

1

All about me

Vocabulary

Personal qualities

1 ☆ Choose the correct option.



reliable/creative



polite/hard-working



sensible/hard-working



sociable/enthusiastic



generous/confident



patient/sensible

Describing personal characteristics

2 ☆ Choose the correct option.

- 1 He can be aggressive/chatty when he is arguing with someone. He often bangs on the table.
- 2 Sara always wants to win. She's very **cruel/competitive**.
- 3 Once I've made up my mind, I rarely change it. I can be very **stubborn/thoughtful**.
- 4 He's extremely talented, but he never boasts about it. He's very **sensitive/modest**.
- 5 Adam is very **arrogant/likeable** – everyone wants to be his friend.
- 6 She's very **supportive/outgoing** and helps her friends with any problems.
- 7 Katia can be **grumpy/clumsy**. I don't know why she's dissatisfied and unhappy for no reason.

3 ☆☆ Complete the text with the words in the box. There are two extra words.

aggressive clumsy cruel determined likeable
modest outgoing selfish stubborn

Are there different sides to everyone's personality? This is the idea behind author Robert Louis Stevenson's book about Dr Jekyll and Mr Hyde. Dr Jekyll is a kind, friendly and 1 outgoing person who enjoys the company of other people, a pleasant and 2 _____ man. Although his research is successful, he is 3 _____ about his achievements, preferring not to boast about them. In an attempt to control his personality, he develops a potion. Unfortunately, when he drinks the potion, it turns him temporarily into another person, Mr Hyde. Hyde is a 4 _____ man who hurts others. He is 5 _____ and even violent and very 6 _____, thinking only of himself, and is uncaring of others. At first, Dr Jekyll can control the transformations into Hyde, but Hyde becomes stronger and stronger. Dr Jekyll is 7 _____ to stop him before disaster strikes. Does he succeed? You'll have to read the book!

4 ☆☆☆ Complete the questions with the words in the box. Then answer the questions for you.

clumsy competitive determined supportive

- 1 Do you know anyone who is clumsy and often bumps into people or things? Who?

- 2 Are you a _____ person? Do you finish things you start or do you give up?

- 3 Who do you consider to be the most _____ person you know, the one who's always sympathetic and helpful?

- 4 Is your best friend _____ or do they not mind losing?

Past tenses

1 ☆ Match questions 1–4 with answers a–e. There is one extra answer.

- 1 What book did you read last year that you loved? c
- 2 What were you reading when I phoned last night? —
- 3 What kind of books did you use to read when you were a child? —
- 4 What book or books had you read before you saw the film of the book? —
- a I was reading a personality quiz which I did later.
- b I'd read *The Hunger Games*; it was a great book, better than the film.
- c I read a book by Isabel Allende – it was fantastic.
- d I would have read the book if I'd had time, but I didn't.
- e I used to read a lot of adventure stories; I loved them, but now I prefer non-fiction.

2 ☆☆ Choose the correct answer a–c. There may be more than one possible answer.

- 1 ___ football in the garden at 6:00 pm when it started raining?
- a Did Adira use to play b Did Adira play
c Was Adira playing
- 2 When Kate was younger, she ___ near us, but then her family moved here.
- a didn't live b didn't use to live
c hadn't lived
- 3 We missed the beginning of the concert because it ___ when we arrived.
- a already started b was already starting
c had already started
- 4 Where ___ those new trainers last week?
- a had Eli bought b did Eli buy
c did Eli use to buy
- 5 It was a stormy day, the wind ___ and it was raining hard.
- a used to blow b had blown
c was blowing
- 6 Lucca ___ the night before, so he didn't know the answers to history test questions.
- a didn't study b wasn't studying
c hadn't studied

Present perfect simple and present perfect continuous

3 ☆ Complete the sentences with the present perfect simple in one sentence and present perfect continuous in the other.

- 1 I'm tired because I have been cycling (cycle) for ages. I have cycled (cycle) ten kilometres.
- 2 Max swam (swim) 500 m. He has swum (swim) since 10:00 am.
- 3 Isla has never bought (never / buy) blue trainers. She has bought (buy) black trainers for years.
- 4 They have played (play) computer games for hours. They have won (win) three games each.

4 ☆☆☆ Complete the sentences with the correct form of the present perfect simple or present perfect continuous.

- 1 I have been training (train) hard for the tennis competition. I practise (practise) every day for two hours, though I do not play (not play) any matches yet.
- 2 Maria is an excellent fashion photographer; she has taken (take) photos for years. She works (work) all over the world.
- 3 He has written (write) personality quizzes for ages, although they do not appear (not appear) in any magazines yet.
- 4 How long have you had (you / have) that red jacket? I have never seen (never / see) anything similar – it's amazing.

5 ☆☆☆ Complete the text with the correct form of the verbs in brackets. Use continuous forms where possible.

Dolphin personalities

In many ways, dolphins are similar to humans and now a scientist, Bruno Díaz López, **1** has proved (prove) that they have personalities. Scientists **2** have discovered (already / discover) that in captivity dolphins displayed personality traits, but they **3** do not know (not know) if the same was true of wild dolphins. After Bruno **4** has identified (identify) 24 individual dolphins, he **5** has filmed (film) them while he **6** has done (do) over 190 tests to see how the dolphins reacted to new or risky situations. As a result, he **7** has found (find) that some dolphins are shy while others are outgoing, and that more outgoing dolphins have better social connections.

Phrasal verbs: three-part verbs

1 ☆ Choose the correct option.

- 1 look out **for/to** someone/something
- 2 run out **in/of** something
- 3 get round **on/to** doing something
- 4 come up **with/about** something
- 5 get away **with/of** doing something
- 6 do away **for/with** something
- 7 get on **with/of** someone
- 8 go in **away/for** something
- 9 go on **about/of** something
- 10 live up **to/with** something

2 ☆☆ Match 1–6 with a–f to make sentences.

- 1 If you go to the park, look out _____ *e*
 - 2 I thought the film would be brilliant, but it didn't live up _____
 - 3 We used to have a school uniform, but they did away _____
 - 4 Rami is always going on _____
 - 5 We need to come up _____
 - 6 We haven't got any sugar. We ran out _____
- a to my expectations – it was disappointing.
 b with an idea for our school project.
 c of it yesterday. Could you buy some?
 d with it last year.
 e for Jack – he said he was going there.
 f about that video game – he never stops talking about it.

3 ☆☆ Complete the sentences with the phrasal verbs in the box. There is one extra phrasal verb.

come up with get away with get on with
 get round to go in for ~~go on about~~

- 1 You can talk about personality quizzes for hours. Why do you go on about them so much?
- 2 My brother and I are friends as well as siblings. We _____ each other really well.
- 3 I haven't done my homework yet. I'll _____ doing it later this afternoon.
- 4 I rarely do online quizzes. I don't really _____ them.
- 5 They broke the law, but they didn't _____ it. The police caught them.

4 ☆☆ Complete the text with the correct form of the verbs in the box. There are two extra verbs.

come up with do away with get away with
~~get on with~~ get round to go in for go on about
 live up to look out for run out of

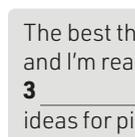
What are you really like?

Tell us about your best and worst characteristics!



Cara, 16

I'm very outgoing and sociable – I **1** get on with everyone. I'm also very chatty. Sometimes I **2** _____ things I like for too long.



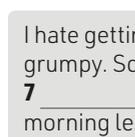
Dani, 15

The best thing – I love drawing and I'm really creative. I've **3** _____ some great ideas for pictures. The worst thing – I'm not brilliant at planning things. I sometimes **4** _____ time. I hate it when I don't have enough time to finish things!



Paolo, 14

I always expect things to be perfect and I get disappointed when they don't **5** _____ my expectations. On the plus side, I'm determined and I finish things I start, not like my brother – he only **6** _____ doing things at the last minute!



Anna, 15

I hate getting up early – I can be very grumpy. Schools should **7** _____ early morning lessons! I think I'm thoughtful and supportive. I'm always **8** _____ opportunities to help my friends.

5 ☆☆☆ Complete the questions with the correct verbs. Then answer for you.

- 1 Who do you get on well with in your class? Why?

- 2 What hobbies and activities do you _____ in for? What do you like about them?

- 3 When you were a child, did you ever do anything naughty and _____ away with it? What happened?

- 4 Do you find it easy to _____ up with new ideas? What inspires you?

Past perfect simple and past simple

1 ☆ Choose the correct option.

- By the time they reached the station, the train **left/had left** so they waited for the next one.
- The class had started when Eva **arrived/had arrived**, so she apologised to the teacher.
- Viktor got home late yesterday and his favourite TV show **had already started/already started**.
- Were you able to start writing your project yesterday because you **did/had done** the research before?
- Did you sit/Had you sat** down to eat after you'd made the food?
- Until Sophie went to Mexico, she **never tried/had never tried** Mexican food.
- I **met/had met** my best friend two years ago. I **never met/'d never met** anyone like him before.

2 ☆☆ Complete the text with the past simple or past perfect form of the verbs in brackets.



Is there a relationship between humour and personality? Researchers 1 wanted (want) to find out, so they looked at 24 studies related to different aspects of humour and personality that people 2 _____ (already / do). Researchers 3 _____ (not include) any unhealthy people in the research. The number of people who 4 _____ (take part) in these previous studies was 11,791, so the researchers 5 _____ (have) a lot of data to work with. What 6 _____ (they / find)? After they 7 _____ (analyse) all the information, they 8 _____ (identify) that, of the four styles of humour, the two positive ones – affiliative (sharing humour with others) and self-enhancing (using humour to make yourself happier and less stressed) – were linked to sociable people. Participants who 9 _____ (use) one or both of these styles 10 _____ (share) certain characteristics, such as being outgoing or having good social skills, proving that there was a strong link between humour and personality. People who 11 _____ (not use) these two types of humour 12 _____ (be) generally more stressed.

Past perfect simple and past perfect continuous

3 ☆ Complete the sentences with the past perfect simple or past perfect continuous form of the verbs in brackets.

- Emir was exhausted because he had been studying (study) for most of the night. Unfortunately, he still _____ (not finish) his work.
- Elena was tired. She _____ (run) for 30 minutes and she couldn't run any further.
- They _____ (practise) for hours, and they _____ (not have) a break, so they decided to stop.
- I went to my first live concert yesterday – I _____ (not go) to one before.

4 ☆☆☆ Complete the text with the correct past simple, past perfect simple or past perfect continuous form of the verbs in brackets.

AN INCREDIBLE DIARY

The explorer Captain Scott 1 wrote (write) one of the most famous diaries ever about his last expedition to the South Pole. Scott 2 _____ (dream) of being the first person to reach the Pole for a long time. However, after arriving in Australia, he 3 _____ (discover) that the Norwegian explorer Roald Amundsen 4 _____ (also / decide) to go there. Now it was a race! Amundsen 5 _____ (use) dog sledges and 6 _____ (travel) fast, and when Scott finally 7 _____ (reach) the South Pole, he discovered that Amundsen 8 _____ (beat) them. On the way back, tragedy struck Scott's team. The men were exhausted because they 9 _____ (pull) heavy loads through the snow in very low temperatures. The men were unable to reach the supplies of food that they 10 _____ (leave) 11 km away and, sadly, they died. A party of explorers 11 _____ (find) them in November 1912 and 12 _____ (bring) back the notebooks Scott 13 _____ (manage) to write during the expedition. The collection was published in 1913 and even today people find his account inspiring.

5 ☆☆☆ Are the sentences true or false for you? Correct the false sentences.

- I had been watching TV before I started this exercise.

- I hadn't heard of Captain Scott before I did exercise 4.

An opinion article

SIBLINGS AND PERSONALITY



Siblings have the same parents and grow up in the same house, but can have quite different personalities. People used to think that birth order might be the reason for this, but is it?

Scientists have been researching this question for over a hundred years. In the 19th century the psychologist Alfred Adler argued that birth order **shaped** personality. He thought that oldest children shared certain characteristics such as being responsible, hard-working and determined, middle children were emotionally stable, while youngest children were ambitious. Other scientists agree and say that first-borns are also good leaders, middle children are creative, while younger children are more outgoing and **rebellious**.

Adler's theory was widely accepted and later studies also seemed to show that birth order can influence personality. For example, a study in 1968 found that oldest children were less likely than their younger siblings to **take risks** in dangerous sports.

However, these studies and other similar studies were only done once, so it's possible that the characteristics of the participants were the result of age rather than sibling position. For example, the **traits** associated with the oldest child, such as being more confident and reliable, were simply because the child was older, not because they were born first.

More recently, researchers have focused on personality in adults. In one study, psychologist Ralph Hertwig was expecting to find that youngest children were risk-takers, but he didn't. He had previously supported the birth order theory and was surprised by the results. The study of over 1,500 people found no relationship between birth order and risk-taking. Another study of over 20,000 adults in Germany, Britain and the USA clearly showed that birth order did not affect the five main personality traits recognised by psychologists. The biggest-ever study, of 370,000 US secondary school students, showed the same.

In conclusion, it seems that while birth order may affect children's personalities slightly, it does not seem to shape personality in adults.

1 ☆ 🎧¹ Read and listen to the article and choose the correct option.

The writer concludes that ...

- a birth order affects children's personalities and this continues after they have grown up
- b birth order might have a small effect on children's personalities, but by adulthood this has gone

▶ Subskill: Keeping a record of vocabulary

To help you understand and use new words or phrases, record them in detail.

2 ☆☆ Look at the vocabulary record and match 1–6 with a–f.

- a **sibling**
- b (NOUN, COUNTABLE) c /'sɪblɪŋ/ 🗣️
- d **your siblings are your brothers and sisters**
- e *I've got three siblings – two brothers and a sister.*
- f half-sibling

- 1 definition _____
- 2 pronunciation _____
- 3 example sentence _____
- 4 word or expression that is being recorded a
- 5 synonym, antonym or other related words _____
- 6 part of speech _____

3 ☆☆ Record the other words in bold in the text in detail. Use a dictionary to help you.

4 ☆☆ Read the article again. Are the sentences T (true) or F (false)?

- 1 Scientists have recently started researching birth order and personality. F
- 2 Adler thought that all middle children would share certain personality traits. _____
- 3 Most studies were carried out more than once to check the results. _____
- 4 Ralph Hertwig thought his study would prove that younger siblings took more risks. _____
- 5 The study of secondary school students in the USA did not reach any definite conclusions. _____

5 ☆☆☆ Answer the questions with your own ideas.

- 1 Do you think birth order affects personality? Why/Why not?

- 2 In your opinion, what is the most important personal quality to have? Why?

A podcast

- 1 ☆ 2 Listen to a podcast. What is it about?
- a different personality types
 - b how personality changes in adolescence
 - c positive and negative personality traits

► **Subskill: Dealing with homophones**
 Being aware of homophones while listening helps you understand.

2 ☆☆ Choose the correct option.

- 1 We no/know our personality starts developing in later childhood.
- 2 Personality is the parts of ourselves that make us behave in certain **weighs/ways**.
- 3 As we get older, **there's/theirs** a decrease in positive personality traits.
- 4 **Four/For** teen girls, the most noticeable change is to friendliness.
- 5 Personality traits that appear in your teen years can affect your **whole/hole** life.
- 6 Teens go **threw/through** many changes and this is a negative thing.

3 ☆☆ Listen again and read the sentences in exercise 2. Are they T (true) or F (false)? Correct the false sentences.

- 1 F – Our personality starts developing as babies.
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

4 ☆☆☆ Answer the questions. For question 3, give your own opinion.

- 1 Why did the podcast presenters come up with the idea of researching the topic?

- 2 What did the study about conscientiousness in teen years show?

- 3 Do you agree that it's important to have a strong sense of identity? Why?

Solving shopping issues

1 ☆ Complete the sentences with the phrases in the box.

a credit note a problem with these shoes
 exchange it it doesn't fit properly
 returning the receipt

- 1 I'm afraid there's a problem with these shoes.
- 2 I can give you _____, but I can't give you a refund.
- 3 I'm afraid I've lost _____ – I think I threw it away.
- 4 You can _____ for something else or I can replace it.
- 5 I'd like to return this jacket because _____.
- 6 Can I ask why you're _____ it?

2 ☆☆☆ Choose the best option.

- 1 How can I help you today?
 - a I bought these jeans here last week.
 - b** I'd like to return these jeans.
- 2 Can I ask why you're returning them?
 - a They shrank, although I followed the washing instructions.
 - b I'd like a refund, please.
- 3 Have you got the receipt?
 - a No. They're really badly made!
 - b Yes, here you are.
- 4 Would you like to choose something else?
 - a No, we haven't got the jacket in your size.
 - b No, I'd prefer a refund, please.

3 ☆☆☆ Read the task and then write a short dialogue. Include expressions for solving shopping issues.

You bought some trainers, but they fell apart after only a week. Unfortunately, you've thrown the receipt away. Take the trainers back to the shop, explain the problem and ask them to replace the trainers or find a solution you're happy with.

A description of a person

1 ☆ Complete the table with the adjectives in the box.

ancient athletic competitive curly
enormous ~~funny~~ furious hilarious
ideal optimistic outgoing stubborn

Gradable	Non-gradable
<i>funny</i>	

2 ☆☆ Choose the correct option.

Marek is **1 absolutely/extremely** tall – he’s well over 1.9 m. He’s got **2 completely/really** short blond hair and **3 quite/totally** big blue eyes. He’s **4 fairly/totally** chatty, although he is **5 completely/a little** shy. Occasionally he can be **6 slightly/absolutely** grumpy, but it’s **7 completely/rather** impossible to make him angry. Although he’s **8 fairly/really** talented at music, he’s **9 extremely/totally** modest about it. I’m **10 very/absolutely** delighted that he’s my friend.



3 ☆☆☆ Write a short description of a friend. Include adverbs with gradable and non-gradable adjectives.

Super skills

COMMUNICATION



Using visuals to communicate your ideas

Complete the description with the correct words. The first letters are given.

This is a picture of me. I wrote the personality adjectives on my body because I wanted to **1 suggest** that they’re part of me. I used different writing styles because I thought it was a powerful **2 w** _____ to show different qualities. I used images to **3 r** _____ my interests. I **4 t** _____ they were more attractive than drawings. The blue background gives the **5 m** _____ of calm, which is important to me.

Vocabulary review

Describing personal characteristics

1 Complete the sentences with the correct words. The first letters are given to help you.

- Modest** _____ people don’t boast about their achievements, and they’re often **h** _____ - _____ too, putting effort into everything they do.
- My friend is really **t** _____ – she bought me some magazines when I was feeling sad. She’s **s** _____ too – she always tries to help her friends.
- People who are **c** _____ cause others pain, and those who are **s** _____ only think of themselves, not of others.
- When I’m tired, I can be a bit **g** _____ and bad-tempered, and I’m also more **c** _____ – last time I was really tired I broke three things! I find **c** _____ people hard to tolerate – why do they speak so much?
- Don’t expect James to change his mind – he’s one of the most **s** _____ people I know. If you try to discuss things with him he’s likely to get angry or upset because he’s very **s** _____, too.
- My friends say I’m rather **c** _____. It’s true – I can’t stand losing and I’m **d** _____ to achieve all my goals and beat other people!
- The main character in my book isn’t a typical hero. He’s **a** _____ and is often angry, and he thinks he’s better than everyone else, so he’s **a** _____, too!
- My brother is a really **i** _____ person with lots of friends and he’s **o** _____ – not shy at all.

Phrasal verbs: three-part verbs

2 Choose the correct option.

- I can’t think of any new questions. I’ve completely **come up with/run out of** ideas.
- My friend is always **going on about/getting round to** her new dog. I wish she’d talk about something else.
- Jack often forgets his homework, but the teacher believes his excuses. I don’t know how he manages to **get away with/live up to** it.
- I’m pretty sociable – I **get on with/go in for** most people.
- If you go to the concert tonight, **look out for/do away with** Alex. He’ll definitely be there.

Grammar review

Past tenses, present perfect simple and present perfect continuous

1 Correct the mistake in each sentence. There may be more than one possible answer.

- Last week I ~~have met~~ my best friend in town and we went for a pizza. met
- After I was finishing my homework, I watched TV. _____
- While I was buying some jeans, I was seeing a T-shirt I liked. _____
- By the time Alex got home, he ran two kilometres. _____
- Recently I have been doing a lot of personality quizzes and I was enjoying them a lot. _____
- My sister used to cut my hair last week, so it's much shorter than it used to be. _____
- I'd never eaten octopus before I tried it yesterday – that was the first time I ever had it. _____
- I've been doing my project all day, but I haven't been finishing yet. _____

Past simple, past perfect simple and past perfect continuous

2 Complete the text with the correct form of the verbs in brackets. Use the continuous form where possible.

About Latest posts Archives

My best friend

My best friend is called Elijah or Eli for short. I used to live in New York, but we 1 moved (move) to Los Angeles when I was 13. We 2 _____ (not live) there for long when I 3 _____ (meet) Eli. I 4 _____ (explore) my new neighbourhood, but I 5 _____ (get) lost. I 6 _____ (forget) to bring my phone, so I couldn't call home. Suddenly, I 7 _____ (notice) a boy about my age. He 8 _____ (smile) at me and asked if I was all right. I 9 _____ (explain) what 10 _____ (happen) and Eli showed me the way home. On the way, we 11 _____ (chat) about lots of different things and 12 _____ (discover) we had a lot in common. We've been friends ever since then!



Round-up

- 1 2 3 4 5 6 7 8

Read the article and choose the correct option.



LANGUAGE AND PERSONALITY

When you 1 **started/used to start** learning a new language, 2 **have you thought/did you think** about your personality? People 3 **have investigated/have been investigating** personality for hundreds of years, but it 4 **wasn't/hadn't been** until more recently that they looked into language and personality. Researchers 5 **already discovered/had already discovered** that bilingual speakers perceive colours differently, but recently they 6 **were finding/have found** that many people have different personalities in each language they speak. While they 7 **were doing/have been doing** one study, two linguists 8 **interviewed/had interviewed** more than 1,000 bilingual speakers, and over 66% said when they spoke different languages, they felt like a different person. I 9 **had studied/had been studying** English for years before I 10 **realised/was realising** that this was true for me. I 11 **was thinking/used to think** that people's personalities were 'fixed', but now I know that's not so. I 12 **just started/have just started** learning Spanish, so will I soon have a third personality?

Self-evaluation

Read the objectives for this unit. How well can you do each one?



- | | | | |
|--|--------------------------|--------------------------|--------------------------|
| 1 I can talk about personality and use three-part phrasal verbs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I can use past tenses, the present perfect simple and present perfect continuous. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I can use the past perfect simple and past simple. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 I can use the past perfect simple and continuous. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I can record vocabulary in detail. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 I can recognise and understand homophones when listening. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 I can solve shopping issues. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 I can write a description of a person and use adverbs with gradable and non-gradable adjectives correctly. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If you choose 😞, ask your teacher for extra help.