

Environment:

Environmentally-conscious person
due to the budget constraints
water/resource scarcity
we should listen to the nature now
intact, wild nature
Fossil fuels/non-renewable resources.
Clean up every possible source of contamination
acidification
Harness the nature
Our obligation to protect the environment
Melting of glaciers
Air quality
Nuclear activities
Negligence toward environment
Greenhouse effect
The park **was littered with** bottles and soda cans after the concert.
deforestation
trees absorb pollutants
recycled materials

Environment:

Big contributor to
Inhospitable area for human
hazardous
extinction of some certain animals due to human activities has led to **imbalance in ecosystem.**
cut the electricity bills
natural resources are withdrawn without being replaced.
accounts for a high percentage of pollution
waste segregation
forests play a key role in **maintaining the ecological balance.**
Health challenge
forests release oxygen and absorb toxic co2 **exhausted by human.**
Producing papers and timbers have reduced the number of forests
planting trees can makes city looks better
Biodiversity
Sun's ultraviolet radiation.
planting trees = creating green spaces
hazardous waste

Environment:

if this trend continues...

dams bring benefits to society

Environmental issues/challenges/crisis

Wasteful of fuels

Laws, both national and international, should **prosecute contaminative actions** of big corporations.

withdrawal

ecological balance is damaged and many animals and plants lose their **living environment** and become extinct eventually

living environment = habitat.

Drinking water scarcity

disposal problems

exploiting the Third World Countries

second-hand shopping.

Destroying an endangered species habitat to **develop more farmlands**, housing or industrial parks.

There is a **delicate balance of nature**. If one small part is removed, it will affect all the other parts.

Fragile and delicate ecosystem.

The significance of certain animals or birds lies behind their role in eating **insects plaguing crops** and agricultural products.

Environment:

poor hygiene

to enact a legislation so as to preserve the natural environment

persuading people not to buy plastic bags

endangered/indigenous animals are the building blocks of ecosystem

disturbance of the environment

water supply crisis

most congested cities

governmental policies should **suspend large companies' commercial activities** until their level of contamination **reaches the mandated minimum**.

air pollution is the major issue across the globe

breathing polluted air

living being

water withdrawal

the world is running out of water

treating and reusing wastewater

knock on effects

species abundance

artificially alter the weather

Environment:

Many trees are cut down.

The delicate balance and **relationship between flowers and pollinators**. These flowers are pollinated by some certain birds and insects.

A large percentage of trees in forests have been cut down to **make rooms for humans**.

Human beings tend to put their all needs in the first place.

We all need **shelter, food, and clothing** to survive.

waste sorting/segregation

generate virtually no waste

unexpected benefits

toxic substances

municipal building

discarded materials

organic materials

conservation = preservation = protection

habitat

ecosystem

ecology

food chain

carnivores =! Vegans

marine life, wildlife, flora and fauna,

-greenhouse gases: carbon dioxide, methane
carbon footprint

-emission/burning fossil fuels

-pesticides/ chemical fertilizers

Environment:

large-scale climate disaster

bioplastic =! Ordinary plastic

even on cloudy days or at nights

nutrient-rich soil

by banning the cars in city centers,
government can tackle the problem of
smog caused by **exhaust emission**

Discharge/emit/release CO₂

the level of pollution in atmosphere has increased tenfold. Consequently, species are dying out at a greater pace, decreasing the planet's biodiversity.

Harming biodiversity will result
disturbing established food chain. To avoid this harmful catastrophe, we must act now.

Putting wildlife of the planet **in jeopardy**.

Our **poisonous activities** such as
cutting forests and **throwing garbage into ocean** destroy our
picturesque world.

environmental disturbance

economically beneficial/profitable

throwaway culture

make efficient use of natural resources

natural resources will be exhausted

<p>solid/toxic/hazard waste -landfills: garbage, solid waste, waste disposal -sewage = wastewater -wastewater treatment process -contaminate/pollute/endanger/threaten</p> <p>-natural disasters: earthquake, volcanic eruption, typhoon, tornado, hurricane, tsunami -disaster/calamity/devastation/catastrophe -deforestation, desertification, erosion - Drought/ famine/ fire/ flood -arid/fertile l/infertile and -endangered species, die out/extinction/go extinct</p>	<p>worldwide population crisis</p> <p>food/natural resource scarcity</p> <p>abundance =! Scarcity of resources</p> <p>fluctuation in climatic conditions = instability of the climate changes</p> <p>dominant native = indigenous species</p>
<p>Job</p> <p>Dismissal without compensation</p> <p>It was very challenging and was not in my scope of expertise</p> <p>Tolerate daily frictions that occur repeatedly among people.</p> <div data-bbox="203 1228 641 1501"> <p>Problem-solving skill Initiative Creativity Imagination Thinking out of the box Critical thinking New knowledge-acquiring skills</p> </div> <p>drained of energy and motivation</p> <p>job dissatisfaction</p> <p>domestic or international company</p> <p>When choosing a job, the salary is the most important consideration for many.</p>	<p>Job</p> <p>Honest and trustworthy staff</p> <p>Poor personal conduct</p> <p>Running out of time</p> <p>Some businesses are on the shaky ground at the start, but with perseverance, hard work, and careful planning, they will prevail in the end.</p> <p>Jointly owned</p> <p>Work independently and enjoy the personal freedom.</p> <p>Erratic schedule</p> <p>I was an apprenticed to a local electrician</p> <p>Tackle high-priority tasks first</p> <p>Training courses and programs</p> <p>Self-employed =! employed</p>

Job	Job
<p>unrealistic/tight deadlines</p> <p>some employers get their employees overworked without any extra payment.</p> <p>carefully-organized plan / meticulously-organized plan</p> <p>workload should be suitable to your employees' abilities and resources</p> <p>acquire plenty of first-hand and practical business, administrative, and management skills</p> <p>underperform at... underperformance</p> <p>to be trainable and adaptable quick-witted person</p> <p>offering rewards and incentives to workers</p> <p>When used appropriately, humor is a great way to relieve stress in the workplace</p> <p>Miss the deadline</p> <p>Future career = future professional life</p> <p>We spend more time with co-workers during weekdays than we do with our family.</p> <p>Break bad habits</p> <p>Highly creative people feel misplaced in the logical, linear world.</p> <p>In order to get it done.</p> <p>Creative people are realistic dreamers.</p> <p>Deep thinker</p>	<p>Prioritize tasks and Break projects into small steps</p> <p>Improve work efficiency</p> <p>Economic development drives competition, which in turn results the loss of certain social values as...</p> <p>Climb the career ladder</p> <p>taking a hot shower can help people to unwind after work.</p> <p>To climb the corporate ladder</p> <p>During my days off</p> <p>Create a balanced schedule</p> <p>excessive stress can interfere with your productivity and performance, impact your physical and emotional health, and affect your relationships</p> <p>Trusted employees</p> <p>Work-related stress</p> <p>Receptive/ resistant to new ideas</p> <p>Intent on/upon my work, I did not notice the cold.</p> <p>reception staff all wear matching out fits</p> <p>Lack of work experience</p> <p>Get things done.</p> <p>During workday</p>

Job	Job
<p>Gender diversity in workplaces</p> <p>regain a sense of purpose and control.</p> <p>male-dominated workplaces</p> <p>They hastily completed the final report to meet the deadline.</p> <p>he better rested you are, the better equipped you'll be to tackle your job responsibilities</p> <p>doing their jobs passionately and whole-heartedly</p> <p>university graduates do not find a decent job in their chosen profession.</p> <p>hard working / diligent/industrious/conscientious/ determined</p> <p>thinking outside the box = blue sky thinking.</p> <p>One of my strengths is blue sky thinking</p> <p>Most of big companies have bureaucratic procedures and strict rules for employees such as dress code.</p> <p>Matched outfits.</p> <p>Work smart</p> <p>Workplace = work environment = workspace</p> <p>Annual leave</p> <p>Youth unemployment.</p> <p>Having a teamwork spirit and not to be too stubborn to accept advices.</p> <p>Convivial atmosphere</p>	<p>He filed a sexual harassment suit against this company</p> <p>Creative individuals do whatever it takes to make things work.</p> <p>Workers should be objective when assessing the situation. They should stop blaming and pointing fingers.</p> <p>Investment in individual improvement of employees and be awake of global market tendencies are the thing absolutely necessary to run a successful business.</p> <p>Have an added advantage over their peers in highly competitive job market</p> <p>top students from prestigious universities land job offers even before completing their studies.</p> <p>Do business</p> <p>prevent accidents or costly mistakes</p> <p>workplace too often seems like an emotional roller coaster. Long hours, tight deadlines, and ever-increasing demands</p> <p>Career success</p> <p>Jobs that do not require a degree</p>

Job	Job
<p>Job loss and unemployment stress</p> <p>The boss gave/set the Wednesday as the deadline. It's Monday and we are not half done yet.</p> <p>Stay on/within budget: not spending more money that had been planned for.</p> <p>Go over budget: spending more money that had been planned for.</p> <p>I do not think we are that far behind the schedule.</p> <p>Using computers increases the efficiency and simplifies works.</p> <p>negligence in carrying out safety procedure</p> <p>he was found guilty of negligence</p> <p>burst into cheer</p> <p>take on a job = find a job = find/get a position take on challenges when we take on a job that we do not have much experience in, ...</p> <p>office clerk</p> <p>everyone is striving to earn money to procure living subsistence</p> <p>last years' losses pales in comparison with this year's.</p> <p>What propels us to continue working is our financial needs, commitments and obligations. Only in this way are we able to</p>	<p>Take time off/go on a vacation/use sick day/asking for a temporary leave-of-absence</p> <p>Feeling bored/unsatisfied/stressed/ Overwhelmed Investigate everyone with whom they do business</p> <p>Perseverance = hard work = industriousness = tenacious</p> <p>Unique skills and capabilities</p> <p>Keep/maintain high standards of personal conduct</p> <p>Friction between employees and boss</p> <p>Proposing a last-minute-change in the plane</p> <p>Diversity and inclusion in workplace</p> <p>Ethnically diverse</p> <p>I fell short their expectations in job interview = I didn't live up to their expectations</p> <p>Honesty and integrity are two important characteristics</p> <p>Get a promotion = get a rise in career = change work status</p> <p>A job providing more vacation days</p> <p>Cross-cultural competence</p> <hr/> <p>Employees can be easily enticed away from their profession by high salaries elsewhere.</p>

Job	Job
<p>live comfortable lifestyles and save for our retirement days.</p> <p>Propel = motivate = encourage</p> <p>Improve job satisfaction</p> <p>mirror/reflect their talents</p> <p>receive a modest amount of income</p> <p>single-minded commitment to the job</p> <p>tenacious/perseverance</p> <p>must-have skill</p> <p>overstaffed =! Understaffed</p> <p>the hospital was understaffed</p> <p>In a time teeming with many unprecedented event, the problem-solving ability or new knowledge-acquiring skill is of utmost importance for a person who wants to be successful.</p> <p>career progression</p> <p>hectic schedule</p> <p>go according to the schedule</p> <p>straightforward</p> <p>Procure living substances</p> <p>Performance-related pay</p> <p>Bureaucratic regulation</p> <p>Outstanding performances</p> <p>sought-after career choices among students</p> <p>they ferverently work around the clock in order to finish the project on time.</p>	<p>procrastinating trap</p> <p>Accumulating invaluable knowledge and experience for the future.</p> <p>As the world is becoming more complex, the tasks on each person's shoulders become heavier.</p> <p>specialists</p> <p>Highly-educated graduates lack simple skills required for many jobs</p> <p>Graduates with hands-on experiences</p> <p>I scheduled the appointment</p> <p>Precious treasury of experience</p> <p>Deprive themselves of enjoying their juvenile period by saving money and being engaged in...</p> <p>Working parents</p> <p>Get-quick-rich mentality = taking shortcuts</p> <p>trustworthiness</p> <p>meet or suppress customers' expectation</p> <p>My employee schedules my hours</p> <p>Innovative and diverse team</p> <p>Many students aim at getting a position in a large corporation</p> <p>Firm = corporation = company</p> <p>Getting a job = getting a position</p>

Job	Job
<p>Making money out of their skills.</p> <p>Work all day long</p> <p>50-50 male-female</p> <p>Minority groups face discrimination in their workplace. This is especially true of visible minorities, whose race and ethnic affiliation stir up xenophobia tendencies in their surroundings.</p> <p>His athletic career</p> <p>Doing well in the area that they are good at.</p> <p>Personnel/staff Wage earner Salaried employee Employed person Freelancer Contract worker Part-timer != Full-timer</p> <p>Make/earn money or living Earn a wage/a salary/ a livelihood/one's keep</p> <p>Financial incentives</p> <p>Downsizing the company</p> <p>Let someone to go: fire someone</p> <p>The company have to let 5 employees to go this month</p> <p>Each year, thousands of students graduate from school or university and join the army of people seeking for a job.</p>	<p>Customers' satisfaction</p> <p>individualized customized products</p> <p>family-owned business</p> <p>educationally/academically qualified</p> <p>make a balance between family and work</p> <p>Founder of the company</p> <p>Profitable revenues</p> <p>As we open a newspaper and search for a good job, we can find that computer skills are required skills for nearly every job.</p> <p>Skeptical != optimistic</p> <p>Survive (financially) != Thrive</p> <p>Survive: (barely) earn a living wage Make ends meet Live paycheck to paycheck Make the bare minimum Struggle to pay the bills</p> <p>Thrive: Have a highly-paying job/position Make a killing</p> <p>Multinational corporations offer their personnel attractive perks such as time off, extended maternity leave, or result-based bonuses as an incentive to increase their productivity.</p> <p>Parental leave Childcare leave</p>

Job	Job
<p>Benefits: fringe benefits (like subway ticket, car allowance...) perks and bonus</p> <p>commission (get 5% commission for selling...) Tips (in high-end and fancy restaurants)</p> <p>Be laid off/be fired/be made redundant/ be terminated/be discharged/get sacked</p> <p>I earn my living in hospitality industry Earn living = work</p> <p>Many job seekers negotiate for better fringe benefits such as comprehensive health insurance as opposed to higher base salary on the account of the increasing costs of healthcare.</p> <p>As opposed to = rather, instead of On the account of = because of</p> <p>Stay-at-home women/men</p> <p>In big companies, the last hires are more likely to be laid off when cuts need to be. Concurrently, the highest earners are often made redundant and offered early retirement with attractive severance package.</p> <p>Many people are inclined toward working from home via computer, and most of companies allow their employees to do so.</p> <p>Salary != Hourly wage</p> <p>Be paid extra for overtime and holiday work</p>	<p>Boost their innovation</p> <p>Economic downturns tend to hurt wage earners more than professionals, who are more likely to hold a secure position</p> <p>Wage earners != Professionals</p> <p>The primary cause of defeat was lack of organization</p> <p>A reliable source of income</p> <p>Split-second decision</p> <p>Scientifically proven</p> <p>income inequality/disparity</p> <p>growing disparity between poor and rich</p> <p>It requires cooperation/everyone's participation</p> <p>Conscientious: a person feels have a moral responsibility to do his or her work carefully and be fair to others</p> <p>Senior executive manager</p> <p>Embezzlement:</p> <p>-They were arrested for the embezzlement of company funds</p>

Job	Job
<p>Barely half of graduates are in graduate-level jobs</p> <p>Below-graduate level job</p> <p>Having a secure paycheck every month</p> <p>Having authority to make a deal.</p> <p>Receiving compensation from insurance company.</p> <p>It gave me a unique perspective</p> <p>Work heart and soul on their duties.</p> <p>The imbalance between supply and demand risks serious repercussions for the world economy</p> <p>Applying for a job</p> <p>Managers should do an assessment of business operations. / to see how the business is functioning</p> <p>Conduct business/meeting</p> <p>Conduct science experiments in lab.</p> <p>The meeting turned into hostile environment.</p> <p>Embezzle (to steal money from the place where you work): -the accountant embezzles millions -two managers were charged with embezzling \$400,000</p>	<p>- An estate agent is under investigation for the alleged embezzlement of client funds</p> <p>- charges relating to the embezzlement of public funds.</p> <p>Common causes of workplace stress: -Fear of being laid off -More overtime due to staff cutbacks -Pressure to perform to meet rising expectations but with no increase in job satisfaction - Pressure to work at optimum levels—all the time!</p> <p>Problems that people face When they feel overwhelmed /stressed at work: -lose of sex drive -excessive alcohol consumption to cope -social withdrawal -lose of interest in work</p> <p>Embracing diversity creates opportunity</p> <p>Leader preparation</p> <p>Balance/imbalance between supply and demand.</p> <p>Biological, economic, physical, functional difference</p> <p>Cooperate with one another to achieve a shared goal</p> <p>Diverse group means having diverse solutions</p>

<p>Job</p> <ul style="list-style-type: none"> - She embezzled thousands of dollars from the charity - While employed as business banking manager of the bank, he embezzled £300,000 - They tried to impugn my character and professional abilities by false accusations. - They impugned my competence as a professional designer? - He could no longer work as a doctor because his reputation had been impugned <p>Employees should learn how to be self-educated at the very beginning of their career; otherwise, they will be replaced/dismissed without hesitation. There is always a pool of talents waiting or a position to be filled.</p>	<p>Job</p> <p>Collaborative problem solving with people having different expertise and point of views</p> <p>Advocate their point of view</p> <p>Labor market has an oversupply of medical school graduates and a deficit of engineers.</p> <p>The government needs to set a ceiling/develop a guideline on how many students universities should recruit in each subject in accordance with/according to the /in line with market need.</p> <p>In-demand/sought after career, profession, skills, products, engineer, software, ...</p> <p>Although my professional career never blossomed as compared to my brother, I was able to...</p>
<p>City and traffic</p> <p>volume of traffic</p> <p>Traffic jam/congestion</p> <p>awful crowded</p> <p>Population explosion</p> <p>Highest population density</p> <p>rush-hour traffic</p>	<p>City and traffic</p> <p>Heavily populated cities</p> <p>Bustling streets</p> <p>Amusement park/ science park/swimming pool/water park</p> <p>Amenity = facility</p> <p>visiting undiscovered places</p> <p>Proximity/closeness to the central</p>

<p>City and traffic</p> <p>Populated urban centers</p> <p>cities and suburbs</p> <p>Shortage of affordable housing</p> <p>Growing Urbanizing and evolution of cities</p> <p>city inhabitants</p> <p>skyscrapers and complexes</p> <p>look pleasing/ dull</p> <p>There are many intact places people are not aware of</p>	<p>City and traffic</p> <p>transportation hub</p> <p>City officials</p> <p>Municipal buildings</p> <p>Skyscrapers/high-rise buildings/complexes</p>
<p>Advertisement</p> <p>meet or surpass customers' expectation</p> <p>Largely ill-equipped</p> <p>health benefits</p> <p>Ads are unreliable as they try to make a product looks better than it really is</p> <p>Manipulative tricks = attention grabbing words = provocative images = manipulating unconscious thoughts = psychological methods = brainwashing methods</p> <p>Some people are master in emotional manipulation and they do not hesitate to brainwash people to get what they need.</p> <p>One of the distinguishing qualities of persuasive and manipulative people is to be a good listener</p> <p>young audiences</p>	<p>Advertisement</p> <p>Youth-oriented advertisement</p> <p>Food advertising</p> <p>Target audiences</p> <p>government imposes restriction on advertising targeting young children</p> <p>Positively perceived</p> <p>People feel validated in their choices when celebrities endorse the products.</p> <p>large-scale market research</p> <p>children's perception of the product</p> <p>to realize how they products are perceived</p> <p>Brainwash/manipulate people into unnecessary spending</p>

Advertisement	Advertisement
<p>use fantasy to bring their idea to life</p> <p>the head of advertising agency</p> <p>Ads use visual appeal in commercials</p> <p>Each video is half-an-hour long</p> <p>Advertisements lure people to purchase goods that are not of necessity</p> <p>Some people are of the view that advertising has a positive role to play in modern society, helping us to choose between competing goods.</p> <p>Advertising creates unrealistic expectations with exaggerating and misleading facts</p> <p>Visual images show good aspects of the products</p> <p>Multinational companies use advertising to entice customers to purchase their products</p> <p>Vigorous advertising campaigns are promoted across plethora of channels such as TV and Internet to grab/attract/gain consumers 'attention to purchase goods.</p> <p>Advertisers/posters have attention grabbing words or provocative pictures to gain more profits.</p> <p>Some advertisements today are even being hidden in what seem like arts or public information; therefore, people do not realize that they are being marketed to.</p>	<p>Advertisements encourage people to buy unwanted items</p> <p>Lure/ brainwash/manipulate/encourage /entice</p> <p>Unwanted items/ unnecessary spending/ goods that are not of necessity</p> <p>Health and beauty products being advertised in TV don't live up to their promise, resulting in wasted consumer dollars</p> <p>Ads promote consumerism and make people more materialistic</p> <p>Advertisers use underhand methods to get their message across.</p> <p>By targeting people's unconscious thoughts, advertisers brainwash people and take away their freedom to make choices.</p> <p>Understand audiences' taste</p> <p>Clothes and cosmetics.</p> <p>Computer games and gadgets.</p>

Society

The prevalence of obesity among adults

Inherited /passed down value from generation to generation

Customs/ rituals

National holidays

Historical events/places/figures

To **raise awareness** of the situation

It is a ceremony to commemorate....

Owing to the **societal pressure** some people, even the most extroverted ones, **seek out isolation** as an escape from the...

self-sufficient person

destabilize the government

Anonymous donor / donation

Potentially terrorist target

moral value

Peculiar to modern society and modern people.

Having sex with an underage boy.

Charitable organizations

religion is an outdated value

nearest circle

non-profit organizations or leaders

Women are verbally abused

Society

The president was criticized

people demand accountability from their leaders

child under eight

Immoral and illegal

Youth violence is a shared social problem

It shows how the world is unequal for women

extent of the problem

the high percentage of people living in absolute material poverty

infant mortality

Safety features are designed for men

Household chores = "woman work"

Dealing with gun crime

juvenile delinquency

Youth find it very difficult to **conform** and behave according to the standards of behaviors that are expected by the vast majority of society.

press the charges

senior citizens = elderly people

deny/admit the charges

colorful and luxurious lifestyle

job-related stress

Society

Most of women alive today were married when they were children

People from different culture and ethnic background.

People should **be honest about their sexuality**

Prejudice against homosexuals

racial prejudice

Sedentary life

Hunger

In many Western countries **free speech rights** are taken for granted, while in other countries these freedoms **are to be fought for**.

Political views/tendencies/beliefs/opinions

It is the violation of basic rights and liberties of people

Angry crowd of protesters

Racial and sexual stereotyping

Eruption of violence

Going overboard in paying attention to others' privacy **deteriorate social morality**

Wrongful dismissal/imprisonment/conviction

I was wrongfully arrested

Society

involvement in **criminal activities**.

aggressive behavior
completely unacceptable

It can legitimate their reason for been late

Universally
acclaimed/praised/accepted/held opinion

Promotion =! Relegation

relegation to an inferior rank

relegation to an inferior social status

gross human right abuse/gross violent of justice/ a gross violation of human right

Societal pressure on youth to conform
Conform to = obey or behave according to the standards of behaviors that are expected by society

adapt to = to gradually change your behavior and attitudes in order to be successful in a new situation

assimilate into = to become part of a group, country, society, etc., or to make someone or something become part of a group, country, society,

ex: Although many immigrants struggle to **adapt to their host nation**, their children find it easier to **conform to societal norms** and thereby **assimilate into new culture**, usually at the expense of their parents'.

Society

Launch a proceeding for unfair dismissal without compensation

Buying behavior

family commitment

Inclusive/inclusion: accepting everyone regardless of ethnicity, religion, cultural differences, etc.

Exclusive/exclusion: keeping out based on based on differences; accept a select group

Inclusive society != Exclusive society

Diverse/diversity != Homogenous

An inclusive society accepts all its member **prides itself on its diversity.**

Stereotype/prejudice against/prejudice toward/ biased in favor of/biased against/ discriminate against

Race/ethnicity /ethnocentric/ism
Xenophobia: fear of foreigners or strangers
Majority != Minority

To break down stereotype and end biases that limit **women's growth potential in workplace.**

Minority groups face discrimination in their workplace. This is especially true of visible minorities, whose **race and ethnic**

Society

Gay marriage destroys our community the pressure on **schoolchildren** to conform

people who do not **conform to traditional standards of behavior.**

Students can be expelled for refusing to **conform to school rules**

products which **conform to international safety standards**

It is unfair to expect refugees to **assimilate into an alien culture** immediately

Evidence reveals that people who **conform and obey social norms** tend to **lead a better life.**

In the past, getting tattoo **was judged as** anti-social behavior.

Ethnically diverse

The voice of minority will be heard

Hospitable people

President Trump is dividing the nation

Gun violence

Women are undervalued/relegated/marginalized/

<p>affiliation stir up xenophobia tendencies in their surroundings.</p> <p>taking advantage of other people misfortune</p> <p>personal misfortune</p> <p>fellow-citizens</p> <p>sexual deviation</p> <p>segregated society</p> <p>fit in/assimilate into a community</p> <p>the most dangerous man alive</p> <p>new immigrants have difficulty fitting in their host nation as they know that by changing to assimilate into new community, they will lose a part of their individuality.</p>	<p>Local residents</p> <p>Fashion stars = celebrities = people in the center of spotlight = people in the focal of attention</p> <p>All those absurd attentions paid to public figures' personal lives</p> <p>Two blood shedding battles have happened which have cost millions of lives.</p>
<p>Agriculture</p> <p>Precipitation</p> <p>Genetically modified foods</p> <p>Risk of crop failure</p> <p>drought-resistant crops</p>	<p>Agriculture</p> <p>Using agriculture waste</p> <p>Agriculture waste and by-products</p> <p>Habitat</p> <p>Agriculturally productive soil</p> <p>With the help of modern pesticides, the number of insects plaguing crops has been reduced.</p> <p>The significance of certain animals or birds lies behind their role in eating insects plaguing crops and agricultural products.</p>

Sports and exercise

Prerequisite of playing sport is
To relax and get relieved
Doing regular exercise =being physically active

glorify the victory

Car racing
Horse racing
Skiing
Bull fighting
Mountain climbing

I fell from the horse back during the race.

Playing sports teaches about **teamwork**,
strategies, and reaching goals.

Physical activity can **burn off adrenaline**,
release mood-enhancing endorphins,
and help your child sleep better at night.

Intellectually demanding games such as puzzles,
crosswords, chess, and strategy games.

Take younger children to a playground and
activity center

Cheer leading

Lead (verb):

After 30 minutes, FCB was **leading by 2**
goals.

The champion was leading **by two sets to**
one.

With two laps to go, I led by less than two
seconds.

With only three minutes to go in the
football game, FCB led (RMFC), 2 to 1.

Sports and exercise

Paralympic Games

I **fell from** the peak of the mountain
and **broke my spinal cord**.

team triumph

Unwind from daily activities
activities such as basketball, soccer,
running, **martial arts**, or swimming

gym and swimming pool.

resistant to get off the couch

have a relaxing drink

age should be a criterion for retirement
in sport

older athletes find it difficult to keep up
with young ones.

Live/real performance =! Television
broadcast

Problems with a live performance:

-buy tickets and stand in a long queue

-plan the trip and **set out a few hours**
before the show started.

-after **arrival at** the theater or the
stadium, you will have a great trouble
finding a parking space.

-you do not have to drive to place
where the show is performed.

-During a sport event, your personal
safety might be jeopardized: the sports

Sports and exercise

At half-time, Brazil **led 1–0**.

With 15 laps to go, Schumacher **led the race**.

Lead (noun):

Be in the lead:

- For the first time in the race Harrison **is in the lead**.
- He **was in the lead** after the first lap of the race.

Has the lead:

- By the end of the day's play, Davies **had a lead of three points**.
- FCB **has a two-goal lead**.
- Italy **had a comfortable three-goal lead over** France by half-time.
- The Chicago Bulls **had a narrow lead**.

take the lead

- After last night's win, Johnson **has taken (over) the lead** in the **championship table**.
- Lewis Hamilton **has just taken the lead** in the Monaco Grand Prix.
- The French driver **has taken the lead** in the Paris-Dakar rally.

put somebody in the lead

- Ronaldo's goal put Portugal in the lead.
- The latest opinion poll **puts** the Democrats **in the lead**.

throw away a lead (=to lose the lead)

- Arsenal **threw away a two-goal lead**.

share the lead (=when more than one player or team is in the lead)

- At the end of the first round, two golfers **share the lead**.

Sports and exercise

fun might be so excited about the event, and become a **mob**.

-seating arrangement can affect the comfort of watching the performance, especially if your seat is far from the stage or playground.

-There is no flexibility as you cannot change the channel or leave the theater.

-you will not regret that you have wasted the time and money.

While you can comfortably **lie in sofa** or couch **with a popcorn at hand**.

Advantages of watching live performance:

-**sharing emotions**: sorrow, pleasure, or excitement, which helps to **mitigate loneliness**.

-**Gives you a sense of participation** that cannot be replaced by watching on TV.

-Participation and interaction of audiences, **of which you are a member**.

Sport star = athlete

Receive praise from local press.

<p>a one-shot/two-goal/three point etc. lead (=a lead of a specific amount) - Goals by Keane and Lennon gave Tottenham a two-goal lead.</p>	
<p>Low and government</p> <p>International law makers</p> <p>victims of injustice</p> <p>Corrupted judicial system</p> <p>the greatest injustice in the world is that</p> <p>outlaw something</p> <p>repeal the death penalty</p> <p>She was under house arrest</p> <p>Loophole: an ambiguity or inadequacy in the law or a set of rules.</p> <p>they exploited tax loopholes</p> <p>The company employed lawyers to find loopholes in environmental protection laws.</p> <p>The new law is designed to close most of the tax loopholes.</p> <p>Determined landlords found it easy to exploit loopholes in the law.</p> <p>Most large corporations know how to get around paying tax by loopholes.</p> <p>Laws against racial prejudice must be strictly enforced.</p>	<p>Low and government</p> <p>Apply strict procedures</p> <p>passed a legislation intended to break up monopolies</p> <p>set/impose ceiling on the</p> <p>exceeding the ceiling</p> <p>trespassing private property</p> <p>Outlaw using cell phone</p> <p>using cell phone decreases the situational awareness and set the stage for increasing unsafe behavior for pedestrians</p> <p>for sake of everyone's safety</p> <p>when running the government, officials need to...</p> <p>Breaking law = breach policy/contract = contravene law = disobey law</p> <p>I did not break the law = my action did not contravene the law</p> <p>The company knew its actions contravened international law.</p>

<p>Low and government</p> <p>labor activists</p> <p>child labor</p> <p>fine = penalize = punish</p> <p>reckless/careless behavior</p> <p>traffic officers should issue a ticket to...</p> <p>issues relating to their employees</p> <p>The UN has withdrawn its troops from the country.</p>	<p>Low and government</p> <p>The toy manufacturer contravened safety codes by using toxic paints on its dolls.</p> <p>He was sued for breach of contract. They breached the agreement they had made with their employer.</p> <p>Unquestioning obedience</p> <p>technology firms have strict rules in relation to members of management dating employees</p> <p>they should be mindful of their behavior</p>
<p>Company</p> <p>companies are threatened with closure</p> <p>the company faced closure</p> <p>during days off</p> <p>Many students aim at getting a position in a large corporation</p> <p>a workforce that is receptive to new ideas</p> <p>Bankruptcy</p> <p>The imbalance between supply and demand risks serious repercussions for the world economy</p> <p>Giving employees paid time off to volunteer</p> <p>Mitigate the scandal's damage threatening company's reputation.</p>	<p>Company</p> <p>Erratic behavior of market</p> <p>the company's effectiveness diminished highly because of</p> <p>bureaucratic</p> <p>Honesty is one of the foremost qualities for every business, leading to a long-lasting partnership. No one wants to conduct a business with a dishonest company.</p> <p>Not every business is ethical. Companies producing video games and food stand selling fast food to children are the good example of these immoral businesses. They destroy our health with only one goal in mind: making profits at all costs.</p>

Company

The company offered customers various promotions in order to **mitigate steep decline in sales** following **failed product launch**.

Retail managers decided to **lower prices** so as to attract more customers.

They **offered me a compensation** for making **a mistake on my order**

Advantages of working in a big company:

-it gives rise to **career development** as provides a tough competition and demands workers to be self-educated; otherwise, they will be **dismissed/replaced without hesitation**.

-enjoying the benefits of a **diverse environment**, in which there are people from different provinces or even countries, cultures and religions. This is more beneficial for **individuals with the hope** of being as an **international talent**.

-you will be given with the opportunity to **contact with more elites in the specific field**.

-finding a position in a large firm means getting paid with high salary.

-big corporations **aim at proceeding into the world market** and have **established business connections** around the world, which provides staff with the opportunity to **work abroad**.

Company

A percentage of profit made by the big companies should be returned to the community to compensate for the pollution that they have brought about.

It is not a sensible method to **operate a company**.

system/regulation/procedures

Career-related experiences

Personal schedule

Domestic or international company

He **filed a sexual harassment suit against** this company

Companies should listen to what people need.

Investment in **individual improvement of employees** and **be aware of global market tendencies** are the thing absolutely necessary to run a successful business.

Nothing can be compared with a good reputation of a company, which acts as a magnet to attract more **uprights and loyal customers**.

Head office decided to **discount** (offer a discount on) autumn collection to **stimulate sales**.

<p>Company</p> <p>Dark side of a business</p> <ul style="list-style-type: none"> -tax evading -illicit trade -disloyal competition -making employees get overworked without a payment <p>Disadvantages of working in big company:</p> <ul style="list-style-type: none"> -individuals are subjected to restriction imposed by the company's regulation which may interfere with their personal freedom. 	<p>Company</p> <p>Companies that aim their advertising at older shoppers and underestimate/discount the purchasing power of teens and young adults, are potentially losing millions in sales.</p> <p>Companies neglecting their customers will quickly go out of business</p> <p>Company achieved its financial goal for the year.</p>
<p>School and university</p> <p>I was an apprenticed to a local electrician</p> <p>General courses</p> <p>Outdated libraries waste resources and space.</p> <p>university graduates do not find a decent job in their chosen profession.</p> <p>Choose what subject to study at university</p> <p>Fresh graduates fail to find a job in their fields/in their chosen profession.</p> <p>Barely half of graduates are in graduate-level jobs</p> <p>Below-graduate level job</p> <p>Many students take university admission for granted and fail to properly prepare their applications. As a result, they end up being rejected by their first-choice school.</p>	<p>School and university</p> <p>Segregated schools</p> <p>Pursuing higher studies abroad has become a popular choice for students from around the globe</p> <p>Overseas/abroad/foreign university</p> <p>fundamentally outdated solution</p> <p>reap the benefits associated with</p> <p>attending a reputable educational institute</p> <p>demands for individualized customized education</p> <p>Each year, thousands of students graduate from school or university and join the army of people seeking for a job.</p>

School and university

Have single-minded/dogged determination

Bilingual students/education

School grades

Being accepted by top universities.

Although **taking a gap year** after high school **carries some risks**, one **potential upside** is that....

The school administration **makes schedule** for the exams.

Alleviating problems of an outdated higher education requires **joint efforts from** universities and the government.

The government needs to **set a ceiling/develop a guideline on** how many students universities should **recruit in each subject in accordance with**/according to the **market need**.

Outdated higher education system should be modernized.

Classmates = fellow students

Acquisition of a new language

Entrance examination for higher education

field of interest

apply for six-months apprenticeship

Strict and disciplinary teachers

Tuition fee

School and university

throughout their academic career

gaining admission to prestigious college or university

graduating from **foreign universities** is often a **gateway to a successful career**.

such **graduates** have an **added advantage over their peers** in a **highly competitive job market**

full-furnished house

The assignment that is **handed in after deadline** should receive a lower grade.

bright/smart/clever/advanced students

Prestigious universities

private tutors

In the context of classes, students can discuss issues, **exchange views**, explore ideas, solve problems and **develop cross-cultural skills** through interaction with international students.

hire expensive consultants

homeschooled applicant

receive key perspectives, as well as relevant and up to date information in their **specialized fields**

developing critical thinking skills

School and university

Financial aid

Student loan

Scholarship

Dormitory

Spring break: a two-week holiday

Enroll/sign up for

Syllabus

Curriculum

Fall behind: I am falling behind my class

Plagiarize

Get expelled

suspend

I have an assignment for my psychology class **due tomorrow**. So, I cannot go anywhere tonight (it's deadline is tomorrow).

They should take into account many factors **when designing curriculum**, such as...

schoolchildren

school assignment

School and university

Going to university is a **coveted goal** for most students around the world. Many parents **dream of their children having** the opportunity to receive a university education, as a **gateway to a successful future**

meet / keep up with deadlines

homeschooling is the future of modern and innovative educational system

world-class education

Fresh college graduates.

To **be proficient** in these skills.

School and university

class attendance should be a mandatory requirement

teenagers should work **while they are students**.

completely illiterate

High school students are often **take on field trips** to places like the NYSE and the White House to **have a firsthand look at** how economics and government work.

The most watched movie

New language acquisition.

Highly-educated graduates lack simple skills required for many jobs

Graduates with hands-on experiences

there are many barriers hinder the efforts to develop talents

after completion of my studies

university life offers young people the opportunity to **form meaningful friendships**, relationships and connections, **some of which** last for life.

upperclassman

Learner

High schooler

Undergraduate (BA)

Graduate (MA)

Freshman

School and university

Students should first **choose their field of profession** and then **master those required skills**.

From an academic standpoint, attending classes simply enables students to learn more.

traditional classrooms with teachers and desks

after leaving education = graduation

In addition to **school curriculum**, students might learn from **extracurricular books**.

critical thinker

taking e-learning = taking online courses

customize their learning process.

Customized, individualized learning

encourage critically thinking

food and beverages can't be consumed in the university libraries at any time.

encourage critical thinking among students

Students synonyms:

Single-sex school and **mixed** school

Engineering majors

Graduates pursuing a master's degree

Undergraduates (undergrads)

Young students/young learners

nurturing

grants aimed at students close to graduating

School and university

Senior

Major

Pupil:

- There is a very **relaxed atmosphere** between **staff and pupils** at the school.

- Her school report described her as a **very promising pupil**.

One can make good friends or even **meet a future life partner** while in college or university.

Attending classes can be a critical experience that helps students **define** themselves and **their political and ideological place** in the world.

Universities offer students online classes **to choose from**.

Online courses allow students to study **in the comfort of their home**.

National **entrance examinations for higher education**.

However, **while abroad**, students must overcome the **initial homesickness** and **culture shock**, conform to a different teaching style, **adapt to unfamiliar social and cultural expectations** and **develop proficiency in a new language**

After-school activities = extracurricular activities

From a personal angle, studying abroad enables young people to mature quickly and **develop independence**.

Money

extraordinarily affluent-even by rich people's standards

Affluent = well-off

Poor = needy = penniless

Have an obsession with making money

Costs of living are prohibitive

Afford

Provide for somebody: to give someone the things they need

They have two young children **to provide for**

He provides for his family.

Live off: depend on as a source of income or support.

He has been **living off his mother** for all his life.

She lost his job and has been **living off her saving since then.**

All his life he had **lived off his father.**

she has been **living off her savings** since she lost her job in December.

Many young unemployed people are still **living off their parents.**

live off earnings/a pension/savings

gold digger: someone, usually a woman, who tries to attract a rich person, usually a man, in order to get presents or money.

Money

Money-making

electronic transactions and **plastic card payments**

budget and manage their money

Buying shares of the company can be **a wise investment.**

counterfeit bills

They can **collect** a huge amount of **money** through...

Monetary wealth

However, there is no **authentic source** showing her exact net worth.

The **price range** is between ...

Stock market's climb

Growing income inequality/disparity

Money is an influential engine for everyone

earn a living

annual budget

money is in short supply

spend money unreasonably = being irresponsible with money

give children allocated pocket money

Money

Inherit: to receive money, property, or possession from someone after the person has died

He **inherited a fortune** from his grandmother

Easy money: money that is easily and sometimes dishonestly earned

Money talks: A phrase emphasizing the **persuasive power of money**.

As far as Taylor is concerned, money talks and he can do what he like

Limitation of budget

Nowhere does money talk **louder than** in Las Vegas.

Unfortunately, **in this town money talks**, and if you don't have money you can forget it.

Buy off someone: If you say that a person or organization buys off another person or group, you are criticizing the fact that they are giving

them something such as money so that they will not complain or cause trouble.

policies designed to **buy off the working-class vote**.

Efforts to buy her off have failed.

Don't worry, the doorman won't say anything—I **bought him off**.

Her campaign for mayor will be ruined if t he public learns how many people she's bought o ff over the years.

Money

teenagers are not mature enough to **spend money wisely**

they appreciate the value of money and know that money does not grow on trees

It costs only a few dollars.

The difference in cost was substantial.

money being paid to children can fuel their desire to

give sizeable discount

financially well-off

high-income families

absolute materials

under poverty line

there used to be time when second-hand shopping was nothing to be proud of

Allocating pocket money

money fuels people's desire

influential engine
positive stimulus

Money is in short supply

He is an **upscale** restaurant: designed for wealthy people

Money doesn't grow on trees

suffer a great **financial loss**

Money

I didn't get a speeding ticket because I **bought off the police** officer.

They bought off the police so that they did not **investigate the crime** in that area.

Born with a silver spoon in moth: Born into a wealthy family.

Everyone who attends that university **was born with a silver spoon in their mouth**, so I just don't think it's the right place for me.

James doesn't know anything about working for a living; he was born with a silver spoon in his mouth.

Most of the **students at the exclusive private college** were born with silver spoons in their mouths.

She was born with a silver spoon in her mouth and **everything has been done for her**.

supplementary income

stagnate wages/income

spend money reasonably

everyone is striving to earn money to procure their living their living substance

giving them money in a respond to ...

money does not always bring happiness.

tax deduction

Money

Blank market

They blamed high taxes for the growth of a **black market in** cigarettes.

Tickets were selling for up to \$800 **on the black market**.

During the war, they bought food **on the black market**.

Chip in: if each person in a group chips in, they each give a small amount of money so that they can buy something together.

We all chipped in to buy Amy a graduation present.

I **chipped in with** nine saves and five wins.

The three of us chipped in and bought the boat for Dad.

everyone *chipped in* for the gift.

They each **chipped in \$50 to** take their parents out to dinner.

Short on cash

I am short on cash until I get paid.

My parents work really hard, but they are always short on cash.

He never had to **fight for** anything in his life. He was born with a silver spoon in his mouth.

<p>charitable organizations</p> <p>Savvy consumers</p>	<p>financially savvy</p> <p>marketing savvy</p> <p>taxpayers</p>
<p>Relationships</p> <p>Life places us in a complex web of relationship with other people</p> <p>social interaction</p> <p>cooperate with group members to achieve some same goals.</p> <p>develop a close relationship with co-workers.</p> <p>launch a new romantic relationship</p> <p>face-to-face contact</p> <p>Are we mindful of their needs and desires or do we behave selfishly?</p> <p>seeing and talking with one another in a close proximity</p> <p>stop compare ourselves with other in terms of the way we look, our wealth, our smart</p> <p>develop a thick skin</p> <p>be respectful of others</p> <p>be mindful of others rights, most important of which are privacy, peace, and security.</p> <p>Invasion of privacy = intrusion into personal matters</p>	<p>Relationships</p> <p>There has been a close bond between us since I</p> <p>cement/foster their relationship</p> <p>through association with people being meaningful to us we achieve a sense of security, love, acceptance, companionship, and personal worth</p> <p>Intimate relationship intimate friends</p> <p>Support each other through every thick and thin</p> <p>deepen the relationships</p> <p>Having confidence in each other</p> <p>couples should support each other through every thick and thin.</p> <p>it is critical for social solidarity</p> <p>meet their personal needs in their relationship</p> <p>It can makes our lives seem worthwhile</p> <p>shared joys and sorrows</p> <p>support each other through every thick and thin</p>

Relationships

Avoid unfriendly neighbors who are **hard to approach** and **difficult to get along with**.

To appreciate what they have done

Be supportive in emergency situations/unexpected incidents

skeptical about my success and my claims

loneliness is as toxic as...

unprecedented in history

Experience **failed relationship** in the past

rekindle the fires of romance in current relationship,

sharing a common goal

keep your relationship **meaningful, fulfilling** and **exciting whatever** goals you're working towards or challenges you're facing together.

urbanizing is a key factor contributing to loneliness as it weakens bonds with family

make the other **feel loved** and **emotionally fulfilled**

makes you **feel accepted and valued** by your partner.

The key in a strong relationship, though, is **not to be fearful of conflict**.

put unhealthy pressure on a relationship

strengthen the bond between you

Relationships

people with overlapping interests

to show solidarity with victims

compassion and sympathy

technology is to blame for loneliness

A bad mood isn't spread by a virus like the flu is, but it can be **contagious**.

Emotion sharing can **mitigate our loneliness**.

depression/ emotional deprivation/ mental diseases

he is the most incompatible person to me that I could ever think of

feel betrayed

we split apart

people can spur their wisdom and other characteristics on whomever they are in contact with

romantic relationships play an important role in fulfilling our **needs for**

intimacy, social connection, and sexual relations.

We are free to decide **whom to date** and form life-long romantic relationships.

unavoidable problems to overcome.

Relationships

Blind date: people go on a date without seeing each other before. In fact, **mutual friends set them up**.

My mother used to **set me up with** other girls to motivate me to think about marriage.

Online dating

Keeping a sense of humor can actually help you **get through tough times**, reduce stress and **work through issues** more easily.

bringing flowers home or **unexpectedly booking a table at their favorite restaurant**.

Human beings are hard-wired to help others.

Good communication is a **fundamental part** of a healthy relationship.

experience a **positive emotional connection** with your partner

true friendship is one of the **rarest and most valuable commodity** one will ever have in his or her life

as long as you are communicating, you can usually **work through whatever problems you're facing**.

Work through = tackle = deal with = cope with

A considerate and sympathetic listener

Establish boundaries

Not to share secrets with gossipers

Relationships

many same-sex couples still suffer political and social restrictions **when making** choices about marrying and having children.

shared hobby = overlapping interest,

they are people **with whom you share common interests** and encounter in your everyday routines such as going to school, work, or participation in hobbies or sports.

Over the last few decades, there have been some...

interracial marriage

development and maintenance of romantic relationships

you may **see someone you are attracted to** on the first day of class and think to yourself, "I really want to meet her."

makes the decision to make the relationship **a permanent part of their lives**

but your partner **deserves to be heard** as well. **Be respectful of** the other person and their viewpoint.

Conflict is inevitable in any relationship, but to keep a relationship strong, **both people** need to feel they've been heard. The goal is not to win **but** to maintain and strengthen the relationship.

Relationships

Toxic people frequently **judge and gossip about** people **behind their backs**.

Not to absorb negativity of other people

Stay goal-oriented

Toxic people create chaos to manipulate people so as to **suit their needs**.

For a relationship to work well, each person has to...

makes another person **feel valued and understood**.

When you're **stressed** or **emotionally overwhelmed**, ...

Learn how to **mitigate/manage stress** and **return to a calm state**.

Physical intimacy/sensual proximity = touching, holding hands, hugging, kissing, eye contact,

The impact of **affectionate contact** on brain development.

Reach a compromise/ building a **compromising atmosphere**.

Being invited to **friends' get-together** and discussions, in which all opinions and thoughts **are fully taken into consideration**.

Long-lasting = durable = **perpetual** friendship

Couples need to be objective **when assessing the situation**. Moreover, they have to stop blaming and **pointing fingers**.

Relationships

Don't **drag old arguments into the mix**.

Be prepared for ups and downs

Develop **warm, convivial** relationship with neighbors

Convivial atmosphere

struggling with an issue that stresses them such as death of a close family member, **job loss**, and health issues can affect both partners, making it difficult to **relate to each other**.

different ideas of **managing finances** or raising children

misunderstanding can rapidly turn to frustration and anger.

Do not **take out** your problems **on** your partner/family

It will slowly **poison** relationship.

Change is inevitable in life, and it will happen whether **you go with it** or **fight it**. Learn how to be flexible to the changes that take place.

grow together through both the good times and **the bad**.

Put vitality back in relationships
Improve vitality and quality of a relationship.

Prevent romantic relationship from igniting

Relationships

Sometimes this attitude comes from **not having your needs met while younger**, or it could be **years of accumulated resentment in the relationship reaching a boiling point**.

Stress and emotion can **cloud their judgement**.

parents are the persons in our lives accepting us **at our worst and best**.

we fall in love with people whose personality traits are opposite to ours, allowing us to fit together like pieces of a puzzle. Their good personality traits compensate for our bad ones and vice versa

Have desire to be someone else

discovery mysterious places

Behave in the same manner

Help each other **in time of needs**.

Spend a great deal of time with their kids to get to know one another better.

The **strongest and sincerest love** exists in the relation of parents and children, who are always blessing for parents.

Each of us has to attend birthday parties, weddings and funerals to **show we care about our fellow human beings**.

asking them to dinner,

Relationships

Sometimes problems in a relationship can seem too complex or overwhelming for you to handle **as a couple**. Couples therapy or talking together with a **trusted friend** or **religious figure** can help.

None of us can go backwards in time and recreate those early interactions with parents or caregivers.

Having **strong/insatiable** desire to **build/cultivate** a relationship.

Self-disclosure

people should be free to choose whom they love.

People should be free to choose whom they marry.

Our society is **founded on the principle that** people should be free to choose **whom to marry, what faith to follow, and how many children to have**.

people should be free to choose **whom they live with**.

The **sexual chemistry** between them was obvious.

being a member of **a close-knit family**.

Sometimes people' silence **adds fuel to the fire of rumors**.

<p>Relationships</p> <p>Participating in events for the sake of others teaches us to go beyond our own selfish needs and to share in the joys and sorrows of others.</p> <p>we share information about ourselves while looking for mutual interests, shared political or religious views, and similarities in family background.</p>	<p>Relationships</p> <p>Children should be obedient to their parents. It is a religious obligation and a social norm.</p> <p>As the poet, Maya Angelou, explains, “Words mean more than what is set down on paper. It takes the human voice to infuse them with shades of deeper meaning.”</p>
<p>Politics and government</p> <p>Political savvy</p> <p>political illiterate</p> <p>take measure of /evaluate the situation</p> <p>according to poll/survey, people are unhappy with the government.</p> <p>governments should tackle the issue of street violence by controlling the media, whom people see as responsible for inciting this violence through films.</p> <p>Governments should control the media = the media should be supervised by the governments</p> <p>Fix the problem = handle the matter</p> <p>people do not support a dishonest candidate</p> <p>people have an inherent distrust in politicians</p> <p>opposition = dissent</p> <p>voice of dissent = dissenting voice</p>	<p>Politics and government</p> <p>Elected president/representative</p> <p>Subordinate status</p> <p>Governments have a duty to control the media so as to reduce this phenomenon (the increased presence of violence in movies)</p> <p>Politicians should hear adverse opinion to make some conscious/sound decision</p> <p>People will be against the...</p> <p>Honesty and integrity are the most characteristics that people consider when deciding whom to vote for</p> <p>they are biased in favor of</p> <p>I was discriminated against because of my</p> <p>Women are subordinate to men</p> <p>Ambulation in the legislation</p> <p>Under new legislation,</p> <p>hostility/antipathy toward religious and</p>

Politics and government

the voice of dissent will be heard/will grow louder

enactment of new legislation

embrace new reforms enthusiastically

enactment of prohibitive legislation

people do not see politicians as trustworthy

escape from political/religious persecution

promote marginalized voice

horrors of war

conflicts destabilizing government/economic climate

The restriction imposed on

In politics nobody does something **for nothing**; there's always a *quid pro quo* involved

-There is a quid pro quo for everything in politics

Do sth as a quid pro quo for sth
Ask sth as a quid pro quo for sth

- The government has promised food aid as a quid pro quo for the stopping of violence

-It is clearly illegal to require sex as a quid pro quo for promotion.

-Many politicians promise celebrities political and financial favors as a quid pro quo for their contribution in **electoral/political campaign**.

Politics and government

minorities

racial/gender hostility

Leader/ruler/elected officials/authorities

Legislators = lawmakers

Mayor/governor/ senator/congressman or woman/ MP (member of parliament)
President/Chancellor/Prime Minister

Mayors create **local by-laws**

MPs and other lawmakers legislate meaningful changes **on a national level**

It requires a **collaboration among** municipal, provincial, and federal government **if it is to succeed**.

capital punishment = death penalty = death sentence

FIFA's leaders were **under investigation** for **fraud and corruption**

China is **sentencing** children and teenagers to death

Peaceful protest

Amnesty: a decision by a government that allows political prisoners to go free

Most political prisoners **were freed** under the terms of the amnesty

<p>Politics and government</p> <p>wrongful imprisonment/detention</p> <p>it was hoped that the compromising would be reached</p> <p>governments spend a great deal of money on boosting weapons, which is dangerous if a wrong person get his hand on these weapons</p> <p>refugee crisis</p>	<p>Politics and government</p> <p>Unrestrained/unrestricted hostility toward</p> <p>trustworthiness and integrity</p> <p>call into question</p> <p>competence and industriousness</p>
<p>Health and foods</p> <p>grocery store</p> <p>brain functioning</p> <p>Get a good night's sleep</p> <p>Develop physical traits</p> <p>Healthy/nutritious meal</p> <p>Fast food = junk food</p> <p>Sun's ultraviolet radiation.</p> <p>Become overweight</p> <p>Put on weight</p> <p>Gain weight</p> <p>Children obesity</p> <p>Children growing up on a diet of junk food</p> <p>Harm their health</p> <p>alcoholic beverages</p> <p>Emotional and physical well-being.</p> <p>Signs of malnutrition are on increase, especially among children and adolescents.</p>	<p>Health and foods</p> <p>Slow down/delay the progression and development of the diseases</p> <p>He was diagnosed with a terminal disease</p> <p>Hormone deficiency</p> <p>Relax our nerve cells.</p> <p>food choices can have a huge impact on...</p> <p>birth defects</p> <p>incurable/terminal/end-stage diseases</p> <p>dying for natural causes</p> <p>Poor hygiene</p> <p>Diarrhea اسهال</p> <p>Vomiting استفراغ</p> <p>Nausea تهوع</p> <p>Fever تب</p> <p>Birth defects and health deficiency</p>

Health and foods

In the process of building up their bodies.

Actual side effects/downside effects

Leads to mental and emotional well-being
veganism

Impair the ability of

Limit **fried food, sweet desserts, sugary snacks**
and cereals, and **refined flour**

Drink alcohol in moderation

foods with high levels of **chemical**
preservatives or hormones.

be smart about what you eat and drink during
body's immune system

take a serious toll on your physical and
mental health.

before bedtime

Most Medication **takes effect** after a certain
amount of time.

undergo/endure a painful operation on my brain

sleep disturbance and disorders

Stitches

A person **on the verge of death.**

Mental disabilities

If symptoms persist,

Health and foods

Nutritious value of the food

Medical services

Many diseases can be detected at an
earlier stage.

herbal medicine

the prevalence of smoking teenagers

the prevalence of depression

potentially harmful drugs

it can be cured medically or
surgically

it has a high content of fat and sugar

potential fatal diseases

X and Y are typical example of health
issues faced by people who regularly
consume fast food.

gain weight

lead to serious health issues, when eaten
in quantity

obesity and cardiac disease

childhood obesity

build better habits for overweight
children

non-food/non-monetary reward for good
behavior

sharpen your focus

<p>Health and foods</p> <p>Doctors prescribe painkillers to patients with broken bones as way to mitigate the pain.</p> <p>Mitigate stress and anxiety</p> <p>Fast food has a high content of fat and sugar which can lead to serious health issues such as/ namely obesity and cardiac diseases, when eaten in quantity</p> <p>psychological disorders/aftereffects/side effects</p> <p>a poor diet can hinder mental and physical growth</p> <p>The extent of injury</p> <p>terminal/end-stage illnesses</p> <p>volunteering improves mental health</p>	<p>Health and foods</p> <p>a balanced diet, along with a weekly exercise regime, can significantly improve one's health and fitness.</p> <p>Health = well-being = fitness</p> <p>stress-related diseases</p> <p>respiratory diseases</p> <p>sleep deprivation</p> <p>Amputation</p> <p>strengthening bones and decreasing risk of stroke</p> <p>health-conscious person</p>
<p>Technology</p> <p>with the ever-increasing pace of technology</p> <p>digital contents</p> <p>progress makes the pace of life faster and faster.</p> <p>digital contents can easily be copied and preserved for as many years as we want.</p> <p>state-of –the-art technology</p> <p>play online games through the Internet.</p> <p>technologically advanced/behind countries</p> <p>positively revolutionize</p>	<p>Technology</p> <p>Target audiences</p> <p>News outlet/media outlet</p> <p>As technology advances, ...</p> <p>government imposes restriction on advertising targeting young children</p> <p>at an snail's pace</p> <p>technology-related companies</p> <p>some scientific progress and technical advances are also big threats to human society.</p>

Technology

life has been transformed after the
emergence/advent of keep latest technology
keep pace with ever-increasing technological
advancement

Internet makes many **public gathering place** obsolete, leading people to interact with one another more than ever before.

Internet technology is causing people to **be less social**.

surfing the net to gain extra information

New businesses have rendered computers functionally obsolete

the internet technology allows people to meet and interact one another electronically.

Non-Internet meeting

have a lot of visual appeal

embrace new technology enthusiastically

satellite communication

revolutionary finding

multifunctional products such as tablets

some games are highly effective for **improving brainpower**. For example, individuals playing chess frequently **stand less chance to** get Alzheimer's disease comparing to average people.

apparatus

Technology

the language and unique customs of different nations are **on the verge of extinction/under constant threat of extinction**.

Facing the threat of being rendered obsolete = be under constant threat of extinction = **be on the verge of extinction**.

technology facilitates group collaboration

ultrasound pictures

provide instant access to the Internet

up-to-date resources

rented accommodation

cutting the fuel consumption

Microsoft has monopoly on technology

Technology pioneers

I was apprenticed to an electrician

Many people **get their news** from social media

The internet has brought people closer

Energy-efficient and cost-effective

Opening new mine for exploiting scarce materials

Digital markets

Getting data from **scientific journal**

Technology

gadgets

technological advancement has invaded people's personal life and taken the right to privacy away from citizens

it improves students' intellectual abilities

smaller lightweight tablets

Technological experts

Compulsive/excessive use of dating apps can change your focus to **short-term hookups** instead of developing **long-term relationships**.

Short-term hookups != Long-term relationship

Cybersex addiction: compulsive use of internet pornography, **sexting**, nude-swapping, **adult massaging services**.

Internet makes these harmful service accessible more **conveniently and anonymously**

Side effects of progress:

-weapons made by modern technologies are used in **blood shedding battles**, like what happened during the two world war and caused many **casualties and devastation**.

-industrial development is the chief cause of environmental challenges such as global warming and greenhouse effect.

Technological development on which the modern world is totally dependent...

Technology has opened up new avenues that **previously were considered impossible**.

Technology

Innovating novel methods

Out-of-date != Up-to-date

Smartphone addiction

Teenage depression

Virtual, online friends != Real-life relationship

Addiction to **social networking, dating apps, texting, and messaging**

online relationships are not a **healthy substitute** for real-life interactions. Online friendships can be appealing as they **tend to exist in a bubble**, not **subject to the same demands or stresses as messy, real-world relationships**

New technologies and education:

-has helped students to **cross national boundaries** and be exposed to new ideas. In this way, they can **improve their warehouse of knowledge**.

-has **increased the speed at which** one imbibes information.

-New technology in the form of Internet Has **breached the limitation of a country's frontiers**: A student sitting in an Iranian university can have an electronic access to the up-to-date information in his **field of interest**, which have been released in a university in USA.

Technology

Disadvantage of learning from:

Publishing of websites do not have controlling policies **as that of** publishing books. As a result, it is difficult to ensure that information is accurate.

Technology

-students can **browse through** previous paper to **dwell deeper** in **their specialized study**.

-the **convenience in accessing** the **information on the Internet** helps students to learn more knowledge quickly.

-Information from books in library might be **outdate**. On the net, students can get **first-handed information**.

- Online courses allows students to study **in the comfort of their home**

Economy

Economic growth

set a ceiling on imports/exports

**Expand/flourish/cripple/
shrink/decline/squeeze** economy

severe increase in the prices of basic/absolute foodstuffs

It depends on foreign market

The imbalance between supply and demand risks **serious repercussions** for the world economy

Have a repercussion for Local/world economy

Ailing economy = economic downturn = turbulent economic climate = economic malaise = shrinking economy

In return, they will receive **a share of profits.**

In return, the company will **fund research** in that university.

The ability to adopt to international market

cooling/ailing economy

a potential huge market

economic downturn

turbulent economic conditions

experience financial losses

It is one the most sophisticated system ever created.

Economy

The prices of housing have been skyrocketed

erratic currency market

expand their market outside national boundaries

political destabilization

global market

win the consumer game against rival/competing companies

economic sanctions

Iran's economy has been crippled, as the US has imposed some heavy sanction on the country's economic activities

high tax would crippled small businesses

the war crippled the country's economy

tourism should be considered as the chief pillar of economy

private sector

Multinational corporation

affordable price = cheap = inexpensive = cost-effective

Investment in **individual improvement of employees** and **be aware of global market tendencies** are the thing absolutely necessary to run a successful business.

Economy

financial/economic problems

- cripple
- squeeze
- shrink

- depress : **the downward spiral of house price** has depressed the market

-spiral: a process, usually a harmful one, in which something gradually but continuously gets worse or better

-Small businesses are being squeezed by **heavy taxation**.

- The **squeeze on profits** in the oil industry has led to thousands of redundancies

-Spiraling costs have **squeezed profits**.

- Unemployment rose and the city **went into a spiral of decline**

- The company is **in a downward spiral**.

- Sales are **on a downward spiral**.

- Inflation **began to spiral upward**.

Economy

Dark side of a business

- tax evading
- illicit trade
- disloyal competition

the economy has been crippled by the high rate of inflation and unemployment crisis

data should be gathered

The government should look at the tourism as the pillar of the economy

get-quick-rich mentality

Family

Nuclear/immediate family

extended family

Adopted child

Distant family

Stay-at-home-dad (wife as breadwinner)

Same-sex marriage

Arranged marriage

Engagement

Separated/ divorced

Family

No one can understand the misery endured by refugee in refugee camps. Words are not capable to convey their hard situation in this places with poor hygiene

Their children = their offspring (uncountable)

Domestic violence/dispute

Weakening family bonds.

Family

The **breadwinner** is no longer automatically the man of the family, and it is common today to see many men as **stay-at-home dad**. This trend is **on the rise**, specifically in Western nations

parents are the persons in our lives accepting us **at our worst and best**.

Whether youngsters agree or disagree with their parents' **political or religious views**, the family remains a **reference point**

family plays an even more central role in **shaping the young person's world view**.

The family's influence is permanent, **unforgettable and inescapable**.

overprotective parents

Support their children emotionally and financially
Parents has gone overboard in controlling their children

endure a long period of separation

some children make the life unbearable for their parents

feel emotionally-secured from their parents

Under parental supervision

The fast-paced evolution of the world has affected **the tradition of having family dinners** and abolished it

Extinction of a family tradition

parents are to blame for children's poor health condition

Family

Gathering the family around a table for a meal is

Hygienic condition

Parents should balance the time they spend at work and with their families.

ambivalent feelings

I felt ambivalent about leaving home

young people's ambivalent toward marriage

Ambivalent attitude toward...

People do not think highly of married life.

parents' excessive love toward their children may prevent them from maturation

make a better work-life balance

vulnerable middle-class families are under constant threat of falling into poverty

families' incomes have been stagnated recently

many children work in deadly condition

short dinner condition

extinction of family traditions

family traditions have been rendered obsolete

<p>Family</p> <p>As parents get older, they become more conservative</p> <p>spousal relationship</p> <p>dysfunctional family</p> <p>immediate family</p> <p>extended family</p> <p>Children's consent should be required for parents' divorce.</p> <p>Support each other through every thick and thin</p>	<p>Family</p> <p>healthy lifestyle</p> <p>family-friendly policies</p> <p>Growing up, I had a rough childhood as I had to be deprived of growing in father's shadow. I had to deal with financial crisis faced by my families</p> <p>Families with breaking up will be ripped apart</p> <p>poor parenting</p>
<p>Music and films</p> <p>universally panned</p> <p>universally acclaimed</p> <p>we listen to music every day, whether intentionally or unintentionally.</p> <p>music changes the mood and trigger many hormones being responsible for bringing happiness</p> <p>music reduces stress and eases anxiety</p> <p>breath-taking / thought-provoking movie</p> <p>timing of the film's release.</p> <p>fewer ticket sales</p> <p>imitating favorable characters</p> <p>when an entertaining movie is played for children....</p>	<p>Music and films</p> <p>Music strengthens the emotional and cognitive centers of the brain</p> <p>scientifically proven benefits of</p> <p>music improves sleep efficiency</p> <p>enhance focus</p> <p>Boost creativity</p> <p>Helps brain to come up with creative solutions</p> <p>The film was a spectacular failure. Besides the underperformance at box office, it went over schedule, and its budget mushroomed from x to y.</p> <p>The film's sale was far short of its huge budget and worldwide advertising.</p>

Music and films

Some films are made to **convey good moral** through their famous stars.

box-office hit = financially successful

box-office bomb/disappointment/flop = financially unsuccessful = commercially failed

underperform at box office

universally panned =! **Universally praised/acclaimed**

Music and films

High-profile films

Art is the best form of recreation that can **touch the soul with** its myriad forms and calm emotions.

Watching movies is the best way to **quell away tiredness** and **rejuvenate our spirits**.

in spite of **doing well in box office**, some films are still considered/deemed as a bomb because of their large budget

Education

computer/financially/politically/technologically/m
usically illiterate

Nurturing/educating/fostering

Degree-earning students

Pass the knowledge down to their kids/students

Pass the knowledge down generation to generation

Teachers impart state-of-the-art knowledge to their students

Learning/grasping the gist and content of mathematics

Having a **teamwork spirit** and not to be too **stubborn to accept advices**

Internet should be used as a **medium of teaching**.

Outdated higher education system should be modernized.

Education

Age-old argument

Living in a city far from home

I finished the project ahead of the schedule.

I was way ahead of the schedule

Universities offer great diversity of teachers and professors

Playing sports teaches about **teamwork**, strategies, and reaching goals.

it can help me to be more knowledgeable and have an accurate view of the world

politically active

my parents' received rudimentary village schooling

Education

Teachers should **bond well with students** to impart/pass on them their invaluable experiences apart from **ordinary teaching syllabus**.

A good teacher can positively overshadow students' feelings their attitude toward...

Having a thirst for learning...

International students **are advised to...**

Quench their thirst for learning

Well-prepared students

Get the gist of what they have heard

Boost their mental and intellectual abilities

Electronically available materials

Carrying out projects and assignments accurately and on deadline

It depends on the stage of the development that these particular children are in

Children are not able to see things from anyone else's perspective

Open the doors of success for students

Put students on a right track

Try as hard as they can

educational background/qualification

Classes should be taught by **a mixture of both teachers and robots**.

Everyone is restless before end of the term.

Education

I was apprenticed to an electrician

He planned meticulously

I started to see the world in a completely new way, and became obsessed with it

free and equal access to education

it is a constitutional right

consult with their advisor on a regular basis to **mentor their success** and make necessary changes **when needed**

digital contents

stand on their own feet and become independent of people surrounding them

restrictions and limitations put chain on youth's ability

cement their interests

students' eligibility to graduate

open the doors of success

put me on the right track

homeschooling under parental supervision

Social habits

Education

In addition to **school curriculum**, students might learn from **extracurricular books**

Audit

Prerequisite

Eligible

Outline

Lower/affect the mark/grade

students would **develop better understanding/comprehension** about a particular topic if they knew its origins

It should be up to students to decide whether they attend traditional classes or take e-learning.

No matter whether students like it or not, they must attend classes physically.

In class discussions, teachers **draw** their students **into** debates that may lead to **further understanding** of teaching materials.

Inviting guest speaker

Instructors teach their students how to **apply** what they have learned **into practice**.

Be responsible and have a **sense of teamwork**.

Mathematics formulas

taking e-learning = taking online courses

customize their learning process.

Customized, individualized learning

Education

a deeper **intellectual engagement** with the subject

underage youth

tune out their parents' advices

Grading criteria

Campus announcement/newspaper

Attending university is a so promising step toward a world of opportunities

Students with failing grades should not be allowed to....
they can quench their thirst for knowledge/discovery/ success/

climb the ladder of success

New technologies and education:

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-New technology in the form of Internet Has **breached the limitation of a country's frontiers**: A student sitting in an Iranian university can have an electronic access to the up-to-date information in his **field of interest**, which have been released in a university in USA.

<p>Education</p> <p>Intelligent and critical thinker</p> <p>Devise various solutions</p> <p>Traditional, teacher-centered classes</p> <p>Intellectual abilities = critical thinking abilities</p> <p>Facilitate the process of retrieving information and materials</p> <p>Understand their course materials easily and readily</p> <p>Learning and remembering multiplication table</p> <p>They mature quickly</p> <p>It is impossible to make it on their own so young.</p> <p>Most students have an inflated view of their own abilities and they do not listen to their teachers.</p> <p>students tune out their lessons easily</p> <p>the ultimate/primary objective of education is harvesting of knowledge</p>	<p>Education</p> <p>-students can browse through previous paper to dwell deeper in their specialized study.</p> <p>-the convenience in accessing the information on the Internet helps students to learn more knowledge quickly.</p> <p>-Information from books in library might be outdate. On the net, students can get first-handed information.</p> <p>It can help them to practice their writing skills. nurture young talents</p> <p>exceptionally talented person</p> <p>using assistive technologies to help students with special needs</p> <p>Taking required/mandatory courses</p> <p>Student failure is not teachers' responsibility</p>
<p>Opportunities and success</p> <p>the road of success is paved with adversary</p> <p>transient/permanent/temporary opportunity</p> <p>turn down the opportunities</p> <p>Ambitious dreams</p> <p>It is a goal worth striving for</p>	<p>Opportunities and success</p> <p>The barriers hinder the efforts to</p> <p>Hear adverse opinion to make conscious decisions</p> <p>the salary structure is biased in favor of men</p>

Opportunities and success

The key to the X's success is ...

I struggled and **passed all the hurricanes** to get this success.

Perform extremely well

Dealing with ups and downs and challenges

Do not feel discourage if you encounter...

From my early age, I showed/demonstrated a considerable degree of....

single-mindedly pursue knowledge

stretch beyond their comfort-zone

many youngsters optimistically wait for condition to improve

Philosophically, success can be defined in **myriad ways**. For some, **success is an external concept to be measured** in terms of high income, **huge bank balances**, fancy cars, expensive mansions, luxurious holidays and so on.

However, in my view, success is **a reflection of internal human qualities**, such as compassion, kindness, honesty, understanding and more.

Whether a person looks good or bad cannot be decided by himself.

Supreme success and maximum pleasure.

in order to succeed,

Opportunities and success

I found her extraordinarily professional

I used to be famous for my stubborn resistance and refusal to accept the defeat

Sometimes things do not **go as planned**

It can damage the reputation of the company severely

leadership and organizational skills

Internet can provide a wealth of knowledge of information

developed, affluent countries

give me a sense of freedom and independence

success is a concept which can be **interpreted in a million different ways**

working together toward a common goal

success is an issue **broadly discussed and defined** by many approaches.

self-stem and confidence can get a big boost.

Everyone has a field of expertise

taking shortcuts for success

Identify and recognize your field of expertise

Opportunities and success

Winning the Olympics' gold medal is the fulfilment of childhood dream.

learn from previous generations' successes and failures.

It is silent killer of youngsters dreams and ambition

Possessing **a mass of wealth** earned **through indecent ways**.

It hinders the efforts for...

Success comes as a result of careful planning and hard working.

Increase self-confidence = to acquire a bigger faith in their own abilities.

My career was hindered by a serious injury

decisive factor

The lack of competition will slow the innovation to a snail's pace

My initial excitement turned to disappointment

My colleagues initially were skeptical, thinking that it was too hard, but the benefits were unexpected

I have the potential to win the race.

individual success can mostly be attributed to diverse assortments of elements that are out of one's control, some of which being resource

distribution, governmental policies, family background, race, ethnicity, and so on.

Opportunities and success

turn this opportunity into a **resounding success**.

Pan out:

to develop in a particular way or in a successful way

-We'll have to see how things pan out.

- Their attempt to start a new business didn't pan out

-Not all government proposals pan put, **whether for** financial, social, or political reasons.

Despite being **universally panned** by critics, the movie **broke box office record**, as **moviegoers flocked** to the cinema to see it.

Deal with difficulties and toxic people

Every goal can be achieved by **years of dedication and hard work**.

The key to success is not waiting for a chance, but seizing it.

An **overnight success** takes years of timing, perseverance, staying up late.

Like many **so-called overnight successes**, I have worked industriously and put strenuous efforts.

The book was an overnight success.

Box-office

bomb/flop/disappointment = highly unsuccessful or unprofitable

<p>Opportunities and success</p> <p>it is normal to feel frustrated when things do not go as planned/ things do not meet our expectations.</p> <p>Financially successful/ profitable</p> <p>Employees should learn how to be self-educated at the very beginning of their career; otherwise, they will be replaced/dismissed without hesitation.</p> <p>Everyone is creator of their own fate.</p>	<p>Opportunities and success</p> <p>Box-office hit = financially successful</p> <p>Commercial failure</p> <p>Non-threatening competition</p> <p>Perseverance and competitiveness</p> <p>It is of great significance for individuals to make a progress and avoid stagnation in their lives. If they stay where they are, they are more likely to face the risk of being surpassed by others, or being replaced by more talented people.</p>
<p>Psychology</p> <p>human behavior</p> <p>take with grain of salt/ be skeptical/do not believe completely/ be hesitant to accept</p> <p>-His story should be taken with grain of salt. He likes to embellish. -Take whatever that paper publishes with a grain of salt. -Before election, all parties make promises, so take them with a grain of salt. - You have to take what he says with a grain of salt.</p>	<p>Psychology</p>
<p>Children</p> <p>Spending a great deal of time with children to get to know one another better.</p> <p>Playing with children or taking them out to a park or a movie</p>	<p>Children</p> <p>Parents can and must oversee what their children are exposed to, be it online, in a movie, a book, or other sources.</p>

Children

Foster children's social development along with their cognitive skills.

Express their opinion

control their anger.

Making excuses for their behavior

play is an important component of our **young lives**

a strong positive influence on **neural development**.

Although parents can provide this **early intellectual stimulation**, in most cases **working parents** find it difficult to do so

the school experience sets the child **on a path to success** and self-confidence in **a competitive, demanding world**.

Parents should involve children in household chores such as **dusting furniture, raking leaves**, washing dishes and so on.

This early training **strengthens their self-images** and self-confidence.

Economically, children need to understand the **connection between effort and reward**.

Losing track of time while playing video games is a common phenomenon among youth.

Parents with teaching their children to take responsibility prepare them for the **realities of adulthood**.

Children

Childhood is one of the most important and **memorable periods** of our lives.

Intellectually, **the period from birth to six years** is the most significant for brain growth

Socially, being in a school environment teaches children both **how to behave themselves** and also how to **get along with other children and adults**.

becomes a part of the social nexus **to which we all belong**.

We are **born into a complex, demanding world**. From infancy to adulthood lies a period in **which** we must prepare for the **responsibilities and obligations of communal living**.

See things from different **perspectives/various angles**

Excessive exposure to images of a disturbing event—such as repeatedly viewing video clips on social media or news sites—can even create traumatic stress in children or teens who were not directly affected by the event.

Parents should limit/minimize their **child's media exposure** to traumatic events.

Parental supervision should prevent kids from repeatedly viewing violent and **disturbing footage**.

Children

Feed children healthy diet

Parents regard their children as a **priceless treasure sent by angles**.

The **teenage years** can be full of pressure, uncertainty, and change
Smartphone addiction

Teenage depression

Virtual, online friends ≠ Real-life relationship

Addiction to **social networking, dating apps, texting, and messaging**

online relationships are not a **healthy substitute** for real-life interactions. Online friendships can be appealing as they **tend to exist in a bubble**, not **subject to the same demands or stresses as messy, real-world relationships**

Parents should stop comparing their children to others, as it can have diminishing impact on children's self-esteem.

Parents should talk to their children and **keep track of what they are thinking and doing**.

Positive attention

Making mistakes is a crucial part of growing up.

Get involved in activities that **put their abilities to the test**.

Parents lose their temper and blame their children for clumsiness.

Children

Buying celebrity magazines

Governments should take care of children if they are beaten or abused.

Children expect their parents to encourage their dreams **no matter how unrealistic or sill they may be**.

Children **desperately try** to get their parents' approval, but parents instead **remind them of their failures**.

the interact that parents have with children affects the way children see themselves.

Parents live vicariously through their children.

Parents **projects** their own desires and expectations **onto** their children, which can cause irreparable damages.

Children who face **unrealistic expectations** are **doomed to fail**, and they will **lose their faith in their own abilities**.

Children should learn they cannot **count on anyone** except themselves.

parents are the persons in our lives accepting us **at our worst and best**.

Children's consent should be required for parents' divorce.

Children

Children should know that challenges are the most valuable lessons given by life. Tackling obstacles will lead to accumulating invaluable experiences helping them in their future lives.

Take children to the first day of school

Countless studies show that **physical affection** helps children to feel **emotionally secured**.

Children **feeling loved** develop a great self-esteem.

Most children prefer not to **risk attempting something new**, which can persist to their adult life.

Develop exceptional talents/unique gifts

Children are like sponges and **soak up** the reactions of people surrounding them.

Parents should participate in their children's education.

Quality = characteristic = hallmark

It is often seen that children start feeling that their **parents in old age** are **no more than a burden**.

The biggest problem with playing video games is that some adolescents attempt **to translate the rules of the games onto reality**. This is especially true of the teenagers living in Western countries, in which young **adults imitate the violence they see on the screen**. It is commonly believed that game companies are responsible for this anti-social behavior as they **make violence glamorous**.

Children

Their children = their **offspring** (uncountable)

Vast majority of parents **confuse discipline with punishments**.

Parents can **pass on/impart their children** social skills.

Socially competent children.

Acknowledge their mistakes and apologize

Get rewarded

Children should **be obedient to** their parents. It is a **religious obligation** and a **social norm**.

Going overboard in controlling children

going overboard in **controlling and disciplining** our children

with the passage of time, children do not **give** their parents **their due right** and nor do they **look after them in the right manner**.

With the passage of time, children **develop the habit of disobeying their parents**.

Going overboard in paying attention to their own physical appearance.

Dutiful children.

Transportation & Travel & Tourism

Take, ride, drive

Take a taxi, train, ship, ...

Ride (open-air vehicle): ride motorcycle, bicycle, skateboard

Drive: drive a car, truck, boat

Get in vs. get on

Get in: sitting (car, truck, taxi)

Get on: standing (open-air vehicle)

Embark/board/disembark train/bus/ship

Embark on: begin a journey

Embark on a project/program/plan

I graduated in 2019 and I embarked on a career as a teacher

Commuter

Congestion

Operate

Means of travel

Overseas/ abroad

Commercial vs. passenger

Many museums **charge for admission** while others are free

Have an admission fee/entrance fee.

Transportation & Travel & Tourism

-Traffic jam

-**Rush-hour traffic**- the morning commute, the evening commute

-**high pedestrian/foot traffic**: a lot of people walking back and forth

Discharge/emit/release CO2

-Go abroad = travel overseas= go/move to another country

-Rustle/relocate/emigrate abroad or to your host nation

Electric cars (NOT electrical)

Autonomous/self-driven cars

Vehicle

Pedestrian

Motorized vehicle

Fare/cost

Choose local museums as a must-see place.

Traveling alone vs traveling with a companion:

Alone:

-experience more freedom: they do not discuss **the itinerary of travel** with others and where to go.

-they do not need to worry about how to get along with the fellow travelers.

	<p>With friends:</p> <ul style="list-style-type: none"> -it can make the travel much easier as they can share tasks such as find transportations, hotels, restaurants, booking flights and so on. This duty sharing makes the journey pleasant for everyone. -you can get help when facing unexpected incidents such as getting lost, getting sick, being overslept for the morning flight. -they can ease the feeling of loneliness and nostalgia by talking with each other. <p>when traveling to a far away and unfamiliar places, we may fall into a low spirit and have a strong nostalgic feeling.</p>
<p>Internet</p> <p>Communicating via the Internet</p> <p>It enables people to communicate with anyone around the world.</p> <p>Cyberbullying: the activity of using the internet to harm or frighten another person, especially by sending them unpleasant messages</p> <ul style="list-style-type: none"> -Cyberattack/cybercrime -Imposter: a person who pretend to be someone else -child predator/ identity thief/fraudster -cyberbullying victims/incidents -photos shared without consent. <p>Child predators take advantage of kids' lack of experience in protecting their identities.</p>	<p>Internet</p> <p>Advantages of online shopping:</p> <ul style="list-style-type: none"> -saving time -saving money (online store do not need to pay rent for a store and can pass the saving on to customers) -More convenient: do not need to wait in lines or compete with other shoppers. -no salesperson pressuring you to buy something: can compare other sellers' prices instantly. -you can get customer reviews on product.: for the physically challenged or for bedridden (sick) people this provides a connection to the world. <p>Disadvantages of online shopping:</p>

<p>Internet</p> <p>Fraudsters use myriad of sophisticated tactics such as identity theft to obtain personal details so as to make financial benefits.</p> <p>Deceive people</p> <p>He was soon discovered to be an impostor.</p> <p>Overreliance on technology/Internet has made young children less creative these days.</p> <p>Modern technology, especially the Internet has erased boundaries and created a single world culture.</p> <p>Internet is making the world smaller by bringing them together. (=! Makes people isolated and lonely)</p>	<p>Internet</p> <p>-addictive: too easy to buy (just click a button).</p> <p>-cannot get a sensory impression of the product (cannot touch, smell, taste, etc.)</p> <p>-refunds and exchanges are troublesome.</p> <p>-not always sure you'll get the right product.</p> <p>Many online scam: have to provide private information to websites.</p>
<p>Celebrity</p> <p>Celebrity endorsement</p> <p>Idolize</p> <p>Role model</p> <p>Politicians buy off celebrities.</p> <p>Have biased perspective</p> <p>Extravagant life/enjoyment</p> <p>Hold an affection in people's heart</p> <p>Have a reputation for</p> <p>Owe their fame to....</p> <p>Going overboard in covering public figures' lives</p>	<p>Celebrity</p> <p>Universally praised/acclaimed/extolled</p> <p>Engaged in excessive alcohol consumption/drunk driving/speeding/drug using/suicide/domestic violence.</p> <p>Celebrities take advantage of their social media platforms to</p>

<p>Celebrity</p> <p>Intrusion/invasion of their personal matters Lucrative sponsorship deals Promote/encourage products Manipulate people's unconscious thoughts.</p> <p>His good look has earned him millions of admirers from around the world.</p> <p>Have sizeable followers.</p>	<p>Celebrity</p> <p>promote different brands they are associated with.</p> <p>earn money from clothing brand, modeling and acting.</p> <p>celebrities do not reveal much about their previous lives.</p>
<p>History and art</p> <p>Is learning about the past useful?</p> <p>No:</p> <ul style="list-style-type: none"> -the information that people obtain lack practical implementation. <p>Yes:</p> <ul style="list-style-type: none"> -living without learning about the past is the same as building a house without a foundation. -our lives are result of series of events from the past. -history is a good teacher. 	<p>History and art</p> <p>Is learning about the past useful?</p> <p>Yes:</p> <ul style="list-style-type: none"> -provides invaluable knowledge to understand different people and societies, predicting future trends. -It formulates the steps of development. -what is happening today stems from the past events, helping us to avoid making mistakes. -closer study/acquiring information, being aware of political conflicts can prevent wars and will save thousands of lives. -learning the history of our own country or region builds up our identity, giving us a sense of belonging to a certain group of people.

Advanced adjectives

Ubiquitous: fast food restaurants are ubiquitous these days

Cumbersome: cumbersome situation/challenge/life

Burdensome pressure and **extensive** competition

Facetious: Don't listen to him. He is being facetious.

Arduous: arduous task/problem/chore

Presumptuous: Would it be presumptuous of me to ask why you are so miserable? / it is very presumptuous of you to think...

Contemptuous: contemptuous glance/ he is openly contemptuous of his father/ contemptuous look/attitude

Pensive: she is thinking about his ill mother. She looks pensive.

Supreme success and maximum pleasure

Circuitous: circuitous road/path/rout. We took a circuitous route to our destination. The road of success is circuitous/my circuitous route to

Conscientious: she is very conscientious of her health.

Meticulous: meticulous plan/schedule/ he is very meticulous with designs/ he carry out projects with meticulous care

Convolutd (=hard to follow/complex/twisted/intertwined): convoluted story/sentence/argument/ long paragraph and convoluted sentences/convoluted process

Peculiar
Traumatic

Truculent : bad-tempered and always willing to argue with people/aggressive

-politicians are sometimes truculent with media.

- He was truculent and difficult to deal with.

Advanced adjectives

Vicarious: experienced by watching or reading about someone else doing something, rather than by doing it yourself

Vicarious
pleasure/satisfaction/excitement/thrill

- the **vicarious pleasure** that parents **get** from their children's success

- She **took** a vicarious pleasure **in** her friend's achievements.

- Lots of people use television as their vicarious form of social life.

- television channels too have lined up romantic films for **couch potato couples** or for the majority who watch these movies to get a **vicarious experience of falling in love.**

Close-knit families

tremendous /strenuous effort

preposterous:
completely unreasonable or silly/absurd

- The whole idea sounds absolutely preposterous!

Universally **identical**

Profound

Well-balanced

Capricious: likely to change your mind suddenly or behave in an unexpected way

Advanced adjectives

-a truculent teenager.

- the **truculent attitude** of farmers to cheaper imports

Austere: severe or strict in manner or attitude

-her **austere manner** intimidated the students

Nascent: only recently formed or started, but likely to grow larger quickly.

- a **nascent political party**.

- a **nascent problem**

- Everyone in this **nascent business** is still struggling with basic issues.

- their **nascent industries/science/space industry**

-his nascent singing career/nascent movement

-The project is at a **nascent stage of** development.

Apathetic: showing no interest or energy and unwilling to take action, especially over something important

In countries with **widespread political corruption**, voters are mostly apathetic when it comes to election.

Young people today are so **apathetic about politics**.

How can you be so apathetic about the world and its problems?

Apathetic about environmental issues.

Advanced adjectives

- a capricious wind.

- capricious and often brutal leaders.

- He was a cruel and capricious tyrant.

-a capricious child.

- We have had very capricious weather lately.

Quintessential: representing the most perfect or typical example of a quality or class.

-YouTube is a quintessential website to...

Firsthand: direct, personal contact

Most of us have **firsthand experience** of teaching.

Obtaining **firsthand accounts** from the survivors was tricky.

We need someone with **firsthand knowledge** of the dispute.

He has **firsthand experience** of what war is like.

High school students are often **take on field trips** to places like the NYSE and the White House to **have a firsthand look at** how economics and government work.

Adamant = stubborn

Bold and immature

<p>Advanced adjectives</p> <p>Sympathetic = considerate</p> <p>Time-consuming = consume a lot of time</p> <p>Enthusiast != Disinterested/reluctant/apathetic</p> <p>Must-know must-see must-have</p> <p>In-demand/sought after career, profession, skills, products, engineer, software, ...</p> <p>Overlooked: An overlooked aspect of technology is transportation.</p> <p>Trainable/adaptable/quick-witted person</p> <p>Perpetual = long-lasting = durable friendship</p> <p>Mentally/intellectually acute = intelligent = sharp</p> <p>Remote future != Not-too-distant future</p>	<p>Advanced adjectives</p> <p>Extravagant</p> <p>Extravagant lifestyle of a movie star</p> <p>It is very extravagant of you to buy strawberries out of season.</p> <p>They enjoy extravagant lifestyle/enjoyment</p> <p>Salient part of something: most important part of something Salient factor/part/part/feature/characteristic</p> <p>Undergo radical/tremendous/substantial/e normous/extraordinary changes.</p> <p>Sincere friend = honest friend = truthful friend</p> <p>Sincere friend = !so-called friend</p>
<p>Advanced nouns</p> <p>Apparatus</p> <p>Conscientiousness / industriousness/ tenacious/ perseverance</p> <p>Competence</p> <p>Obstacle = difficulty = challenge</p> <p>Perplexity:</p> <p>Quid pro quo: something that is given to a person in return for something they have done</p> <p>-in politics nobody does something for nothing: there's always a <i>quid pro quo</i> involved</p>	<p>Advanced noun</p> <p>Catch-22: is a paradoxical situation from which individual cannot escape for contradictory rules.</p> <p>-An example of a catch-22 is the idea that you have to have money to make money</p> <p>- It's a Catch-22 situation – without experience you can't get a job and without a job you can't get experience.</p>

Advanced nouns

- There is a quid pro quo for everything in politics

Do sth as a quid pro quo for sth

Ask sth as a quid pro quo for sth

- The government has promised food aid as a quid pro quo for the stopping of violence

- It is clearly illegal to require sex as a quid pro quo for promotion.

- Many politicians promise celebrities political and financial favors as a quid pro quo for their contribution in election campaign.

Quarrel: an angry disagreement between two or more people or groups:

- They **had a bitter quarrel** about/over some money three years ago and they haven't spoken to each other since.

- we **patched up our quarrel**.

enthusiasm =! disinterest

Credence: the acceptance of something as true

Give credence: to believe or accept something as true

- I don't give any credence to these rumors.

- I'm not prepared to give credence to anonymous complaints.

- I'd heard rumors over the years, but I never gave them any credence whatsoever.

- The recent discovery of the largest meteorite crater in Europe gives credence to Prof Solomon's theory.

Gain credence: to become more widely accepted or believed.

Advanced nouns

- Here's a ubiquitous and true-to-life example: I want to get a job but every place I apply is looking for someone with more experience. I'd like to get more experience, but to do that I'd need a job.

- It's a Catch 22 situation here. Nobody wants to support you until you're successful, but without the support how can you ever be successful?

Epitome: a person or thing that is a perfect example of a particular quality or type

- Helen's older sister Jenny is the epitome of the perfect Mum.

- Truly, Jun was the epitome of a perfect leader for anyone.

- These people have become the **epitome and complete personification** of Greed and Corruption.

- France represented the epitome of modernity and luxury.

- I pictured her to be the epitome of Southern beauty.

- In public our relationship was the epitome of a perfect, loving relationship.

- the British monarchy itself is the epitome of tradition.

Dichotomy: a difference between two completely opposite ideas or things.

Advanced nouns	Advanced nouns
<p>- His ideas quickly gained credence among economists.</p> <p>- His bruises added/lent credence to his statement that he had been beaten.</p> <p>- The notion that our mental state affects our physical health is gaining credence.</p> <p>–Lend credence to something: to make something more believable.</p> <p>- The DNA results lend credence to Hausmann’s claims of innocence.</p> <p>Sycophant: someone who praises powerful or rich people in a way that is not sincere, usually in order to get some advantage from them</p> <p>–The prime minister is surrounded by sycophants.</p> <p>- a dictator surrounded by sycophants</p> <p>-some sycophants in media refuse to acknowledge political corruption.</p> <p>Dilettante: a person who is or seems to be interested in a subject, but whose understanding of it is not very deep or serious</p> <p>- There is now no room for the amateur or the dilettante in the business.</p> <p>-she thinks she knows a lot about health and nutrition, but she is really a dilettante.</p> <p>- I was always a dilettante when it came to alienation.</p> <p>Deficit There is a deficit of trust between the customer and the banks</p> <p>Deficit =! Oversupply Oversupply of law graduates vs deficit of engineers</p>	<p>- There is often a dichotomy between what politicians say and what they do.</p> <p>- A rigid dichotomy between science and mysticism.</p> <p>-A dichotomy between his public and private lives.</p> <p>-A dichotomy between economic development and environment protection.</p> <p>Myriad</p> <p>Impediment = challenge = difficulty</p> <p>Zenith: the most successful point in the development of something.</p> <p>- The Roman Empire reached its zenith around the year 100.</p> <p>- In the 1860s, Tolstoy was at the zenith of his achievement.</p> <p>- His career reached its zenith in the 1960s.</p> <p>- Their popularity reached its zenith in the mid-1990s.</p> <p>-His athletic career has reached its zenith.</p> <p>Content</p> <p>Vulnerability</p> <p>Menace = threat</p> <p>Prejudice Racial prejudice Prejudice against x...</p>

<p>Advanced nouns</p> <p>Repercussion (=consequence): the effect that an action, event, or decision has on something, especially a bad effect.</p> <ul style="list-style-type: none"> - Any decrease in tourism could have serious repercussions for the local economy. - President Kennedy's assassination had far-reaching repercussions. - The repercussions of her comments could be serious. - The nation's political crisis is having economic repercussions. 	<p>Advanced nouns</p> <p>Quarrel: an angry disagreement between two or more people or groups</p> <ul style="list-style-type: none"> -They had a bitter quarrel about/over some money three years ago and they haven't spoken to each other since. -we patched up our quarrel. - Eventually, the dueling politicians agreed to end their quarrel. - They had a quarrel last night and now they're not on speaking terms with each other. <p>Inclination toward something.</p> <p>Public acceptance of something</p> <p>Social contact network = social circle</p>
<p>Advanced verbs</p> <p>Admonish (to advise sb against sth): parents admonish their children for telling a lie/my teacher admonished me to work hard for my exam.</p> <p>Advocate: The organization advocates for human rights/ He advocates the return of capital punishment.</p> <p>Bemoan (=to complain or say that you are disappointed about something): He was bemoaning the fact that lawyers charge so much/ an article bemoaning the lack of sports facilities in the area</p> <p>Deem= consider</p>	<p>Advanced verbs</p> <p>Presume: make an assumption based on probability</p> <ul style="list-style-type: none"> -5000 people were presumed dead after that tsunami hit the village. -He presumed that I was not going to succeed. <p>Assume: suggest, believe in something without proof</p> <p>Replace sth & be replaced with sth</p> <p>Devise = invent Devise a plan/method</p>

Advanced verbs

Jeopardize

Compel (=to make people have a particular feeling or attitude): His performance compelled the audience's attention/ The law will compel employers to provide health insurance

Embezzle (=to steal money from the place where you work): the accountant embezzle millions/ wo managers were charged with embezzling \$400,000/ She embezzled thousands of dollars from the charity/While employed as business banking manager of the bank, he embezzled £300,000

Extol (=praise enthusiastically and highly): The health benefits of exercise are widely *extolled*/ His book extolling the benefits of vegetarianism sold thousands of copies/He often extols the virtues of his students/I extol the beauty of modern art

Impugn (to express doubts about someone's honesty, courage, ability etc.): I did not mean to impugn her professional abilities/They tried to impugn my character and professional abilities by false accusations/ are you impugning my competence as a professional designer? / He could no longer work as a doctor because his reputation had been impugned

Eclipse (= overshadow/subordinate): Many people expected the growth of television to mean the eclipse of radio.

-The economy has **eclipsed all other issues** during this election campaign.

- The economy **had eclipsed the environment** as an election issue.

Advanced verbs

Repudiate:

1. to refuse to accept or continue with something

-The professor repudiated the students' request to -postpone the exam.

-Party members appeared on television to repudiate policies they had formerly supported.

2. deny the truth or validity of.

-the minister repudiated allegations of human rights abuses

Cease: stop
This barbarity must cease!

Contemplate: to think about something that you might do in the future

-He had even **contemplated suicide**.

-Did you ever **contemplate resigning**?

-The thought that she might be dead was **too terrible to contemplate**.

-The government was **contemplating fining anyone** who was found within the **island's danger zone**.

-Five years back he **would not have even contemplated** the Wiring Project.
-I'm **contemplating going abroad** for a year.

-They were **contemplating a move to California**.

-I'm **contemplating leaving my job**.

<p>Advanced verbs</p> <p>-He was eclipsed by his more famous sister.</p> <p>-her score eclipsed the old record.</p> <p>Empathize</p> <p>Impede</p> <p>Undergo</p> <p>Associate x with y = relate x with y ex: many people associate success with power and wealth</p> <p>Some people relate success with emotional well-being.</p> <p>Feel unhappy and unsatisfied.</p> <p>Aim at: Aim at find a position in a big company Aim at proceeding into world market.</p> <p>Strive: Strive for success Strive to make money and earn a living to support their family.</p>	<p>Advanced verbs</p> <p>-I couldn't contemplate living on my own.</p> <p>-He was contemplating his future.</p> <p>Be obsessed with:</p> <p>Be composed of: We live in a society composed of people from different walks of life.</p>
<p>Advanced adverbs</p> <p>Reluctantly: -Employees reluctantly come into work over the weekends.</p> <p>Unabashedly: in an unabashed way (= without any worry about possible criticism)</p> <p>- he was staring unabashedly at her.</p> <p>-She unabashedly told her boss that she wanted to raise.</p>	<p>Advanced adverbs</p> <p>Vicariously: in a way that is experienced in the imagination through the actions of another person.</p> <p>- Some parents seem to live vicariously through their children.</p> <p>-People like to vicariously experience that kind of danger.</p>

Advanced adverbs

Vaguely

Fervently: very enthusiastically or passionately

- he fervently believes he's doing the right thing.

–they fervently work around the clock in order to finish the project on time.

Diligently

Utterly

Barely half of

Intently: in a way that gives all your attention to something

– The child stared intently at her.

- She was listening intently to everything he said.

Presumably:

Spontaneously:

Ironically:

Extraordinarily:

Single mindedly

Single handedly

Instinctively

Mistakenly = erroneously

Superficially =! When carefully weighing in mind

Advanced adverbs

-People like to **live vicariously through** the actors.

-I've been **travelling vicariously through** her fabulous trip to Germany and China.

To live vicariously through

someone: means to enjoy someone else's life, as if it was yours.

-

-When you read books, you start **living vicariously through the lead character** in the book. Or in movies

Adamantly

Annually

Whatsoever:

Notoriously

Implicitly: clearly

Desperately

As quickly as possible

As much of time as possible

Wholeheartedly = **unconditionally** = **sincerely**

Overnight (adv & adj)

She became a star overnight (adv)

The book was an overnight success.

Advanced phrasal verbs

Buy off someone / Pith in/ Chip in/ Take the time

Take into account/consideration/ Carry out

Take with a grain of salt/ Take a step

Take out of context/ Take advantage/ Pass away

Climb down = back down/ Pan out

Pass down/ Call for (=demand)/ Account for = make up

Phase in/out: introduce or eliminate in stages (changes, policy, system, etc.)

Phase sth in = introduce

Phase sth out= eliminate: the bonus system will be phased out.

Resort to: to do something that you do not want to do because you cannot find any other way of achieving something.

I had to **resort to violence**/threats to get my money.

The company could decide to **resort to litigation**.

Officials fear that extremists may resort to violence.

We regret we must resort to legal action.

The company may **resort to a temporary closure** of its only plant.

Get around something (circumvent sth): to find a way of dealing with or avoiding a problem

I think we should be able to get around most of these problems.

Advanced phrasal verbs

Point out: draw attention to something

Follow up: to take a further action

Applicants are advised to follow up their interviews with a quick **thank-you email**.

Making a phone call to follow it up.

put sth/sb forward: to state an idea or opinion, or to suggest a plan or person, for other people to consider

He rejected all the **proposals put forward** by the committee.

The proposals that you have put forward deserve serious consideration.

The peace plan put forward last August has been revived for the latest round of negotiations.

She has decided to put her name/put herself forward as a candidate.

A number of theories have been put forward about the possible causes of cancer.

I've put myself forward for the sales manager job.

Proponents of X **put forward the argument** that....

Your name was put forward as a possible team leader.

Advanced phrasal verbs

She was always very clever at **getting around the rules**.

Isn't there any way of **getting around these regulations**?

The committee is looking for ways to **get around the funding problem**.

There are ways of **getting around the tax rules**.

You can't **get around the fact that** smoking kills.

Pay off

Take toll

Advanced phrasal verbs

Take off: increase sharply,

The company's **fortunes took off** after launching new product.

Take place (war, changes, progression, ...)

Take out on: Do not take out your problems on your family.

plough something back: to use money that you have earned from a business to make the business bigger and more successful.

- Companies **can plough back their profits** into new equipment.

-All the **money** we raise is **ploughed back** into our work.

Take on a job/challenges

Alternatives	Alternatives
<p>Said Called/whispered/shouted/exclaimed/asked/replied /respond/remarked/ demanded</p> <p>Like Favor/appreciate/admire/fancy/care/cherish/treasure</p> <p>Beautiful Pretty/lovely/stunning/gorgeous/elegant/ glamorous/ cute</p> <p>Smart Ingenious/clever/sharp/brainy/wise/bright/intelligent</p> <p>very ugly = hideous very expensive = pricy very funny = hilarious very talented = gifted very cold = freezing very often = frequently</p> <p>advantage = merit = benefit = pros = strength = upside</p> <p>disadvantage = downside = drawback = cons = weaknesses</p> <p>I like x : -x appeals to me because... -I get a lot of pleasure out of x... -I am fond of x (sth, sb, or doing sth)</p> <p>Perspective = line of thought</p> <p>Growing = mounting</p>	<p>Saw Noticed/sighted/spotted/watched/observed/looked/glimpsed</p> <p>Big Enormous/gigantic/massive/immense/giant/</p> <p>Small Tiny/petite/tiny/minuscule/mini/miniature</p> <p>Very Awful/terrible terrific/great/wonderful/superb/awesome adorable/lovely</p> <p>furious/ mad spotless exhausted wealthy terrified/petrified anxious/distressed weird/blizzard starving</p> <p>result = consequent = repercussion (negative)</p> <p>expensive: costs more money</p> <p>Way: Fashion in an organized fashion</p> <p>Cheap = inexpensive/low-cost/cost-effective</p>

Alternatives	Alternatives
<p>Increase very quickly: mushroom Skyrocket</p> <p>The price of housing has been skyrocketed/mushroomed</p> <p>The number/amount/profits of x has been skyrocketed/mushroomed in the recent years.</p> <p>Boost It can boost the growth of...</p> <p>Decrease suddenly in level or amount: Plunge</p> <p>We are expecting a plunge in profits this year.</p> <p>Profits are being affected by the plunge in the dollar against the euro.</p> <p>Our income has plunged dramatically.</p> <p>The unemployment rate plunged sharply</p>	<p>Financially/commercially successful = High-profile</p> <p>Have = possess/own He never owned a house.</p> <p>Relax = unwind = be revitalized like a battery that is being recharged.</p> <p>Schedule = timetable</p>