

1 Personally Speaking

Reading

Choose the answer (a, b, c or d) which fits best according to the text.

How to be a teenager and survive!

Being a teenager in these troubled times isn't exactly a walk in the park. The uncertainty only adds to the typical list of problems you're already facing. So, what are the challenges you are up against and how can you weather the storm and arrive safely on the other side?

As a teenager, the biggest challenge you, your family and friends face is mood swings. One minute you feel ecstatic, full of confidence and optimism and the next you feel depressed, angry at the world and certain that you are a failure. Personal appearance also becomes a huge issue. The hormones racing through your body play havoc with your self-image. Suddenly, you have become too fat, too thin, too ugly, too short, too tall; your hair is too dark, too light, too curly, too straight, etc. In short, you are completely dissatisfied with your appearance.

Relationships with others also become more complicated. You may find you no longer have that much in common with the friends you've been hanging around with for years. It can also be distressing when a former best friend now prefers to spend time with other friends. As for family relationships, well, it often seems that a war has been declared, and parents and siblings have become the enemy.

But it needn't all be doom and gloom. The teenage years are unique in a person's life. They mark the end of childhood and the important passage to adulthood. The key to a happy 'teenhood' is to recognise that no matter how your emotions change or how insecure you feel about yourself, you are perfectly normal! Everyone, big and small, experiences feelings of depression and anxiety from time to time. But here are a few tips to help you get through your darkest moments.

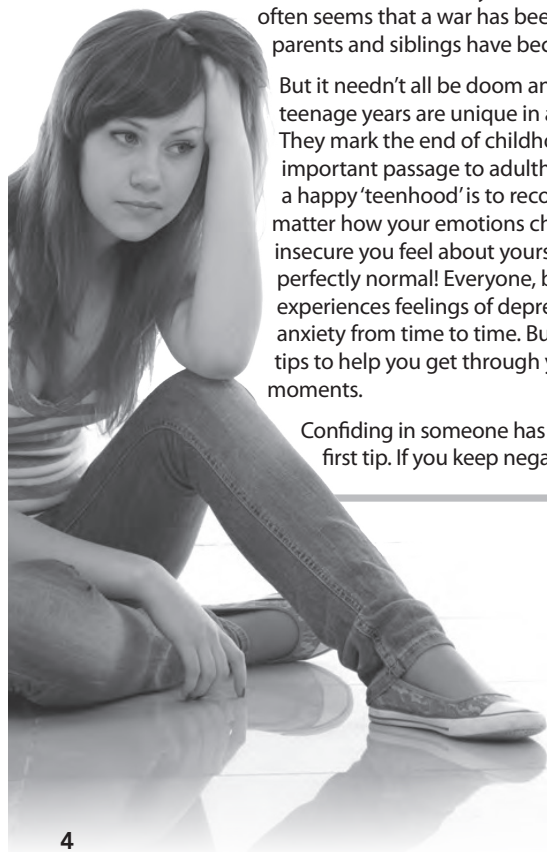
Confiding in someone has got to be the first tip. If you keep negative feelings

in, you'll reach a point where you think you're going to explode. Talk about how you are feeling with someone you can trust. Even if they can't give you the advice you need, just getting it off your chest can make a world of difference.

But, what can you do if you're at exploding point and there's no one to talk to? If you want to avoid conflict with others, go somewhere on your own for a minute or two. Take time to breathe properly. When we are in stressful situations our breathing becomes short and rushed, and as a result less oxygen reaches the brain. This can heighten negative feelings that we have. One technique is to close one nostril with your thumb and inhale, then close the other nostril with your index finger and exhale as you release your thumb from the first nostril. Do this at least ten times and your breathing will return to normal and you will feel much calmer in next to no time.

Physical exercise like running, cycling and swimming are also great ways to clear the mind and they have the added bonus of keeping you fit. If you do this whenever you're down, you'll also start to feel better about yourself and your body. There's no need to push yourself to the limits, though. Listen to your body and stop when it says 'No more!'

Finally, always try to focus on the positive aspects of your life. Being a teenager means you have more freedom. Use it in constructive ways so that feelings of frustration are replaced by feelings of accomplishment.



- 1 As a result of the current world situation,
 - a everyone has the same problems.
 - b teenagers are coping better than others.
 - c people feel insecure about the future.
 - d the problems confronting teenagers have changed completely.
- 2 Teenagers often have to deal with
 - a sudden emotional changes.
 - b the anger of relatives and friends.
 - c constantly putting on and losing weight.
 - d lack of success.
- 3 During the teenage years,
 - a family members always stop talking to one another.
 - b hormonal changes can make young people dissatisfied with how they look.
 - c best friends always grow apart.
 - d personal appearance becomes the most important aspect of a teenager's life.
- 4 What does the word 'unique' in paragraph 4 tell us about the teen years?
 - a They cause a lot of anxiety.
 - b They are a very special time in our lives.
 - c All teenagers experience them in the same way.
 - d Teenagers ought to be happier.
- 5 According to the writer, angry teenagers feel better
 - a by listening to the advice of others.
 - b by bottling up their feelings.
 - c by talking about their feelings.
 - d by taking short, quick breaths.
- 6 The writer encourages teenagers to
 - a respect their body and its limitations.
 - b exercise only when they are depressed.
 - c ask their parents for more freedom.
 - d take up a competitive sport.

Vocabulary

A Complete the sentences with the correct form of the words.

- 1 Jan is so _____ with her new job that she's thinking of leaving.
- 2 This chair is really _____; can I have another one?
- 3 Everyone looked on in _____ while the performer smashed up the stage.
- 4 It's too _____ to walk through the park at night.
- 5 Tania's very bright, but she lacks _____.
- 6 Are you very _____ about your exam results?
- 7 Last year's tennis championship was just _____!
- 8 Sorry, but we can't give you _____ details about the position at the moment.

SATISFY
COMFORT

AMAZE
DANGER
CONFIDENT
ANXIETY
DISASTER

SPECIFY

B Match the first parts of the sentences 1-6 to the second parts a-f.

- 1 The player limped in
- 2 All the way through the play, she was on
- 3 When I heard about the break-up, I was at
- 4 Seeing the huge flames, James ran out of the office in
- 5 I haven't been on
- 6 Don't let Fiona get under

- a a loss for words.
- b good terms with my boss since last December.
- c your skin; she's just insecure.
- d the edge of her seat.
- e agony off the field.
- f a panic.



1 Personally Speaking

C Complete the words in the sentences.

- 1 A phobia is an i _____ fear of something specific.
- 2 Never be afraid to e _____ your feelings.
- 3 I was a _____ to find out they were getting married.
- 4 How will the new changes a _____ your job?
- 5 Claire's behaviour has become u _____ so we've made an appointment with a psychologist.
- 6 I've had s _____ stomach pains all morning.
- 7 What a s _____ you missed the party!
- 8 Take a taxi as the bus service is very i _____.

D Read the text and circle the correct words.

Does alone = lonely?

We tend to think that people who are alone experience great (1) loneliness / annoyance. But is this necessarily the case? While some people crave company, others may be (2) desperate / terrified to spend some time alone. It can be a chance to concentrate (3) to / on their hobbies and interests, or a good way to (4) calm down / bottle up after a busy day in a stressful job. On the other hand, while many people don't like being on their own, others simply (5) cheer up / freak out in company and this can (6) lead / respond to unsociable or even anti-social behaviour. Being in a crowd can have a negative (7) effect / connect on these people. They may not be able to (8) base / focus on other people's conversations and consequently, may appear to be rude. However, more often than not, it isn't that they're not interested (9) for / in what other people have to say, but that they find it impossible to follow group conversations.



E The words in bold are in the wrong sentences. Write each word next to the correct sentences.

- 1 Are you **responsible** about going on the excursion tomorrow? _____
- 2 I was **terrified** at how dirty her kitchen was. _____
- 3 The company is **disgusted** that sales will be much better this quarter. _____
- 4 We were absolutely **optimistic** by the horror film. _____
- 5 I don't understand why everyone likes that actor. There's nothing **terrible** about her. _____
- 6 Please write the report again – it's **strict**. _____
- 7 This **enthusiastic** diet is making me miserable! _____
- 8 Who is **special** for breaking the window? _____

Grammar

A Find and correct the mistakes in the sentences.

- 1 We are going to the beach every day. _____
- 2 Why are you complaining always about the weather? _____
- 3 These roses are smelling lovely. _____
- 4 They have a test usually at the end of each term. _____
- 5 Are neurons sending messages to the brain? _____
- 6 What do you stare at? _____
- 7 I look for the station. Can you tell me where it is? _____
- 8 She gets more and more excited about her birthday every day. _____

B Complete the sentences with the Present Simple or the Present Continuous form of these verbs.

belong burst into freak out go look not see show take take off

- 1 What time _____ the plane _____?
- 2 _____ this science book _____ to you?
- 3 The referee _____ Garibaldi a red card and the whole stadium _____ wild!
- 4 Every winter, we _____ skiing lessons.
- 5 Anne _____ miserable. Is anything wrong?
- 6 Sharon _____ always _____ tears during sad films.
- 7 My mum _____ when I stay out too late.
- 8 I _____ Sam anymore.

C Complete the sentences using the Present Perfect Simple or the Present Perfect Continuous form of the verbs in brackets.

- 1 Why _____ you _____ (not clean) the bathroom yet?
- 2 The professor _____ (give) lectures all afternoon.
- 3 I _____ (never be) outside Europe.
- 4 The children _____ (just meet) their new cousin.
- 5 _____ Dora _____ (run)? Her face is bright red!
- 6 It's the first time Rob _____ (ask) me a favour.
- 7 Where _____ they _____ (stay) since they arrived in Madrid?
- 8 You _____ (not give) us enough time to complete the task.

D Complete the text with the Present Perfect Simple or the Present Perfect Continuous of these verbs.

date end get give hit make meet part

Hugh Grant (1) _____ the headlines for decades with stories of his relationships with fellow stars. In the past, he (2) _____ celebrities such as Liz Hurley and Jemima Khan. The press (3) _____ often _____ him the nickname of the best-loved bachelor in show-biz. However, the fifty-one-year old actor (4) _____ recently _____ the latest love of his life: his newborn daughter whom he (5) _____ to know over the past few weeks. Unfortunately, he (6) _____ it clear that his relationship with the baby's mother (7) _____. Nevertheless, they (8) _____ on good terms and Grant is said to be very supportive of her and their daughter.



1 Personally Speaking

E Choose the correct answers.

- 1 Have you read this article ___?
a just b yet c ever
- 2 He ___ a book on body language for years now.
a has been writing b is writing c has written
- 3 They ___ come back from holiday yet.
a don't b aren't c haven't
- 4 Where have you ___ all this time?
a gone b been going c been
- 5 Are you enjoying the book you ___?
a are reading b have read c read
- 6 The sun ___ before 7 pm in winter.
a is setting b has been setting c sets
- 7 They haven't ___ to each other since the divorce.
a speaking b spoke c spoken
- 8 What ___ you doing this evening?
a have b are c do

Listening

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

- 1 You hear a man talking about his family life. How does he feel?
a free
b lonely
c anxious
- 2 You hear a mother talking to her son. Why is she talking to him?
a to congratulate him
b to calm him down
c to give him some advice
- 3 You hear two teenagers talking. What is the girl dissatisfied with?
a her appearance
b her weight
c her performance at school
- 4 You hear a man and a woman talking. Who is the man no longer on good terms with?
a his brother
b his sister-in-law
c his children
- 5 You hear a man talking about flying. What did he dislike about it?
a confined spaces
b heights
c being bored
- 6 You hear a woman talking on the radio. What is she?
a a school teacher
b an agony aunt
c a writer



Writing

A Read the writing task below and answer the questions.

You have received an email from your English-speaking friend, Joy, who has been having some problems with her best friend. Read Joy's email and the notes you have made. Then write an email to Joy, using all your notes.

email

From: Joy Summers
Sent: 1st August
Subject: Help!

Hi Clara,

I haven't seen you in ages! I saw your sister at Jack's birthday party last weekend. Why didn't you come too? *→ Explain*

It's a pity, because I had been really looking forward to seeing you and having a good chat.

The party was absolutely fab, but unfortunately, I spilt a drink on Kate's new white dress and she was furious with me. *→ Ask for more details*

She still won't speak to me! Can you believe it! It's really upsetting as we've been best friends since primary school and we've never fallen out before. How can I get her to forgive me? *→ Suggest*

By the way, I took masses of photos at the party. Do you want me to send you some? *→ No, because ...*

Reply soon,
Joy

Write your **email** in 120-150 words in an appropriate style.

- 1 What should Clara give an explanation for in her reply?
- 2 What should Clara ask more details about?
- 3 What suggestion should Clara make?
- 4 What will Clara say 'No' to?
- 5 Why do you think she might say 'No'?

B Read the model email and circle exclamation marks, underline abbreviations and highlight friendly expressions in the beginning and when signing off.

email

From: Clara Maxwell
Sent: 2nd August
Subject: Re: Help!

Hi Joy,

You're right! We haven't seen each other for ages. Sorry I didn't get to see you at the party, but I was absolutely exhausted that day. The drama club's putting on a play so we've been rehearsing non-stop. I had five hours of rehearsal on the day of Jack's party!

What a shame you've fallen out with Kate. What exactly happened? Did you spill the drink by mistake or was it deliberate? If it was an accident, I'm sure she'll forgive you soon. She's probably just really upset about her dress as it was new. You could apologise and explain to her that your friendship means a lot to you. Also, you could save up your pocket money and offer to buy her a new one if it was ruined. Be patient with her - she'll come round soon.

Don't bother sending me photos of the party. My sister took loads too and never misses a chance to show them off!

Well, hope to catch up with you soon,
Clara

Remember!

When writing an informal transactional letter or email, write in a chatty style and use contracted forms and punctuation marks like exclamation marks. Remember to write as if you know the person and to include friendly beginnings and endings. Also, the tasks in transactional letters and emails are accompanied by notes. Remember to cover all of them in your letter or email, including information of your own necessary to complete the task. See the Writing Reference for informal emails on page 178 for further help.



1 Personally Speaking

C Read and complete the writing task below.

You have received an email from your English-speaking friend, Aidan, whose birthday is next week. Read Aidan's email and the notes you have made. Then write an email to Aidan, using all your notes.

email

Hi,

What have you been up to lately? I heard you've joined a football team. How's that going? → Give details

I don't know if you've heard, but it's my birthday next week and I'm planning to do something special on that day. → Explain how you found out

The thing is, I'm not sure what to arrange. One idea is to have a barbecue in our garden, though it would mean my dad would have to be there to help us out. Mum suggested inviting a small group of friends and taking them to the cinema and then maybe for pizza. What do you think? → Suggest

Oh, I nearly forgot. We're going camping this weekend, but I don't have a sleeping bag. Could I borrow yours? → No, because ...

Speak to you soon,

Aidan

Write your **email** in 120-150 words in an appropriate style.

Watch the clock!

5 ⌚ Spend 5 minutes reading the task and planning your email.

30 ⌚ Spend 30 minutes writing your email.

5 ⌚ Spend 5 minutes checking and editing your email.

