

# Gateway <sup>Workbook</sup>

2<sup>nd</sup> Edition



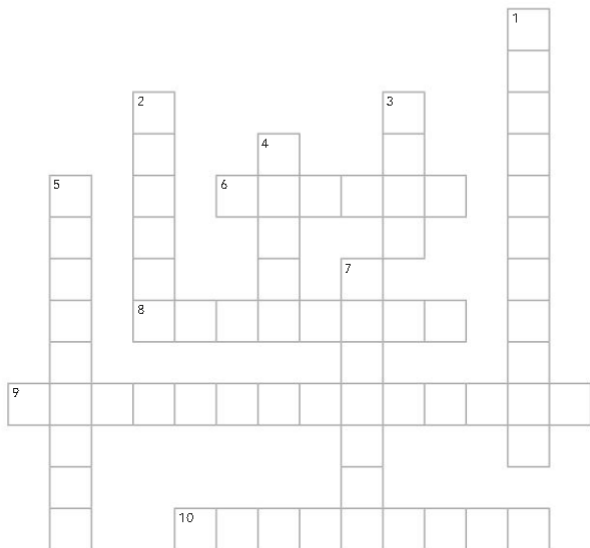
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C1



**1 VOCABULARY** Read the clues and complete the crossword with words for achievement and difficulty.



**Across**

- 6 University applicants are encouraged to regard the interview as an opportunity, rather than a(n) ..... (6).
- 8 Sam spent the evening telling us about his amazing ..... (8) when travelling around the US.
- 9 Playing a musical instrument well is a great ..... (14).
- 10 My idea of an ..... (9) would be to go on a safari in South Africa or mountain climbing in Alaska.

**Down**

- 1 Starting a new business is a risky ..... (11) – that's why so few people do it.
- 2 The first ..... (6) he had to overcome was to raise money to finance the project.
- 3 He ran seven marathons in seven days – a remarkable ..... (4)!
- 4 Overactive children can be a real ..... (5) for their parents.
- 5 Learning a new language is one of many ..... (9) people face when moving to a new country.
- 7 As volunteers in India, our ..... (7) was to build a new school.

**2 Read the article. Choose the question that it answers.**

- 1 How do high achievers think?
- 2 What makes some people more successful than others?
- 3 What is talent and how do we measure it?

**3 Read the article again and choose the best answers.**

- 1 According to the writer, talent is ...
  - a difficult to define.
  - b genetic rather than learnt.
  - c the ability to acquire a certain skill.
  - d closely linked to hard work.
- 2 The research carried out by Angela Lee Duckworth ...
  - a focuses on the characteristics of intelligence.
  - b began when she was working in education.
  - c has been to discover the characteristics of high achievers.
  - d is to find out how students can learn effectively.
- 3 The most important factor in grit is ...
  - a the physical and mental power to do something.
  - b extended and continuous effort.
  - c not being distracted from goals.
  - d the ability to overcome hurdles.
- 4 The data from the Spelling Bee contest showed that ...
  - a success was linked to perseverance in the face of boredom.
  - b participants performed better when the practice was fun.
  - c with experience, participants enjoyed their practice more.
  - d quizzes and leisure reading were ineffective ways to learn.
- 5 The writer's main point is that ...
  - a society should not be interested in talented individuals.
  - b students don't work as hard as they should.
  - c success in education leads to long-term success in life.
  - d grit should be valued more highly in schools.

**4 CRITICAL THINKING**

- 1 What evidence could you give to support the idea that today's society is obsessed with talented individuals?
- 2 How could more emphasis be given to grit in schools?

**5 What do the underlined words and phrases in the article mean? Guess and then check in your dictionary.**



# GRIT: THE REAL SECRET OF SUCCESS

Posted 21<sup>st</sup> August

**What is the secret of success? At first glance, the answer is simple – success is about talent. It's about being able to do something – hit a tennis ball, play a musical instrument or solve complex mathematical problems far better than almost anyone else. But this answer immediately invites another question: what is talent?**

For many years, talent was believed to be about inheritance, about being born with a set of genes that gave rise to a particular skill. Einstein had the physics gene, for example, and Beethoven the symphony gene. The assumption was that not everyone could be a mathematical genius or grand composer, that no amount of hard work would compensate for innate limitations.

In recent years, however, the pendulum has shifted. Researchers have suggested that the intrinsic nature of talent is overrated and that our genes don't confer specific gifts. Psychologists such as K. Anders Ericsson argue that talent is really about deliberate practice, about putting in the now popularised 10,000 hours of intense training that are key to achieving world-class expertise in any skill.

But if talent is about practice, that raises further questions. Why are some people so much better at deliberate practice? And what factors influence how hard we can work?

To answer these questions, Professor Angela Lee Duckworth of the University of Pennsylvania has been conducting research into the characteristics of high achievers for over 15 years. As a former maths teacher in a New York high school, Lee Duckworth became aware that her best students were not necessarily the ones with high IQs, while many of her most intelligent students did not perform well at school. In order to understand this anomaly, she left her job to do postgraduate studies in psychology. Her research has involved studying successful people in a wide range of contexts; she went into high schools to study which students were most likely to graduate; she went to a military academy in order to establish which cadets would stay the course and not drop out; and she evaluated participants in the National Spelling Bee, a competition that requires hours of practice to memorise spelling rules.

What she found was that the single most significant factor in determining an individual's success was not physical health or social intelligence. It was not even IQ. It was a quality she calls grit.

Grit, as Lee Duckworth describes it, is 'the disposition to pursue long-term goals with passion and perseverance'. It is not about self-control, which would be the ability to resist momentary distractions or temptations such as doing homework instead of watching TV. While that is an important indicator of success in students, grit is more about maintaining momentum and stamina in the long term in order to achieve a goal.

In the Spelling Bee contest, Lee Duckworth discovered that the participants who studied and memorised words when alone performed much better in the competition than those who engaged in more enjoyable practice activities such as quizzes or leisure reading.

And even though it was not fun, they devoted increasing amounts of time to solitary study as they gained experience. After analysing the data, she learnt that what drove them to succeed was the ability to be single-minded about their objective, to persevere in the face of failure and overcome hurdles and setbacks.

Lee Duckworth argues that grit is often unrelated or even inversely related to talent. After all, there are many talented individuals who do not follow through on their commitments. Instead, the key to success, she suggests, is for each individual to find something that they truly value, that is meaningful to them, and then cultivate it. The distinction between discovery and cultivation is important, as cultivation requires effort – in order to truly love the piano, for example, you need to find ways to deepen your appreciation of it. And then having found that mission, remain loyal to it over a period of time, no matter what the cost.

Science can tell us little about grit at the moment – why some people seem to have more grit than others. However, the belief that effort will result in a positive outcome seems to be crucial in driving success. For this reason, Lee Duckworth believes, it is important for students to be aware that deliberate practice is not always

easy. Becoming a high achiever almost certainly requires considerable effort and will involve feelings of boredom and frustration at times. What's more, confusion is often a necessary stage to go through in order to learn. This knowledge, she says, should help students develop the attitude that 'I can get better if I try harder', which is one of the key tenets of grit.

There are two interesting takeaways from Lee Duckworth's research. The first is that while today's society seems to be obsessed with talented individuals, real success depends on sustained performance. It's about being able to work hard over the long term and our ability to do that depends on grit. The second is that although education systems tend to value IQ, greater emphasis could be given to developing non-cognitive skills like grit and determination. After all, life is a marathon, not a sprint.

“  
Real success depends on sustained performance.  
”







**1 Complete the rules with present perfect simple (PPS), present perfect continuous (PPC) or past simple (PS).**

- a We use the ..... or ..... for actions or states that started in the past and are incomplete or still in progress.
- b We use the ..... for actions or states that occurred at some unspecified point in the past, but the experience still feels relevant and current.
- c We use the ..... for actions or states that occurred and were completed in the past.
- d We use the ..... when the emphasis is on the 'recentness' of something, or 'how long'.
- e We use the ..... when the emphasis is on 'how much' or 'how many'.

**2 Match the rules (a–e) in 1 with the sentences (1–4).**

- 1 Einstein had the physics gene. ....
- 2 Researchers have suggested that the intrinsic nature of talent is overrated. ....
- 3 Her research has involved studying successful people in a wide range of contexts. ....
- 4 Angela Lee Duckworth has been conducting research into the characteristics of high achievers for over 15 years. ....

**3 Circle the correct alternative.**

- 1 Amy won/has won last year's spelling competition and she talked/has been talking about it ever since.
- 2 The town I live in has changed/has been changing a lot in the last few years.
- 3 I attended/have been attending a Spanish class for the past six months, but I didn't learn/haven't learnt to say very much.
- 4 You can't say you don't like playing the piano until you did/ve done it for a while.
- 5 Marc moved/has moved to the US last year and I haven't heard/haven't been hearing from him since.

**4 Complete the text with the correct form of the verbs given.**

Every year, Mark Zuckerberg posts a message on his Facebook page, announcing a personal challenge for the year. He (a) ..... (do) it since 2009, when he (b) ..... (commit) to wearing a tie to work every day. Other challenges (c) ..... (be) to read two new books every month, write a thank-you message every day and learn Mandarin. In fact, in 2014 he (d) ..... (wow) the world by speaking Mandarin during a live question-and-answer session in Beijing.

Zuckerberg is unquestionably one of life's high achievers and he (e) ..... (make) millions since setting up Facebook in 2004. But setting out to accomplish something challenging is something we can

all aspire to, and it can change us in ways we often can't predict. Two years ago, I (f) ..... (vow) to run a marathon. I (g) ..... (train) on and off since then and even though I (h) ..... (not complete) a race yet, I (i) ..... (learn) perseverance, as well as improving my level of fitness. It (j) ..... (show) me that personal goals don't have to be overly ambitious, but can have an impact on other areas of our lives. Who knows how Zuckerberg's annual self-improvement challenges (k) ..... (change) him?

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

- 1 We haven't eaten out in ages. **TIME**  
I can't remember the ..... out.
- 2 Alex started driving over six months ago. **HAS**  
Alex ..... than six months.
- 3 This is my first visit to Madrid. **VISITED**  
This is the ..... Madrid.
- 4 It's five years since we moved here. **FOR**  
We ..... five years now.
- 5 The last time I saw Luis was at his party. **SINCE**  
I ..... his party.
- 6 I'm on the tenth page of this essay I'm writing. **TEN**  
So far, I ..... this essay.

**GRAMMAR CHALLENGE**

**6 Complete the sentences with these words and phrases.**

for a while • for the time being • long • so far  
the other day • time and time again

- 1 We've been meeting after school to study together ..... now.
- 2 I ran into Adam outside the cinema .....
- 3 Don't worry about being late. I haven't been waiting .....
- 4 They've won every match they've played ....., but there's still a long way to go.
- 5 I've asked you ..... to turn off the lights when you leave.
- 6 Zoe has decided to get a job ..... and maybe go to university later.



## 1 Match a prefix with a word to make a new word. Use each prefix once only.

- |        |            |           |          |
|--------|------------|-----------|----------|
| 1 dis- | effective  | 7 co-     | active   |
| 2 il-  | resistible | 8 inter-  | sleep    |
| 3 in-  | bearable   | 9 mis-    | consider |
| 4 im-  | comfort    | 10 over-  | exist    |
| 5 ir-  | probable   | 11 re-    | estimate |
| 6 un-  | literate   | 12 under- | fortune  |

## 2 Complete the sentences with these words and a prefix.

bearable • formal • legible • practical  
qualified • social

- Students should avoid using emoticons and ..... language in their schoolwork.
- I'd like a part-time job, but it's ..... because I have to study for my exams.
- Dropping litter in public places is ..... and can also lead to a fine.
- Eli would have won the race, but she was ..... because she didn't complete all the jumps.
- I can't read your handwriting – it's totally .....
- It's nearly 40 degrees at the moment – this heat is .....

## 3 Complete the sentences with a form of the word in bold and a prefix.

- You can't **predict** the weather in England – it's always changing.  
The weather in England is unpredictable.
- His lack of **experience** meant he wasn't offered the job.  
He didn't get the job because he was too .....
- My grandmother gave me this watch, and if you lose it, I can't **replace** it.  
This watch is .....
- My parents didn't **approve** of my decision to go travelling.  
My parents ..... of my decision to go travelling.
- Don't **rely** on Sara to buy the tickets – she'll only forget.  
Don't ask Sara to buy the tickets – she's too .....
- Personally, I don't **rate** his latest book – it isn't as good as people say it is.  
Personally, I think his latest book is .....

## 4 LISTENING 01 Listen to a podcast about mentorship and complete the notes.

### Mentorship

Mentorship: 'a relationship in which a more experienced or knowledgeable person helps to guide a less experienced person.'



Early schemes: to teach social and spiritual values; (a) ..... scheme

Goal of mentorship: to learn a trade  
(b) .....

Students receive: one-to-one tuition and  
(c) ..... advice

In the school scheme: students do mock  
(d) ..... for jobs and university entrance

In the university scheme: students ask about the  
(e) ..... process, courses and the university

The biggest advantage: it builds students'  
(f) .....

Results: students' (g) ..... and exam results have improved

In the UK: there are over (h) ..... ex-student mentors

## 5 01 Listen again. Are the statements True (T) or False (F)?

- Mentorship in education is not a new idea. T / F
- Nearly 40% of students in the UK don't know what job they want to do. T / F
- Mentorship particularly benefits underachievers. T / F
- Mentors help students to perform better in exams. T / F
- The law student was initially rejected from university because she didn't pass her exams. T / F

## VOCABULARY EXTENSION

### 6 Complete the table with these words.

allowed • confident • consistent • founded  
honest • judged • national • personal • place  
populated • spelt • sufficient • wind • worker

Prefix	Meaning	Examples
re-	again	re-read, ....., .....
dis-	not	disconnected, ....., .....
over-	too much	overcooked, ....., .....
mis-	badly, wrongly	misinformed, ....., .....
co-	together	co-pilot, ....., .....
inter-	between	interdependent, ....., .....
in-	not	inconsiderate, ....., .....



**1 Match the sentences (a–e) with the rules (1–5).**

- a The biggest hurdle **by far** is to overcome a lack of confidence.
- b Exam results are better **by a long way**.
- c **Altogether** the biggest difference they can make is to young people who might not otherwise go to university.
- d Most mentors end up staying **much** longer.
- e The scheme connects students with ex-students who are **slightly** older.

- 1 modifier + comparative (small difference) .....
- 2 modifier + comparative (big difference) .....
- 3 comparative + modifier .....
- 4 modifier + superlative .....
- 5 superlative + modifier .....

**2 Which modifiers in 1 can these replace? Match the modifiers with the sentences.**

- |                  |                         |
|------------------|-------------------------|
| 1 far .....      | 5 significantly .....   |
| 2 easily .....   | 6 by far and away ..... |
| 3 a little ..... | 7 a great deal .....    |
| 4 by far .....   | 8 by miles .....        |

**3 Choose the correct answers.**

- 1 His defeat only made him ..... more determined to practise harder.  
A easily      B even      C by a long way
- 2 Finding a good job is ..... harder than it used to be.  
A by miles      B quite      C a great deal
- 3 Damien is ..... the kindest person I've ever met.  
A altogether      B barely      C considerably
- 4 Speaking in public is ..... the most difficult thing I've ever done.  
A much      B slightly      C by far
- 5 This year, the highest number of students ..... got into university.  
A by far and away      B ever      C easily
- 6 In my opinion, living in a city is better ..... than living in the country.  
A much      B a little      C by far
- 7 I think this is ..... the best book I've ever read.  
A easily      B far      C scarcely
- 8 Travelling by plane is ..... more expensive than by car.  
A lot      B significantly      C by miles
- 9 She is ..... the best painter of her generation.  
A by miles      B ever      C simply
- 10 Francis is ..... taller than his younger sister.  
A quite      B barely any      C by far

**4 Complete the sentences with the correct form of these words and phrases in the correct order.**

bad/much • best-selling/by far • big/barely any  
difficult/by miles • good/easily • high/significantly  
important/far • successful/ever

- 1 Many employers believe that attitude is ..... qualifications.
- 2 This year has been our .....  
– we've won nearly all our games.
- 3 I think Petra is .....  
candidate so she should get the job.
- 4 The rate of growth this year has been .....  
..... expected – nearly double in fact.
- 5 It's ..... album of all time.
- 6 This week's test was .....  
the one we did last week.
- 7 My room is very small. It's .....  
a cupboard!
- 8 Having my passport stolen was pretty .....  
..... thing that has ever happened to me.

**GRAMMAR CHALLENGE**

**5 Choose the best explanation, a or b.**

- 1 I don't think his new mobile is any better than his old one.  
a His new mobile is a little better than his old one.  
b His new mobile and his old one are equally good.
- 2 The exam wasn't nearly as hard as I expected.  
a The exam was a great deal harder than I expected.  
b The exam was much easier than I expected.
- 3 Ben is nowhere near as reliable as Peter.  
a Ben is much less reliable than Peter.  
b Ben is slightly less reliable than Peter.
- 4 His second book isn't nearly as interesting as the first.  
a His first book is more interesting by far than his second.  
b His first book is a bit more interesting than his second.
- 5 Sue isn't anything like as bossy as you said.  
a Sue isn't at all bossy.  
b Sue is much less bossy than you said.
- 6 This shop is no more expensive than the market.  
a This shop is considerably less expensive than the market.  
b The prices in this shop are the same as at the market.



**1 Decide if the questions are about study or work (S/W) or experiences (E).**



- 1 What's the most exciting thing you've ever done? .....
- 2 How important is it to have a routine when working or studying? .....
- 3 How has your life changed in the last two or three years? .....
- 4 When do you prefer to work or study, in the morning, afternoon or evening? .....
- 5 What jobs are popular in your country nowadays? .....
- 6 Is it a good idea to continue studying throughout your life? .....
- 7 If you had the opportunity to try a new activity, what would you choose? .....
- 8 How do you think your life might change in the future? .....

**2 LISTENING 02 Listen to three students and answer the questions.**

- 1 Which question in 1 does each student answer?
- 2 Does the student use appropriate phrases:
  - to move the conversation on?
  - to report something that they believe to be true?
  - to give emphasis?
  - to repeat or paraphrase information?
  - to express attitude towards what they're saying?

Student	Question	Appropriate answer? (Say why)
1		
2		
3		

**3 02 Listen to Students 1 and 2 again and complete the phrases.**

**Student 1**

- 1 It's crazy, I know, but ....., I've travelled a lot, with my parents and we always go by plane.
- 2 I like flying, but ....., I'm a bit nervous.
- 3 And ..... it's an amazing experience.
- 4 It's very expensive – ....., it costs thousands ...
- 5 ....., I don't think it's something that I will do in the future ...
- 6 ... but ....., if I had the chance, I think that's what I'd do.

**Student 2**

- 7 ....., it isn't easy to find a job at the moment.
- 8 ....., we have a lot of unemployment.
- 9 ....., we have a lot of tourists in my country and it's easier to find a job in a restaurant or in a hotel ...
- 10 ....., a lot of my friends work in restaurants at the weekend ...
- 11 So, ....., I think the most popular jobs are lawyers and doctors ...
- 12 ... but ....., it's hard to find these jobs so people do other things.

**4 Add phrases to the text for Student 3. Circle the correct alternative.**

Umm ... (a) to be honest/well, I think it's a good idea, you know, (b) they say that/in fact you need to find the time that you work best. [...] And (c) basically/apparently, you should always study in the same place. [...] And you should make a plan, especially when you have to revise for exams, and stick to that plan. (d) To be honest with you/So anyway, I'm not very organised, but I think it's a good idea. And you should also take time to do other things. (e) Basically/in fact, students who take time off to do sports and see friends actually learn better. [...] So, (f) it seems that/in any case, I think it's important, but I'm not always very good at it.

**5 Complete the texts with these words and phrases. Match each text with the question in 1 that it answers.**

they say that • actually • basically

- 1 (a) ....., I think it's very important, especially in some jobs. (b) ....., technology is changing all the time so you have to learn new things to keep up with the latest developments. But (c) ..... in the future, robots will do our work for us, so maybe we won't have to worry.

Question: .....

in any case • honestly • apparently

- 2 I went to a theme park for my birthday last year and rode on a huge roller coaster. (d) ....., it's the biggest roller coaster in the country. We had to queue up for a long time to get on it, but (e) ....., it was worth it. (f) ....., we enjoyed it and I'd love to do it again.

Question: .....

**6 Make notes about your own answers to the questions in 1 in your notebook. Practise saying your answers using appropriate phrases.**



## 1 Complete the email, in which a friend gives advice about learning a language, with these phrases.

at the end of the day • by the way • first things first  
 having said that • I'd also suggest • I've heard that  
 if I were you, I'd • it's worth it • to be honest • won't you?

✉
✂
📎
A
✕

Hi Vicki,

Thanks so much for your email – it was really great to hear from you! Sorry I haven't got back to you before, but I've been up to my eyes in schoolwork.

Anyway, (a) ..... – it's great news that you're coming to Spain next summer. I can't wait to catch up with you in person. So, how to brush up on your Spanish before coming? Well, as you know, I've been learning English at school since I was a kid and for me the best thing by far was to do a conversation exchange. It really helped me to practise speaking. (b) ..... put up a notice at a language school and see if you can find someone who wants to practise their English. It's a bit of a pain to meet up when you've got other things to do, but (c) ..... As they say, no pain, no gain!

(d) ..... watching films or TV shows online. You'd be amazed how much that helps – you get used to hearing the accent, and you pick up all sorts of words and expressions.

(e) ....., have you been watching the latest series of *Sherlock*? It's great!

(f) ..... you can do online courses too, ones that involve having video chats. (g) ....., I've never tried one myself, but my cousin is doing one in French and he reckons it's the best thing ever.

(h) ....., whatever you do, make sure you have fun. Of course, you have to put in some effort but,


(i) ....., you need to enjoy yourself, too.

Anyway, hope you get something sorted soon. Let me know how it goes,

(j) .....?

Bye for now,

Ariana



## 2 Find phrases in 1 with similar meanings to these words and phrases.

- 1 apparently .....
- 2 all in all .....
- 3 to start with .....
- 4 frankly .....
- 5 even so .....
- 6 incidentally .....

## 3 Read the email again and find the following:

A phrasal verb that means ...

- 1 talk to someone you haven't seen for some time and find out what they've been doing.  
.....

- 2 practise and improve your skills or knowledge of something.  
.....

- 3 notice and learn.  
.....

A phrase or idiom that ...

- 4 means have a lot of something to do.  
.....

- 5 means something annoying.  
.....

- 6 is used for saying that you have to work hard if you want to achieve something.  
.....

An informal word or phrase that means ...

- 7 child. ....
- 8 become accustomed to. ....
- 9 think. ....
- 10 organise. ....

## 4 A friend has written to you asking for advice about how to manage their time effectively. Add at least two more ideas to this list.

- Make a study plan - and stick to it!
- Avoid distractions - turn off music, etc.
- Take regular breaks and free time
- Don't give up!

## 5 Organise your ideas into paragraphs.

Paragraph 1: .....

Paragraph 2: .....

Paragraph 3: .....

Paragraph 4: .....

## 6 Write an email to your friend.



**Grammar**

**1 Complete the sentences with the present perfect continuous, present perfect simple or past simple form of the verbs given.**

- 1 It's a long time since I last .....  
(see) Ali. What ..... (she/do)  
lately?
- 2 How long ..... (you/have)  
driving lessons? ..... (you/  
take) your test yet?
- 3 I can't believe that you .....  
(spend) all your pocket money already. You only  
..... (get) it last weekend.
- 4 What ..... (you/think) of the  
book I lent you? ..... (you/  
finish) it yet?
- 5 Evan ..... (study) all morning  
and he ..... (not take) any  
breaks.

**2 Decide which answer (A, B or C) best fits each gap.**

'How has your view of success changed over time?'

'When I was a teenager, I thought that success meant that I wouldn't have to work as hard. Now I know that you can't sit back and let others do the work. The most successful people I know are (1) ..... the hardest-working people I know.'

'I used to think that success meant climbing the career ladder, but now I'm older I'm more relaxed (2) .....

I (3) ..... that spending time with family is what matters most.'

'Growing up, I always thought that success meant everything had to happen immediately. Now I know that every challenge is just leading to another (4) ..... bigger challenge. Life is all about the journey, and I'm considerably more patient than I used to be.'

'My idea of success was having fun and making money until a trip to the Great Barrier Reef (5) ..... me realise the importance of the environment.'

- |   |          |               |                      |
|---|----------|---------------|----------------------|
| 1 | A easily | B much        | C significantly      |
| 2 | A by far | B a lot       | C considerably       |
| 3 | A learnt | B have learnt | C have been learning |
| 4 | A barely | B quite       | C far                |
| 5 | A made   | B has made    | C has been making    |

**3 Find and correct the mistakes in the sentences.**

- 1 This is easily the best book I ever read.
- 2 At 1.80 metres, Jack is quite taller than his brother.
- 3 Since I've know Beth, she's always incredibly kind.

- 4 Ever since I heard that song, I've tried to remember who sang it.
- 5 Hawaii is the most simply beautiful place you could ever visit.

**Vocabulary**

**1 Circle the correct alternative.**

- 1 Learning to drive is a serious feat/undertaking – you should consider it carefully.
- 2 Andy had the misfortune/ordeal to break his leg while on holiday.
- 3 We have many accomplishments/exploits that we can be proud of this year.
- 4 Many entrepreneurs have successfully faced/overcome obstacles in their careers.
- 5 The player was disqualified for an illegal/illogical tackle on his opponent.

**2 Write a prefix for these words.**

- |                      |                    |
|----------------------|--------------------|
| 1 ..... solvent      | 5 ..... resistible |
| 2 ..... probable     | 6 ..... hero       |
| 3 ..... generational | 7 ..... -worker    |
| 4 ..... discover     | 8 ..... approve    |

**3 Complete the text with the correct form of the words given.**

It's an (a) ..... truth that we all face challenges from time to time. But basic problem-solving skills can make even the most difficult situations more (b) ..... and may lead to creative solutions. Here are some of our top tips.

1 Keep a positive outlook. It's (c) ..... to feel anxious when faced with a difficult situation, but a positive outlook will go a long way.

2 Ask questions. You can't solve a problem if you've (d) ..... the real situation, so don't be afraid to ask questions.

3 Keep emotions in check. In most cases, problems are best dealt with (e) .....

4 Be open-minded. There are many solutions to a given problem. Some will be more (f) ..... than others. Consider all the options.

5 Trust your instincts. Don't (g) ..... the power of intuition. If your gut tells you something, listen to it, even if others (h) .....

**COMFORT**

**BEAR**

**NATURE**

**UNDERSTAND**

**LOGIC**

**EFFECT**

**ESTIMATE**

**APPROVE**



**1a VOCABULARY** Complete the words for the definitions.

- 1 a strong, negative and often angry reaction  
b.....
- 2 something exciting and modern that everyone wants  
m.....-h.....
- 3 at the most modern and advanced point of development  
c.....-e.....
- 4 in keeping with the latest fashions  
o..... t.....
- 5 the effect other people have on someone's behaviour  
s..... i.....
- 6 old, no longer suitable o.....
- 7 possessing special, secret information  
i..... t..... k.....
- 8 old, but still attractive and useful v.....
- 9 combining different styles f.....
- 10 become popular or fashionable  
c..... o.....

**1b** Complete the texts with words from 1a.

**FASHION FORUM** Home About Subscribe

Bloggers are appearing on the front of fashion magazines and amateur designers are live streaming shows. A (a) ..... against expensive labels and this increase in (b) ..... is inspiring people to explore their own personal style. Second-hand and (c) ..... clothes are everywhere this year!

**TECH WORLD** Home About Subscribe

Pocket devices will soon be (d) ..... From wristbands to smartwatches and glasses, wearable is the latest in (e) ..... technology. Here's our top ten of the most (f) ..... gadgets around today, chosen by those (g) .....

**EATING WELL** Home About Subscribe

Blending culinary traditions from different countries, (h) ..... cuisine has gained popularity worldwide. And while it remains (i) ....., we're seeing more and more bizarre combinations of flavours. We asked our experts, will the waffle taco and pad Thai pizza ever (j) .....?

**2** Read the article. What does the writer describe? Choose the correct option.

- 1 the effect of advertising on consumers
- 2 how lifestyle influences what people buy
- 3 reasons why consumers choose products

**3** Read the article again. In which section (A–F) are the following mentioned?

- 1 a line of products which is popular in spite of its comparative high price .....
- 2 an interest in combining old ways of doing things with new products .....
- 3 the idea that consumers have the power to influence businesses .....
- 4 a reference to how packaging has changed in response to environmental concerns .....
- 5 the suggestion that buyers have very high expectations .....
- 6 an example of how a company turned concern about waste to its advantage .....
- 7 a reference to the impact of a throwaway culture on the environment .....
- 8 the idea that consumers prefer goods produced in their area .....
- 9 a reference to how possessions were used to display wealth .....
- 10 the suggestion that one company has done more than others to make a sustainable product .....

**4 CRITICAL THINKING**

- 1 What examples in your experience support the trend for responsible consumerism?
- 2 What examples contradict it?
- 3 In what other ways could companies take advantage of consumers' interest in sustainability?

**5** Match the underlined words in the article with the definitions.

- 1 the place where something came from .....
- 2 progressed faster .....
- 3 words or slogans that represent the principles of a person or group .....
- 4 prevent something bad happening .....
- 5 the force that helps something to happen more quickly .....
- 6 well-designed, easy to use (informal) .....
- 7 ordered by a rule or law .....



# Social conscience

## the new force behind consumer trends

**Consumer habits are constantly evolving. What we buy and how much we spend is influenced by a range of factors including our lifestyle, attitudes and beliefs. We take a look at some of the trends driving today's consumer choices.**

**A** 'Are you sure about that one?' the cashier of the thrift store said, looking sceptically at the items I was buying. She was talking about a framed embroidered piece of artwork depicting a medieval, bearded man. The thing was incredibly ugly, but with the embroidery out of the frame, a few bits of denim fabric and my awesome sewing skills, it transforms into an amazing shopping bag.

This is how designer Jillian Owens describes turning one vintage find into a new chic item on her website. A few snips and an oversize dress is turned into a nifty summer outfit. And while Jillian admits the fact that she was broke was the impetus for starting her website, she was equally concerned about unethical labour practices in the fashion industry. That, and the fact that people are always buying clothes and then discarding them, so they end up in landfills as waste.

**B** In case you're thinking Jillian's taste for upcycling is unusual, let me tell you she is part of a growing trend. Sustainability and ethical consumption are the latest watchwords. There has been a backlash against the materialism of the late 20<sup>th</sup> century, when people would buy designer labels and luxury items to support an image of their lifestyle. Today's consumers are all about responsible purchasing and resourcing; people want to know that products are good for them, for others, and the environment, and they're forcing the market sector to respond. Take the Danish clothing retailer that now sells fair-trade jeans made in small local and ethical factories, using nothing but 100% organically-grown cotton, for example.

“ There is no longer tolerance for a throwaway culture. ”

**C** There is no longer tolerance for a throwaway culture, as one young entrepreneur from London has discovered. Tom Cridland recently began making sweatshirts and trousers that are guaranteed to last 30 years. Although his clothes sell for considerably more than in mainstream retailers, his business is thriving. It seems that consumers are willing to pay more for a sustainable product, and they'll spend time researching before they buy. This trend to reuse rather than throw away extends to other sectors like the food industry, too. In France, it's now mandatory for supermarkets to donate spoilt or unsold food to charities. And one supermarket ran a successful 'ugly fruits' campaign: it began selling the misshapen fruit and vegetables that it used to throw away for customers to make into smoothies and soups.



**D** The concern for reusing and recycling has gained momentum in recent years. It's now an expectation that products are easily recyclable and are designed to involve less waste. We've long seen coffee refill packs, which use less plastic, in supermarkets. And even the fashion industry has branched into recycling, creating clothing and accessories from all sorts of materials from car tyres to plastic bottles. But as people *will* buy clothes and throw them away, one Swiss-German company has gone one step further – it has designed a biodegradable fabric. You can just throw your trousers onto the compost when you've finished with them and they leave nothing behind but fertile soil that can help new raw materials grow.



Jillian Owens,  
eco-fashion designer

**E** Today's consumer is also looking for products and brands that have authentic and honest origins. Whereas in the past, people were always looking for inexpensive options, knowing who has made a product and where it was made have become increasingly important. We've seen the growth in the raw food movement, as well as restaurants serving locally-sourced food. (And interestingly, more and more students are opting to study agricultural courses these days, both farm-based and online.) Along with this interest in provenance, there is a trend to mix traditional products and processes with modern-day creations. In the fashion industry, for example, we've seen 'cultural fusion' collections, in which designers take traditional prints and colours from their own cultures, and incorporate them into contemporary clothes.

**F** At the same time, consumers with complex and busy lives expect convenience. They want products to be where and when they are needed – or ideally before – without compromising quality or ethical concerns. So we can see freshly-squeezed orange juice vending machines on train platforms in Shanghai, and the use of apps to ensure ever more rapid delivery of fresh food products to homes. Some companies even go out of their way to avert problems before they happen. Take the Australian clothes brand that is producing stain-resistant T-shirts without the use of repellent chemicals, so you'll have no more clothes ruined by spill drinks. (They *would* do that now, I hear you say!)

All in all, it seems to me this trend for responsible consumerism is encouraging, and it's leading industries in a positive direction. After all, we live in a world with limited resources, and we need to be conscious about how we consume, how we manufacture and how we source.



**1 Read the sentences. Are the sentences about the present (Pr) or the past (Pa)? Circle the correct option.**

- 1 They'll spend time researching before they buy. Pr / Pa
- 2 They **would** do that now, I hear you say! Pr / Pa
- 3 People **are always** buying clothes and then discarding them. Pr / Pa
- 4 People **would** buy designer labels and luxury items to support an image of their lifestyle. Pr / Pa
- 5 As people **will** buy clothes and throw them away, one company has gone a step further. Pr / Pa
- 6 Take the Danish clothing retailer that now **sells** fair-trade jeans. Pr / Pa
- 7 It began selling the fruit and vegetables that it **used to** throw away. Pr / Pa
- 8 People **were** always **looking** for the cheapest option. Pr / Pa

**2 Match the halves to make rules.**

- 1 We use **will** or the **present simple** to talk about .....
  - 2 We use **will (stressed)** or the **present continuous** to talk about .....
  - 3 We use **used to** or **would** to talk about .....
  - 4 We use the **past continuous** to talk about .....
  - 5 We use **would (stressed)** to talk about .....
- a a single annoying event.
  - b past habits in a factual way.
  - c present habits, showing annoyance or disapproval.
  - d past habits, showing annoyance or disapproval.
  - e present habits in a factual way.

**3 Circle the correct alternative.**

- 1 Some people will write/are always writing reviews online to help others find out about products.
- 2 Max will make/was always making jokes about my height so I had to ask him to stop.
- 3 You will/would forget your keys again! You always do/re always doing that!
- 4 Tim works/would work on Saturdays, so he can't come with us to the concert.
- 5 We used to love/love playing board games, especially when we were on holiday.

**4 Complete the text with one word in each gap.**

People (a) ..... always complaining about the use of slang words and incorrect grammar, especially when it comes to young people. My mother (b) ..... keep telling me to say 'May I', not 'Can I' when I ask for permission, even though nobody bothers about that difference anymore (well, she (c) ....., she's rather old-fashioned). But language changes all the time. We have new technology all the time, so people (d) ..... invent new

words to talk about it – words like smartphone, or e-book, things that didn't (e) ..... to exist. And when I was younger, my dad (f) ..... always telling me to look on the Internet when I had homework – now, we just say 'go online'. Hundreds of years ago, writers (g) ..... use language that was different from now, which shows that language (h) ..... stay the same.

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

- 1 When they were young, my brother and sister had a lot of arguments, but now they get on well. **WOULD**  
When they were young, my brother and sister ....., but now they get on well.
- 2 Max wasn't always as talkative as he is now. **BE**  
Max ..... so talkative.
- 3 When I was younger, cycling was part of my daily routine. **USED**  
When I was younger, I .....
- 4 Alice kept on disappointing me. **ALWAYS**  
Alice ..... down.
- 5 His tendency to gossip means people don't trust him. **IS**  
He ..... people don't trust him.

**GRAMMAR CHALLENGE**

**6 Choose the correct answers. Sometimes more than one answer is possible.**

- 1 My brother ..... basketball every Saturday until he twisted his ankle.  
A played    B has played    C would play
- 2 We ..... my grandparents every summer when I was younger.  
A visited    B would visit    C used to visit
- 3 Sophie ..... in fashion for three years.  
A worked    B has worked    C has been working
- 4 Greg ..... for hours – he loves it.  
A will read    B reads    C is reading
- 5 We ..... in a small village until my dad changed his job.  
A lived    B would live    C used to live
- 6 They ..... all their matches so far this season.  
A won    B have won    C have been winning





## 1 Complete the sentences with these words.

back • height • keep • passing • start  
statement • world

- 1 Lucy reads fashion magazines to ..... up with the latest fashions.
- 2 Nobody will be wearing those sunglasses next year. They're just a ..... fashion.
- 3 I remember when long skirts were the ..... of fashion.
- 4 This suit may be old-fashioned now, but eventually it will be ..... in fashion.
- 5 That hairstyle is unusual, but maybe you will ..... a new fashion with it.
- 6 This watch is not only reliable, but also makes a fashion .....
- 7 Doing a degree is just one of several ways to get a job in the ..... of fashion.

## 2 Match the halves to make sentences.

- |   |  |
|---|--|
| 1 Alistair is always buying the latest designer clothes. He's a real .....        |  |
| 2 This restaurant is one of the few that's been successful. It's managed to ..... |  |
| 3 Everyone's wearing these trainers at the moment. They're .....                  |  |
| 4 Smart clothing may not be fashionable yet, but I've heard it's .....            |  |
| 5 Next year, forecasters predict that hippy fashion will be .....                 |  |
| 6 Sushi restaurants are everywhere, but not long ago, they were hardly .....      |  |
- a all the rage.                      d the next big thing.  
b slave to fashion.                e on the radar.  
c back in vogue.                    f buck the trend.

## 3 LISTENING 03 Listen to a conversation between three friends. Beth and Raj are from Britain, and Jake is from the US. What are they talking about? Choose the correct answer.

- 1 different ways to order food
- 2 attitudes towards food in their countries
- 3 trends in eating out and at home



## 4 03 Listen again and choose the correct answers.

- 1 The delivery service that Jake describes ...
  - a is fast because groups of people order the same dish.
  - b only involves local restaurants.
  - c is for a limited number of restaurants.
  - d offers more than one delivery option.
- 2 Beth and Jake agree that the benefit of meal kits is that ...
  - a it isn't necessary to keep a lot of ingredients at home.
  - b they allow people to cook for themselves.
  - c they are delivered to people at home.
  - d they are a useful alternative to convenience food.
- 3 What do we know about meal kits?
  - a They tend to contain elaborate recipes.
  - b They allow people to experiment with food.
  - c They are prepared by professional chefs.
  - d They are for people who follow a special diet.
- 4 According to Jake, a food trend that will be popular is ...
  - a cooking with natural ingredients.
  - b eating vegetables but not meat.
  - c using restaurant waste to feed animals and fish.
  - d including food waste in restaurant dishes.
- 5 When Jake and Raj talk about restaurants inside shops ...
  - a they suggest that these places are annoying.
  - b they are impressed with them for different reasons.
  - c they agree that these places are convenient.
  - d they imply they would like more shops to have them.

## + VOCABULARY EXTENSION

### 5 Underline the word that cannot be used to describe the noun given.

- |                   |              |                |
|-------------------|--------------|----------------|
| 1 food:           | delicious    | tasteful       |
|                   | inedible     | bland          |
| 2 clothes:        | baggy        | oversized      |
|                   | patterned    | lined          |
| 3 a room's decor: | minimalist   | soothing       |
|                   | tasty        | rustic         |
| 4 a film:         | thriving     | riveting       |
|                   | moving       | tedious        |
| 5 a restaurant:   | hip          | pricey         |
|                   | welcoming    | charismatic    |
| 6 a drink:        | refreshing   | sparkling      |
|                   | icy          | warming        |
| 7 technology:     | cutting-edge | wireless       |
|                   | emerging     | highly-charged |
| 8 music:          | slow-moving  | uplifting      |
|                   | catchy       | mellow         |



**1a Do the sentences contain defining (D) or non-defining (ND) relative clauses? Circle the correct option.**

- 1 There are loads of companies that deliver food. D / ND
- 2 I sometimes use the Popular Items tab, which just has the ten most popular dishes. D / ND
- 3 It's a kit which contains ingredients and step-by-step instructions. D / ND
- 4 It was started by an entrepreneur, who's also a chef. D / ND
- 5 There's one place where they serve vegetables as the main dish. D / ND

**1b Complete the sentences with defining or non-defining.**

- 1 A ..... relative clause tells us which person or thing we mean.
- 2 A ..... relative clause gives us extra information.
- 3 We cannot use *that* to replace *which* and *who* in ..... relative clauses.
- 4 Commas are required at the beginning and end of ..... relative clauses.
- 5 We can omit the relative pronoun when it is the object of the verb in ..... relative clauses.

**2 Complete the sentences with an appropriate relative pronoun or write 0 if no pronoun is needed.**

- 1 Processed foods contain a lot of salt and sugar, ..... are bad for your health.
- 2 I really admire the chef ..... dishes are all made from scraps ..... would otherwise be thrown away.
- 3 Personally, I think chefs ..... forage for food are just cashing in on the latest food craze.
- 4 In Japan, ..... people eat a lot of raw fish, ..... people tend to live longer.
- 5 My mother, ..... does most of the cooking in our family, is the best cook ..... I've ever met.

**3 Read the text and decide which answer (A, B or C) best fits each gap. Sometimes more than one answer is possible.**

We were asked to find out about unusual restaurants. This is the strangest one (1) ..... I found. It's called *Dinner in the Sky* and it's effectively a table (2) ..... suspended in the air by a crane. Anyone (3) ..... is brave enough to eat there is lifted 40 metres high in the air. The waiters, (4) ..... don't wear any kind of safety equipment, serve ham salad and prawns (5) ..... are cooked at a tiny oven in the centre of the table.

The restaurant is popular in Belgium, (6) ..... it originally started, but it can be found now in other countries, too. David Ghysels, (7) ..... idea it was, claims it's for people (8) ..... want to try something different. 'The sky's the limit,' he says.

*Dinner in the Sky* is among the world's top ten most unusual restaurants, alongside a restaurant in England (9) ..... serves snail porridge and *Ninja* in New York, (10) ..... waiters perform magic while they serve.

- 1 A that      B where      C 0
- 2 A 0      B which      C that
- 3 A who      B whose      C which
- 4 A that      B who      C which
- 5 A which      B that      C where
- 6 A where      B which      C 0
- 7 A that      B who      C whose
- 8 A that      B 0      C who
- 9 A that      B which      C where
- 10 A 0      B which      C where

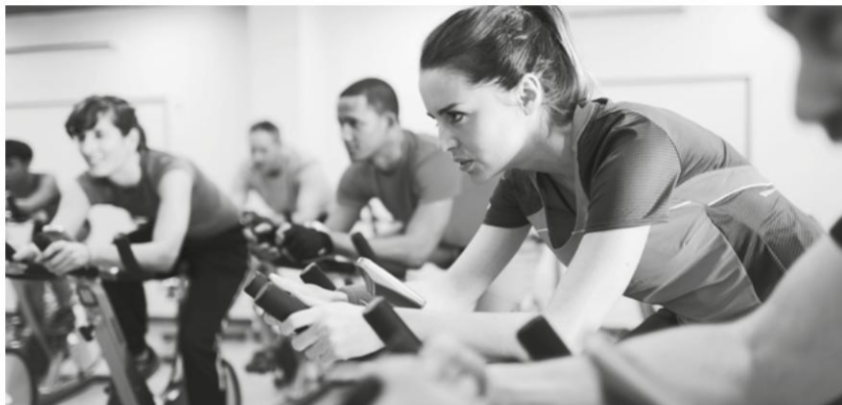
**4 Write the sentences again with a relative clause.**

- 1 I learnt this recipe from my grandmother.  
This is the recipe .....
- 2 I know a restaurant. You can have chocolate with fries there.  
I know .....
- 3 The chef came to speak to us. It was his restaurant.  
The chef .....
- 4 We decided to go to the restaurant on the corner.  
We always go there.  
We decided .....
- 5 I liked the dish except for the sauce. It was too spicy.  
I liked .....

**GRAMMAR CHALLENGE**

**5 Find and correct ten mistakes in the text.**

When my parents asked me where I would like to eat out on my birthday, I immediately said *Leo's*. 'You were always going there, that's not really special,' they complained. It's true, but it's by much the best restaurant I know. We went there since I was a kid and the chef, that is also a neighbour, has become a good friend. I didn't used to be adventurous with food and always ordered the same thing. Now I eat everything! The risotto, which it is made with scraps of vegetables that would normally be thrown away, is actually my favourite! Some people say the food is misrated, but you would always see people queuing up outside, especially on Saturdays. It's a place to go if you're on the know. I've been going there hundreds of times now and I've never been disappointed!



Handbags made from rice sacks

**1 LISTENING** 04 Listen to two students, Derek and Emma, answering these questions. Circle the correct alternative.

- Some people say people are too obsessed with health and fitness nowadays. Do you agree?
  - Some people think it's become fashionable to be concerned about 'green issues'. What's your opinion?
- 1 Derrick agrees/doesn't completely agree/disagrees with the statement.
  - 2 Emma agrees/doesn't completely agree/disagrees with the statement.

**2** 04 Listen again and tick (✓) if the speaker does these things.

	Derek	Emma
1 talks about what they've seen or heard in the media		
2 gives reasons for their opinion		
3 compares the past with the present		
4 refers to research or studies		
5 refers to what other people say		

**3a** 04 Complete the words in the phrases. If necessary, listen again.

- 1 But I can't a ..... that people are too obsessed.
- 2 Plus, we have more free time now ... I believe that studies have already p ..... this to be true.
- 3 So, I agree p ....., in the sense that people are interested in health and fitness, ...
- 4 Well, I would go a ..... w ..... the idea that it's fashionable to be interested in the environment.
- 5 And it's a reasonable a ..... that some companies are cashing in on it, ...
- 6 It's what their friends do, so they do the same – that's what I've heard other people t ..... a ..... anyway ...
- 7 There's e ..... to show that these things help.

**3b** Which phrases are used to justify opinions and to agree/disagree? Write the numbers in 3a.

Phrases to justify opinions: .....

Phrases to agree: .....

Phrases to disagree: .....

**4** Write the words in the correct order. Match them to sentences in 3a with a similar meaning.

- a a quite up research back has this been of lot done to .....
- b is only but this anecdotal, .....
- c happening already this there's of proof .....
- d untrue that's evidently .....
- e extent perhaps to some .....

**5** Choose two topics and make notes in your notebook. Think about the points below.

- 1 Some people believe that young people are too obsessed with fashion. Do you agree?
- 2 What are some positive effects of modern-day living? What are some negative effects?
- 3 To what extent are people happier now than in previous generations?
- 4 Some people say that people are less social than they were in the past. Do you agree?
- 5 How has the way people buy food changed over recent years?
- 6 Do you think our lifestyles will become healthier or less healthy in the future?
  - your opinion/Do you agree or disagree?
  - reasons for your opinion
  - what you've seen or heard in the media
  - what other people say
  - what research/studies say

**6** Practise giving your opinion using phrases for justifying your ideas, for agreeing and for disagreeing.