Page  8 - 12. Reading

Task 1

 1)reading

2)note taking

3)indepent learning

4)research

5)conversational skill

6)self - motivation

 7)time management

 Task 2

1)Student can learn speed reading techniques. This will help him get information quickly.

2)Student can make notes for easily understand later

3)It means you can inspire yourself

4)It includes skills where and how to find the information, spotting important information in footnotes and following it up.

5)You should master the art of small talk

6)Start out with a clear idea of what you want to achieve in the long-run; having this end goal in sight at all times will remind you of what you’re working towards.

7)You can keep a calendar with all your appointments, you always have it to hand and can avoid double booking, and maintain a ‘To Do’ list with all your tasks and deadlines.

Task 3

 1) I believe that a crucial social skill for a student is the capability to interact with a teacher, as numerous students are timid or fearful to inquire the teacher something and as a result, they cannot resolve some queries.

2) To ensure all tasks are completed on time, I devise a timetable for homework for the upcoming week at the conclusion of each week.

 Page 18 - 22. Reading

 Task 1

1) Yes, background noise is beneficial if there's no chance of working in silence.

2) The temperature should be such that you are not aware of it.

3) Standing up, stretching, and sitting down again is a good way to improve your posture; if you sit still for a long time, it deteriorates.

4) Consequently, working too many hours leads to fatigue, stress, and unwellness – and your ability to work well suffers accordingly.

5) Adolescents require eight to ten hours of sleep per night, but often won't feel sleepy until around 11 pm. For ten hours of sleep, that means waking up at 9 am, which isn't an option if your school day starts at 8.30. As a result, many teenagers do not get enough sleep.

6) We are unable to concentrate on two things at once; instead, we focus on one thing, then switch to the other thing, and then switch back.

7) Firstly, there’s the fact that food with ‘empty calories’ – for instance, sweets – will cause a bloodsugar spike that boosts alertness for a short period, but then causes it to fall back rapidly. Alternatively, opt for food that releases energy slowly. If you’re really engrossed in working, then you might feel tempted to skip a meal and press on, in case a big lunch leaves you feeling unmotivated and sleepy.

Task 2

1) I typically attempt to adhere to comparable suggestions, although it is not always successful.

2) The most challenging aspect is to establish a routine that ensures you consistently receive the appropriate amount of sleep, as there are numerous tasks that require attention. Nevertheless, I strive to accomplish more in advance so that I have additional time for sleep in the future.

3) I believe that the text encompasses everything that impacts my studies.

Page 23 - 26. Writing

Task 1

1)b

 2)a

3)a

4)a

5)a

 Task 2:

1)A number of people complained that Maya mentioned that …

 2)Concerns were raised that …

3)A range of solutions were suggested

4)It would be better to avoid major buildingwork during term time.

Task 3

 1)maintenance

2)concerns

3)air conditioning

4)ramp

5)budget

Page 27-30. Listening

 come around

 dream

swap

predictable

 ages

 work out

 Task 1

1. yes, they have met before.

 2. Selena is living with her parents now

3. no, her dream job was not good

4. yes, Patrick used to live in london

 5. Selena was surprised about Patrick being married and having kids

6. Marigold is wife

 7. yes, Patrick invited her to his house

 Task 2

1. They haven’t seen each other for 15 years

 2. Selena was in London for a couple of years

3. Selena returned for 5 months now

4. Patrick has been married for 10 years

5. Patrick’s children are 5 and 10 years old

Task 3

 1. a person can make new friends by starting a conversation. it can happen online or in real life.

just simply talking about different things can lead to becoming good friends.

 2. of course it’s important to choose who to be friends with. because close people inspire us to be better and do better things so i think the key to happiness and success is surrounding yourself with the right people

3. to me the most important qualities are liability, honesty, respect and good sense of humor

4. i do have friends from my childhood. we used to go to school together and even tho we live in different cities now we are still close

5. to keep in touch with my friends i text and call them, we go out sometimes and do activities that we all like