

6 Grammar, Vocabulary, and Pronunciation

B

American
ENGLISH FILE 5

GRAMMAR

1 Underline the correct word(s).

Example: Can I **borrow** / **borrowed** 20 dollars until tomorrow as long as you don't need it?

- 1 **Supposed** / **Suppose** you got lost and couldn't find your way home. What would you do?
- 2 If we **have** / **had** two more people, we'd have enough to play a proper soccer match.
- 3 I would **call** / **have called** to say I was going to be late if I hadn't lost my cell phone.
- 4 Provided Mel **brought** / **brings** his guitar tomorrow, we're going to have a sing-along.
- 5 I'll tell you everything as long as you **will promise** / **promise** not to laugh at me.
- 6 Had I known it was your birthday, I would **have made** / **made** a cake.

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2 Complete the sentences with the gerund or the infinitive form of the verbs in parentheses.

Example: I'd like you to call (call) my office and tell them I'm sick.

- 1 I would hate him _____ (think) I'm not interested in his project.
- 2 My aunt advised me _____ (visit) Florida before the weather gets too hot.
- 3 He's waiting for his train _____ (arrive).
- 4 She dislikes people _____ (make) noise while she's working.
- 5 They'd better not keep me _____ (wait) much longer. I've already been here for 15 minutes.
- 6 Please let me _____ (come) with you. I am bored all on my own.

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3 Is the sentence right or wrong? Write *correct* or *incorrect* in the blank.

Example: We expect the game to end around 8:00.
correct

- 1 He has advised to us to keep the party a secret.

- 2 I would hate for you to think that we'd forgotten you.

- 3 I'd like you to send me a confirmation email for this purchase. _____
- 4 We've arranged for you departing at 5:00 tonight.

- 5 I dislike people to make decisions for me when I can make them myself. _____
- 6 He warned us to watch out for Internet scams. I guess we should have listened. _____

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VOCABULARY

4 Complete the sentences with one word.

Example:

- 1 My grandmother is a wonderful person, but can be very _____-minded and intolerant. She thinks I should stop studying and get married as soon as possible.
- 2 My dad just bought a second _____ car. He saw an advertisement in the paper, and thought the price was much better than buying a new car.
- 3 I have quite a _____ friends who have taken a year off before college.
- 4 I'm completely fed up _____ the commercials at the movie theater. They last at least 30 minutes, and the movie is only 90 minutes long.
- 5 When I was working as a tour guide, I got _____ on international travel. It gave me an enormous high, and if I didn't get on a plane for a week or two, I became edgy and tense.
- 6 My cousin and his wife are great parents. Their kids are three and five, but they're so _____ behaved, we all actually enjoy going out to restaurants together.

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5 Choose one word to form a compound adjective with the word in *italics*.

Example: produced sighted minded

mass produced

- 1 behaved made minded *narrow*-_____
- 2 conditioned behaved minded *air*-_____
- 3 hand minute term *last*-_____
- 4 heeled sighted eyed *blue*-_____
- 5 heeled minded produced *absent*-_____
- 6 hearted handed heeled *kind*-_____
- 7 term out free *long*-_____
- 8 hearted free going *easy*-_____

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6 Put the correct preposition in the blank.

Example: Young children are dependent on their parents for help.

- 1 I'm so sick _____ eating peanut butter and jelly! I really need to go grocery shopping.
- 2 I'm afraid to admit that I'm hooked _____ the donuts from the store down the street.
- 3 Some students are obsessed _____ getting the highest grades possible.
- 4 He's really fond _____ going to the restaurant around the corner. They treat him well.
- 5 Some actors are famous _____ their work, others for the things they do off-screen.
- 6 Even though they don't always show it, parents are often proud _____ their children.

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PRONUNCIATION

7 Match the words with the same sound.

~~coup~~ high-minded besieged
gambling hangup refugee

Example: troops *coup*

- 1 short-sighted _____
- 2 edgy _____, _____
- 3 dialogue _____, _____

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8 Underline the stressed syllable.

Example: composer

- 1 anxious
- 2 become
- 3 review
- 4 substance
- 5 harmless

	5
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Pronunciation total	10
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6 Reading and Writing **B**

READING

1 Read the article and check (✓) A, B, or C.

HELP YOURSELF

In the last couple of decades, self-help books have been a publishing phenomenon, often topping the bestseller lists. Readers have lapped up their advice on how to do a wide variety of things, from becoming successful and rich to improving their relationships. If you're facing a particular problem in your life, there's a host of self-help books for you. If you have the idea that you want to improve yourself in some way, there are any number of self-help titles just waiting to advise you. If you want a successful career, no problem – step-by-step guides will tell you exactly what to do. But, despite their enormous success, there's a question many people ask: do these books actually do what they claim to?

Obviously, as in any field of publishing, some self-help books are better than others. Some may be based on actual research and case studies – there's some substance to them that suggests they can, at least to some extent, be taken seriously. Others, however, amount to little more than psychobabble – empty nonsense dressed up as serious psychological insight. These books bombard the reader with a mass of meaningless jargon, disguising the fact that they have nothing to say beyond the obvious that you would not need to buy a book to know. It's the latter category that has given self-help books a bad name among critics of the genre.

The kind of advice given in self-help books is often more or less the same. What really amounts to pretty standard statements are made in many of them, but does this advice stand up to scrutiny? Psychologists who have studied a range of self-help books connected with happiness say the answer to this is "not always." They say that although the emphasis the books place on aiming for good relationships with families, friends, and colleagues has, in some ways, some scientific basis in terms of what does actually lead to personal happiness, in other ways the advice given is actually false.

For example, the books commonly tell you that it is good to express your anger; the psychologists say this simply causes you to remain angry. You are often told to try to think happy thoughts when you are sad; the psychologists say that attempting to do this simply emphasizes your unhappiness for you. The books tell you to focus entirely on your aims in life, looking only at the desired outcome; psychologists say you need to focus just as much on the problems you have to overcome in order to reach your goals. The books tell you to keep praising yourself to increase and maintain a high level of self-belief; the

psychologists say that actually this doesn't work because you need praise from other people in order to increase your self-esteem.

Perhaps the key question on self-help books is: do they work? Do people feel they have directly helped them? Whatever critics may say, do the people who buy and read them get real results from them? The answer to this question appears to be "sometimes." Research indicates that the kind of book that deals with a particular problem can be effective in helping people with that problem, particularly if the problem in question isn't a severe one, for example mild depression or anxiety. The situation is less clear with books dealing with personal growth or development. Some people do say that these books have helped them but it is by no means certain, and hard to measure, whether this is really the case.

What is clear about all self-help books, however, is that they offer people hope. The actual advice they give and whether or not this is accurate or effective is probably less important than the fact that they tell the reader that change is possible, that there is hope of a better life, that people can overcome difficulties and improve themselves and their situation. While this may sound like a good thing, there is, however, a downside to it. To get people to buy them, these books often make exaggerated claims about what they will do for people. They can raise unrealistic expectations in the reader, suggesting that a better life can quite easily be achieved, that anyone can get what they want out of life. The truth is, of course, that changing yourself and your life may be very difficult indeed and require an immense amount of effort, if it is even achievable at all. So self-help books are open to the claim that they present a false picture that can only lead to disappointment in the end.

- 1 In the first paragraph, what does the writer emphasize about self-help books?
 - A The number of them available. ☐
 - B How quickly the genre became popular. ☐
 - C The fact that one person might buy many of them. ☐
- 2 In the second paragraph, the writer expresses a preference for self-help books which _____.
 - A don't use any jargon at all ☐
 - B explain technical terms in a clear way ☐
 - C give examples to support their advice ☐

6 Reading and Writing B

- 3 The writer says that self-help books containing a lot of "psychobabble" _____.
 A are seldom popular with readers ☐
 B exist in greater numbers than other kinds of self-help books ☐
 C have affected the reputation of all self-help books ☐
- 4 What does the writer say about self-help books connected with happiness?
 A There is evidence to support some of the advice they give. ☐
 B They vary more than other kinds of self-help books. ☐
 C They are the most popular kind of self-help book. ☐
- 5 Psychologists say that some advice in books about happiness _____.
 A could produce different bad feelings in people ☐
 B could make people feel worse than they did ☐
 C is too hard for people to carry out ☐
- 6 Which of the following do psychologists believe?
 A Focusing on problems is more important than focusing on goals. ☐
 B You won't have greater self-confidence unless other people praise you. ☐
 C Thinking only about aims can result in greater unhappiness. ☐
- 7 Research into whether self-help books really help people suggests that _____.
 A those dealing with personal growth and development are the least useful ☐
 B people want to believe that they have helped them a lot ☐
 C they are not very useful for serious problems ☐
- 8 What do all self-help books have in common, according to the writer?
 A They all contain some useful advice. ☐
 B They all have the same basic message. ☐
 C They all sympathize with the reader. ☐

- 9 When asking whether self-help books work, the writer suggests that _____.
 A this may be more important than whether the advice is correct ☐
 B not enough attention has been paid to this ☐
 C readers may not be honest about this ☐
- 10 The writer concludes in that last paragraph that self-help books _____.
 A are more influential than is generally thought ☐
 B are only taken seriously by certain kinds of person ☐
 C may actually be harmful to people ☐

Reading total	10
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WRITING

Choose one of the essay titles below and write about the pros and cons in approximately 250 words:

- Gadgets make daily life easier – or do they?
- The success of a company depends on the happiness of its employees.
- Self-help books can do more harm than good.

Writing total	10
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Reading and Writing total	20
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6 Listening and Speaking **B**

LISTENING

- 1 Listen to an interview about computer addiction. Check (✓) A, B, or C.
- What does the interviewer say about computer addiction in his introduction?
 - A It causes disagreement among experts. ☐
 - B It affects a great many people. ☐
 - C It is unlikely that it really exists. ☐
 - Colin says that one reason why computer addiction is a difficult subject is that _____.
 - A it is easy for people to be addicted to computers without realizing it ☐
 - B people don't want to think that it is similar to common addictions ☐
 - C reasons why people use computers for a long time vary considerably ☐
 - What is Colin's point about hobbies?
 - A Many people spend longer doing hobbies than using computers. ☐
 - B They can be just as addictive as computer use. ☐
 - C People don't usually think that a hobby can be an addiction. ☐
 - What does Colin say about computer-game addiction?
 - A Official organizations are likely to accept that it exists in the future. ☐
 - B It has not been officially identified as a medical problem. ☐
 - C Experts consider it to be an addiction when it is very serious. ☐
 - What is Colin's personal opinion on computer addiction?
 - A Certain behavior probably indicates the existence of an addiction. ☐
 - B More people will believe that computer use can become an addiction. ☐
 - C Some people think they have an addiction but they don't. ☐

- 2 Listen to five people talking about self-help books. Match the speakers (1–5) to their situation (A–H).

Speaker 1 ☐

Speaker 2 ☐

Speaker 3 ☐

Speaker 4 ☐

Speaker 5 ☐

- A Reads self-help books just to learn more about human nature
- B Can't stand to talk to people who have read self-help books
- C Tried a self-help book once but it didn't work
- D Gets self-help information from the Internet but is wary of both books and websites
- E Refuses to get any self-help information from anywhere but the Internet
- F Thinks self-help books are better than friends and family for advice
- G Thinks that people who write self-help books are never truly qualified to do so
- H Would rather get help from family and friends

6 Listening and Speaking **B****SPEAKING****Student A**

- 1 Ask your partner these questions.
 - 1 Do you think self-help information is better in a book or on the Internet?
 - 2 What have you recently tried to persuade someone to do?
 - 3 Why are self-help books so popular?
 - 4 What kind of addictions are caused by modern gadgets?
 - 5 Which gadgets do you always have with you when you go out?
- 2 Now answer your partner's questions.
- 3 Now talk about one of these statements, saying if you agree or disagree. Give reasons.
 - 1 "I always look for help from books, not my friends and family."
 - 2 "Advertising is beneficial to a lot of people."
 - 3 "Addictions are the greatest problem in society today."
- 4 Now listen to your partner. Do you agree with him/her?

Speaking total 15Listening and Speaking total 25**Student B**

- 1 Answer your partner's questions.
- 2 Now ask your partner these questions.
 - 1 How much time do you spend each day on the Internet?
 - 2 How hard is it for people to persuade you to do something?
 - 3 If you bought a self-help book, what would it be about?
 - 4 What kind of problems cause people to buy self-help books?
 - 5 What kind of things are people in your society obsessed with?
- 3 Listen to your partner. Do you agree with him/her?
- 4 Now talk about one of these statements, saying if you agree or disagree. Give reasons.
 - 1 "There shouldn't be a limit for how much time people spend with their gadgets."
 - 2 "There is no point in anyone reading a self-help book."
 - 3 "An obsession is always a bad thing."

Speaking total 15Listening and Speaking total 25