely to be working on your own, which in itself can be problematic if isolation does not suit your temperament.

(4) _____ You need to have a clear division between home as a place to relax and home as a place to work, ideally with a separate office so that you can shut the door at the end of the working day. This existence is not for everyone and is something that should be considered very carefully.

It is hard to predict how working patterns will change over the next twenty years as unemployment levels rise, but I imagine that the workplace as we know it will disappear as more and more people find new ways to work. (5) _____ Only time will tell.

~~Some people are very lucky and have a vocation.~~

- A One job leads to another and you acquire various skills along the way.
- B Working from home means you have to be very disciplined and focused.
- C Perhaps there will be a return to smaller communities becoming more self-sufficient.
- D I for one, can’t think of anyone.
- E And home is a ‘workplace’ in much the same way as the traditional workplace.

Лабораторна робота (Unit 5)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 conditional structures (1)

Make conditional sentences using the verbs in brackets.

I'm not going to run (run) today if it *rains* (rain) later.

- 1 If you _____ (wear) a harness, you _____ (not injure) last week.
- 2 I _____ (risk) investing in Ben's new scheme if I _____ (be) you.
- 3 I'm sure David _____ (break) the record in the last race if only he _____ (have) faith in himself.
- 4 We _____ (train) now if John _____ (not hurt) his back.
- 5 If I _____ (have) the chance, I _____ (move) to the sea where I'd be able to swim regularly.

2 advice and permission

Rewrite the sentences using the words in brackets.

It's not good to train so hard. (should)

You shouldn't train so hard.

- 1 My brother doesn't let me use his equipment. (allowed)
I _____ .
- 2 Would it be OK to borrow your helmet and goggles? (Could)
_____ ?
- 3 It would have been a good idea to try on that wetsuit before buying it. (should)

You _____ .

4 Parking is permitted here, but only for thirty minutes. (can)

You _____ .

5 I was allowed to train in the local pool when it was closed to the public. (could)

I _____ .

3 emphasis

Put the words in the correct order to make sentences.

of / such / amount / Footballers / money / earn / a / ridiculous

Footballers earn such a ridiculous amount of money.

1 rafting / do / never / tried / white-water / I / having / regret

_____ .

2 rush / I / enjoy / the / It's / that / adrenaline / particularly

_____ .

3 be / at / does / Ben / the / everything / have / best / to

_____ .

4 exhilarating / are / sports / so / Extreme / just

_____ .

5 year / has / in / Nathan / this / many / so / taken / marathons / part

_____ .

Vocabulary

4 verb phrases about challenge

Choose the correct answer (a, b or c).

It's sensible to deal _____ issues as they arise.

a with b on c through

1 We battled _____ the elements to get back to our tent.

a with b for c against

2 I've always campaigned _____ the protection of endangered species.

a for b against c with

3 You need to focus _____ getting through this challenge before thinking about the next one.

a to b on c for

4 I don't know how you put _____ such hardships.

a across b down to c up with

5 I'm going to put all my efforts _____ winning this race.

a on b into c in

5 sport

Complete the words.

It's very important to have good trainers if you want to run long distances.

- 1 You need to wear a **m**_____ to protect your teeth when you play rugby.
- 2 I always wear a **w**_____ when I swim in the sea as the water's so cold.
- 3 I've never known anyone as **c**_____ as Alex. He always has to win.
- 4 You should always wear a **l**_____ when doing any water sports.
- 5 When you go rock climbing you need to wear a **h**_____ to stop you from falling.

6 phrasal verbs with out

Complete the sentences with a suitable verb in the correct tense.

Could you find out when the race starts?

- 1 Jon _____ out with his trainer again. They're always having arguments about something or other.
- 2 The archery _____ out to be a lot of fun in the end so I'm glad I had a go.
- 3 The rescue crew worked for hours before they managed _____ out the fire on the track.
- 4 Please don't start writing until I _____ out all the question papers.
- 5 We _____ out of time if you don't hurry. You know I don't like being late.

7 distances and dimensions

Complete the sentences using the correct form of the adjectives in brackets.

I would say that Simon is of average height for his age. (high)

- 1 I'm amazed by your _____ of knowledge when it comes to history. (broad)
- 2 We'll have to _____ the training session today as no one turned up last week. (long)
- 3 They _____ the cycle paths into town at the moment. (wide)
- 4 I _____ my favourite skirt recently but I'm not happy with the result. (short)
- 5 The government is talking about _____ the voting age to 16. (low)

Pronunciation

8 stress: emphasis (1) underline the stressed words or syllables in the sentences.

I do enjoy going to the cinema.

- 1 It was such a pleasure to meet you.
- 2 Jacqui sounds so passionate when she talks about sport.
- 3 Paul does go on about his mountain biking.
- 4 You did say you were keen to try rock climbing.
- 5 I was so exhausted after the trek.

How to...

9 talk about which film to watch

Match the two halves of the sentences.

- | | |
|-----------------------------------|---|
| 1 Judging by the cover | a sounds a bit tame to me. |
| 2 Julia Roberts and Bette Midler, | b seeing Tom Hanks as the villain. |
| 3 I have a hard time | c it looks like a comedy. |
| 4 The film's based on a book | d they're both such powerful actresses. |
| 5 Boy meets girl | e and it's about two warring families. |

Reading

10 Read the article and complete the gaps (1–5) with the sentences (A–E).

You only get one chance

0 *One thing in common*

Look on the Internet and you will find thousands of websites dedicated to extreme sports, from mountain boarding to barefoot waterskiing, sky surfing to white-water kayaking. Although these sports are all very different, they do all have one thing in common and that is a high level of inherent danger.

1 _____

Whether on land, water, or in the air, these sports involve speed, height, a high level of physical exertion and spectacular stunts. One of the most extreme of these extreme sports is base jumping. BASE stands for Buildings, Aerials, Spans (bridges) and Earth, so basically anything that is tall enough to allow someone to jump off. There are people risking life and limb all over the world and they been doing so since the 1990s when the sport really started to take off.

2 _____

Dan 'the Man' Witchalls is Britain's premier base jumper, a veteran with ten years' experience. He is a roofer by profession, an appropriate line of work for someone addicted to heights. 'I can't drive past a new building or crane without thinking, maybe, maybe ...' he says. His business card shows him in his trademark jade-and-white jumpsuit, leaping from the Petronas Twin Towers in Kuala Lumpur. It reads: 'Extreme Roofing'.

3 _____

While for many sportsmen, base jumping is like an act of personal rebellion, to Witchalls it is not. He claims that he does it because it's fun. At his house there are two places dedicated to base: a room filled with photographs of his most impressive jumps with every building named and dated, and the room where he keeps his equipment.

4 _____

The room full of photos, while highlighting Witchalls' triumphs, also serves as a sad reminder of just how dangerous this sport can be. There are six orders of service from the funerals of jumpers he has known, including Angus 'Gus' Hutchison-Brown, a popular British jumper who died in Switzerland in 2009. Over 150 people have died over the years and the list of near-fatal injuries is quite horrific yet the sport goes on with people always looking for greater challenges.

5 _____

So, how do you go about becoming an officially-recognised base jumper? You can apply for an official number when you've carried out all four genres of jumps successfully (building, aerial, span and earth). At the moment about 1,400 base numbers have been allocated, but none to women. I wonder if this means anything?!

~~One thing in common~~

- A The signs of success
- B The derivation of BASE
- C The cost in human terms
- D Qualifications needed
- E A well-known expert?

Лабораторна робота (Unit 6)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 *used to, be used to, get used to, would*

Complete the sentences.

I didn't use to enjoy sports at school but now I play tennis and volleyball regularly.

- 1 I never _____ living in Sweden because I couldn't stand the cold, dark winters.
- 2 We _____ have two dogs and three cats when we were children.
- 3 We _____ always stay with our cousins in the summer holidays.
- 4 Do you think you _____ being so well-known? It's all happened so quickly.
- 5 I _____ driving on the left now as I've been living in the UK for ten years.

2 wishes and regrets

be go leave like listen take

Complete the sentences with a suitable form of the verbs in the box.

I bet Jack wishes he 'd taken your advice.

- 1 I wish I _____ so mean to my sister when we were children.
- 2 Don't you ever regret _____ school without taking your final exams?
- 3 If only you _____ to me, we wouldn't be in this situation now.

- 4 I regret that I _____ abroad when I had the chance.
- 5 I _____ to study medicine but my parents didn't have enough money to pay the fees.

3 preparatory it

Rewrite the sentences.

That you're so exhausted is hardly surprising.

It's hardly surprising that you're so exhausted.

- 1 Putting your digital photos on a memory stick is worth it.
It _____ .
- 2 To have heard from Alistair after such a long time was great.
It _____ .
- 3 Keeping in touch via social networking sites is the way forward it seems.
It _____ .
- 4 To look back on your childhood with affection is important.
It _____ .
- 5 That my uncle stopped coming to visit us is strange.
It _____ .

Vocabulary

4 memory

Complete the words.

I've never felt nostalgic about the past. It's over as far as I'm concerned.

- 1 My parents spend a lot of time **r**_____ about the good old days.
- 2 Thank you for a truly **m**_____ evening. I'll never forget it.
- 3 At school we learned a lot of useful **m**_____ to help us remember German grammar rules.
- 4 As we get older we tend to become more **f**_____. I know I'm always trying to remember where I've put things.
- 5 Hang on a minute. I know it ... it's on the tip of my **t**_____.

5 appearance

Choose the correct answer (a, b or c).

Dan has got curly _____ hair.

- a straight b spiky c mousy

- 1 Louisa's quite _____ now as she's been training for the New York Marathon.
a overweight b muscular c stocky

- 2 Janet always looks so _____ even though she has a high-powered job.
 a tanned b elegant c scruffy
- 3 Mark's little baby has an adorable _____ face.
 a chubby b clean-shaven c wrinkles
- 4 Naoko has lost a lot of weight and now she's looking far too _____ in my opinion.
 a slim b overweight c skinny
- 5 Bella's hair is _____ I'm sure. She never used to be blonde.
 a wavy b dyed c spiky

6 feelings

Complete the sentences with the adjectives from the box. There are five extra words.

uninterested	confused	suspicious	septica	optimistic	uneasy
curious	annoyed	excited	relieved		

Matt has promised yet again to help me this weekend but I'm rather *sceptical* to be honest as he always lets me down.

- 1 I'm really _____ to know what my grandmother wrote in her diaries because she was always quite secretive.
- 2 I've always seen the glass as half full, not half empty, because I'm naturally _____ .
- 3 Jonas is feeling rather _____ at the moment as he really can't decide whether to leave his job or not. It's hard when there are so many options.
- 4 We try to encourage Ben to join in but he always appears totally _____ in anything we suggest.
- 5 I'm a little _____ of people who don't like talking about their feelings.

7 idioms to describe people

Underline the correct words in *italics*.

Diana's a *tall/high*-flyer and will go far that's for sure.

- 1 Susan's a real *pain/ache* in the neck. She just never stops talking.
- 2 I know Mike can be irritating but his heart's in the right *spot/place*.
- 3 George doesn't seem to have any friends. I'd say he's a bit of a *loner/lonely*.
- 4 Jason's a *cold/cool* fish, isn't he? Do you think he has any emotions?
- 5 Polly's as *tough/hard* as nails – I certainly wouldn't want to argue with her.

Pronunciation

8 consonant clusters (1)

Listen and write down the words you hear.

slim

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

How to...

9 reminisce about the past

Complete the sentences using the correct form of the verbs in the box. There is one extra word.

be bring feel make picture remember remind
--

Those were the days! Nothing to do but spend time on the beach enjoying the sun and sea.

- 1 These pictures _____ back so many great memories.
- 2 That music _____ me of one of the best times of my life.
- 3 If I close my eyes, I can _____ the hotel so well.
- 4 It _____ so long ago but I suppose it must be at least twenty years.
- 5 I can _____ my tenth birthday party so clearly – all the presents and cards.

Reading

10 Read the email and choose the correct answers.

Hi Marcelo

How are you? How are the children? I hope everything's going well and you've managed to take some time off. It's so hard when you work for yourself, isn't it?

You must have wondered what on earth had happened to me as I haven't been in touch for so long! We used to write to one another so regularly, didn't we? I guess life just gets in the way sometimes. So much has happened in the last few months that I don't know quite where to begin. I've wanted to write so often but thought it more sensible to wait until I was a little more settled.

The biggest news is that I finally left my job. I know, I know, you probably thought I'd stay there until I retired. In fact I think almost everyone I know was surprised when I told them I'd quit. I guess I was good at hiding the fact that I'd been very unhappy for quite a while. After I didn't get the promotion I'd applied

for, I couldn't really muster up much enthusiasm. I didn't get on with my new boss who was a cold fish to put it mildly. It was very obvious that she would do anything she could to get to the top and I found myself getting more and more stressed. One day she accused me of not having done something she'd asked me to and I just saw red. Something snapped inside and I heard myself say 'That's it, I quit.' It was worth it just to see the look on her face! My immediate feelings were of elation and relief, and then of course reality kicked in and I started to wonder what on earth I'd done.

That was three months ago. And it triggered something within me. I started to look at my life and the things I wasn't happy about. I made lists – the things I wish I'd done versus the things I wanted to do. Simple! So simple that I wonder what on earth took me so long. As they say, the journey of a thousand miles begins with the first step.

And my first step was to do the travelling I never did when I was younger. There was so much pressure in those days to get a job, get on to the career ladder and settle down. Now that I'm older I can see that I was just doing what everyone else thought was the right thing to do and it never occurred to me to question whether it was the right thing for *me*.

I can't tell you how alive I feel now. Every day is an adventure. I'm meeting all kinds of interesting people and I'm not making any plans or following any schedule. Perhaps it's so exciting because it's still so new but I can tell you I feel years younger. I'm in Australia at the moment as I got a round-the-world ticket so who knows, I might just come to Argentina and knock on your door one of these days.

Look after yourself and write back soon.

Love. Dana

Marcelo is self-employed.

a unemployed b self-employed c very busy

1 Dana hasn't written for a long time because _____ .

- a there have been a lot of changes in her life
- b she didn't know what to say
- c she hasn't had time

2 Dana left her job because _____ .

- a she'd retired
- b she was asked to leave
- c her boss was unpleasant

3 After she left her job, Dana started to _____ .

- a make changes
- b feel worried
- c regret her decision

4 She hadn't travelled in her youth because _____ .

- a she wanted to get a job
- b she wanted to get married
- c she did what was expected

5 Dana is thinking of _____ .

- a travelling round the world
- b visiting Marcelo
- c staying in Australia

Лабораторна робота (Unit 7)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 quantifiers

Underline the correct words in italics.

Please don't give me too *many/much* spaghetti as I'm not that hungry.

- 1 There is *few/little* cheap organic food around.
- 2 There's a great *deal/number* of nutritional advice on the Internet.
- 3 How *many/much* salt is there in this tin of tomatoes?
- 4 Would you like *any/some* milk with your coffee?
- 5 We've got a *few/little* chickens on our farm so we always have plenty of eggs.

2 passives

Complete the sentences using the correct form of the verbs in the box.

announce	build	deliver	reheat	send	witness
----------	-------	---------	--------	------	---------

Yesterday's accident was witnessed by lots of people.

- 1 A new supermarket _____ at the moment but no one is happy about it.
- 2 Cooked rice shouldn't _____ .

- 3 I _____ the contract yet so how can I sign it?
- 4 The furniture we ordered _____ next week hopefully.
- 5 By this time next week the results of the election _____ .

3 *have/get something done*

Rewrite the sentences.

Our neighbour is landscaping our garden for us.

We 're having our garden landscaped.

- 1 John cut Sally's hair last week.
Sally _____ .
- 2 The mechanic has just serviced my car.
I _____ .
- 3 Dan is going to make some kitchen cupboards for us.
We _____
- 4 Chris will be designing Mark's website soon.
Mark _____
- 5 A local caterer makes my birthday cake every year.
I _____ .

Vocabulary

4 food and cooking

Underline the odd one out.

a wooden spoon a frying pan an oven a saucepan

1 sweet raw savoury bitter

2 bake roast chop fry

3 grate grill beat slice

4 an oven a cooker a grill a cook

5 a cabbage a potato a peach an onion

5 verb phrases about shopping

Complete the sentences with one word.

I went to an auction recently but I didn't bid for anything.

- 1 You can often get a _____ , for example 20%, if you buy large quantities.

- 2 There's a hole in this jumper which I bought here yesterday so I'd like a _____ please.
- 3 Make sure you get a _____ when you buy something otherwise you won't be able to get your money back.
- 4 I can't _____ to buy any new CDs because I've just moved into a new house and there are lots of expenses.
- 5 This winter coat was really expensive but it's _____ it because it's such good quality and will last for ever.

6 excess

Complete the words.

I don't think that a television is considered to be a luxury any more.

- 1 I feel like going on a spending s_____ as I haven't bought any new clothes for ages.
- 2 Paul spends so much money. He's really e_____ but he's also incredibly generous.
- 3 I'm going to p_____ myself this weekend and have a massage and a facial and perhaps even buy a new perfume.
- 4 Clare really s_____ her children. She gives them everything they want.
- 5 The local restaurant always serves e_____ -l_____ portions and I never manage to finish a meal there.

7 prefixes

Complete the sentences with the correct prefixes.

Oh no! Is that really the time? I can't believe I overslept again.

- 1 I saw my ___-boss the other day but luckily she didn't see me.
- 2 I'd like you to ___consider our offer.
- 3 It's hard not to speak your own language in a ___lingual class.
- 4 This meat is so ___cooked it's almost raw.
- 5 I really like ___-strong cheeses as they have far more flavour.

Pronunciation

8 intonation: questions

Listen. Does the voice go up (↗) or down (↘) at the end of each question?

So you're from Belgium, are you?

↗

- 1 Did you know my brother's a chef? _____
- 2 Did you manage to find some fresh pasta? _____
- 3 Does Louisa eat sushi? _____
- 4 Don't you like eating out? _____
- 5 What are you cooking for us this evening? _____

How to...

9 give and check instructions

Complete the sentences using the words in the box. There are three extra words.

because careful finallyfirst important meansounds ~~sure~~ then

You must make sure the pan isn't too hot.

- 1 You should be _____ not to use too much oil.
- 2 The most _____ thing is not to let the oil burn.
- 3 Is that _____ everything will burn?
- 4 So you _____ you turn the heat down?
- 5 So it _____ like you need to watch the pan carefully.

Reading

10 Read the email. Are the statements true (T), false (F) or not given (NG)?

Hi Hannah

I just had to write to you as soon as I got in. I've just had the most extravagant evening ever and I have a funny feeling you might have had something to do with it. You recommended *The Green Duck* to Paul, didn't you? He must have made a reservation ages ago as I know it's always booked up months in advance. And you've known all this time! I don't know how you managed to keep quiet when you heard me going on about how I thought Paul had forgotten our anniversary.

Of course I had no idea where we were going. Paul had just told me to dress up so I decided to treat myself to a new dress and I must confess it ended up being a bit of a spending spree as I also got some new shoes, a bag and some perfume. I just can't resist a bargain and the shoes were in the sale so I thought, why not. I know, I know, I'm meant to be saving up but ... well, you're just as bad!

Anyway, a taxi pulled up at 7 and at 7:30 we were standing outside the restaurant. A charming waiter showed us to our table and, once we were comfortable, he handed us a menu and explained the specials of the day. Each dish seemed more exotic than the last but finally, I went for a goat's cheese starter followed

by duck with seasonal vegetables. As you know, Paul isn't particularly adventurous when it comes to food but he decided to go for things he'd never tried before – fish soup and steak tartare (far too rich for me).

I must say the restaurant is rather over-the-top. I would never say anything to Paul of course, because I know it must have cost a lot, but to be honest, I'd have been just as happy, if not more so, at the local Indian restaurant. I didn't feel I could really relax because the waiters were a little bit too attentive. As soon as you moved, they were there at the table asking if everything was all right.

Mind you, when they came along with the dessert menu, even though I was full I just couldn't resist. You know my weakness for chocolate! I had the most delicious chocolate mousse you could ever imagine – three kinds of chocolate with fresh raspberries.

I dread to think what the bill came to but I accepted graciously, as I know Paul wanted to spoil me. Perhaps next time he asks you, you could suggest something a little more affordable, and then I wouldn't feel so bad about having spent money on myself!

Hope to see you soon.

Love

Nancy xx

Hannah has been to *The Green Duck*.

NG

- 1 Nancy bought everything at a reduced price. _____
- 2 It was hard to attract the attention of the waiters. _____
- 3 Nancy would have preferred a cheaper restaurant. _____
- 4 Nancy and Paul both had desserts. _____
- 5 Nancy feels a little guilty about her extravagance. _____

Лабораторна робота (Unit 8)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

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Тривалість лабораторної роботи: 2 год.

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Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 *It's time/I'd rather/I'd better*

Choose the correct answer (a, b or c).

It's time you _____ this.

- a to know b know c *knew*

1 I'd rather _____ out for a meal with your colleagues this evening as I'm not feeling too good.

- a I didn't go b not go c go

2 You'd better _____ to the meeting on time this week!

- a get b got c to get

3 I'd rather you _____ your shoes off before coming in if you don't mind.

- a take b were taking c took

4 It's time you _____ thinking about what you want to do when you leave college.

- a started b start c to start

5 You'd better _____ anyone about your promotion until it's been made public.

- a tell b not tell c told

2 *reported speech*

Rewrite the sentences.

'I've lived in the same house all my life.'

She said *she'd (had) lived in the same house all her life.*

1 'What's the secret of your success?'

Ralf asked _____ .

- 2 'I'm applying for a promotion.'
Rebecca said _____ .
- 3 'Why don't you believe in yourself?'
Dan asked _____ .
- 4 'You're going to have to be more aggressive.'
My boss said _____ .
- 5 'My parents didn't push me as a child.'
Sally said _____ .

3 reporting verbs

Complete the sentences using a suitable verb from the box. Use no more than five words. There are five extra verbs.

admit	ask	claim	confirm	deny	remind	say	suggest	tell	warn
-------	-----	-------	---------	-----------------	--------	-----	---------	------	------

'I didn't steal your ideas.'
Steve *denied stealing* my ideas.

- 1 'Why don't we meet up later to discuss your proposal?'
Peter _____ later to discuss my proposal.
- 2 'Don't forget to send off your application letters.'
Sam _____ off my application letters.
- 3 'Can you recommend a good life coach?'
Max _____ .
- 4 'It's true. I've always wanted to be rich and famous.'
David _____ to be rich and famous.
- 5 'Don't trust anything your colleagues say.'
Sarah _____ anything my colleagues said.

Vocabulary

4 success

Complete the sentences using the verbs in brackets.

Dan is a high-achiever. He's always been incredibly ambitious. (be)

- 1 It doesn't matter if you _____. The important thing is to try. (succeed)
- 2 Do you think you _____ to get that report finished in time for the meeting? (manage)
- 3 I've never done this before but I'm happy _____ a go. (give)

- 4 I wish Lou would stop _____ about all the things he's done. It's really tiresome. (boast)
- 5 I'm determined _____ up. There must be a way to do this. (give)

5 describing personality
Complete the words.

Mark gets quite *aggressive* and raises his voice when he gets angry.

- 1 Patsy is very **m**_____ especially when it comes to getting what she wants from her parents.
- 2 Luc is so **w**_____. He makes everyone laugh.
- 3 I've never met anyone as **s**_____ **-m**_____ as Alan. He sets himself a goal and nothing will stop him.
- 4 It's important to be **p**_____ and make things happen rather than waiting for things to happen to you.
- 5 I worry about Katya because she seems so **i**_____ and shy.

6 adjectives and intensifiers
Underline the correct words in *italics*.

It's very *important/vital* that you listen carefully to this announcement.

- 1 I was *absolutely/extremely* devastated when I heard that I hadn't been promoted.
- 2 Cath was extremely *ecstatic/happy* when she won the employee of the year award.
- 3 You look *really/absolutely* tired. What on earth have you been doing?
- 4 We want to organise *an absolutely/a very* big party for William's graduation.
- 5 I'm *extremely/really* starving. I can't believe the meeting went on for so long.

7 phrasal verbs with three parts
Correct the underlined word in each sentence.

The police are bound to catch you. You'll never get off with this. *away*

- 1 I've always looked down to my grandparents because they are such good role models.
- 2 I won't be able to keep up for you if you don't slow down. _____
- 3 I'd like you all to get up with at least three ideas for the new advertising campaign. _____

4 How can you go up with your brother? He never stops going on about how successful he is.

5 You should cut down with the amount of time you spend in the office. It can't be good for you to work such long hours.

Pronunciation

8 stress on phrasal verbs

Listen and underline the main stress in the phrasal verbs.

Who do you look up to?

- 1 We need to cut down on the amount of paper we waste.
- 2 I'd like you all to come up with some new ideas for the next meeting.
- 3 You'll never get away with this.
- 4 I'm really looking forward to the holidays.
- 5 I think we should try to make up for lost time.

How to...

9 introduce general and specific points

Put the words in the correct order to make sentences.

and / easy-going / the / I'm / Most / relaxed / of / time

Most of the time I'm relaxed and easy-going.

1 well / colleagues / On / with / my / whole / get / I / the / on

_____.

2 get / I / what / to / just / Generally / on / with / do / I / have

_____.

3 pressure / I / rule / As / under / a / well / work

_____.

4 workaholic / into / I / a / actually / turned

_____.

5 boss / I / when / nervous / especially / the / is / quite / around / get

_____.

Reading

10 Read Mark's blog 'mumbling and musing'. Choose the correct answers.

I've been thinking about success a lot recently. I was at a party the other day, an old school friend of mine was celebrating his thirtieth birthday. I hadn't seen him for ages so I wondered why he'd invited me – could it be that he wanted to show off, boast about all that he had achieved (that's what the cynic in me

thought)? He always was very ambitious and competitive at school. He was the student of whom teachers would say 'he's bound to go far'. So even at a young age he was marked out for success, a high-achiever.

I confess I was curious, so I accepted the invitation and went along to the party. And, yes, in material terms he has certainly succeeded. He lives in a huge house, drives a fast sports car and has surrounded himself with beautiful objects. But where was he? I honestly didn't recognise him. He looked at least ten years older than all of us, and seemed to be on the verge of a nervous breakdown. Was that really James? He came over and shook my hand, slapped me on the back as if we were old buddies, but there was something in his behaviour that made me think he wasn't happy. It was sad to see and yet, it was clear that a lot of people there looked up to him because of his money. I suppose it's easy to buy friends like that, but I came away feeling quite upset, and as I say, it got me thinking about what success really means.

To my mind, success comes in many different packages. A successful person is someone who has achieved what they set out to do, be it climbing Mount Everest or raising balanced, happy children. In my opinion, it has nothing to do with how much money you make. I'm not denying that money is useful because obviously it is, but I don't think it should be a motivating factor in the work you decide to do. One of the most successful (and happiest) people I know is my neighbour Alison who works as a teaching assistant in a primary school. She helps children who have learning difficulties. She loves the children and they obviously adore her. She has a really good work-life balance and fills her free time with all kinds of hobbies. Every year she makes it her goal to learn a new skill. At the moment I think it's playing the guitar.

As Albert Einstein said: 'Try not to become a man of success. Rather become a man of value'. What do you think?

Mark was _____ about his friend's invitation.

a sceptical b delighted c ecstatic

1 He remembers James as being _____ .

a easy-going b opinionated c single-minded

2 James's success has affected his _____ .

a friends b appearance c health

3 Mark believes that James' friends respect him because of his _____ .

a achievements b good taste c money

4 Mark defines success as _____ .

a being a mountaineer b reaching targets c being a parent

5 Alison is successful in Mark's opinion because she _____ .

a teaches children b has a lot of hobbies c has a balanced, fulfilled life

Лабораторна робота (Unit 9)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

Завдання: створити у студентів відповідну базу знань для вільного користування англійською мовою у професійних, наукових та інших цілях; забезпечити володіння чотирма видами мовленнєвої діяльності на відповідному рівні.

Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

Порядок виконання роботи: виконання всіх завдань, поданих в лабораторній роботі самостійно.

Обладнання: зошит для лабораторних робіт, словник, комп'ютер.

Вимоги до оформлення та захисту результатів роботи: робота виконується в зошиті для лабораторних робіт; перевірку правильності виконання завдань та оцінювання проводить викладач.

Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 participle clauses for sequencing

Complete the sentences using an appropriate form of the verbs in the box.

finish get leave walk waste witness

Before *leaving* the house, I always make sure the back door is locked.

- 1 Having _____ the accident, Jim immediately called the police.
- 2 After _____ her book, Hannah went to bed.
- 3 While _____ their dog, Chris and Linda came across a burnt out car.
- 4 Having _____ hours trying to fix his bike, Marek finally gave up.
- 5 After _____ her exam results, Jana went out to celebrate.

2 deduction: present and past

Complete the sentences using a suitable modal and the correct form of the verbs in brackets.

You *can't know* (know) John. He says he's never met you before.

- 1 Petra _____ (see) what happened because she was right there.
- 2 Laura _____ (sue) the police for wrongful arrest. She hasn't decided yet.
- 3 Oh no, I think I _____ (leave) my keys in the front door!
- 4 Jack _____ (forget) to insure his car because he's so organised about things like that.
- 5 Bill _____ (love) his job as he spends so much time at work!

3 relative clauses

Underline the relative pronouns which can be omitted.

What did you think of the detective who I introduced you to?

- 1 The policeman who took my statement was very pleasant.
- 2 The person that I saw in the supermarket was acting very suspiciously.
- 3 The judge, who sentenced my neighbour yesterday, is an old friend of mine.
- 4 The insurance policy which you took out recently seems very expensive.
- 5 The thief, who was known to the police, managed to get away.

Vocabulary

4 crime

Complete the sentences with one word.

According to the law, you're innocent until proven guilty.

- 1 I had to pay a _____ as I'd parked in a 'no parking' zone.
- 2 There were no _____ to the crime so the police have very little to go on.
- 3 Every week the _____ in the bus shelter is painted over. I don't know why people feel the need to spray clean walls with black paint.
- 4 The criminal's _____ were all over the weapon so he obviously hadn't thought to wear gloves.
- 5 The young man was given a _____ sentence but if he commits another crime, he'll end up going to prison.

5 law and insurance

Choose the correct answer (a, b or c).

You need to _____ a claim if you want compensation.

a make b get c sue

- 1 Last week the judge _____ the young woman to two years' imprisonment.
a convicted b sentenced c arrested
- 2 Do you really think you'll _____ away with this?
a make b get c put
- 3 I'm intending to _____ the local hospital for negligence.
a pay b convict c sue
- 4 Dave admitted to _____ fraud and is going on trial soon.
a committing b making c insuring

- 5 Jack _____ of dangerous driving after he hit a cyclist.
 a was sentenced b admitted c was convicted

6 compound adjectives

Correct the underlined words.

- That material is certainly not blaze-proof. *fire*
- 1 Would you like to have this perfume present-wrapped? _____
- 2 Whenever I'm nervous I get incredibly tongue-knotted. _____
- 3 That excuse sounds rather long-fetched to me. _____
- 4 The thief was caught red-fingered. _____
- 5 Barry is so pig-minded – he'll never listen to anyone. _____

7 news headlines

Underline the correct words in *italics*.

Commuters *backed/hit* by 24-hour rail strike.

- 1 Government to *axe/quit* thousands of jobs.
- 2 Villagers escape pub *aid/blaze*.
- 3 Protesters *clash/blast* with police.
- 4 *Plea/Drama* for calm goes unheard.
- 5 No *bid/aid* for farmers.

Pronunciation

8 stress: compound adjectives

Listen and underline the stressed syllable in the compound adjectives.

middle-aged

- 1 pig-headed
 2 red-handed
 3 poverty-stricken
 4 well-dressed
 5 fire-proof
 6 tongue-tied
 7 gift-wrapped
 8 far-fetched
 9 clean-shaven
 10 debt-ridden

How to...

9 start, move on and finish a discussion

Complete the sentences with a suitable word.

Why don't we start by going through the statements?

- 1 Let's _____ for it. I'm with you on this one.
- 2 So, _____ on to the witnesses ...
- 3 _____ come back to this later.
- 4 I'd like to go _____ to the first witness again.
- 5 I think we've agreed _____ everything for the moment.

Reading

10 Read the web forum on local crime. Answer the questions.

Pat

I went to the bus stop as usual this morning only to discover that all the glass had been smashed and there was graffiti all over the shelter. The local council had only just recently cleaned it all up. It's the sheer pointlessness of such acts that really annoys me. What do these kids hope to achieve? Do they really wreck things just because they're bored? That's what they say, at least, when they're asked.

Lynda

I think we need to take action ourselves if we want things to change. I'm a member of a local scheme which the police have set up, and we're looking for more people to join. Basically we just keep an eye on our neighbours, especially if they're elderly or on their own, and we report anything suspicious or unusual. There are regular meetings and updates by email and to be honest it doesn't take up much time at all. Everyone who participates has a sticker in their window so would-be burglars know that the residents are watchful.

Frank

Yes, I agree, we all need to take responsibility for our local environment but within reason. I mean, there's no point being a hero. There has been a spate of burglaries in our street over the last few weeks. The burglars strike during the day when most people are at work. They break in through the back of the houses. I suppose they must climb over the garden fence and get in that way. They go mainly for laptops and jewellery so they can get away quickly without drawing attention to themselves. Mind you, I heard a case recently where the thieves came along in broad daylight with a removal van and they totally emptied the house. No one thought to question them because it all looked so official. So, yes that's another good reason to keep an eye on the neighbours. If they'd all been friendly with one another, someone would have known what was going on.

Susie

There was a fire at the local school last week. It was on a Saturday so there wasn't anyone around. The police have been called in to see whether the fire was deliberate. They're appealing for witnesses but I think they already have a long list of suspects. It could have been any one of a number of people really, couldn't it? After all, there have been quite a few problems at the school over the last few months.

Mel

I know this isn't a local issue, but then again I suppose it might be. I discovered that quite a lot of money had been taken out of my bank account recently. It would appear that it was a case of identity fraud, so I've had to stop all my bank cards and credit cards. Luckily I discovered it before too much damage had been done, but I'm wondering how it could have happened. So, some advice for you all ... make sure you shred any papers which have your personal details on them before you throw them away. I can only think that someone must have been through my rubbish and found my name and bank details. It's given me quite a shock I can tell you.

Who believes a crime could have been avoided if the neighbours had been friendlier?

Frank

- 1 Who has written about a case of arson? _____
- 2 Who is frustrated by local vandalism? _____
- 3 Who has been a victim of crime? _____
- 4 Who has joined a local initiative to prevent crime? _____
- 5 Who recommends caution when dealing with crime? _____

Лабораторна робота (Unit 10)

Мета: формувати у студентів комунікативну, лінгвістичну та соціокультурну компетенції, що забезпечать уміння ефективно і гнучко використовувати іноземну мову в різноманітних ситуаціях соціального, навчально-академічного та професійного спілкування.

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Тривалість лабораторної роботи: 2 год.

Вказівки щодо підготовки до заняття: опрацювання тем, що передбачені навчальною програмою.

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Контрольні запитання: згідно з змістом лабораторної роботи (в усній формі)

Grammar

1 reflexive pronouns

Complete the sentences.

Why don't we make *ourselves* comfortable?

- 1 Come in everyone and help _____ to food and drink.
- 2 The town _____ isn't particularly attractive but the surrounding area is very pleasant.
- 3 Did they decorate the house all by _____ ?
- 4 I always enjoy _____ when I travel.
- 5 Hannah spends ages looking at _____ in the mirror.

2 conditional structures (2): with conjunctions

Underline the correct words in *italics*.

If/Unless I hear from you, we'll meet as planned.

- 1 You can pay for the meal *as long as/supposing* I can pay for the cinema tickets.
- 2 I wouldn't marry George *providing/even if* he asked me.
- 3 *Supposing/Provided that* you won the lottery, what would you do?
- 4 I'll be taking next week off *even if/providing* my boss agrees.
- 5 *If/Unless* you turn up late again, Rob will go crazy.

3 futures (2)

Complete the sentences with a suitable form of the verbs in the box.

apply be determine go have visit

If I had good exam results, I'd go to university.

- 1 If only we _____ more time to spend together.
- 2 I _____ to pass my driving test this time.
- 3 I don't think I _____ for promotion as I enjoy my current job.
- 4 I wish my children _____ so lazy.
- 5 We _____ our cousins at the weekend.

Vocabulary

4 the power of the mind

Complete the words.

I had a premonition that something terrible was going to happen.

- 1 I just don't have the **w**_____ to stick to a diet.
- 2 Doing something challenging is often a question of mind over **m**_____.
- 3 If you trust your **i**_____, or gut feeling, you'll always make the right decisions.
- 4 Animals most definitely have a **s**_____ sense and know what's going on before we do.
- 5 As soon as I walked into the room I had a very strong **f**_____ of déjà vu.

5 advertising

Underline the correct words in italics.

What's your favourite *advertising/advertisement*?

- 1 I think the *advertising/commercial* industry is very cynical.
- 2 We need to think up a new *slogan/hype* for the campaign.
- 3 I really enjoy watching the *brands/trailers* for new films when I go to the cinema.
- 4 There's always a lot of *hype/logo* surrounding the latest technological inventions.
- 5 The *marketing/commercial* breaks during films on television are so annoying.

6 verb phrases with *mind*

Complete the sentences with a suitable verb.

Hurry up and make up your mind. What's taking you so long?

- 1 It never _____ my mind that Jim might be lying.
- 2 I'm finding it so hard to _____ my mind on this job because I'm getting married tomorrow!
- 3 If you _____ your mind, just let us know and we'll cancel your order.
- 4 Harry always _____ his mind but sometimes he can be a little too direct in my opinion.
- 5 I'm so sorry. It completely _____ my mind that we'd set up a meeting. Can we reschedule for next week?

7 commonly misspelt words

Find the spelling mistake in each sentence and write the correct word.

There making such a noise outside. They're

- 1 You wouldn't believe how expensive accomodation is in London. _____
- 2 I don't think it'll be neccessary for you to come to the meeting. _____
- 3 I'll send you the manuscript in a seperate parcel. _____
- 4 The weather in the UK is very changable at this time of year. _____
- 5 It's wierd to think of you on the other side of the world. _____

Pronunciation

8 stress: reflexive pronouns

Listen and underline the stressed syllable in the reflexive pronouns.

Don't tire yourself needlessly.

- 1 I myself have no reason to doubt John.
- 2 We taught ourselves to play the piano.
- 3 The trick itself is ridiculously simple.
- 4 My sisters often treat themselves to lunch in town.
- 5 Max always worries himself sick before a performance.

How to...

9 talk about beliefs and opinions

Complete the words.

I reckon that Tom is genuine.

- 1 I'm always in **f**_____ **r** of keeping an open mind.
- 2 I have my **d**_____ **s** about how much of his performance is real.
- 3 I'm **c**_____ **d** that it's all an elaborate hoax.
- 4 I **s**_____ **t** that most people fall for his charms.
- 5 I'm usually quite **s**_____ **l** but I honestly do believe in this approach.

Reading

10 Read the article. Complete the gaps (1–5) with the sentences (A–F).

There is one extra sentence.

The power of the mind

I've always been fascinated by the way people behave: how they think and how they communicate, from body language to speech. My shelves are stacked with books on every aspect of self-help and self-improvement. I've attended any number of workshops and seminars but I can honestly say that one of the best courses I've ever done was a course in NLP.

(0) NLP (Neuro Linguistic Programming) is an extraordinary tool, and one which I would recommend to everyone. Taking a course will improve your communication skills in every way, whether you are a salesperson wishing to improve your targets, or a teacher wishing to motivate your students.

There are many key suppositions that form the basis of NLP including the following:

The map is not the territory: our senses take in raw data from our environment and that data has absolutely no meaning other than the meaning we choose to give it. We generalise, delete and distort, analysing situations based on what we have been told or what we have experienced, which is why no two people will assess something in the same way. (1) _____

Every behaviour is useful in some context: no behaviour is wrong in itself. It is perhaps just not the most appropriate behaviour for the context. (2) _____

The person with the most flexibility and choices of behaviour will rule the system: in order to get different results, you need to keep doing different things. (3) _____
Clearly if you're not happy with the way things are, you need to change your behaviour.

If one human has done it, that means it's humanly possible: and if it is humanly possible, any human can learn to do it. This is my personal favourite as it reminds me that we so often give up, either because other people tell us that we're being silly, or because we're not focused enough. There are so many stories of people who wouldn't take 'no' for an answer. (4) _____

So, if you feel as though you need to make changes, I would heartily recommend a course in NLP. (5) _____
You will be amazed at how quickly these changes occur if you are mindful of your thought processes and your behaviours.

~~NLP (Neuro Linguistic Programming) is an extraordinary tool, and one which I would recommend to everyone.~~

- A** In fact, we receive about 2 million bits of sensory data at any one time and we process between 5 and 9 of those 2 million using our five senses.
- B** You will be given all the tools you need to improve every aspect of your life.
- C** They persevered despite a mountain of opposition and they achieved their goals.
- D** However, most of us are quite resistant to these changes.
- E** Anger, for example, is a very powerful force for change but it is clearly not appropriate to get angry for no good reason.
- F** As they say, if you always do what you've always done, you'll always get what you've always got.

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Для нотаток

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