

REVISION II

VOCABULARY

A. Match each word with the correct definition. There are three more definitions than you need.

1. confidence ____

2. offensive ____

3. maintain ____

4. consider ____

5. responsible ____

a. keep something the same

b. making somebody feel upset or hurt

c. something done or completed successfully

d. the feeling that you are good enough

e. successful and achieving the results wanted

f. competent and reliable

g. very informal language used in speech

h. regard in a certain way

B. Complete the paragraph with the correct form of a word from the word bank. There are three extra words given.

accomplishment expect impress lead to punctual research responsible select

Debbie applied for a new job. She saw the ad online and immediately became excited because she felt that she perfectly fit the profile. She knew that her résumé was going to (6) _____ the company because she had a lot of experience. She (7) _____ the interview to be easy, but unfortunately she got stuck in traffic on her way to the company. Normally she is very (8) _____, but on this day she arrived two hours late. Despite all her professional (9) _____ the company (10) _____ another candidate for the position.

C. Match each word with the correct definition. There are three more definitions than you need.

11. sponsor ____

12. demanding ____

13. assured ____

14. motion ____

15. logo ____

a) support a person, organization, or activity by giving money, encouragement, or other help

b) in an angry or violent way

c) the way that something or someone is thought of by other people

d) needing a lot of time, attention, or energy

e) certain, confident

f) a design or symbol used by a company to advertise its products

g) something showing that something else exists or might happen or exist in the future

h) the act of moving; movement

D. Complete the paragraph with the correct word from the box.

assured dependable due to exception expansion image market trend
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Goggins believes that anything is possible with the right amount of dedication and if you are not afraid of failing a few times first. He says that you should never be too concerned about your (16) _____ meanwhile. If you care too much for what others think of you, you can be (17) _____ that you won't achieve your goals because you will be busy thinking about how others see you. Similarly, it is not a good idea to follow changing (18) _____ in training methods or eating instead of the signs of your own body. Another key to achieving almost any goal is not only to invest a lot of energy into the preparation, but to break it down into small pieces. If you look at a challenge or a race overall, you will probably be frightened. Running 220 kilometers might seem impossible but with a one-step-at-a-time attitude even that can be completed. The same is true of any problem you may experience during a race. If you always focus only on the present, and set small, more immediate goals for yourself, you are more likely to succeed. These may be to run just the next kilometre, or find the right strategy to get well after an injury. Goggins couldn't complete his first two Navy SEAL training courses (19) _____ illness and injury, for example. Luckily, he was given one last chance. He now believes that anything is possible, without (20) _____.

E. Match each word with the correct definition. There are three more definitions than you need.

21. impact

22. acknowledge

23. accurate

24. imply

25. relevant

a) to communicate an idea or feeling without saying it directly

b) to say that something is not true

c) to become less, or to make something become less

d) a marked effect or influence

e) correct, exact, and without any mistakes

f) to accept, admit, or recognize something

g) reasonable and based on a good judgement

h) connected with what is happening or being discussed

READING 1

A. Read the article about introverts. Then choose the best answer for each question.

Why Introverts Dislike Small Talk

Section I

Introverts are quiet people who are more interested in their own thoughts and feelings than in spending time with others. You will typically find them in silent parks, cafés, or libraries rather than noisy bars or clubs full of people. Their attitude to small talk might cause some people to think they are rude or arrogant. People might assume that introverts don't like chit-chat because they don't like people. In reality, the opposite is true. Introverts do not hate small talk because they dislike people. They hate it because they hate the limitations it creates between people. They feel that rather than bringing people closer, small talk actually pushes people apart.

Section II

Small talk is supposed to be light and fun. On the other hand, personal questions are considered inappropriate. Similarly, any negative emotions are avoided. As a result, small talk keeps the conversation on the surface. “Polite” and “nice” topics such as the weather, pets, vacations, and one’s hobbies are usually safe and won’t cause offence or upset. At the same time, there is no chance of creating a deeper relationship. When two people can’t be completely honest, they don’t learn anything new about each other. The relationship can’t grow in a satisfying way for the introvert. Most introverts find small talk annoying because it feels fake and meaningless. They see no value in speaking about general things, especially if they feel they can’t be completely truthful about how they feel or think about something.

Section III

Small talk usually avoids depth and meaning, but the introvert’s brain wants to dive deep. They would much rather discuss serious or even philosophical questions with their partners instead. Introverted people usually love being able to look into another person’s inner world and share their own. They want to analyze big ideas and figure out what interests other human beings. In other words, they are curious about what makes others excited and what their biggest fears are. They want to learn something new from any conversation, and their favorite topic is often connected to the meaning of life. Introverts want “the real stuff”, even if others are not always in the mood for so much intensity.

Section IV

Imagine that introverts have a certain amount of emotional energy for social communication for each day. When they leave in the morning for school or work, they have more of it. Throughout the day, however, they may lose or recover some of it, depending on the situation. They talk to a good friend about a topic that interests them and their battery fills up again. They make small talk (which they find unpleasant) with an extrovert acquaintance for a long time and their mental strength drops. Unlike extroverts, who get their energy from the company of others, introverts’ emotional power is limited. They find that

small talk consumes too much of their mental strength that they would like to use for other activities, often pursued alone.

Section V

The bad news for introverts is that small talk is a necessary part of life. It can't be avoided because it makes a person appear friendly and sociable. It can open the door to deeper connections. If you never make small talk, you'll probably never make a new friend. Small talk is important when you go on a first date, if you want to be successful in business or convince your co-workers that you like working with them. Small talk starts human relationships and helps keep them going as well, and introverts should understand this. If they do, they will have an easier time participating in it

1. Section I suggests that introverts are people who

- A. might sometimes look down on people.
- B. want a closer connection with others.
- C. are often impolite when they socialize.
- D. like to create barriers between them and others.

2. Section II suggests that in a conversation introverts want to

- A. build closeness by having deep conversations.
- B. discuss inappropriate topics that are fun.
- C. hear others' authentic opinions about neutral topics.
- D. avoid being too polite and "nice".

3. Section III suggests that introverts are interested in

- A. encouraging others to face their fears.
- B. learning about the brain.
- C. thinking about important things.
- D. other people's favorite topics.

4. Section IV suggests that introverts have
- A. more strength when talking about work.
 - B. less energy before they go to school or work.
 - C. more energy if they talk to a lively friend.
 - D. a set quantity of mental strength for socializing in a day.

5. Section V suggests that introverts need to
- A. consider sharing even bad news as small talk.
 - B. behave differently in certain social situations.
 - C. see the benefits of small talk more clearly.
 - D. understand their co-workers better.

6. In section 1, “**them**” refers to

- A. thoughts
- B. people
- C. others
- D. introverts

7. In section 5, “**it**” refers to

- A. the door
- B. life
- C. small talk
- D. a person

8. The word “acquaintance” in section 4 means

- A. strength
- B. friend
- C. relationship
- D. feature

B. The reading passage has five sections I–V. Choose the most suitable heading for each section

I–V from the list below. Write the appropriate letter (a–f) for each section.

- | | |
|--|--|
| a. It's Not Serious Enough | b. It Requires Too Much Psychological Energy |
| c. It Can Build Barriers | d. Its Purpose Isn't Clear for Them |
| e. It Demands a Specific Kind of Humor | f. Its Dishonesty Is Frustrating |

9. Section I Heading ____

10. Section II Heading ____

11. Section III Heading ____

12. Section IV Heading ____

13. Section V Heading ____

READING 2

A. Read the article about an English ocean rower, Roz Savage. How would you describe Roz?

Choose two options.

- a. She's an independent person.
- b. She lost everything before she started rowing.
- c. She doesn't like to be alone.
- d. She's very fit.
- e. She loved her office job.

1. ____

2. ____

Section I

Roz Savage is an English ocean rower, environmental speaker and writer. She holds four Guinness World Records for ocean rowing, including first woman to row solo across three oceans: the Atlantic, Pacific and Indian. She was born in Cheshire. She started rowing at university in Oxford. By 2000, at age 34, she had spent eleven years as a management consultant. On the train going to work one day, however, she started writing two obituaries*: one for the life she was

living and one for the life she really wanted. The difference between the two made her change her life. She gave up her job, husband and beautiful big house and started a completely new life. On her website she writes that if you are always too comfortable in life, you won't grow. And she does everything possible not to let this happen.

Section II

In 2006 I was alone in a small rowing boat in the middle of the Atlantic Ocean. My last hot meal had been two months before, before my camping stove broke. My stereo was broken. I hadn't had any human contact since my satellite phone stopped working several weeks before. All four of my oars**were broken and I had to repair them without any equipment. I had pain in my shoulders and saltwater bruises on my backside. I had battled six-meter waves, not sleeping enough, selfdoubt and depression. But I had never been happier. I felt proud. They had said I was crazy. They said I wasn't big enough, not tall enough, not strong enough. And I showed them that they were all wrong. I achieved my goal and proved that anybody can achieve the extraordinary, if they are strong enough.

Section III

None of the journey was easy, of course. I set out from the Canary Islands with nearly 5,000 kilometers of empty ocean ahead of me. I carried only what could be squeezed into my boat. I didn't know about the difficulties ahead of me. As the Atlantic Ocean gradually reduced the boat to its essentials, people started tuning in to my story from all over the world. Despite the complicated circumstances, I managed to keep a blog that I regularly updated by satellite phone. People listened to the details of my adventures. They followed when I made all these repairs, when I was blown backwards by the wind, and even when I reached my limit both physically and mentally. I didn't give up, and after 103 days alone at sea, I rowed into English Harbor in Antigua, and made history.

Section IV

When they interviewed me after I arrived, the journalist asked if I see myself as an inspiration to others. I said that I think that we all look for inspiration, so it can help if we are all honest about how hard it was to achieve certain dreams. This might make others take action, but also realistically inform people about the difficulties involved. I am very inspired especially by those people who don't get to choose their challenges. There are people who have to do much harder things than I've ever done. They look after old or sick relatives, live in circumstances that are dangerous or insecure or face mental or physical health issues. And they won't write a book or give a speech about them. They just do it, without others publicly celebrating them.

Section V

Rowing the Atlantic was, without a doubt, the hardest thing I had ever done. It was physically tough, but psychologically even harder. The ocean is scary and most of the time I wanted to give up. But no matter how hard it got, I always believed that the only thing worse than carrying on would be to quit. Today I'm very happy that in 2000 I changed my life to get the obituary I really wanted. I stopped caring so much about what other people thought of me. I accepted that mistakes are a fact of life. They are a part of being adventurous and trying new things. I realized that it matters less whether something is a success or a failure, and matters more what I learn from the experience.

*obituary= a notice of a death, especially in a newspaper, typically including a short description of the person's life

**oar= a long pole with a wide, flat part at one end, used for rowing a boat

B. Complete the following statements with information from the reading.

3. She spent _____ days at sea on her own.
4. Today she understands that _____ are a part of life.
5. She couldn't communicate because her _____ broke.
6. Before she changed her lifestyle, Roz worked as a _____.

C. Read sentences a–d. Then match them to the events.

7. first event: ____ a. She had problems with her equipment.

8. second event: ____ b. She was rowing in Oxford.

9. third event: ____ c. She rowed into Antigua.

10. fourth event: ____ d. She left the Canary Islands.

READING SKILL

Read the sentences and look at the words in bold. Write the noun that the pronoun refers to.

1. I wanted the first obituary for myself. I loved all the adventure and excitement described in **it**.

2. The second version was the obituary that I was going to have. **It** was of a conventional, ordinary life. **It** described a pleasant but slightly boring existence. **It** made me feel depressed.

3. One by one, I changed the key aspects of my old life. Many of **them** were a part of my identity.

4. First, I left the job. **It** was in an industry that was “only” ever going to give me money; not real adventure.

5. I started moving house. The first **one** was a much smaller cabin outside of the city.

6. I needed to give many of my old things away. One of **these** objects was my old computer.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____