

# KEY LINKS

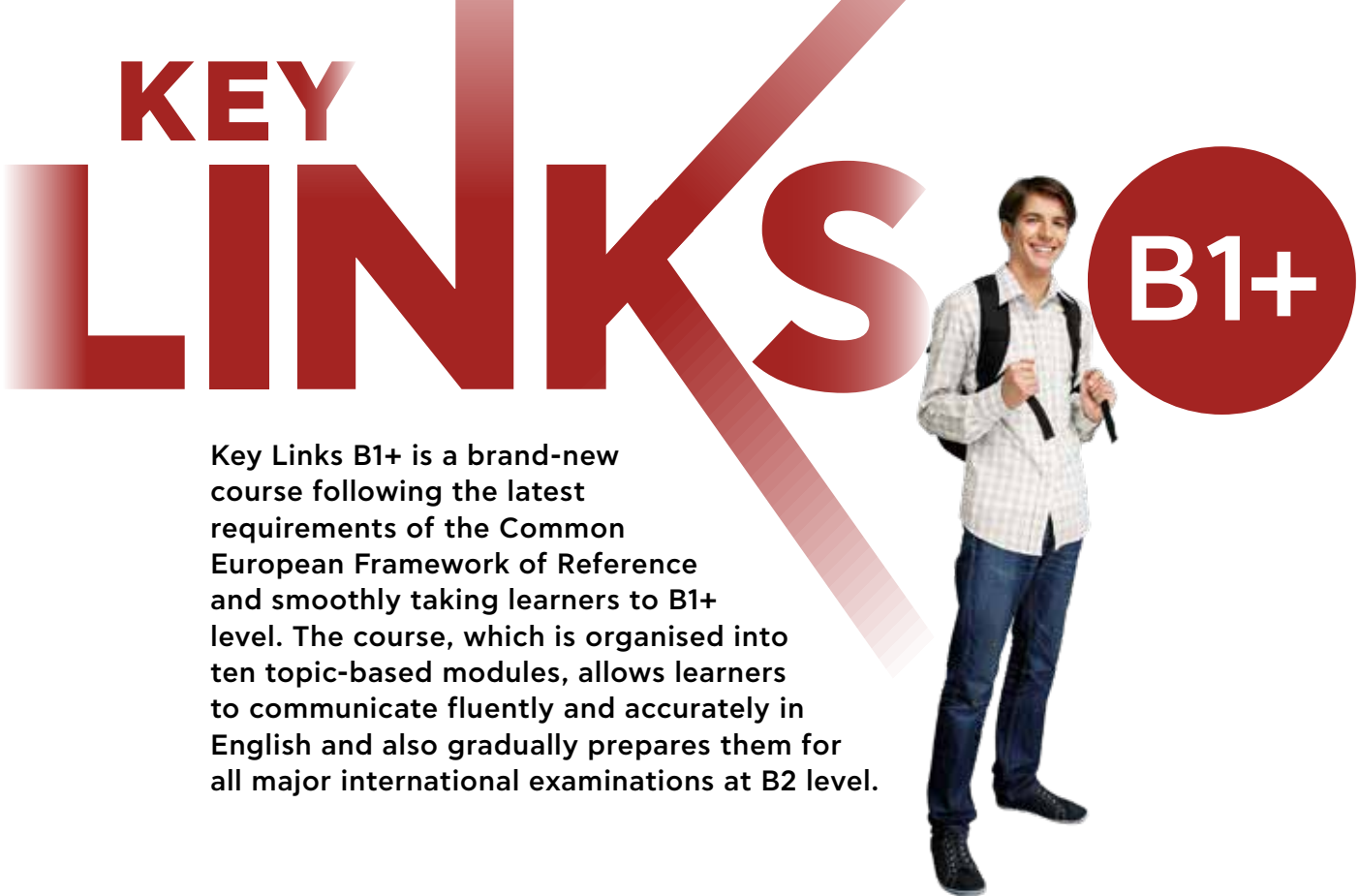
## Student's Book

H. Q. Mitchell – Marileni Malkogianni

**B1+**



**sample pages catalogue**



## Course features

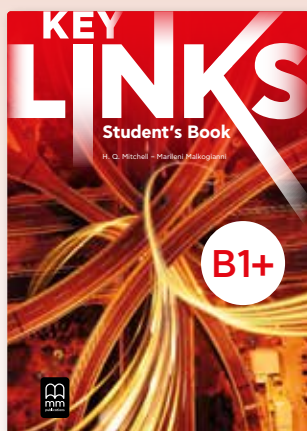
Certain key features of the book add to the challenging and motivating material of the course:

- **Motivating and contemporary topics**
- Systematic development of **reading and listening skills** and subskills
- Special emphasis on **vocabulary building**
- An **inductive approach** to presenting grammar
- Progressive development of **speaking skills** through functional language
- A **step-by-step** approach to **writing**
- An **integrated approach** to the development of the four skills
- Activities designed to develop **21st century competencies**
- **Differentiated instruction** to accommodate different learning styles and needs
- A variety of **mediation activities** and strategies
- **Cross-curricular** and **cultural** information
- Gradual familiarisation with **exam-type tasks**
- **Practical tips** leading to the development of learning skills and strategies
- **Personalisation activities**
- **Task-based activities** preparing Ss for the real world
- The use of IT (**Information Technology**) (e.g. Student's Digital Material)
- **Videos** accompanied by worksheets

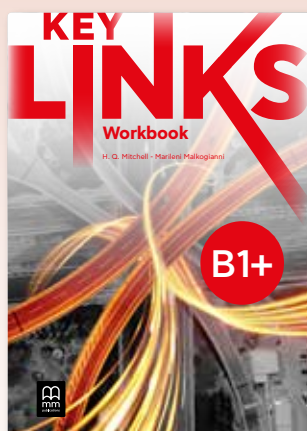


# Components

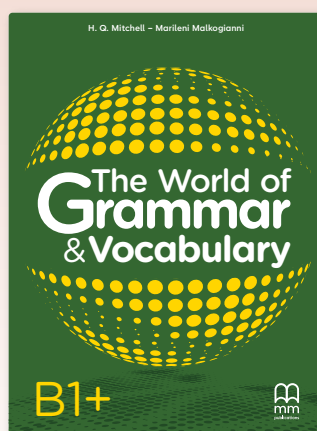
## FOR STUDENTS



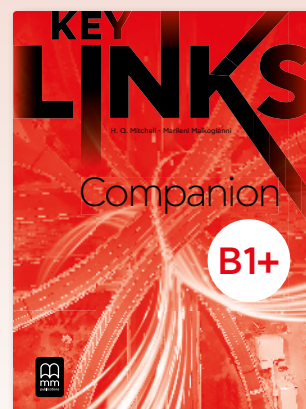
Student's Book



Full-colour Workbook



Grammar Book



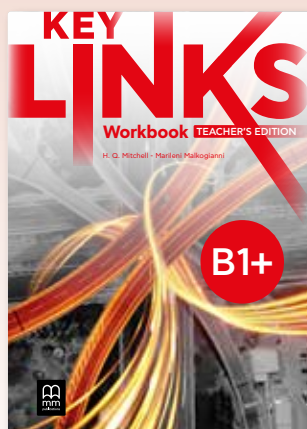
Companion

- Student's Digital Material
- Test Booklet
- Online Tests

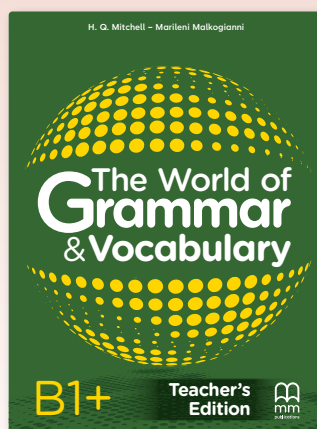
## FOR TEACHERS



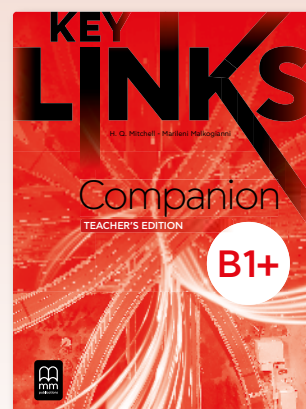
Interleaved  
Teacher's Book



Workbook  
Teacher's Edition





















































Grammar Book  
Teacher's Edition



Companion  
Teacher's Edition

- Teacher's Digital Resources
- Interactive Whiteboard Material
- Class Audio Material

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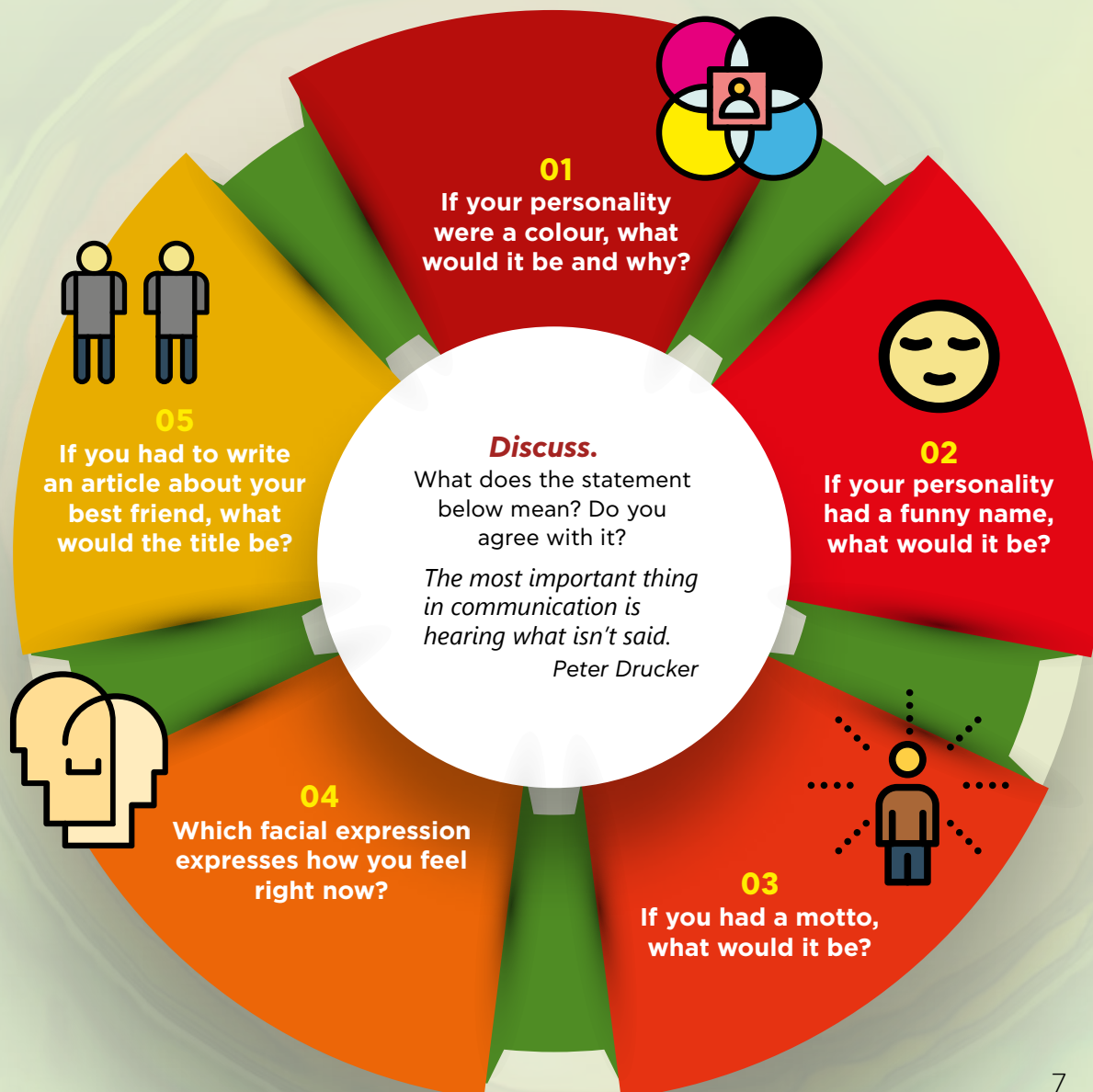
# 1 Express yourself

- Goals**
- to talk about ways we communicate ideas, feelings and emotions without using words
  - to distinguish between permanent and temporary situations
  - to speculate about a picture
  - to talk about yourself, your family, your friends and social relationships
  - to talk about your personality traits
  - to define people, places, things and ideas, and to give additional information about them
  - to express result
  - to write an article about a person
  - to use examples, explanations or details to support your opinion
  - to use softer language to refer politely to negative traits



[Link to Module 1](#)

Read and try to answer the five questions.



## 1a

## Reading

## A Discuss.

Apart from talking, what other ways of communicating with people are there?

## B Read the article and choose the best title for it (a, b or c).

- a. **Getting the message across** ☐
- b. **Using negative body language** ☐
- c. **What does science tell us about communication?** ☐

## C Read the article again and answer questions 1-5. Choose a, b or c.



We all know what body language is, right? I'm talking about all those **signals** we send through our gestures, our facial expressions and particularly our posture—that is, the way we stand or sit. And of course, we all know how to use it in simple ways: we nod our heads to say we understand or agree, or shrug our shoulders to respond when we don't have an answer to a question. But, apart from using it without being aware of it in everyday situations, do we actually realise the major role body language plays in face-to-face communication?

Let's start with an example. Imagine you're at a job interview. You're well qualified, but you're feeling anxious—so you're sitting in a slumped posture and frequently looking away from the interviewer. You quietly say you're confident you can do the job well... but do they believe you?

Probably not—after all, they see someone who won't sit up straight or **maintain** eye contact. Generally speaking, when our body's messages don't match the meaning of our words, people believe the body. Research suggests that, in certain cases, about 55% of how someone understands what we mean comes from our facial expressions, 38% from our tone of voice and only 7% from the words we speak. In our interview example, you can say you're confident as much as you want, but your body language is giving the **impression** that you are not by showing your anxiety.

Body-language expert Darlene Richardson explains: 'We use body language all the time, but we're not always aware of it. Often, we communicate information about our emotions that we would prefer to remain hidden.' So, if a person is frowning, we know their mood isn't great even if they do not say a single word. Clearly, body language is a powerful way of communicating what we're thinking and feeling, and when it's used together with spoken language, it can help us get a message across more strongly.

But hold on... What if that person who's frowning is just thinking hard? Or if that person who's crossing their arms isn't angry or upset but is just trying to keep warm? Body language isn't always easy to understand, because the same signals can **express** different things. Therefore, it's best not to rely only on body language when deciding how someone feels.

- Read the text, questions and options carefully.
- Choose the option that answers each question correctly according to what is mentioned in the text.
- Be careful! The meaning of the correct option should be reflected in the text, NOT necessarily with the same words or phrasing.



1. Which word could best replace the word **major** in the final sentence of the first paragraph?
  - a. suitable
  - b. organised
  - c. important
2. According to the text, what might it mean if a person has a slumped posture?
  - a. They are quiet and shy.
  - b. They are thinking about what to say.
  - c. They are feeling nervous.
3. What is the main purpose of the third paragraph?
  - a. to explain how the body can sometimes communicate more strongly than our words
  - b. to advise readers on how to behave during an interview
  - c. to show that facial expressions are the most important part of communication
4. According to the fourth paragraph, what is **true** about body language?
  - a. It helps people communicate feelings they cannot express in words.
  - b. It can tell other people things about us that we want to keep secret.
  - c. It is a more powerful form of communication than spoken words.
5. What is said about body language signals in the final paragraph?
  - a. These signals may give us the wrong impression about a person's emotions.
  - b. People often use the same signals in the same way.
  - c. We understand most of these signals correctly when we see them.





**D** Look at the highlighted words in the text and match them with the meanings a-d.

1. signal ☐
2. maintain ☐
3. impression ☐
4. express ☐

- a. to keep, continue
- b. to tell or show what you think or feel
- c. an idea or feeling about what sb/sth is like
- d. a movement or sound which is used to communicate sth



## Grammar

### Present Simple – Present Progressive – Stative verbs

**A** Match the rules 1-4 about the uses of the **Present Simple** with the examples a-d.

- a. Birds **fly** south in the winter.
- b. I usually **communicate** with my family back home three times a week.
- c. The meeting **begins** at 10 a.m. tomorrow morning.
- d. Jane **speaks** three languages.

#### The Present Simple is used:

1. for permanent situations. ☐
2. for repeated/habitual actions. ☐
3. for general truths. ☐
4. for future actions related to official programmes and timetables. ☐

**B** Match the rules 1-5 about the uses of the **Present Progressive** with the examples a-e.

- a. Lee **is taking** a course to improve his communication skills.
- b. You're **speaking** too quickly, and I can't understand what you're **saying**.
- c. Gina **is constantly using** her phone during important conversations.
- d. Brian **is attending** a seminar next week about body language.
- e. Social media **is changing** the way we communicate with each other.

#### The Present Progressive is used:

1. for actions happening at the time of speaking. ☐
2. for temporary situations. ☐
3. for future arrangements. ☐
4. for situations which are changing or developing around the present time. ☐
5. with *always, constantly*, etc. to express annoyance. ☐

**C** Read the sentences. What is the difference between **He has** and **He is having**?

- ▶ **He has** a huge collection of comics.
- ▶ **He is having** lunch with his team right now.

Stative verbs refer to a state rather than an action or an event, and are not commonly used in progressive tenses. Some of these verbs are **see, hear, seem, like, hate, want, own, need, prefer, know, believe, remember, understand, belong** and **cost**.

However, some stative verbs (*have, see, taste*, etc.) are used in progressive tenses when they express actions rather than states.

*You **look** great today!* (state)

*I'm **looking**, but I can't see anyone outside.* (action)

**D** Complete the dialogues with the **Present Simple** or the **Present Progressive** of the verbs in brackets.

1. A: Hi, Trisha. So, what course (1) ..... you ..... (sign up) for?  
B: I (2) ..... (think) of taking up a drama class because I (3) ..... (want) to improve the way I (4) ..... (express) my feelings, especially through gestures and facial expressions.  
A: That (5) ..... (sound) interesting. So, when (6) ..... the course ..... (start)?  
B: Next Monday. I (7) ..... (meet) someone from last year's class in ten minutes. Why don't you come along and see if you are interested too?  
A: I (8) ..... (not think) I'm into drama, but thanks, anyway!
2. A: Have you seen that the relationship between Craig and Ian (9) ..... (get) better and better?  
B: Yes! They (10) ..... (work) on the same project these days, and they hardly ever (11) ..... (argue), like they did before.  
A: Of course they still (12) ..... (have) differences, but it (13) ..... (seem) that they (14) ..... (understand) each other better.  
B: That's good to hear!

## 1a

## Vocabulary

**A** Complete the sentences with the correct form of the words in the boxes. Some of the words may be used more than once.

say tell speak talk discuss

- Slow down a bit, Lizzie! I can't understand a word you're .....
- Before Paul makes an important decision, he usually ..... the problem with us.
- How many languages do you .....?
- I ..... John every day to lock the front door, but he often forgets.
- The presentation is starting now, so why is everyone still .....?
- The writer rarely ..... in front of large audiences because he's shy.

think consider mean

- Amy ..... other people's feelings as well as her own before she makes a decision.
- This facial expression ..... different things in different countries.
- What time are you ..... of leaving tomorrow morning?
- I'm sure Rob didn't ..... to be rude. He's usually very polite.
- I don't ..... the waiter understands English.

**B** Read the sentences paying attention to the words/phrases in bold. What are the people showing? Match 1-5 with a-e and 6-10 with f-j.

- The speaker talked and talked about a boring topic, and soon people in the audience started to **yawn**. ☐
- We're still **scratching our heads** over the puzzle you sent us. We can't find the answer. ☐
- My parents **raised their eyebrows** at my decision to find a flat of my own, but didn't do anything to stop me. ☐
- After Geoff said something funny about Terry, he **winked** to show us he wasn't serious. ☐
- Kevin has **a long face** for about two days every time his team loses. ☐

- a. that they're joking  
b. that they're confused / that they can't understand sth  
c. that they're surprised and don't like sth  
d. that they're sad  
e. that they're bored/tired



express mention comment suggest

- It's a beautiful day, so I ..... a trip to the beach.
- It's rude to always ..... on what someone is wearing.
- My son often finds it difficult to ..... himself.
- I forgot to ..... that I will be late tomorrow.
- This book ..... to events that happened many years ago.
- I would like to ..... you that taking photos in the museum is not allowed.
- Linda ..... by shaking her head whenever I ask to borrow her car.
- That guy over there ..... me a lot of Grant. Don't you think so?

respond remind refer

- If you don't agree with what I'm saying, just say so. It's rude to **roll your eyes** like that! ☐
- She turned around and **waved** to us from the window as the train began its long journey north. ☐
- Bill **sighed** happily when he finished the test and left the exam room. ☐
- Don't worry, I won't tell anyone anything—**my lips are sealed**. ☐
- Everyone **clapped and cheered** at the end of the presentation. ☐

- f. that they're relieved  
g. that they promise to keep a secret  
h. that they are saying goodbye  
i. that they enjoyed sth  
j. that they're annoyed/bored

**C** Without using words, express the following emotions:

sadness

happiness

anger

surprise

boredom

excitement

confusion



## Listening

- A** How much do you know about sign language? Do the quiz. Then check your answers with your teacher.

# Quiz

1

**1. How many different sign languages are there?**

- a. about 300    b. more than 500

2

**2. British and American sign languages are...**

- a. the same.    b. different.

3

**3. Do sign languages have grammar rules?**

- a. yes    b. no

4

**4. When is the International Day of Sign Languages celebrated?**

- a. 23 September    b. 26 September

- B** 📞 Read the statements. Then listen to an interview with Penny Simpson, a sign language teacher, and write **T** for True or **F** for False.

- Penny took up British Sign Language to communicate better with a family member. ☐
- It took Penny two years to become fluent in British Sign Language. ☐
- When Penny was a student, she gave a wrong answer to a question, which made some students laugh. ☐
- Penny was a volunteer at a primary school for deaf children before she became a qualified teacher. ☐
- Penny is soon going to learn another sign language online. ☐

**C Discuss.**

Would you like to learn sign language? Why? / Why not?

## Speaking

- A** Talk in pairs. Look at the pictures and discuss the questions. You can use some of the words/phrases in the box.

- How do you think the people feel?
- What might they do next?



### Useful vocabulary

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• puzzled</li> <li>• lost</li> <li>• have difficulty</li> <li>• explore a place on one's own</li> <li>• stressful situation</li> </ul> | <ul style="list-style-type: none"> <li>• disappointed</li> <li>• not one's type of entertainment</li> <li>• expect</li> <li>• for the sake of sb / for sb's sake</li> <li>• a waste of time/money</li> </ul> |
|---|--|

### Useful phrases

#### Speculating

- I think he/she probably...
- I suppose he/she...
- It seems that/like...
- The person looks like he/she...
- There's a chance that he/she...
- It's possible that...
- It's likely/unlikely that...
- My guess is that...

**B Discuss.**

- Have you ever been in a similar situation to the ones shown in the pictures? What happened? What did you do?
- Do you usually express your emotions, or do you hide them? Why?

1b

## Reading

A Discuss.

Do you think you have a pleasant personality?

B Read the texts. What positive and negative personality traits does each person have?

## The Good and the Bad

Three young people describe aspects of their personalities



If there's one thing people say about me, it's that I'm reliable. Whether it's finishing a project on time or giving somebody a hand, I always get it done. Last week, for example, a cousin who was moving house needed someone to help him pack. He knew he could depend on me, so I was the first person he called! A weakness of mine is that I can be stubborn sometimes. I'm trying to change, because it's becoming an issue with some of my colleagues. They feel I don't respect their ideas because I insist too much on mine, which creates a negative atmosphere.

Terry

My friends tell me that I'm a good listener. I'm always there to listen and give them my honest opinion. Recently, one of my colleagues turned to me about an issue that she didn't know how to deal with. A few days later, she told me how helpful my ideas had been. One of my negative traits is that I sometimes find it hard to keep appointments. Last week, I completely forgot about my plans with a friend! She called me from the café where we had arranged to meet, and I could hear the sadness in her voice—I felt so bad for letting her down. Time to start using the calendar app on my phone!

Elaine

One of my best traits is that I'm energetic and enthusiastic. Of all my friends, I'm the one who constantly organises outings and get-togethers. My exciting game nights, for which I'm particularly famous, are always a success because I have a great variety of board games. However, one of my bad traits is that I get impatient easily. Yesterday, I had an argument with my brother at a gadget shop because he couldn't decide which laptop to buy. It's in his nature to be relaxed and he likes taking his time, but it gets on my nerves. Hopefully, I'll learn to be more patient soon.

George

C Read the texts again. For questions 1-6, write T for Terry, E for Elaine or G for George.

Which person...

- |   |                       |   |                       |
|---|-----------------------|---|-----------------------|
| 1. gave advice to someone who had a problem?            | <input type="radio"/> | 4. mentions doing a favour for a relative?      | <input type="radio"/> |
| 2. says that his/her behaviour causes problems at work? | <input type="radio"/> | 5. refers to an event he/she is well-known for? | <input type="radio"/> |
| 3. mentions something which made him/her angry?         | <input type="radio"/> | 6. regrets disappointing someone recently?      | <input type="radio"/> |

D Discuss.

- Which personality trait mentioned in the texts would you like to have? Why?
- What would you like to change about your personality?

## Vocabulary

A Read the sentences 1-7 below and match the words in bold with the meanings a-g.

1. My flatmate is very **sociable**. When we go out, he becomes friends with everyone we meet. ☐
2. Jenny is very **ambitious**. She wants to start her own business immediately after she finishes university. ☐
3. Mel has an **optimistic** attitude that makes those around her feel more hopeful. ☐
4. Graham is so **bossy**! Every time we go out, he chooses the café or restaurant and makes us follow him. ☐
5. **Selfish** people only want to do things which benefit them. ☐
6. Joe is always forgetting important appointments and meetings. He's the most **disorganised** colleague I've worked with! ☐
7. My sister has a **cheerful** personality and a great sense of humour. Even when I'm not in a good mood, she makes me smile. ☐

- a. really wanting to succeed in sth/life
- b. bad at planning and keeping things in order
- c. caring more about one's own needs than other people's
- d. constantly telling others what to do
- e. enjoying meeting and talking with other people; outgoing
- f. feeling happy and showing it
- g. being positive about life or the future

**B Complete the table with the missing adjectives.**

Opposite adjectives		
..... ≠ <b>unreliable</b>	<b>friendly</b> ≠ .....	..... ≠ <b>unselfish</b>
..... ≠ <b>impossible</b>	<b>polite</b> ≠ .....	..... ≠ <b>unhelpful</b>
..... ≠ <b>disorganised</b>	..... ≠ <b>dishonest</b>	<b>patient</b> ≠ .....

## Grammar

### Relative Clauses

**A Complete the examples with *who*, *which*, *whose*, *where* and *when*. Then answer the questions.**

- The laptop ..... I want to buy is very expensive.
- My sister is the one ..... understands me better than anyone else.
- Henry can't wait to see the place ..... the company event will be held.
- I can't remember the day ..... this photo was taken, but I think it was five years ago.
- Emily is a colleague ..... sense of humour always creates a positive atmosphere.
- Helen always pays attention during conversations, ..... makes her a good listener.
- Oliver is the person ..... I always turn to for advice.

- In the examples **a-g**, which pronoun/adverb refers to:
  - ▶ people?                      ▶ things, animals or ideas?
  - ▶ places?                      ▶ possession?
  - ▶ time?
- In which of the examples **a-g** can we omit the relative pronoun/adverb?
- In which of the examples **a-g** can we replace the relative pronoun with *that*?
- In example **f**, what does the relative pronoun *which* refer to?

**B Read the examples and answer the questions.**

- The story **which Jack told us** was amusing.
- His smartphone, **which he bought last year**, suddenly stopped working.

- In which example is the relative clause necessary for the meaning of the whole sentence?
- In which example can we replace *which* with *that*?

**C Read the examples and answer the questions.**

- Is this the shelf ..... you put all the souvenirs?
- Is this the shelf **on** ..... you put all the souvenirs?
- Is this the shelf ..... you put all the souvenirs **on**?

- Which sentence(s) can be completed with *which* and which with *where*?
- Do these sentences have the same meaning?
- In which sentence can *which* be omitted?

- The friend **with whom** I went on holiday is moving abroad.
- The friend **who** I went on holiday **with** is moving abroad.

- Do these sentences have the same meaning?
- In which sentence can *who* or *whom* be omitted?
- Which sentence is more formal?

**D Choose the correct option.**

- To whom / Who** were you sending an email to just now?
- John's late, **which / that** means he forgot to set his alarm clock again.
- This is the drawer **which / where** I keep my passport in.
- This is Mr Smith, **whose / who's** daughter won first prize in the art contest.
- Tony likes Saturday mornings **when / which** he doesn't have to get up early.
- Mrs Taylor, **who / that** lives next door, is very polite.
- This is a popular park **where / which** a lot of people have picnics.
- The man – **/ which** I met on the bus is a famous author.

## Writing

**Write a paragraph describing a positive and a negative personality trait you have. Answer the following questions.**

- What is your best personality trait? How does it affect the people around you?
- What is your main weakness? Have you tried to change this trait? Do you feel you will succeed?



## 1b

## Vocabulary

**A** Read the sentences and match 1-4 with a-d and 5-8 with e-h.

- Simon **gets on/along** so well **with** his colleagues that they often hang out.
- Mike **fell out with** his flatmate, and they aren't speaking to each other now.
- My parents always **stand by** me when I make a mistake.
- I can't **put up with** Nigel's bad manners any more! He's rude to almost everybody!

- to have an argument with sb and stop being friends with them
- to help and support sb even in a difficult situation
- to have a good relationship with sb
- to accept a situation that isn't nice

- Kate loves meeting up with old friends and **catching up on** news once a month.
- Olivia and I often argue about different things, but we always **make up** in the end.
- Emily **takes after** her grandmother. They both have green eyes and a lovely smile.
- My sister and her husband are **bringing up** two small children, so they have lots of responsibilities.

- to raise a child until they become an adult
- to be like or look like an older member of your family
- to communicate after a long time with sb to learn what they have been doing
- to become friends again with sb after an argument

**B** Complete the sentences with the words in the boxes.

only child    middle child    siblings

- A(n) ..... has one older and one younger brother or sister. A(n) ..... has no .....

extended family    nuclear family

- A(n) ..... only includes parents and their children. A(n) ..... includes parents, children, grandparents, uncles, aunts, cousins, etc.

nieces    nephews

- Your female cousins are your mother's or father's ....., and your male cousins are their .....

stranger    acquaintance

- A(n) ..... is someone you don't know. A(n) ..... is someone you don't know well and who's not close to you.

## Grammar

## Clauses of Result

**A** Read the examples and answer the questions.

- My sister is **so** stubborn **that** she won't change her opinion even when she's wrong.
- We saw **such an** interesting documentary yesterday **that** we talked about it all evening.
- The quiz had **such** difficult questions **that** I couldn't answer most of them.
- There was **such** bad weather **that** we had to stay indoors the whole day.
- The assignment is **too difficult** for me to finish without any help.
- The assignment is **not easy enough** for me to finish without any help.

- In example **a**, who is stubborn? What is the result of this?
- Read examples **b**, **c** and **d**. In which cases do we **not** use the article a/an after *such*?
- Which verb form follows the structures containing *so* and *such*?
- Do examples **e** and **f** have the same meaning?
- In examples **e** and **f**, which verb form follows the structures containing *too* and *enough*?
  - that + subject + verb
  - to + base form of verb

- We use **so + much/many**, but **such + a lot of**.  
e.g. *There is so much space in your new kitchen that everything fits perfectly.*  
*There is such a lot of space in your new kitchen that everything fits perfectly.*
- We use **too + much/many**.  
e.g. *I have too many clothes to fit in my wardrobe.*

**B** Rewrite the sentences using the words given.

- I was so tired that I couldn't study last night. **too**  
I was .....
- Henry drives very badly, and he may have an accident. **so**  
Henry drives .....
- I can't hear you because there's so much noise in here. **such**  
There's .....
- It's quite cold so I won't go swimming today. **enough**  
It isn't .....
- Our professor gave us very useful advice and we all felt more confident before our exams. **such**  
Our professor gave us .....

## Listening

🔊 You will hear people talking in six different situations. For questions 1-6, choose the best answer (a, b or c).

- You hear a woman talking about her relationship with her sister-in-law. What does she say?
  - They don't have a lot in common.
  - They have recently started a new hobby together.
  - They used to spend more time together in the past.
- You hear a woman talking about her new colleague. What does she say about him?
  - He doesn't get along with everyone.
  - He doesn't seem enthusiastic about the job.
  - He doesn't seem very confident.
- You hear two people talking about a wedding they went to. What did they both like about it?
  - the location
  - the food
  - the number of guests
- You hear a woman talking about her aunt. What does she like most about her?
  - the advice that she gives
  - her sense of humour
  - that she's a good listener
- You hear someone talking on a podcast about friendship. What is he doing?
  - inviting listeners to answer a question
  - giving facts about friendship
  - describing a problem he had with a friend
- You hear two people talking about siblings and birth order. What does the man say about himself?
  - He enjoyed looking after his siblings.
  - He had a lot of responsibilities while he was growing up.
  - He thinks he became more responsible because he was the eldest.

## Speaking

**A** Talk in pairs. Look at the people below. First, talk to each other about what role these people play in our lives. Then decide which two you consider to be the most important and why. You can use some of the words/phrases in the box.

**What role do these people play in our lives?**



grandparents



extended family



siblings



friends



teachers/professors

### Useful vocabulary

- provide support
- share wisdom/ knowledge/ experiences/values
- keep family traditions alive
- the older/younger generation
- positive influence
- sense of belonging
- offer useful advice and guidance
- teach life lessons
- reduce feelings of loneliness
- trust / rely on
- enjoy moments of fun and humour
- deal with difficult situations
- create memories
- help develop skills
- build confidence
- motivate

**B** Discuss.

- What has a family member taught you? How have they influenced your personality?
- What do you argue about with your siblings/friends? How do you solve your problems?
- Do you find it easy or difficult to make new friends? Why?

1b

## Writing

An article

### A Discuss.

What kind of people do you admire?  
Think of the following:

- talent and skills
- achievements
- personality
- social impact

### B Read Amelia's article about a person she admires and answer the questions that follow.



# A Source of Inspiration!

by Amelia Miles

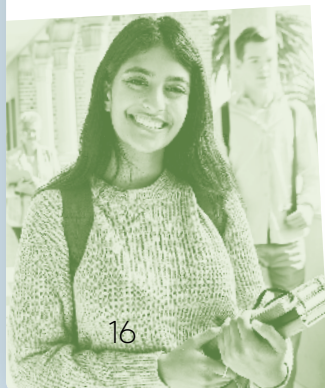


One person I look up to is Dr Emily Carter, a professor of English literature and poetry at my university. She has been my professor for two years and has never stopped inspiring me.

I admire Dr Carter's many characteristics. She is dedicated to teaching and is able to make even the most difficult ideas easy to understand. In addition, she is very helpful. For example, although she has a busy schedule, she makes time for her students and treats everyone's ideas with respect. She is also very encouraging, as she always gives her students positive feedback. Although she tends to be a bit strict sometimes, it's only because she wants to get the best out of her students.

Dr Carter has achieved a lot in her career. Apart from giving talks on creative writing all over the world, she has published an amazing poetry collection, which actually won a major literary prize. In addition, she volunteers at local community centres and teaches free poetry writing classes, as she believes everyone should have the chance to express themselves through writing.

In conclusion, Dr Carter is not just a professor to me; she's also my role model. Her personality and academic achievements make her someone I deeply admire and respect.



1. In which paragraph has Amelia done the following? Write the numbers 1-4 in the boxes.

- a. describe the person's personality
- b. describe the person's achievements and social impact
- c. introduce the person and give general information
- d. make a general comment about why she admires this person

☐
☐
☐
☐

2. Which adjectives does the writer use to refer to aspects of Dr Carter's personality?

3. Does the writer support these adjectives through examples and further explanations? If yes, underline the supporting phrases in the article.



**C** Read the note. Then match 1-4 with a-d paying attention to the words in bold.

1. My friend is such a good listener. **For example**, she ☐
2. He is so optimistic. **I will never forget when** we ☐
3. She is such an energetic person. **What I mean is**, she ☐
4. He is one of the most reliable people I know, **as** he ☐

- a. can stay active all day without getting tired.
- b. is always there for you no matter how busy he is.
- c. always pays attention to what I'm saying and gives me useful advice when I need it.
- d. were disappointed with the team's performance, and he encouraged us to cheer up and told us we could win the next game.



When you describe a person, do not just write a list of adjectives. Try to help your reader understand how these adjectives apply by giving examples, explanations or details.

**D** Read the note. Then rewrite the sentences using the prompts given.

When it is necessary to refer to someone's negative traits, we can do so politely by using softer language that incorporates:

- modifiers, e.g. *rather*, *a bit*, *quite*.
- phrases like *tends to be...* or *seems to be...*
- adverbs such as *sometimes* or *occasionally* to suggest the behaviour isn't constant.

1. Julia is stubborn. (tend to / quite / sometimes)

Julia .....

2. Stella is bossy. (seem to / a bit / occasionally)

Stella .....

3. Brian is selfish. (tend to / rather / every now and then)

Brian .....

**E** Read the writing task. Then use the plan and the tip to write your article.

You see this announcement in an international magazine.

#### A PERSON I ADMIRE.

Tell us about a person you admire. Write an article describing their personality, talents, achievements and social impact.

The best articles will be published in next month's issue.

When writing an article or blog post about a person, you want to catch and hold the reader's attention. You should:

- use a catchy title.
- organise the article/post in paragraphs which cover different aspects of the topic.
- use examples, explanations and details to support your description of the person's traits.
- use softer language to refer politely to someone's negative traits.

## Plan

### An article

#### TITLE

- Use a catchy title.

#### INTRODUCTION

- Give some general information about the person. (e.g. name, how long you have known them, when/where/how you met them)

#### MAIN PART (2-3 paragraphs)

- Describe the person's personality.
- Describe their personal/professional achievements and talents.
- Describe any social impact they might have made.

#### CONCLUSION

- Make a general comment about the person summarising why you admire them.



# 1 Review

## Vocabulary

### A Choose a, b or c.

- When I first meet people, I ..... to forget names.  
a. respond      b. tend      c. refer
- My sister ..... watches cooking shows as she really wants to be a chef!  
a. completely      b. occasionally      c. frequently
- Colin's main weakness is that he's .....: he insists on his plans, even if he knows he won't benefit from them.  
a. stubborn      b. selfish      c. sociable
- Daisy's facial ..... changed completely when she realised who the person standing opposite her was.  
a. gesture      b. expression      c. signal
- I greatly ..... people who are able to express their ideas clearly.  
a. admire      b. inspire      c. encourage
- Michael is never impatient or rude with people. He always ..... others with respect.  
a. behaves      b. provides      c. treats
- I can ..... up with bad behaviour in certain cases, but what Robin did yesterday was horrible.  
a. fall      b. put      c. make
- Sylvia has a lot of ..... in her new job, so she has to be very organised.  
a. support      b. values      c. responsibilities
- Maya ..... as she finished the project and could finally rest.  
a. frowned      b. sighed      c. shrugged
- She looked ..... when she saw the confusing instructions she needed to follow.  
a. dedicated      b. relieved      c. puzzled
- Julia is a kind, responsible older sister, and we all ..... up to her greatly.  
a. bring      b. raise      c. look
- Gladys can be ..... and bossy sometimes, but she's a friend you can trust and who will never let you down.  
a. impolite      b. dishonest      c. unreliable
- Confidence is one personality ..... I wish I had more of.  
a. aspect      b. trait      c. attitude
- Mike got to know Jerry better when they started working for the same company; until then they'd only been .....  
a. colleagues      b. strangers      c. acquaintances

## Grammar

### B Choose the correct option.

- She sent me **such** / **such a** useful information about local attractions that I didn't need to do any research myself.
- The app says the bus **leaves** / **leaving** at 8.35 on Saturdays.
- Sophia has a great sense of humour, **which** / **that** keeps everyone in a good mood.

- This jacket is **too** / **so** expensive for me to buy.
- We **don't have** / **aren't having** time to go shopping now, so we'll shop online.
- The restaurant **which** / **where** we ate at yesterday was crowded, but their dishes were delicious.
- The cake **smells** / **is smelling** great! Does it have lemon in it?
- Lisa is a good friend **whose** / **who** support helped me deal with difficult times in my life.

### C Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- Lucy hardly ever sees her brother now that he lives abroad. **often**  
Lucy ..... her brother now that he lives abroad.
- The maths problem was not easy enough for the students to solve. **so**  
The maths problem ..... students couldn't solve it.
- Why does Craig complain about his friends all the time? **constantly**  
Why ..... about his friends?
- The person who they gave this award to last year will be at tonight's event. **to**  
The person ..... gave this award last year will be at tonight's event.
- There were so many people at the event that it took us ages to find Jill. **such**  
There were ..... at the event that it took us ages to find Jill.

### Now I can:

- talk about ways we communicate ideas, feelings and emotions without using words
- distinguish between permanent and temporary situations
- speculate about a picture
- talk about myself, my family, my friends and social relationships
- talk about my personality traits
- define people, places, things and ideas, and give additional information about them
- express result
- write an article about a person
- use examples, explanations or details to support my opinion
- use softer language to refer politely to negative traits

# 1 Express yourself

## 1a Student's Book pp. 8-9

### A Choose the correct option.

1. In some cases, social media has **matched** / **replaced** face-to-face communication.
2. Those clothes aren't **suitable** / **confident** for a job interview; you should wear something else.
3. When I asked her if she understood the instructions, she didn't say anything; she just **nodded** / **frowned** her head.
4. I get anxious, **frequently** / **particularly** when I have to meet new people.
5. Weak communication between the team members could cause **major** / **powerful** problems for the project.
6. It's important to always **remain** / **maintain** polite even when you don't agree with someone.
7. Tina is well **aware** / **qualified** for the teaching position. She has years of experience.
8. My sister is one of the people I know I can always **rely** / **respond** on.

### B Complete the text with the words/phrases in the box.

emotions shrug meaning according to signal cross voice apart from gestures

## Animal communication

There are many different ways to communicate. (1) ..... spoken language, people also use body language to express how they feel. For example, we might (2) ..... our shoulders to show that we don't know something, or we might (3) ..... our arms when we are angry.

Animals also have their own ways of communicating.

(4) ..... experts, animals make certain sounds or, in some cases, move their bodies to warn about danger. Elephants, for example, move their ears and make loud noises to send a(n) (5) ..... that danger is near. Monkeys might not have a(n) (6) ..... that gives them the ability to speak like people do, but each sound they make can have a different (7) ..... For example, the sound to warn about an eagle is different from the sound to warn about a tiger!

Just like people use (8) ..... and body language to express their (9) ....., animals have their own ways of getting their messages across.



### C Choose the correct option.

1. He hardly ever **is going** / **goes** to the gym, because he's too busy.
2. Jane **tastes** / **is tasting** her coffee to check if it needs more sugar.
3. How many friends **do you invite** / **are you inviting** over to your house on Sunday?
4. The meeting **begins** / **is beginning** at 9 a.m. so don't be late.
5. A: Where is Tyler?  
B: He **weighs** / **is weighing** his suitcase because it might be too heavy.  
A: He **is always packing** / **always pack** more than he should!
6. I **don't see** / **'m not seeing** Susan after work; she has the flu.
7. **Do these shoes look** / **Are these shoes looking** good with this outfit?
8. I **stay** / **'m staying** with my parents until I find a new house to rent.

4

### D Complete the dialogues with the Present Simple or the Present Progressive of the verbs in brackets.

1. A: Are you ready for your interview at the bank tomorrow?  
B: I (1) ..... (meet) with a friend of mine to help me prepare later today. He's done many interviews for office jobs before, so he'll definitely have some tips for me.  
A: Great! I know that more and more companies (2) ..... (explore) new ways to interview people, so it's important to be prepared.  
B: I'm mostly interested in improving my body language because I (3) ..... (not want) to look anxious.  
A: Good idea. Most interviewers (4) ..... (consider) body language just as important as your answers!  
B: That's right! I also have to borrow a suit from him because I (5) ..... (not own) one.  
A: Oh, OK. Well, I (6) ..... (hope) everything goes well!
2. A: What (7) ..... you ..... (look) at there?  
B: It's a website with different communication courses. I (8) ..... (think) of taking a public speaking course. I (9) ..... (not mind) speaking to smaller groups, but right now I (10) ..... (try) to improve how I speak in front of larger groups because I (11) ..... (need) this skill for my new job.  
A: Oh, I see. I'd love to do something similar for writing. You see, I (12) ..... (write) lots of reports at work every day.

## 1a Student's Book pp. 10-11

### A Choose a, b or c.

1. It's good to ..... the offer more carefully before you accept it.  
a. think b. consider c. suppose
2. Our professor ..... on how clear our presentation was.  
a. commented b. suggested c. mentioned
3. I was ..... to hear that everyone was safe after the accident.  
a. annoyed b. relieved c. puzzled
4. Fay always ..... her ideas with her team first before she makes a decision.  
a. tells b. discusses c. talks
5. This photo of my grandparents ..... me of the stories they used to tell me when I was a child.  
a. responds b. refers c. reminds
6. Her facial expression showed ....., so I asked her if she wanted me to explain everything again.  
a. confusion b. anger c. boredom
7. I ..... to call you earlier, but I got very busy with work.  
a. said b. told c. meant



### B Complete the sentences with the words in the box.

winked shook sighed waved yawned raised scratched

1. Tom didn't say anything; he just ..... his head to show he disagreed with me.
2. Stacey ..... her eyebrows in excitement as she opened the gift.
3. Kenny ..... at me so I knew he was just kidding.
4. The young boy's eyes kept closing as he ....., so his mother took him to bed.
5. She sat down and ..... with happiness as she looked out at the ocean.
6. Greg ..... his arms in the air to ask for help.
7. She ..... her head as she tried to solve the puzzle.

5



# 1 Review

**A** Read the text and choose **a, b, c** or **d**.

## Body Language and Emotional Intelligence

Emotional intelligence (EQ) is the ability to understand one's own emotions as well as others'. One (1) ..... of emotional intelligence is the ability to use and understand body language correctly. People with high EQ (2) ..... to be more aware of how their gestures and facial (3) ..... can show others their feelings and general (4) ..... They can also understand if someone else is feeling sadness or excitement, for instance, just by (5) ..... close attention to them. People with a high EQ can make others feel comfortable simply by using their body language. For example, they may show they are a good listener by maintaining eye contact. These things help others (6) ..... their feelings more easily. People with low EQ usually miss certain (7) ....., like the way someone sighs when they're stressed or how someone (8) ..... their arms when they are angry. There is no doubt that building our EQ can be beneficial to us in many ways.



- |                  |                    |                |                   |
|------------------|--------------------|----------------|-------------------|
| 1. a. impression | b. impact          | c. influence   | d. aspect         |
| 2. a. mean       | b. tend            | c. insist      | d. refer          |
| 3. a. traits     | b. characteristics | c. expressions | d. positions      |
| 4. a. nature     | b. presentation    | c. attitude    | d. responsibility |
| 5. a. paying     | b. having          | c. giving      | d. making         |
| 6. a. mention    | b. comment         | c. suggest     | d. express        |
| 7. a. cases      | b. signals         | c. guesses     | d. issues         |
| 8. a. rolls      | b. waves           | c. crosses     | d. shrugs         |

**B** Complete the sentences with the correct form of the words in capitals.

- Many people believe that asking for help might show ....., but it doesn't, as everyone needs support.
- Learning from mistakes is important for ..... in life.
- Her sister's ..... helped her make better decisions in life.
- It's better to admit a mistake than to be ..... about it.
- A positive role model can be a source of ..... and encourage confidence.
- My brother is usually ..... when he's stuck in traffic.
- Our team played with ..... and won the match.
- A(n) ..... friend always supports you without expecting anything in return.

**WEAK**

**SUCCEED**

**GUIDE**

**HONEST**

**INSPIRE**

**PATIENT**

**CONFIDENT**

**SELFISH**

**C** Choose **a, b** or **c**.

- My university classes ..... until next Monday, so I have some free time this week.  
a. don't start      b. doesn't start      c. isn't starting
- Greg Thompson is the person to ..... you must send the email.  
a. whose      b. who      c. whom
- He had ..... things to do that he forgot to have lunch.  
a. such a lot      b. so many      c. too much
- 2023 was the year ..... I moved into my new flat.  
a. whose      b. when      c. which
- It ..... harder and harder to find time for hobbies with a busy schedule.  
a. becomes      b. become      c. is becoming
- He is honest and reliable, ..... is why people respect him so much.  
a. which      b. whom      c. who
- The sofa wasn't ..... for me to sleep on.  
a. so comfortable      b. comfortable enough      c. too comfortable
- She ..... the food to see if it's ready.  
a. taste      b. tastes      c. is tasting



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

1. Fred has an appointment with the dentist tomorrow. **seeing**  
Fred ..... dentist tomorrow.
2. Jasmine takes care of her younger brother after school until her parents get home. **looks**  
Jasmine ..... her younger brother after school until her parents get home.
3. Kevin doesn't often go out to dinner. **hardly**  
Kevin ..... to dinner.
4. The cake was so delicious that everybody had two pieces. **such**  
It ..... that everybody had two pieces.
5. That's the café where I study during the weekend. **which**  
That's the café ..... during the weekend.
6. My sister never stops leaving her things all over the place, which is annoying. **constantly**  
My sister ..... her things all over the place, which is annoying.



**E** You will hear people talking in six different situations. For questions 1-6, choose the best answer (a, b or c).

1. You hear two friends talking about a person. What does the woman admire most about that person?  
a. her achievements at work  
b. her social impact  
c. her personality traits
2. You hear a man talking about a new restaurant he visited. How did he feel about it?  
a. disappointed with the prices  
b. relieved it wasn't crowded  
c. confused about the negative reviews
3. You hear an announcement on the radio. What is the purpose of the announcement?  
a. to inform people about new activities  
b. to motivate people to volunteer  
c. to give details about a future event
4. You hear a woman talking about her relationship with her cousin. What is true about the two of them?  
a. Their relationship used to be better in the past.  
b. The woman finds it difficult to turn to her cousin for help.  
c. They had recently fallen out.
5. You hear two friends talking. What does Carl say about his twin brother?  
a. He doesn't have a lot in common with Carl.  
b. He doesn't look like Carl.  
c. He doesn't get along with Carl.
6. You hear two people talking about online friendships. What do they agree on?  
a. Online friendships do not last very long.  
b. Online friendships can offer a sense of belonging.  
c. Online friendships aren't as important as face-to-face ones.

# KEY LINKS

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- builds 21<sup>st</sup> century competencies
- develops mediation strategies



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and watch!**



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**CEFR**

A1	A2	B1	B2	C1	C2
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