

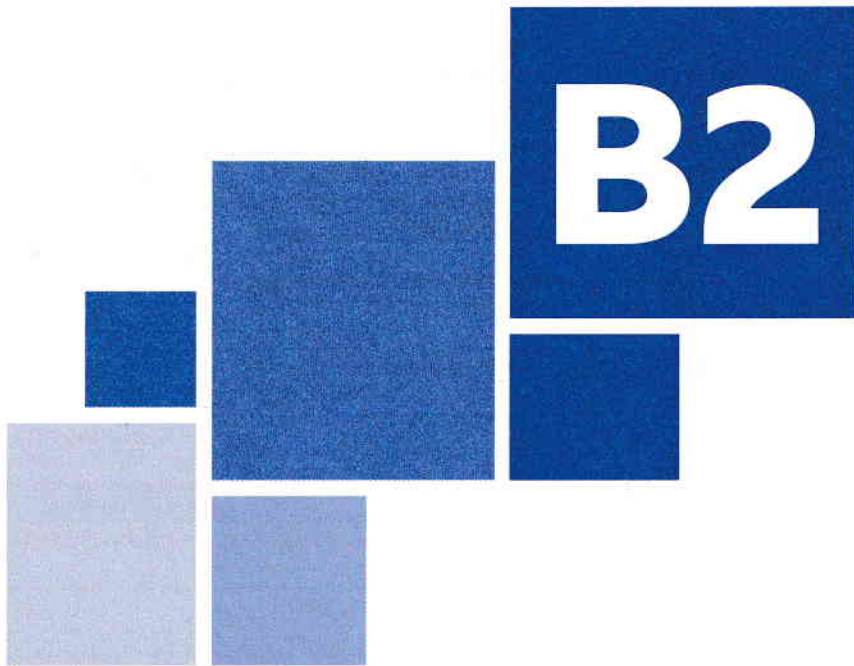
LBRIS

We know
books

B B C

Speak < out

3RD EDITION



Workbook

VOCABULARY

personality adjectives

1 A Choose the correct word to complete the sentences.

- He's so! He's planning to open two new restaurants by the end of the year.
a adventurous **b** ambitious **c** hopeful
- Hilda is the most person I know. She seems to disagree with everything I say.
a argumentative **b** rebellious **c** stubborn
- People often go through a stage of life, where they want to break rules.
a rebellious **b** curious **c** stubborn
- I think I'm pretty I've climbed a mountain, trekked through the Amazon – that kind of thing.
a outgoing **b** stubborn **c** adventurous
- My sister's very Once she's made her mind up, she won't change it.
a outgoing **b** stubborn **c** argumentative
- My twin brother and I are completely different. I'm quite shy, whereas he's very
a rebellious **b** ambitious **c** outgoing

B Complete the conversation with the adjectives in the box.

adventurous ambitious argumentative
 cheerful curious outgoing rebellious
 stubborn

- A: Do you get on well with your brother and sister?
 B: Usually, but my brother can be a bit ¹ Whatever my opinion is, he'll almost always tell me I'm wrong. He's quite ², too. He never follows rules and sometimes gets in trouble at school.
 A: Oh, dear! Your sister's always very ³ She seems to enjoy life.
 B: Yeah, she does. She's quite ⁴ and has got loads of friends. I'm quieter than her. Anyway, what about you and your brother?
 A: We get on fine. He's a lot older than me, so he's working now. He's quite ⁵ Like, he's already going for a promotion.
 B: He sounds quite ⁶, as well. Doesn't he go mountain climbing?
 A: Yeah, he's very ⁷ about the world – wants to know everything and try everything.
 B: I wish my brother was more like yours!
 A: Oh, he isn't perfect. He can be very ⁸ and won't change his mind for anything!

suffixes

2 Complete the sentences with the adjective form of the words in brackets.

- Our new teacher's really (help) – she sent a list of useful websites to the group.
- I'm not (art) at all. I can't even draw simple objects.
- Wow! That musician was so (talent)! Imagine being able to play the piano like that.
- I'm quite an (emotion) person – I always cry at the end of films.
- I think you need to be more (realist). Can you really be a professional footballer?
- Jade isn't very (like). She says unpleasant things about people behind their backs.
- Rupert is an (experience) lawyer with over 30 years in the industry.

GRAMMAR

present perfect simple and continuous

3 A Choose the correct word or phrase to complete the sentences.

- I've called / been calling / 'm calling the doctor's all morning, but no one's answering.
- Have you had / having / been having your hair cut? It's looks great!
- Felix has been / had / been having lessons recently and is making great progress so far.
- How many times have you visited / been visiting / been Canada?
- I've studied / study / been studying Japanese for just over a year now.
- She's raised / been raising / raising €1,000 for charity.

B Complete the blog post using the correct form of the verbs in brackets.

Something I'm working on

Ellie Behr | Fri 23 Oct | 10.27 GMT

Regular followers of my blog will know that, I ¹ always (be) a shy, quiet person who hates conflict and walks away from any kind of argument. Recently, though, I ² (work) on being more assertive, by which I mean being stronger and more confident. I ³ (have) three sessions with a life coach, who ⁴ (help) me to finally understand that being assertive is not the same as being aggressive, and that people have more respect for you when you stand up for yourself. Recently, I ⁵ (practise) the things we've talked about and it ⁶ (be) a real eye-opener!

C Use the prompts to write present perfect simple or present perfect continuous sentences.

- 1 I / see / that new Wes Anderson film / five times now.
- 2 You / work / on that report / all morning!
- 3 Have / you go / anywhere interesting recently?
- 4 Ben / never try / horse-riding / because he / scared of horses!
- 5 He / take / a year off / go travelling.
- 6 I / look / for you / the last half an hour!

PRONUNCIATION

4A **1.01** | weak forms of *have* and *been* | Listen and choose the correct words to complete the sentences.

- 1 He's never been / She's never been to Poland.
- 2 How long have you been / have they been studying in Manchester?
- 3 What's he been / she been up to this week?
- 4 They've been / I've been trying to book flights to Mexico all morning.
- 5 She's been / He's been waiting here for the last four hours.

B **1.01** | Listen again and repeat.

LISTENING

5A **1.02** | Listen to an interview about identity. Put the topics in the order they are discussed.

- a Other factors that influence our identity
- b How to find yourself
- c The elements that form our identity
- d How we develop our sense of self
- e The importance of self-identity

B **1.02** | Listen to the interview again. Complete the sentences with no more than three words from the recording.

- 1 Identity is a combination of your your likes and dislikes, your moral code and what motivates you.
- 2 Without a clear sense of self, it can be difficult to
- 3 Parents provide for how their children should behave.
- 4 Your identity isn't – it develops over the course of your life.
- 5 Our relationships and experiences our sense of self.

C **1.03** | Listen to the speaker's final advice again and write what you hear. You will hear the sentence only once.

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WRITING

a blog post

6A Read the blog post. How has the writer changed? Complete the summary with words from the text.

I'm not the person I once was

When I was a young kid, I was pretty adventurous. I was always out in the woods near home, climbing trees and swimming in the river. As a teenager, I was a bit of a risk-taker and didn't think twice about the stuff I did: snowboarding, sky-diving, you name it! I think I've changed considerably since then. These days I much prefer indoor activities and I've been a music teacher for the last four years. I've become a lot calmer as a result! I'm still curious about the world, but I haven't done anything 'extreme' for a long time!

I'm definitely less ¹ and no longer a ² Nowadays, ³ are more my thing, and my role as a ⁴ has calmed me down. That doesn't mean I'm not ⁵ about what's going on around me. I just choose not to take part in ⁶ sports like snowboarding and sky-diving anymore!

B Read the comments. Underline examples of the present perfect simple and continuous.



Astrid94
14.07 | 2 Nov

I would say that I've actually changed very little. I've always been very close to my family and we agree on most things. You'll often find us all on the golf course, too – recently I've taken up the sport so I can join my parents and brothers for a game!



JosephER
14.22 | 2 Nov

I've changed loads! As a young child I was quiet like my mum, who brought me up on her own, but in my teenage years I was rebellious and hated school with a passion. I think I've outgrown that, and I've been channelling my energy into being ambitious instead.



I_Kara
14:39 | 2 Nov

I've always had two sides to my personality. In my work as a gym instructor, I'm patient and cheerful, but in my personal life, I'm a total stress-head, though I've been working on that! I still love nothing more than getting together with friends and debating all the issues important to us.

C Make notes about how these things have changed as you have got older. Then write a blog post. Write 100–140 words.

- your personality
- your interests
- your values

VOCABULARY

collocations about memory

1 Choose the correct word or phrase to complete the sentences.

- I **remember every detail** / **learn things by heart** / **brought back memories** of that day – the sunlight on my pillow, the smell of my mother’s cooking downstairs ...
- My **short-term** / **long-term** / **perfect recall** memory is terrible. I can’t even remember what I had for breakfast!
- You need to learn your lines by **recall** / **memory** / **heart** when you’re acting on stage.
- Oh, that programme **remembered every detail** / **brought back memories** / **had a good memory** for me. I used to work in the building that was featured in it.
- What are your earliest **long-term** / **short-term** / **childhood** memories?
- I haven’t **brought** / **got** / **learned** a good memory – I never remember anything!

idioms: memory

2A Match the idioms (1–6) with the sentences which have a similar meaning (a–f).

- Things go in one ear and out the other.
 - It slipped my mind.
 - Can you refresh my memory?
 - It’s on the tip of my tongue.
 - That rings a bell.
 - My memory’s playing tricks on me.
- a It sounds familiar.
 b I forgot.
 c I quickly forget.
 d I’ve remembered that incorrectly.
 e I can’t quite remember it!
 f Please remind me.

B Complete the sentences with the correct form of the idioms in the box.

in one ear and out the other
 memory is playing tricks on me
 on the tip of my tongue refresh my memory
 rings a bell slip my mind

- Now, what was it? No, don’t tell me – it’s
- That name definitely Did she used to work here?
- I thought I’d sent that already. I guess my
- Now, – what time are we starting tomorrow again?
- You never listen! Honestly, it all goes
- I forgot the milk! Sorry, it totally

PRONUNCIATION

3A 1.04 | chunking: two-part collocations | Listen and complete the sentences.

- My is better than my
- I’ve got when it comes to phone numbers!
- This song brings back a lot of

B 1.04 | Listen again and repeat.

GRAMMAR

infinitive and *-ing* forms

4A Choose the correct words to complete the sentences.

- I think the plan is **to meet** / **meeting** Max outside the venue.
- Annoyingly, he forgot **to set** / **setting** a timer and burnt the dinner.
- I remember **to get up** / **getting up** early and watching TV.
- No, he stopped **to go** / **going** to Spanish classes last month.
- Mum rang – she wants **to have** / **having** dinner with you tonight.
- Remember **to lock** / **locking** the door when you leave.

B Complete the anecdote with the correct form of the verbs in brackets.

As a child, my primary goal was ¹ (climb) the really big mountain I could see from my bedroom window. I did some exercise every day – which involved running up and down the stairs – ² (improve) my stamina, so I could make the climb.

Then, one morning, I remember ³ (set off) with some sandwiches in my schoolbag, announcing to my dad I’d be back in time for dinner after my day’s climbing. I walked and walked, and eventually turned back so as ⁴ (make sure) I was home before dark. I was tired and looking forward to ⁵ (have) a big bowl of soup.

In reality, I’d only been gone an hour, with my dad trailing me from a distance. The whole family still laugh about my adventure – but I’m going to try ⁶ (reach) the top of that mountain one day!

5A Skim the article and tick the topics that are mentioned.

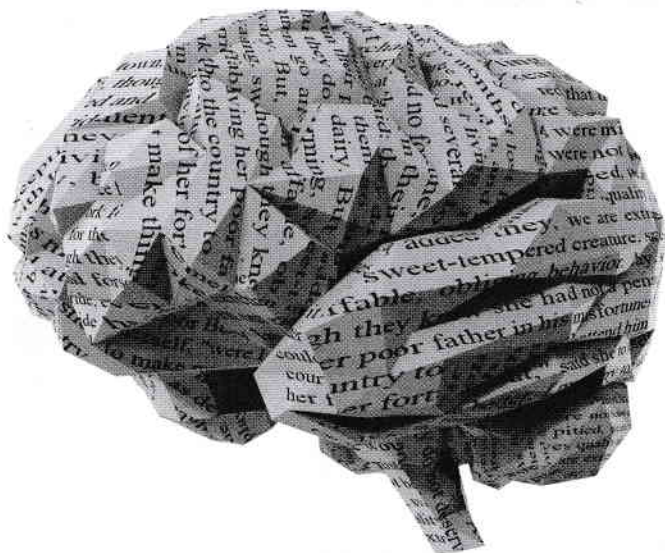
- 1 What happens in the brain
- 2 How we adapt stories to our audience
- 3 How and why we adapt stories
- 4 Why we forget things
- 5 What the research tells us
- 6 How people experience things differently

B Scan the article again and underline the following information.

- 1 Why our memories are useful to us
- 2 Why we make minor changes every time we tell a story
- 3 What we call memories that are entirely invented
- 4 The name for the process of changing our memory according to who we're talking to
- 5 What we do when we can't remember something

C Read the article again choose the correct option (a–c).

- 1 What does the writer say in the second paragraph?
 - a We often change stories that we think make us look bad.
 - b We may or may not be aware that we are adapting our stories.
 - c We usually know how someone will react to a story.
- 2 What point does the writer make in the fourth paragraph?
 - a Despite changes, memories are likely to be relatively accurate.
 - b We invent more 'facts' each time we recall a memory.
 - c A memory becomes what we last described it to be.
- 3 What would make the best alternative title for the article?
 - a How our memories change as we get older
 - b Your memory may not be as good as you think it is
 - c Why it is sometimes difficult to remember things



Why you can't trust your own memory

Ayodele Odetoyinbo | Mon 27 Jun

Have you got a good memory? If you answered 'yes', then you might want to think again. Research has shown that our memories may not be as reliable as we think. Since our memories help us recall past events, learn from our mistakes and play a part in creating our identities, this may not be the best news!

When we describe something that has happened to us, we often make tiny adjustments each time we tell it, without even realising we're doing it. The reason for this could be because we wish that what we are saying is true, or we want our listener to think in a particular way about what we're telling them. For example, we might want to make them laugh or feel sorry for us – in which case, we may make changes consciously. When we recall the story again in the future, it is likely to be rather different to what we really experienced.

And think about those times when you were with friends and you experienced something amazing, exciting or terrible together. You can be almost certain that their memory of the occasion isn't quite the same as yours, even though you experienced exactly the same thing. Sometimes we even create 'false memories' based on stories we know about ourselves that we don't remember. But because we have heard them so many times, as we imagine them, we turn them into memories.

Also, when we talk about what we remember to different people, the way we tell the story may change – and when we do that, the memory changes, too. This is known as the 'audience-tuning' effect. The way you tell a story to someone becomes your memory of what happened, whether or not it is accurate. Our memories change over time depending on our reasons for re-telling them and how we re-tell them. Even as we go over a memory in our heads, we are likely to make small changes to it. And if we can't bring to mind some of the smaller details, we will fill in the gaps over time. What's more, we tend not to question our memories once they are made. So, whatever was our most recent version of the memory becomes the memory itself.

So, next time someone asks whether you're telling the truth and you think you are – you actually may not be!