

GRAMMAR

1 Complete the sentences with the correct word(s).

Example: As far as meals *are concerned*, we're planning on bringing our own food.

concern are concerned concerned

1 On the one hand, we need the rain for our garden to grow. On _____ hand, we want to sit in the garden and enjoy the sunshine!

other the other another

2 Please be on time for the bus. _____ you'll make everyone late for the concert.

Other Other words Otherwise

3 _____ you don't really like your new job.

Obvious to me Obviously Obvious

4 I don't understand the instructions for getting to the show. _____, I don't even want to go.

It's beside Beside Besides

5 Jules is coming for the weekend. _____ she's leaving her job to start her own business, and she wants your advice.

Incidentally By incident Incident

6 A Do you like cricket?

B As _____ of fact, I love it.

matters if it mattered a matter

7 I think you should take the day off tomorrow.

_____, your brother doesn't visit very often.

After all After It's after

8 It's going to rain tomorrow, or _____ that's what the forecast said.

least at least leastly

8

2 Underline the correct word(s).

Example: Can I **borrow** / **borrowed** 20 euros until tomorrow as long as you don't need it?

1 Provided Mel **brought** / **brings** his guitar tomorrow, we're going to have a sing-along.

2 If we **have** / **had** two more people, we'd have enough to play a proper football match.

3 I would **phone** / **have phoned** to say I was going to be late if I hadn't lost my mobile.

4 **Supposed** / **Supposing** you got lost and couldn't find your way home. What would you do?

5 Had I known it was your birthday, I would **have made** / **made** a cake.

6 I'll tell you everything as long as you **will promise** / **promise** not to laugh at me.

6

3 Complete the sentences with the gerund or the infinitive form of the verbs in brackets.

Example: I'd like you *to phone* (phone) my office and tell them I'm ill.

1 I would hate him _____ (think) I'm not interested in his project.

2 He dislikes people _____ (make) noise while he's studying.

3 He's waiting for his train _____ (arrive).

4 My uncle advised me _____ (visit) Italy before the weather gets too hot.

5 They'd better not keep me _____ (wait). I'm too busy to waste time sitting here.

6 Please let me _____ (come) with you. I am bored all on my own.

6

Grammar total 20

VOCABULARY

4 Complete the words in the sentences.

Example: A *civilian* is someone who is not a member of the armed forces or the police

1 A **s**_____ shoots at people from a hidden position.

2 A **r**_____ is a sudden, illegal, often violent change of government.

3 A **t**_____ is a formal agreement between two or more countries.

4 **R**_____ are people who are forced to leave their home because there is a war.

5 A person who has been injured in a war is called a **c**_____.

6 A **c**_____ is when two armies agree to stop fighting temporarily.

6

5 Complete the sentences with the correct word(s).

Example: In the past, warriors used bows to shoot arrows at the enemy.

bullets bows shields

- The soldier held his _____ tightly as he ran across the field shooting.
cannon machine gun missile
- The tribe defended their village in the jungle by throwing _____ at the boats of the soldiers as they came up the river.
sieges troops spears
- The rebels _____ the bridge to stop the soldiers from getting supplies.
surrendered blew up defeated
- After the attack on the city, all of the shops were _____ and almost everything was stolen.
overthrown declared looted
- A I really love war films.
B Really? I'm not particularly keen _____ them.
on in with
- The king was very proud _____ his soldiers for winning the battle.
with of for

6

- My cousin and his wife are great parents. Their kids are three and five, but they're so _____-behaved, we all actually enjoy going out to restaurants together.
- When I was working as a tour guide, I got _____ on international travel. It gave me an enormous high, and if I didn't get on a plane for a week or two, I became edgy and tense.
- I'm completely fed up _____ the adverts at the cinema. They last at least 30 minutes, and the film is only 90 minutes long.

8

Vocabulary total 20

PRONUNCIATION

7 Match the words with the same sound.

coup high-minded besieged gambling
hang up refugee

Example: troops coup

- dialogue _____, _____
- edgy _____, _____
- short-sighted _____

5

6 Complete the sentences with one word.

Example: The story of a film and the things the characters do is called the plot.

- The final _____ at the end of a film list the names of all of the actors and other people who appeared in or worked on the film.
- I loved *Star Wars*, but I don't remember the details of the conversation between Luke Skywalker and Darth Vader. Dialogue _____ aren't as important as the action.
- I have quite a _____ friends who have taken a gap year.
- My dad just bought a second-_____ car. He saw an advert in the paper, and thought the price was much better than buying a new car.
- My grandmother is a lovely person, but can be very _____-minded and intolerant. She thinks I should stop studying and get married as soon as possible.

8 Underline the stressed syllable.

Example: composer

- review
- substance
- anxious
- become
- harmless

5

Pronunciation total 10

Grammar, Vocabulary, and Pronunciation total 50

4

Reading and Writing

READING

Read the article and tick (✓) A, B, or C.

HELP YOURSELF

In the last couple of decades, self-help books have been a publishing phenomenon, often topping the bestseller lists. Readers have lapped up their advice on how to do a wide variety of things, from becoming successful and rich to improving their relationships. If you're facing a particular problem in your life, there's a host of self-help books for you. If you have the idea that you want to improve yourself in some way, there are any number of self-help titles just waiting to advise you. If you want a successful career, no problem – step-by-step guides will tell you exactly what to do. But, despite their enormous success, there's a question many people ask: do these books actually do what they claim to?

Obviously, as in any field of publishing, some self-help books are better than others. Some may be based on actual research and case studies – there's some substance to them that suggests they can, at least to some extent, be taken seriously. Others, however, amount to little more than psychobabble – empty nonsense dressed up as serious psychological insight. These books bombard the reader with a mass of meaningless jargon, disguising the fact that they have nothing to say beyond the obvious that you would not need to buy a book to know. It's the latter category that has given self-help books a bad name among critics of the genre.

The kind of advice given in self-help books is often more or less the same. What really amount to pretty standard statements are made in many of them, but does this advice stand up to scrutiny? Psychologists who have studied a range of self-help books connected with happiness say the answer to this is 'not always'. They say that although the emphasis the books place on aiming for good relationships with families, friends and colleagues has, in some ways, some scientific basis in terms of what does actually lead to personal happiness, in other ways the advice given is actually false.

For example, the books commonly tell you that it is good to express your anger; the psychologists say this simply causes you to remain angry. You are often told to try to think happy thoughts when you are sad; the psychologists say that attempting to do this simply emphasizes your unhappiness for you. The books tell you to focus entirely on your aims in life, looking only at the desired outcome; psychologists say you need to focus just as much on the problems you have to overcome in order to reach your goals. The books tell you to keep praising yourself to increase and maintain a high level of self-belief; the psychologists say that actually this doesn't work because you need praise from other people in order to increase your self-esteem.

Perhaps the key question on self-help books is: do they work? Do people feel they have directly helped them? Whatever critics may say, do the people who buy and read them get real results from them? The answer to this question appears to be 'sometimes'. Research indicates that the kind of book that deals with a particular problem can be effective in helping people with that problem, particularly if the problem in question isn't a severe one, for example mild depression or anxiety. The situation is less clear with books dealing with personal growth or development. Some people do say that these books have helped them but it is by no means certain, and hard to measure, whether this is really the case.

What is clear about all self-help books, however, is that they offer people hope. The actual advice they give and whether or not this is accurate or effective is probably less important than the fact that they tell the reader that change is possible, that there is hope of a better life, that people can overcome difficulties and improve themselves and their situation. While this may sound like a good thing, there is, however, a downside to it. To get people to buy them, these books often make exaggerated claims about what they will do for people. They can raise unrealistic expectations in the reader, suggesting that a better life can quite easily be achieved, that anyone can get what they want out of life. The truth is of course that changing yourself and your life may be very difficult indeed and require an immense amount of effort, if it is even achievable at all. So self-help books are open to the claim that they present a false picture that can only lead to disappointment in the end.

- In the first paragraph, what does the writer emphasize about self-help books?
 - A The fact that one person might buy many of them.
 - B How quickly the genre became popular.
 - C The number of them available.
- In the second paragraph, the writer expresses a preference for self-help books which _____.
 - A don't use any jargon at all
 - B explain technical terms in a clear way
 - C give examples to support their advice
- The writer says that self-help books containing a lot of 'psychobabble' _____.
 - A are seldom popular with readers
 - B have affected the reputation of all self-help books
 - C exist in greater numbers than other kinds of self-help book

WRITING

Choose one of the essay titles below and write about the pros and cons in approximately 250 words:

- 1 Gadgets make daily life easier – or do they?
- 2 The success of a company depends on the happiness of its employees.
- 3 Self-help books can do more harm than good.

Writing total	<input type="text"/>	10
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Reading and Writing total	<input type="text"/>	20
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- 4 What does the writer say about self-help books connected with happiness?
 - A There is evidence to support some of the advice they give.
 - B They vary more than other kinds of self-help book.
 - C They are the most popular kind of self-help book.
- 5 Psychologists say that some advice in books about happiness _____.
 - A could produce different bad feelings in people
 - B could make people feel worse than they did
 - C is too hard for people to carry out
- 6 Which of the following do psychologists believe?
 - A You won't have greater self-confidence unless other people praise you.
 - B Focusing on problems is more important than focusing on goals.
 - C Thinking only about aims can result in greater unhappiness.
- 7 Research into whether self-help books really help people suggests that _____.
 - A those dealing with personal growth and development are the least useful
 - B people want to believe that they have helped them a lot
 - C they are not very useful for serious problems
- 8 What do all self-help books have in common, according to the writer?
 - A They all contain some useful advice.
 - B They all have the same basic message.
 - C They all sympathize with the reader.
- 9 When asking whether self-help books work, the writer suggests that _____.
 - A this may be more important than whether the advice is correct
 - B not enough attention has been paid to this
 - C readers may not be honest about this
- 10 The writer concludes in that last paragraph that self-help books _____.
 - A are more influential than is generally thought
 - B may actually be harmful to people
 - C are only taken seriously by certain kinds of person

Reading total	<input type="text"/>	10
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Listening and Speaking

LISTENING

1 Listen to five people talking about various historical films. Match the speakers (1–5) to what they say about the films (A–H).

Speaker 1

Speaker 2

Speaker 3

Speaker 4

Speaker 5

- A It was different from what I had expected before I saw it.
 B It has a personal connection for me.
 C Most people remember one particular scene from it.
 D I liked it so much that I saw it over and over again.
 E I remained affected by it for some time after I'd seen it.
 F One particular scene affected me emotionally a great deal.
 G The acting is the most impressive aspect of it.
 H I found elements of it unrealistic.

5

2 Listen to an interview about computer addiction. Tick (✓) A, B, or C.

1 What does the interviewer say about computer addiction in his introduction?

- A It causes disagreement among experts.
 B It affects a great many people.
 C It is unlikely that it really exists.

2 Colin says that one reason why computer addiction is a difficult subject is that _____.

- A it is easy for people to be addicted to computers without realizing it
 B people don't want to think that it is similar to common addictions
 C reasons why people use computers for a long time vary considerably

3 What is Colin's point about hobbies?

- A Many people spend longer doing hobbies than using computers.
 B People don't usually think that a hobby can be an addiction.
 C They can be just as addictive as computer use.

- 4 What does Colin say about computer-game addiction?
 A Official bodies are likely to accept that it exists in the future.
 B It is something that many people might notice.
 C Experts cannot agree on a clear definition of it.
- 5 What is Colin's personal opinion on computer addiction?
 A Some people think they have an addiction but they don't.
 B More people will believe that computer use can become an addiction.
 C Certain behaviour probably indicates the existence of an addiction.

5

Listening total 10

SPEAKING Student A

1 Ask your partner these questions.

- Which historical films have you seen and enjoyed?
- What have you recently tried to persuade someone to do?
- Why are self-help books so popular?
- What kind of addictions are caused by modern gadgets?
- Which gadgets do you always have with you when you go out?

2 Now answer your partner's questions.

3 Now talk about one of these statements, saying if you agree or disagree. Give reasons.

- 'It does not matter if a historical film is factually inaccurate.'
- 'Advertising is harmful to a lot of people.'
- 'Addictions are the greatest problem in society today.'

4 Now listen to your partner. Do you agree with him / her?

Speaking total 15

Listening and Speaking total 25

SPEAKING Student B

- 1 Answer your partner's questions.
- 2 Now ask your partner these questions.
 - 1 Which recent historical films have been very popular?
 - 2 How easy is it for people to persuade you to do something?
 - 3 If you bought a self-help book, what would it be about?
 - 4 What kind of problems cause people to buy self-help books?
 - 5 What kind of things are people in your society obsessed with?
- 3 Listen to your partner. Do you agree with him / her?
- 4 Now talk about one of these statements, saying if you agree or disagree. Give reasons.
 - 1 'Historical films are a good way for people to learn about history.'
 - 2 'There is no point in anyone reading a self-help book.'
 - 3 'An obsession is not necessarily a bad thing.'

Speaking total 15Listening and Speaking total 25