

01

A fresh start

GRAMMAR

Present and past tenses → (see page 128)

1 Complete the sentences with the correct forms of the words in brackets.

(do)

- a We are doing a project at school at the moment.
- b We have been doing a project since last Thursday.
- c We did a project last week.

1 (emigrate)

- a Many people _____ to the USA in the 19th century.
- b Many people _____ from Mexico every year.
- c Many people _____ to Canada since 1976.

2 (try)

- a Claire _____ to start up a business for two years before she succeeded.
- b Claire _____ to start up a business since 1999.
- c Claire _____ to start up a business last year but didn't know how to do it.

3 (have a makeover)

- a Dave _____ recently.
- b Dave _____ at the moment.
- c Dave _____ last week.

4 (live)

- a My family _____ in America since 1905.
- b My family _____ in America until 2005 when they came to Britain.
- c My family _____ in Dallas when John F. Kennedy was shot.

5 (never/use a computer)

- a I _____ before I came here.
- b I _____ before.
- c I _____ at the weekend.

6 (you/eat falafels)

- a _____ before you went to Egypt last year?
- b _____ before?
- c _____ when you were in Egypt last year?

2 Complete the sentences with the correct forms of the words in brackets.

We should go to Africa while we can. After all, we are not getting (not/get) any younger.

- 1 This CD is great. I _____ (never/hear) of The Doors before you gave it to me.
- 2 I'd like to borrow a different book. I _____ (read) this one.
- 3 This time last week we _____ (cycle) along the River Rhine near Koblenz.
- 4 Cathy left when she _____ (see) that Jim was there. She didn't want to talk to him again.
- 5 My mum _____ (shop) all day and she _____ (still/not/buy) any Christmas presents.
- 6 **A** Where have you been all morning?
B I _____ (read) a great book. I _____ (read) 250 pages so far.
- 7 Dan's a good student but he _____ (always/make) silly mistakes in his work.

3 Complete the text with the correct forms of the verbs from the box.

die happen change leave not go be
spend move realise not want do



FILM REVIEW American Graffiti

The 'coming of age' movie is very popular and there have been many of these films over the years. One of the first, made in 1973, was *American Graffiti*, directed by George Lucas.

The story follows four friends

who live in a small town in America. It is set in 1962. In the film, two of the friends ¹ _____ just _____ school and they ² _____ their last night at home before going to college. One of the friends, Curt, is unsure about going and ³ _____ to leave home. 'Why leave home to find a home?' he asks. Later in the film, Curt sees John, an older boy who left school several years before but ⁴ _____ to college. He has always been a hero to Curt's generation with his fast car and good looks but Curt now ⁵ _____ that there is much more to life than what John has and that the world ⁶ _____ fast. One interesting thing that Lucas did, and which no other film ⁷ _____ before, was, at the end of the film, to show us what ⁸ _____ to the characters since the film was made, as if they were real people. Curt, the real hero of the film, ⁹ _____ away from home to Canada. John, the rebel, ¹⁰ _____ in a car crash in 1964. Terry, an innocent character, had been killed in Vietnam, a metaphor for how the simple, innocent life of America in the 1950s had been changed forever by the horrors of the Vietnam war.

4 Choose the correct answers.

I _____ an interview last week. I ¹ _____ to hear if I've got the job but I don't think I will.

I ² _____ nervous about the interview as soon as I got the letter telling me about it. I ³ _____ lots of interviews in my life but I always ⁴ _____ nervous. To make things worse, while I ⁵ _____ to the place where the interview was, a car ⁶ _____ past and splashed me. When I arrived, I sat in reception and tried to dry my trousers. I ⁷ _____ there for about five minutes, talking angrily to myself, when I noticed the interviewer watching me. He was very nice and friendly but it wasn't the best interview I ⁸ _____. Next time I have an interview, I'll take a taxi.

- | | |
|-----------------------------|----------------------------|
| a had | c have had |
| b had had | d was having |
| 1 a still wait | c was still waiting |
| b have still waiting | d am still waiting |
| 2 a have been | c was |
| b had been | d am |
| 3 a have had | c had had |
| b had | d was having |
| 4 a have got | c got |
| b get | d was getting |
| 5 a had walked | c walked |
| b was walking | d have been walking |
| 6 a had driven | c drove |
| b has driven | d was driving |
| 7 a was | c have been |
| b had been | d am |
| 8 a had ever had | c was ever having |
| b ever had | d have ever had |

5 Complete the sentences using the words in capital letters so that the meaning is the same as in the original sentences.

I have never seen such a good film. **HAVE**
It's the best film I have ever seen.

- The last time he was here was three years ago. **BEEN**
He _____ three years.
- Last week was the first time she had ever eaten Indian food. **NEVER**
She _____ before last week.
- We started working here in 1998. **BEEN**
We _____ 1998.
- They went for a walk in the rain. **WAS**
It _____ they went for a walk.
- I haven't seen John since my birthday. **WAS**
The last time _____ on my birthday.

6 Complete the text with one word in each gap.

www.glasbergen.com



"YOUR MOTHER AND I FOUND OUT YOU'VE BEEN BLOGGING. WE DON'T KNOW WHAT THAT MEANS, BUT WE'D LIKE YOU TO STOP."

READING

1 Read the text. What is the main idea of the article?

- a Not everyone can make a fresh start.
- b Fresh starts need careful planning.
- c Most people don't really understand what a fresh start is.

2 **T2** Read the text again. Are the statements true (T) or false (F)?

According to the article:

- 1 After making a fresh start, old problems usually disappear.
- 2 Some people don't believe they can make a fresh start.
- 3 Some people don't make a fresh start because they like being unhappy.
- 4 A real fresh start has to be planned carefully.
- 5 Some people can be frightened of making a real fresh start.
- 6 The best way to find out about celebrities who have made a real fresh start is to look for information on the Internet.
- 7 Johnny Depp had always wanted to live in France.
- 8 Johnny Depp's fresh start has affected his personality and emotions.

Make a real fresh start

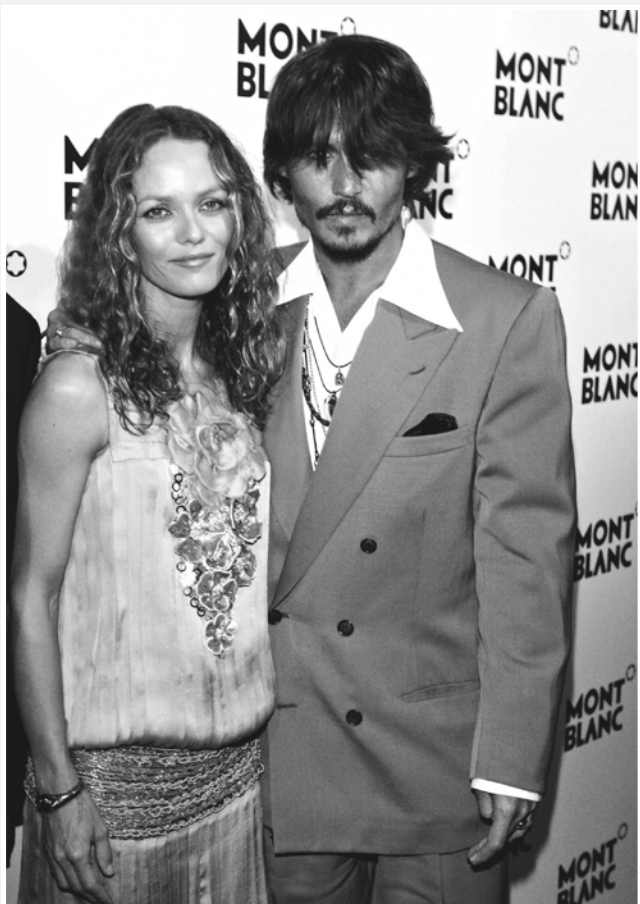
Many of us are unhappy with our lives in some way. Perhaps we don't like something about our appearance or we would like to alter our personality in some way. Some people feel so strongly about the necessity for change that they try to make a fresh start and completely change their situation and lifestyle. However, many of these 'fresh starts' are unsuccessful. Despite everything, people don't really change and they soon face the same problems as before. So, is it possible to make a real, fresh start and, if so, how can we do it?

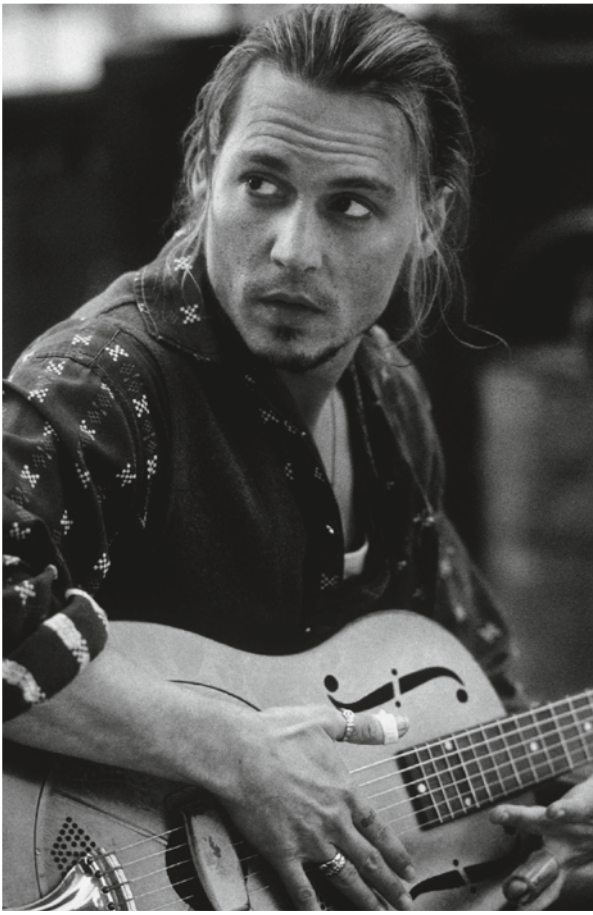
One expert, the author Guy Finley, has identified four stages that we need to go through before we can make a really successful and lasting fresh start. The first of these is to really believe it is possible. We must think positively and also be aware of what might prevent us from succeeding. Many people think it is impossible and give up before they even start.

The second stage is to really want to make a fresh start. A lot of people think they do but, in the end, they decide that it would involve too many changes. They know they are unhappy but feel this is better than entering a new and unknown world, even if they might be happier there.

The third point is rather surprising. Guy says that you can't plan to make a fresh start. Anything you want to happen and try to make happen is a product of your own personality and experience. In other words, it is a product of your past. To make a fresh start, you need to leave the past behind. So, making a fresh start isn't about going on a diet, ending a relationship or setting other goals. It's much more than that. You need to notice opportunities in life and take them. This is the third stage.

So, you've felt positively about the idea and believed it could actually happen, you really want to make a fresh start and leave your past behind and you are looking for new opportunities. What is the last stage? Perhaps less surprisingly, this is being willing to take risks. Some people may think that they have no control over their life if they don't make any plans for the future. Many people are too timid and afraid of real, lasting change because there is no way of knowing what will happen in the future. As Guy says, if you really do follow this process, you don't just get a fresh start but you get a life which is always fresh.





So, can we see an example of a real fresh start to see how it works in practice? If you type in 'celebrities + fresh start' on the Internet, you'll see stories of people changing their names, moving house, apologising to their husbands and wives for the terrible things they've done or heading for the nearest gym. As we have seen, none of these things are real fresh starts.

A better example is Johnny Depp. From a teenage recluse to an angry young man, Johnny Depp didn't seem truly happy despite the fame he had. He got married at the age of twenty and, after getting divorced, he had several relationships with actresses and models, always hopeful that each would be the 'real thing' but always becoming disillusioned. He was arrested twice, once for damaging a hotel room and once, in 1999, for fighting with paparazzi photographers. The same year, he started a new relationship with the French actress and singer Vanessa Paradis. The changes that have happened since were not planned. He moved to France to be with her and not because it was a place he had always wanted to live. Now, though, he prefers the simple life in France to the bright lights of Hollywood and he spends his free time growing grapes and producing wine. Although still a great actor and part-time musician, and still a non-conformist despite enormous success, he really did make a fresh start and is happier and more relaxed as a result.

So, if you really want to make a fresh start, it is possible. Anyone can do it if they really try. The only thing stopping them is their own fear of change.

3 Match phrases 1–5 from the text to examples a–e.

- | | |
|----------------------------|--------------------------|
| 1 alter your personality | <input type="checkbox"/> |
| 2 face problems | <input type="checkbox"/> |
| 3 involve changes | <input type="checkbox"/> |
| 4 set goals | <input type="checkbox"/> |
| 5 be willing to take risks | <input type="checkbox"/> |

a Now I've finished university, life is going to be very different. I'll get a job, find my own flat and make new friends.

b Since I started work, I've become more outgoing and harder working.

c If I move to France I won't know anyone and things might go wrong but I'm going to do it anyway.

d If I take this job, I'll earn a lot but I won't have time to cook healthy food or see my friends.

e This year I'm going to save £50 a month and get more exercise.

4 Read the definitions and find these words in the text.

- 1 The way a person lives, including the place they live in, the kind of job they do and the activities they enjoy.

- 2 The opposite of short-lived or temporary.

- 3 Not having courage or confidence.

- 4 Someone who chooses to live alone and does not like seeing or talking to other people.

- 5 Disappointed because you have lost your belief that someone is good or that an idea is right.

- 6 Someone who challenges the way of thinking or behaving accepted by most other people in their society or group.

SPEAKING

- 1 **T3** Complete the phrases with one word in each gap. The first letter of each word is given. Decide if the phrases express strong agreement (SA), mild agreement (MA), strong disagreement (SD) or mild disagreement (MD).

You're **telling** me! SA

- 1 You've got a **p**_____ there. _____
- 2 I don't **e**_____ agree with that. _____
- 3 I'm not totally **c**_____ . _____
- 4 I have to **a**_____ you've got a point. _____
- 5 Yes, I **s**_____ so. _____
- 6 That's **e**_____ what I think. _____
- 7 **C**_____ on! _____
- 8 I **h**_____ what you're saying but... _____
- 9 True, I'd never **t**_____ of that. _____
- 10 **A**_____! _____
- 11 Frankly, that's **r**_____ . _____
- 12 That's a **v**_____ point. _____
- 13 So, what's **w**_____ with that? _____

- 2 **T4** Choose the correct answers.

A I love ginger hair.

B So do I / Nor do I. / You may be right. It looks great.

- 1 A I'll go parachuting if you come too.
B Neither will I. / OK, fair enough. / What's wrong with that?
- 2 A He doesn't look good. He's just a fashion victim.
B Frankly, that's rubbish. / To be honest, I don't think that's true. / Spot on. Those trousers are awful!
- 3 A I don't like scruffy people.
B So do I. / Come on! / Neither do I. They look terrible.
- 4 A I don't think Anne and Phil are well-matched.
B You may be right / You're not serious / So do I but let's hope they are.
- 5 A Nose studs are very unfashionable.
B That's a valid point / To be honest, / I have to admit I don't think that's true.
- 6 A I need to lose weight.
B You're telling me. / Spot on. / Me too. I can't get my trousers on.

WRITING I Article

- 1 Read an article about a man who made an important change in his life. Choose the best title for the article.
- a How to have a successful career
 - b A life changing event
 - c The girl of his dreams

A Some people say that real life begins when you finish high school. You have to decide what you want to do in life and start making difficult choices. I was lucky – I had always wanted to be a writer, so I studied English literature at college and became a professional writer after several years of hard work. But what happens when you decide on a career path that makes you miserable and unfulfilled?

B My cousin, Arthur, was always a very outgoing and relaxed sort of person who loved sports and adventure. After high school he decided to move to London and start his own business. Very soon, however, the business started having problems and Arthur was forced to work around the clock, day in day out. When I visited him then, he was exhausted and had lost a lot of weight. His hair was going grey and he rarely smiled even when we went out together in the evening. I was sorry for him but didn't know how to help him.

C One day, as he was hurrying to work on the train, he bumped into a girl, Julia, who he had known at school. They had both loved sailing and shared a similar sense of humour. It was like a light going on inside Arthur's head. By the time he got to work, he realised that his life had been missing something very important. He came to understand that a successful career didn't matter to him so much and realised that there were some tough choices that he had to make.

D That was six months ago. Arthur and Julia are married now and live in a small flat near the sea. The change in Arthur is amazing. There's a spring in his step again and his eyes sparkle with happiness. They aren't rich but Arthur has got a job which he enjoys and which leaves him free to relax in the evenings and at weekends. I'm sure the decision to leave London to be with Julia was the best decision he has ever made.

2 Read the article again and answer the questions.

- How did Arthur's job influence his lifestyle and appearance?
- Why was seeing Julia a turning point in Arthur's life?
- Do you agree with the writer's point of view expressed in the conclusion? Why/Why not?

3 Match paragraphs A–D from the text to sentences 1–5 below.

Which paragraph...

- describes Arthur's life before the change?
- talks about Arthur's life now?
- includes the author's opinion?
- contains a description of a life-changing event?
- introduces the topic?

4 Match the highlighted phrases from the text (1–8) with the phrases which have a similar meaning (a–h).

- He was a relaxed sort of person.
- He moved to London to start his own business.
- Arthur was forced to work around the clock.
- He had lost a lot of weight.
- His hair was going grey.
- They shared a similar sense of humour.
- There's a spring in his step.
- His eyes sparkle with happiness.

- very long hours
- losing its colour
- show the joy he is feeling
- had an easygoing personality
- laughed at the same things
- sense of happiness and optimism in his body language
- set up a company that he owned
- was much thinner than before

5 Complete the writing tips below with the words from the box.

vocabulary conclusion title paragraphs introduction

- Start with an interesting, catchy _____ to draw the reader's attention.
- You may include a short anecdote, an interesting fact or a question in the _____ to make it more interesting.
- Plan to have around 4 logical and well-organised _____ in which you address the exam task.
- Think about the grammar structures and _____ you are going to use before you start writing.
- Finish with a _____ summarising your opinion.

6 Read another article and complete the gaps with sentences a–d.

Fighting for Education

Getting an education is one of the most important privileges in our lives. ¹_____ But in some parts of the world people need to fight extremely hard for their right to receive education.

Malala Yousafzai is a Pakistani girl who has done exactly that. ²_____ In her blog she wrote about her daily life under Taliban occupation, openly criticising them for closing schools and restricting access to education for girls and women.

One day on her way to school a gunman tried to assassinate her. She was shot and was in a critical condition for several days. Later on, she was transferred to the safety of a hospital in Birmingham, England, for long term rehabilitation. She has never stopped to campaign for the rights of women and children in the whole world, unafraid of those who tried to kill her. ³_____ At the age of 16, she is the youngest person ever to receive this award.

Malala is a great inspiration to all the people who want to take action to make the world a better place. ⁴_____ The United Nations has started a campaign called *I am Malala*, calling for worldwide access to education for children. She is a brave girl who stood up for what she believes in and risked her life to see it happening.

- In 2014 she was awarded the Nobel Peace Prize.
- In her own country, over two million people signed the *Right to Education* petition, which led to the first Right to Education Bill in Pakistan.
- However, many of us take it for granted and we often don't realise that there is a great inequality in the world in terms of access to it.
- She started a blog about her life as a schoolgirl in a country where access to education for girls and women is very limited.

7 Follow the instructions.

Niedawno rozmawialiście w klasie na temat pozytywnego wpływu, jaki znane osoby mogą mieć na młodych ludzi. Napisz artykuł na stronie internetowej szkoły, w którym przedstawisz swoją opinię na ten temat oraz opisziesz znaną osobę, którą podziwiasz za jej pozytywny wpływ na młodzież.

Długość twojego tekstu powinna wynosić od 200 do 250 słów.

WORD LIST

Personality and emotions

a shadow of one's former self
 adventurous
 aggressive
 ambitious
 annoying
 biased
 bore (n)
 cautious
 chatty
 conceited
 confident
 critical
 disruptive
 dull
 even-handed
 evil
 full of oneself
 fun-loving
 furious
 good-natured
 harmless
 ignorant
 impulsive
 incompatible
 infantile
 insecurity
 interior
 knowledgeable about sth
 lost
 mature (adj)
 modest
 nasty
 outgoing
 predictable
 reasonable
 relaxed
 reserved
 self-conscious
 sense of humour
 serious
 sophisticated
 speechless
 superior
 tense
 unsteady
 well-matched

Cyberculture

contributor
 de-lurk
 FAQs
 flaming
 lurk
 lurker
 netiquette
 netizen
 newbie
 participant
 troller

Idioms

day in, day out
 fall into a trap
 get sth off your chest
 get your priorities right
 hold your tongue
 land (a job)
 make fun of
 spring in your step
 take a leap into the unknown
 the bare essentials
 work around the clock

Appearance

General
 cute
 exhausted
 fit (adj)
 image (n)
 lose weight
 makeover
 plain (adj)
 rough
 slim
 sloppy
 sporty
 untidy
 weak
 well-groomed
Hair
 blond
 curly
 frizzy
 ginger
 shoulder-length

spiky
 straggly
 wavy
 windswept
Accessories
 hair clip
 nose-stud
Complexion
 drawn (adj)
 freckles
 wrinkled
Posture
 stooped
 unsteady
 upright
Eyes
 sparkling
 tired
 unfocused
Clothes
 casual
 elegant
 fashion victim
 scruffy
 smart (adj)
 trendsetter
 trendy
 unfashionable
 up-to-date

Other

ambush (n)
 analysis
 assault (n)
 attack (v)
 attacker
 bait (n)
 brief (adj)
 caricature
 clueless
 combat (n)
 combatant
 community
 complimentary
 cure (v)
 deadline
 defeat (n)
 deserve
 destined for
 dispute (n)
 disrupt
 drown
 engage
 entertain
 etiquette
 fire off
 focus (n)
 frontal
 frustrating
 go silent
 impulse
 in-depth
 indication
 insult (n)
 intention
 intriguing
 invisible
 irrelevant
 lengthy
 mediation
 miss the old you
 mysterious
 offend sb
 parachuting
 pity (n)
 pressure
 rambling
 reassuring
 response
 resume
 reveal
 revolve around sth
 snappy
 social gathering
 speculate
 spoil
 spot on
 stimulating
 stumble
 stupidly
 subtly
 tactic
 threat
 thrill (n)
 torture (v)
 unexpected
 unwelcome
 work out
 worrying
 yell (v)

VOCABULARY

1 Complete the missing adjectives. Use one letter in each gap.

Mark never brushes his hair or irons his clothes.
 He always looks u n t i d y.

- Emily's really tired. Look at her eyes, they are red and .
- Maria never thinks before she buys something. She's very .
- Everyone's wearing these clothes this year. They're really .
- Natalie doesn't say much. She's quite shy and .
- Oliver always takes care of his appearance. He's very .
- Frank wants to get a top job and make lots of money. He's very .
- People were laughing at Cathy's clothes because they were so .
- Sara looks lovely in that long dress.

2 Match the adjectives in the box to their opposites 1–8.

critical	even-handed	infantile	intriguing
knowledgeable	modest	snappy	
well-matched	worrying		

rambling snappy

- biased _____
- complimentary _____
- conceited _____
- dull _____
- ignorant _____
- incompatible _____
- mature _____
- reassuring _____

3 Complete the sentences with the correct adjectives from Exercise 2.

Dan's stories are always very rambling. He writes pages and pages and no-one can understand them.

- Don't ask Louisa to judge the singing competition. Anna is her best friend so she will be _____.
- Mick is really _____. He always thinks he's better than everyone else.
- Pete's really _____. You'd think he was five, not seventeen.
- Stella was really negative about my performance in the school play. Why does she always have to be so _____.
- Chris and Paula are very _____. I'm sure they are going to get married one day.
- My brother loves computers but he's really _____ about anything else.
- I was really nervous about my exams but my teacher was really _____ and made me feel much better.
- The book was great but the film was quite _____. They should have had a different director.

4 Complete the text using words formed from the words in capital letters.

maggie's
BLOG

MY SCHOOL DAYS

When I was at school, I was quite disruptive and often got into trouble with my teachers. There were several reasons. I was a naturally ¹ _____ child who loved to try new things and hated sitting still in a classroom. I also had a feeling of ² _____. I didn't have many friends and was quite shy. I wanted people to notice me. I wasn't very badly-behaved. Most of the things I did were just ³ _____ fun. That's what I thought, anyway. My teachers, though, were more ⁴ _____ of my behaviour. In the end, my parents had to go to see the school's head teacher.

He was very ⁵ _____ but he told them that, if my behaviour didn't change, I would have to leave the school. My parents were ⁶ _____ – they had read my school reports but this was really ⁷ _____. It changed me, though. I didn't want to move school and, from then on, I became as ⁸ _____ as possible in lessons. It wasn't as much fun but at least no-one was angry with me anymore.

DISRUPT
ADVENTURE

SECURE

HARM
CRITICREASON
SPEECHEXPECT
VISIBLE

5 Complete the sentences with the words in the box.

de-lurk FAQs lurker netiquette
netizens newbie troller

Before you ask for help, please read the FAQs. Your question may be answered there.

- Can anyone help me? I'm a _____ to this website and it's all a bit confusing.
- Don't respond to him. He's just a _____ trying to cause trouble.
- I was a _____ on a forum for years before I ever posted a message. I decided to _____ when I saw a really stupid comment and no-one else responded to it.
- Hey, everyone, stop arguing. We're all _____ and we should be polite to each other.
- You should never use anyone's real name on the forum. This is the basic rule of _____.

6 Complete the idioms with one word in each gap.

I hate doing the same thing day in, day out.

- Don't fall into the _____ of thinking that a new hairstyle will make you happier.
- If there's something worrying you, get it off your _____. You'll feel much better.
- You've got lots of expensive clothes and no money for food. You should get your _____ right.
- Sometimes, you should tell people what you think and sometimes you should hold your _____.
- I know it's difficult to leave home but sometimes you have to take a _____ into the unknown.
- Don't make _____ of me just because my clothes aren't fashionable.

7 Match the sentence beginnings to the correct endings.

Billy is very knowledgeable

- Simon is a shadow
 - Lisa has got a great sense
 - I don't know much about cyberculture – just the bare
 - I want to lose
 - Kate's a real fashion
 - The world doesn't revolve
 - I'm glad he's happy but I miss
- a of humour.
b victim.
c ~~about computers~~.
d the old Paul.
e around you and your friends.
f of his former self.
g weight before the holidays start.
h essentials.

Extend your vocabulary

1 Choose the correct answers.

Tommy's really generous / mean. He lent me £100 so that I could go on holiday.

- Don't worry about people criticising you. Try to be a little bit more *thick-skinned* / *sensitive* and ignore the negative comments.
- Emily is so *shrewd* / *naive*. She believes anything that anyone tells her.
- Come on, tell me what you thought of the play. Be *evasive* / *frank*, I won't mind.
- Mark won't sing in the school show. He's too *timid* / *self-assured*.
- Steve is a *real spendthrift* / *really thrifty*. He never has any money left at the end of the weekend.