

# 1 BIG DECISIONS



## Get THINKING

Watch the video and think:  
are you good at making decisions?

### OBJECTIVES

#### FUNCTIONS:

talking about the future; expressing dissatisfaction; talking about stress; complaining to a relative

#### GRAMMAR:

present tenses (review); future tenses (review)

#### VOCABULARY:

making changes; life plans; phrases with *up*



## READING

- 1 What are the people doing in the photos? Are these things you do or would like to do? Why?
- 2 Tick (✓) the things you would like to do when you finish school. Then add two more ideas of your own.
  - travel to other countries
  - go to university or college
  - go into business
  - get any job you can find
  - do any job you can and spend time on your hobbies
  - find work that provides training on the job
  - do volunteer work

- 3 **SPEAKING** Work in pairs. Compare your ideas from Exercise 2. Give reasons for your choices.

- 4 Read John's blog post on the next page and the replies to it quickly. Which three photos show activities that these people do now?

Amy  Mark  Pauline

- 5 **1.01** Read the article again and listen. Mark the sentences T (true) or F (false).

- 1 John is unsure what to do when he leaves school.
- 2 John is worried about his exam results.
- 3 Amy went to Thailand to learn the language.
- 4 Amy has got plans for when she leaves Thailand.
- 5 Mark's advice is to do a course.
- 6 Pauline got a job before she finished her university course.

# What next?



**John** posted 2 hours ago

My time at school is almost up, and of course I'm thinking about the big question: what next? Perhaps I've left it a bit late to start thinking about it, but that's how I am. I think I'll do well in my exams, so maybe I'll go to university or college and get more qualifications – but I've been asking myself if it's better to just find a job and start a career that way. On the other hand, if I do go on to study further, should I do it right away or perhaps take a year off – a 'gap year'? Helpful comments and ideas, please! Thanks.

Like Share Reply



**Amy** posted 5 minutes ago

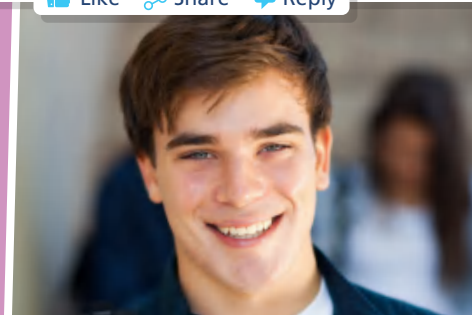
Hi, John. I'm doing a gap year right now. I saved up some money and went to Thailand, but after two months of 'holiday' I got bored and the money was running out. Then I learned about a volunteer medical organisation working in poor parts of the country and they let me join as a driver. Now I'm working, struggling with the Thai language (I spend up to an hour a day practising with friends) and learning lots about myself. I've made a resolution, too – when I go home, I'm going to study medicine, to be a doctor or a nurse. So my advice? Do a gap year, but don't just travel around – do some volunteer work somewhere. For me, it's been life changing.

Like Share Reply

**Mark** posted 28 minutes ago

Hey! I left school three months ago and I didn't want to go to university or travel. So I'm doing a course. I'm studying to become a yoga teacher. I took up yoga a couple of years ago and I've loved it ever since. I was quite lazy at school, but I've changed my ways and now I study really hard. The course starts every day at 7.00, so I've had to get into the habit of waking up early. But that's fine – I love what I'm doing. That's the important thing – do what you love, if you can.

Like Share Reply



**Pauline** posted 1 hour ago

Hi there! Here's my advice. Do what feels right for you now, but keep an open mind and be prepared to change. Some of my friends went travelling after school, but I didn't have the courage; I just went to university. It was OK and I was having a good time. Then one day an old friend from school phoned me and said he was going to start an online company and asked me to join him. So, I gave up the university course and went to work with him. I wasn't intending to leave university, but I took the chance to try something different, and I don't regret it.

Like Share Reply

## Train to THINK

### Reading between the lines

Sometimes a writer doesn't tell us everything directly. We need to draw conclusions from the information the writer gives. We call this 'reading between the lines'.

**6** Answer the questions and give reasons for your answers.

- Is John worried about his abilities as a student?  
*No, he says he'll do well in his exams and he's thinking about university.*
- Has Amy been enjoying her work with a medical organisation?
- Is Mark different now to when he was at school?
- Did Pauline want to travel after leaving school?

## SPEAKING

**7** Work in pairs. Discuss these questions.

- What resolutions are you going to make for this school year?
- What do you think is the secret of changing your life for the better?

Plan carefully.

Do work first, play later.

Listen to your parents.



## GRAMMAR

### Present tenses (review)

1 Match sentences (1–4) with the tenses (a–d) and then complete the rule with the names of the tenses.

- 1 I'm thinking about the big question: what next?
- 2 I've been asking myself if it's perhaps better to just find a job.
- 3 I spend up to an hour a day practising with friends.
- 4 I've made a resolution.

- a present perfect continuous    c present continuous  
b present simple    d present perfect

#### RULE:

We use the <sup>5</sup> \_\_\_\_\_ to talk about something that happens regularly.

We use the <sup>6</sup> \_\_\_\_\_ to talk about what's happening at or around the time of speaking.

We use the <sup>7</sup> \_\_\_\_\_ to talk about actions that happened sometime up to now.

We use the <sup>8</sup> \_\_\_\_\_ to talk about actions that started in the past and are still happening.

#### Look

We can use the present continuous with *always* to complain about behaviour that we don't like and find annoying.

*My dad's always telling me what to do.*

2 Complete the text with the correct present tense forms of the verbs. Sometimes more than one tense is possible.

It's 2 am and I <sup>1</sup> \_\_\_\_\_ (lie) in bed.  
 I <sup>2</sup> \_\_\_\_\_ (try) to get to sleep, but I can't.  
 I <sup>3</sup> \_\_\_\_\_ (have) trouble sleeping for about a month now. I <sup>4</sup> \_\_\_\_\_ (try) different things to help me sleep, but nothing <sup>5</sup> \_\_\_\_\_ (work).  
 My mind <sup>6</sup> \_\_\_\_\_ (not want) to stop. A lot <sup>7</sup> \_\_\_\_\_ (happen) in my life right now. It's exam time, so I <sup>8</sup> \_\_\_\_\_ (study) a lot. There's also the question of next year. I <sup>9</sup> \_\_\_\_\_ (think) about it for ages. Mum and Dad <sup>10</sup> \_\_\_\_\_ (want) me to go to university, but I'm just not sure what to do.

3 **SPEAKING** Work in pairs. Think about a problem you've been having and tell your partner.

*I've been fighting a lot with my little brother recently. I've tried to ignore him, but it's impossible.*



## VOCABULARY

### Making changes

4 Match the phrases with the definitions.

- |   |                                     |
|---|-------------------------------------|
| 0 make a resolution                       | <input checked="" type="checkbox"/> |
| 1 give something up                       | <input type="checkbox"/>            |
| 2 do well                                 | <input type="checkbox"/>            |
| 3 struggle with something                 | <input type="checkbox"/>            |
| 4 take something up                       | <input type="checkbox"/>            |
| 5 take the chance (to do something)       | <input type="checkbox"/>            |
| 6 get into the habit of (doing something) | <input type="checkbox"/>            |
| 7 change your ways                        | <input type="checkbox"/>            |

- a stop doing something  
b start doing something regularly  
c use an opportunity  
d find something difficult  
e start a new hobby or interest  
f decide to make a positive change  
g do things differently (usually for the better)  
h be successful

5 Complete the email with the missing verbs.



Sam  
sam@thinkmail.com

#### New Year's resolutions?

Last year I <sup>1</sup> \_\_\_\_\_ loads of resolutions and decided to <sup>2</sup> \_\_\_\_\_ my ways. I tried to <sup>3</sup> \_\_\_\_\_ the habit of getting up early. For two months I got up at 8 am, and I even <sup>4</sup> \_\_\_\_\_ running before going to school. But I started falling asleep in the afternoon, so I soon <sup>5</sup> \_\_\_\_\_ that idea! Then I stopped eating meat. I was <sup>6</sup> \_\_\_\_\_ well until Mum made roast beef. I just had to eat it. I also <sup>7</sup> \_\_\_\_\_ the chance to start learning the piano when my school offered extra classes. But I <sup>8</sup> \_\_\_\_\_ with finding time to practise, so I stopped. This year I've only made one resolution: not to make any resolutions!

6 **SPEAKING** Work in pairs. Discuss these questions.

- 1 What subjects are you doing well in at school?
- 2 What subjects do you struggle with?
- 3 What was the last thing you gave up doing? Why?

→ workbook page 12



## LISTENING

7 **SPEAKING** Work in pairs. Match the person with the information.

- 1  was a famous painter.
- 2  is a film actress.
- 3  started a film studio.

8 **1.02** Listen and check.

9 **1.02** Read the questions carefully. Listen again and make notes.

- 1 What is Alan worried about?
- 2 Why does Becky tell Alan about Carey Mulligan?
- 3 Why was Walt Disney unsuccessful at first?
- 4 What does Alan not like about the example of Van Gogh?
- 5 How does Alan compare himself to Van Gogh?

10 **SPEAKING** Work in pairs. Compare your answers to Exercise 9.



## GRAMMAR

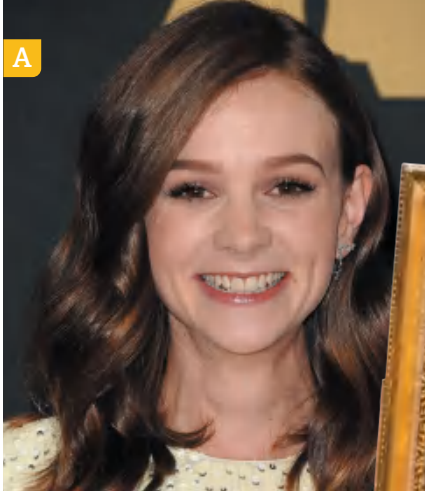
### Future tenses (review)

11 Look at the sentences from the listening. Complete them with the correct future forms of the verbs. Then complete the rule with the present continuous, *going to* or *will*.

- 1 We \_\_\_\_\_ (have) a party at our place.
- 2 Are you \_\_\_\_\_ (apply) to other drama schools?
- 3 I'm sure one of them \_\_\_\_\_ (say) yes.

#### RULE:

- To talk about future arrangements, we often use the <sup>4</sup> \_\_\_\_\_.
- To make predictions, we often use <sup>5</sup> \_\_\_\_\_.
- To talk about intentions, we often use <sup>6</sup> \_\_\_\_\_.



12 Choose the best tense.

- 1 *We'll go / We're going* to the beach this Friday. Do you want to come?
- 2 I don't think *I'll finish / I'm finishing* this homework.
- 3 *I won't go / I'm not going* to university this year. I want to take a year off.
- 4 I've got an appointment with the dentist tomorrow. *I'm seeing / I'll see* her at 10 am.
- 5 Daisy's learning to fly. *She'll be / She's going to* be a pilot.
- 6 I'm not *eating / going to eat* chocolate. That's my resolution for next year.
- 7 Argentina *will win / are winning* the next World Cup. That's what I think.
- 8 *We're flying / We'll fly* on Friday. I'm so excited.

13 Write down:

- 1 two arrangements you've got for this week.
- 2 two intentions you've got for this year.
- 3 two predictions for your life.

## READING

- 1 **SPEAKING** Tick (✓) the statements you agree with. Add one more thing you think is important. Then discuss in pairs.

A good life means ...

- getting rich.
- having friends who care about you.
- settling down and having a family.
- liking what you've got and not thinking about what you haven't got.
- doing work that's important for you.

- 2 **1.03** Listen and read the text. Put the phrases (a–f) into the correct spaces. Listen and check.

- |                    |                     |
|--------------------|---------------------|
| a that's the point | d a good experience |
| b play live        | e is allowed        |
| c really scares me | f raise money       |

- 3 **SPEAKING** Work in pairs. Discuss these questions.

- 1 Which of the things on this list would be on yours, too?
- 2 What other things would be on your 'before I settle down' list?

## BEFORE I SETTLE DOWN – A LIST

*A British billionaire once said: 'You only live once, but if you do it right, once is enough.' I love that quote, but what does 'do it right' mean?*

I suppose my grandparents did it right. They both left school, went to university (where they met) and got degrees. They started careers (he was an accountant; she was a doctor), then they got married and started a family. They got promoted at different times and then they both retired at 60. And off they went to travel the world. They've been happy, I think. However, it's just not really what I want – not yet, anyway. Before I settle down, when I'm 30 or so, I want to do all kinds of things. Here are some of them.

- 1 Do something that <sup>0</sup> c. I'm terrified of heights, so sky-diving would be perfect!
- 2 Sleep on a beach under the stars. Where? Somewhere warm, of course, where sleeping on the beach <sup>1</sup> \_\_\_\_\_.
- 3 Take a really long train ride. The destination doesn't matter; it's the journey that's important. Train travel is brilliant – you can see the places you're passing through; you can meet and chat with other travellers; you can leave your seat and walk around. I love it!
- 4 Go somewhere where they don't speak English and I don't speak the language (Nepal?). It'll be hard, of course, but <sup>2</sup> \_\_\_\_\_!
- 5 Run a marathon. I'm not a good runner and perhaps I'm not up to a marathon, but I'd really like to try. And perhaps I can <sup>3</sup> \_\_\_\_\_ for my favourite charity (cancer research).
- 6 Learn how to cook at least ten things that I love to eat. Right now I can only cook two!
- 7 Have dinner with a friend in one of the world's best restaurants.
- 8 See lots – lots! – of my favourite bands <sup>4</sup> \_\_\_\_\_.
- 9 Do some kind of volunteer work for a while. In other words, work in order to help other people, not myself (though it'll be <sup>5</sup> \_\_\_\_\_ for me, too).
- 10 Make a list of other interesting things to do before I'm 40!

OK, that's my list. It's up to me to try to do these things. What would be on your list?



AZ

## VOCABULARY

## Life plans

4 Match the phrases with the pictures. Write 1–8 in the boxes.

- |                    |                  |
|--------------------|------------------|
| 1 retire           | 5 start a family |
| 2 travel the world | 6 settle down    |
| 3 start a career   | 7 get promoted   |
| 4 get a degree     | 8 leave school   |



A



E



B



F



C



G



D



H

5 Complete the text with phrases from Exercise 4. Use the correct forms of the verbs.

My uncle has always done things differently. He <sup>1</sup> \_\_\_\_\_ when he was 18 because he wanted to see other places. He spent the next twenty years <sup>2</sup> \_\_\_\_\_, working in restaurants and hotels in many different countries. When he was in his early forties, he decided to return to the UK. He went to university and <sup>3</sup> \_\_\_\_\_. He did really well, and when he finished, he <sup>4</sup> \_\_\_\_\_ as a translator. Because he was good at his job, he <sup>5</sup> \_\_\_\_\_ quite quickly and he soon became Head Translator. When he was 48, he met the love of his life and they decided to <sup>6</sup> \_\_\_\_\_ and <sup>7</sup> \_\_\_\_\_. Now he's 55, with three young children. He says he wants <sup>8</sup> \_\_\_\_\_ soon. He wants to stop working and take the whole family around the world with him. I wouldn't be surprised if he does.

### WordWise: Phrases with up

6 Match the phrases in bold with the definitions.

- What's up**, Alan?
  - I spend **up to** an hour a day practising with friends.
  - What are you **up to** tomorrow night?
  - My time at school is almost **up**.
  - It's **up to me** now to try to do some of the things.
  - Perhaps I'm not **up to** a marathon.
- a finished  
b doing  
c What's the matter?  
d capable of  
e as long as / to a maximum of  
f my responsibility

7 Use words and phrases from Exercise 6 to complete the sentences.

- What have you been \_\_\_\_\_ recently?
- The time is almost \_\_\_\_\_. Two more minutes!
- Oh, no! You look really unhappy. \_\_\_\_\_?
- It isn't my decision. It's \_\_\_\_\_ you to decide.
- He's 75 now, so he isn't \_\_\_\_\_ long walks.
- This car can carry \_\_\_\_\_ six people.

→ workbook page 12

### PRONUNCIATION

Linking words with up Go to page 66.




### WRITING

#### An email about resolutions

8 Write an email to a friend. Describe your resolutions for the coming school year. Write about:

- bad habits you're changing.
- new classes you're taking.
- activities you plan to take up.
- why you're doing all of this.

→ workbook page 12

- 1  1.06 Look at the photo. How is the girl feeling? Listen and read to check.

**Martin:** Hi, Sandra. I haven't seen you for ages. Where have you been hiding?

**Sandra:** Hi, Martin. Hiding? Nowhere. I've just changed some of my routines. I was feeling so stressed a few months ago that I thought, 'Sandra, you've got to make some changes.' So I did!

**Martin:** What kind of changes? Exercise? Sleep?

**Sandra:** Well, where shall I start? I'm eating better. And now you mention it, I'm trying to get seven hours sleep a night, minimum. But the big thing is my attitude.

**Martin:** And how has that changed?

**Sandra:** Well, I read an article about stress and it said something like 'Look at the big picture. How important is this problem? Is it going to matter in three months' time?' And I thought, that's right - the problem is, I worry about little things too much. So I'm trying to worry less.



**Martin:** But can you do that? If I'm honest, I'm a terrible worrier, too. But I can't stop.

**Sandra:** Don't be silly. Anyone can stop worrying - not overnight, but you can do it little by little.

**Martin:** Now I'm getting stressed about being someone who can't stop worrying.

**Sandra:** Let's go and have ice cream and talk more.

**Martin:** Thanks, Sandra. You're a star.

**Sandra:** Here we go, then! Ice cream coming up! And don't worry, I'll pay!

- 2  1.06 Read and listen again to the dialogue.

Answer the questions.

- 1 What areas of her life does Sandra say she's changed?
- 2 How much sleep is she trying to get?
- 3 What advice did she get from the article?
- 4 What is Martin getting stressed about?

- 3 **SPEAKING** Discuss the questions in pairs. What do you think?

- 1 Do things like diet and sleep help with stress?
- 2 Does the article give good advice? Why or why not?
- 3 Is it possible to slowly reduce how much you worry?

### Phrases for fluency

- 4 Find the underlined expressions in the dialogue. How do you say them in your language? Use the expressions to complete the conversations.

- 1 **A** You look tired. Has it been a busy day?  
**B** Busy? \_\_\_\_\_? First, I had a Maths test. Then I had Drama club at lunchtime. Then it was a five-kilometre run in PE ...  
**A** Well, you just sit down and I'll get you something to eat.  
**B** Thanks, Mum. \_\_\_\_\_.
- 2 **A** \_\_\_\_\_, Annie? I haven't seen you for days.  
**B** I haven't been anywhere. You're the one who disappeared.  
**A** \_\_\_\_\_, I have been quite busy.

- 3 **A** It's ten o'clock. Time for the test.

**B** \_\_\_\_\_! I'm really not ready for this.

**A** Me neither. I've got a feeling I'm not going to pass.

**B** \_\_\_\_\_. You always pass.



## FUNCTIONS

### Expressing dissatisfaction

#### KEY LANGUAGE

**I'm not happy with** (my attitude).

**The thing/problem is,** (I worry too much).

**If I'm honest,** (I'm a terrible worrier, too).

**My parents are always** (telling me to work harder).

- 5 Match the parts of the sentences.

- 1 I'm not happy with
- 2 He's always
- 3 If I'm honest,
- 4 The problem is,

- a he just laughs when I complain about it.
- b I don't like his attitude.
- c borrowing my things without asking me.
- d the things my brother does.

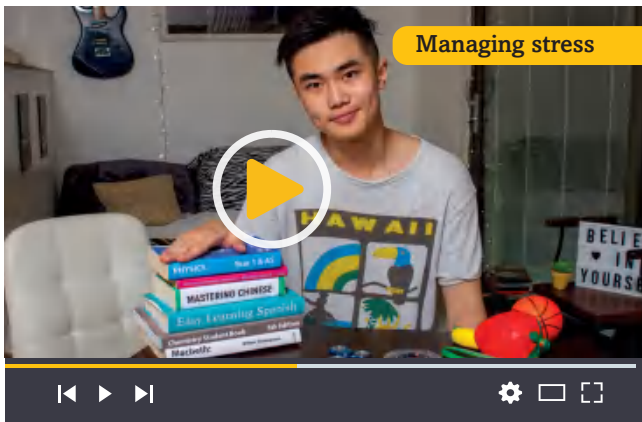
  
  
  


**ROLE PLAY** Work in pairs. Student A: go to page 70. Student B: go to page 71.



# LIFE COMPETENCIES

Stress can cause health problems, emotional problems and relationship problems. Finding ways to reduce or manage stress helps you feel healthier and happier, and be a better friend.



- 1 **03** Watch the vlog. Why is Leo feeling stressed?
- 2 **03** Watch the vlog again and make notes about:
  - a three symptoms of stress.
  - b three things you can do to deal with stress.
- 3 Compare your notes with a partner.

- 4 Read this online article about stress. When can stress be useful?

## ALL ABOUT STRESS

We tend to think of stress as negative, but in fact it's something normal. Stress is our body's natural way of reacting to a difficult situation. Stress improves our ability to perform under pressure and to avoid danger. Cavemen hunting dangerous animals for food felt stress, and famous singers perform better on stage because of stress. However, stress becomes a problem when it reaches high levels and continues for a long period of time.

People seem to feel more stress these days. Money is one source of stress. Not having any money at all is very stressful, but for most of us, the problem is that we always want something better or newer. And we worry unnecessarily about things we can't afford.

Things like mobile phones can be a problem, too. We spend our lives moving from screen to screen, responding to a huge number of messages and images instead of really relaxing. Exercise is great for reducing stress, but technology in the form of smartphones and computers also means that we do much less exercise now than people did in the past.

The high level of stress in our daily lives means that when we have to face really challenging situations, like doing exams or performing in public, our bodies are often less able to cope with them in a positive way.

- 5 **SPEAKING** Work in pairs. Answer the questions.

- 1 When does stress have a negative effect on us?
- 2 Why does the writer think people are more stressed these days?
- 3 Do you agree that the things mentioned in the article cause stress?
- 4 Can you think of any other reasons why people feel stressed?

## Me and my world

- 6 Make notes under the headings to show how your family, your friends and school might cause stress.

●	FAMILY
●	
●	
●	
●	FRIENDS
●	
●	
●	
●	SCHOOL
●	
●	
●	

- 7 **SPEAKING** Think of a time when you were stressed. Talk to your partner about:

- how you felt.
- what you did.
- what you would do differently in the future.

## TIPS FOR MANAGING STRESS

- **Tell people how you are feeling. Being strong means sharing, not hiding feelings.**
- **Be patient – try not to worry about things you can't control.**
- **Get enough sleep and exercise, and eat healthily.**