

Grammar

1 reflexive pronouns

Complete the sentences.

Why don't we make ourselves comfortable?

- 1 Come in everyone and help _____ to food and drink.
- 2 The town _____ isn't particularly attractive but the surrounding area is very pleasant.
- 3 Did they decorate the house all by _____ ?
- 4 I always enjoy _____ when I travel.
- 5 Hannah spends ages looking at _____ in the mirror.

____/10

2 conditional structures (2): with conjunctions

Underline the correct words in *italics*.

If/Unless I hear from you, we'll meet as planned.

- 1 You can pay for the meal *as long as/supposing* I can pay for the cinema tickets.
- 2 I wouldn't marry George *providing/even if* he asked me.
- 3 *Supposing/Provided that* you won the lottery, what would you do?
- 4 I'll be taking next week off *even if/providing* my boss agrees.
- 5 *If/Unless* you turn up late again, Rob will go crazy.

____/10

3 futures (2)

Complete the sentences with a suitable form of the verbs in the box.

apply	be	determine	go	have	visit
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If I had good exam results, I d go to university.

- 1 If only we _____ more time to spend together.
- 2 I _____ to pass my driving test this time.
- 3 I don't think I _____ for promotion as I enjoy my current job.
- 4 I wish my children _____ so lazy.
- 5 We _____ our cousins at the weekend.

____/10

Vocabulary

4 the power of the mind

Complete the words.

I had a **premonition** that something terrible was going to happen.

- 1 I just don't have the **w**_____ to stick to a diet.
- 2 Doing something challenging is often a question of mind over **m**_____.
- 3 If you trust your **i**_____, or gut feeling, you'll always make the right decisions.
- 4 Animals most definitely have a **s**____ sense and know what's going on before we do.
- 5 As soon as I walked into the room I had a very strong **f**_____ of déjà vu.

____/10

5 advertising

Underline the correct words in *italics*.

What's your favourite *advertising/advertisement*?

- 1 I think the *advertising/commercial* industry is very cynical.
- 2 We need to think up a new *slogan/hype* for the campaign.
- 3 I really enjoy watching the *brands/trailers* for new films when I go to the cinema.
- 4 There's always a lot of *hype/logo* surrounding the latest technological inventions.
- 5 The *marketing/commercial* breaks during films on television are so annoying.

____/10

6 verb phrases with *mind*

Complete the sentences with a suitable verb.

Hurry up and make up your mind. What's taking you so long?

- 1 It never _____ my mind that Jim might be lying.
- 2 I'm finding it so hard to _____ my mind on this job because I'm getting married tomorrow!
- 3 If you _____ your mind, just let us know and we'll cancel your order.
- 4 Harry always _____ his mind but sometimes he can be a little too direct in my opinion.
- 5 I'm so sorry. It completely _____ my mind that we'd set up a meeting. Can we reschedule for next week?

____/10

7 commonly misspelt words

Find the spelling mistake in each sentence and write the correct word.

There making such a noise outside. They're

- 1 You wouldn't believe how expensive accomodation is in London. _____
 - 2 I don't think it'll be neccesary for you to come to the meeting. _____
 - 3 I'll send you the manuscript in a seperate parcel. _____
 - 4 The weather in the UK is very changable at this time of year. _____
 - 5 It's wierd to think of you on the other side of the world. _____
- ____/10

Pronunciation

8 stress: reflexive pronouns

Listen and underline the stressed syllable in the reflexive pronouns.

Don't tire yourself needlessly.

- 1 I myself have no reason to doubt John.
 - 2 We taught ourselves to play the piano.
 - 3 The trick itself is ridiculously simple.
 - 4 My sisters often treat themselves to lunch in town.
 - 5 Max always worries himself sick before a performance.
- ____/10

How to...

9 talk about beliefs and opinions

Complete the words.

I reckon that Tom is genuine.

- 1 I'm always in **f** _ _ _ **r** of keeping an open mind.
- 2 I have my **d** _ _ _ **s** about how much of his performance is real.
- 3 I'm **c** _ _ _ _ _ **d** that it's all an elaborate hoax.
- 4 I **s** _ _ _ _ **t** that most people fall for his charms.
- 5 I'm usually quite **s** _ _ _ _ _ **l** but I honestly do believe in this approach.

___/10

Reading

10 Read the article. Complete the gaps (1–5) with the sentences (A–F). There is one extra sentence.

The power of the mind

I've always been fascinated by the way people behave: how they think and how they communicate, from body language to speech. My shelves are stacked with books on every aspect of self-help and self-improvement. I've attended any number of workshops and seminars but I can honestly say that one of the best courses I've ever done was a course in NLP.

(0) NLP (Neuro Linguistic Programming) is an extraordinary tool, and one which I would recommend to everyone. Taking a course will improve your communication skills in every way, whether you are a salesperson wishing to improve your targets, or a teacher wishing to motivate your students.

There are many key suppositions that form the basis of NLP including the following:

The map is not the territory: our senses take in raw data from our environment and that data has absolutely no meaning other than the meaning we choose to give it. We generalise, delete and distort, analysing situations based on what we have been told or what we have experienced, which is why no two people will assess something in the same way. (1) _____

Every behaviour is useful in some context: no behaviour is wrong in itself. It is perhaps just not the most appropriate behaviour for the context. (2) _____

The person with the most flexibility and choices of behaviour will rule the system: in order to get different results, you need to keep doing different things. (3) _____ Clearly if you're not happy with the way things are, you need to change your behaviour.

If one human has done it, that means it's humanly possible: and if it is humanly possible, any human can learn to do it. This is my personal favourite as it reminds me that we so often give up, either because other people tell us that we're being silly, or because we're not focused enough. There are so many stories of people who wouldn't take 'no' for an answer. (4) _____

So, if you feel as though you need to make changes, I would heartily recommend a course in NLP. (5) _____ You will be amazed at how quickly these changes occur if you are mindful of your thought processes and your behaviours.

~~NLP (Neuro-Linguistic Programming is an extraordinary tool), and one which I would recommend to everyone.~~

- A** In fact, we receive about 2 million bits of sensory data at any one time and we process between 5 and 9 of those 2 million using our five senses.
- B** You will be given all the tools you need to improve every aspect of your life.
- C** They persevered despite a mountain of opposition and they achieved their goals.
- D** However, most of us are quite resistant to these changes.
- E** Anger, for example, is a very powerful force for change but it is clearly not appropriate to get angry for no good reason.
- F** As they say, if you always do what you've always done, you'll always get what you've always got.

____/10