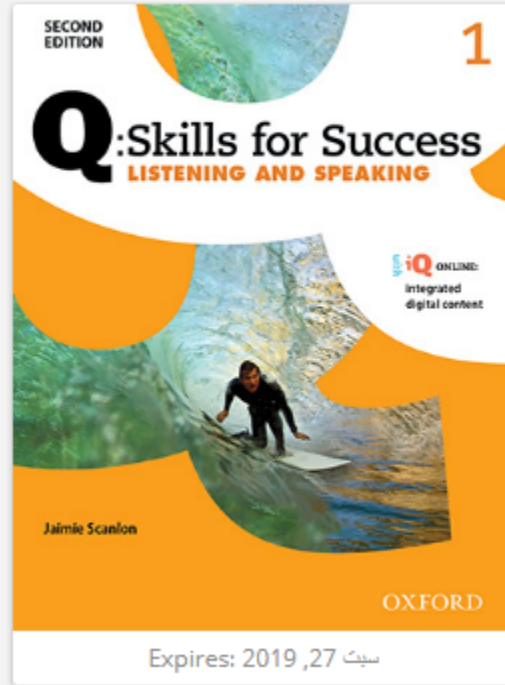


Please select a level



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Listening and Speaking Level 1



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Unit 7  
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Choose the correct words to complete the sentences.

1. I heard the company offered you the job. Are you going to **accept** it?
2. Jen wanted to go to a big university, but she **changed** her mind and went to a small one.
3. I enjoy all of my classes, **especially** my English class.
4. I'm a pretty **flexible** person. I don't mind change.
5. This summer, I have an **opportunity** to study in Spain.
6. Jun is doing well in his English class. His teacher says he is making a lot of **progress**.
7. A **proverb** I like is, "To change is to grow."
8. Nothing ever changes in my hometown. Everything **remains** the same.

Submit Try again See answers Score: 8/8



Listen to the conversation. Then choose the best answer for each question.



1. Who is Daniel calling?  
 his mother  
 his sister  
 his friend
2. What do they talk about?  
 Daniel's last vacation  
 Daniel's career  
 Daniel's financial problems
3. Why is Daniel's mother worried about him?  
 The company is busy.  
 He is working too much.  
 He is taking a vacation.
4. What is Daniel's job?  
 ...

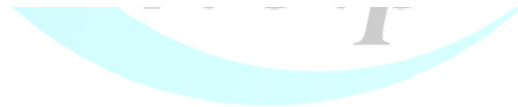
Submit Try again See answers Score: 8/8

Listen to the conversation. Then choose the best answer for each question.



4. What is Daniel's job?
- a teacher
  - ✓  a manager
  - a student
5. Daniel seems \_\_\_\_.
- afraid
  - ✓  unhappy
  - angry
6. How old is Daniel?
- 25
  - ✓  30
  - 35
7. Why does Daniel think he can't change his job?
- because he wants to work with children

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Listen to the conversation. Then choose the best answer for each question.



angry

6. How old is Daniel?

25

✓  30

35

7. Why does Daniel think he can't change his job?

because he wants to work with children

✓  because he is too old

because money is an important part of life

8. What is Daniel going to think about?

talking to his teacher

taking a vacation

✓  taking online classes

Submit Try again See answers Score: 8/8



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Listen to the conversation again. Listen for the speakers' opinions. Choose the correct word or phrase to complete each sentence.



1. Daniel's mother thinks that Daniel \_\_\_\_.  
 needs to relax  
 has a mean boss  
 should work harder
2. Daniel thinks it's \_\_\_\_ to change his career.  
 a good time  
 not necessary  
 too late
3. Daniel's mother thinks he should \_\_\_\_.  
 go to college  
 keep his job  
 change his job
4. Daniel's mother \_\_\_\_ that Daniel can't change his career now.  
 disagrees

Submit

Try again

See answers

Score: 7/7



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Listen to the conversation again. Listen for the speakers' opinions. Choose the correct word or phrase to complete each sentence.



- 4. Daniel's mother \_\_\_ that Daniel can't change his career now.  
 disagrees  
 is worried  
 agrees
- 5. Daniel's mother \_\_\_ that teachers don't make much money.  
 agrees  
 disagrees  
 is angry
- 6. Daniel \_\_\_ his mother's opinion about money.  
 agrees with  
 doesn't understand  
 disagrees with
- 7. Daniel thinks he \_\_\_ working with children.

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Listen to the conversation again. Listen for the speakers' opinions. Choose the correct word or phrase to complete each sentence.



agrees

5. Daniel's mother \_\_\_ that teachers don't make much money.

✓  agrees

disagrees

is angry

6. Daniel \_\_\_ his mother's opinion about money.

✓  agrees with

doesn't understand

disagrees with

7. Daniel thinks he \_\_\_ working with children.

won't enjoy

✓  will enjoy

should stop

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Choose the correct words to complete the sentences.

I read a great book about how to improve your life. The book gives lots of great **advice** for how to make positive changes and reach your **goals**. The author of the book **recommends** changing only one thing at a time. For example, choose one bad **habit** that you want to stop. If you try to change too many things, it will be difficult to **achieve** your goals. The author also says that you should ask a good friend to **remind** you about your goals. A friend can also **encourage** you and help you **stick to** your plan.

Submit

Try again

See answers

Score: 8/8



Which words and phrases form a collocation with *make*? Which ones form a collocation with *change*? Drag each word or phrase into the correct category.

make	change
progress	the world
a change	your life
a promise	your job
a difference	your attitude

Submit

Try again

See answers

Score: 8/8



Listen to the advice. Check the imperatives that you hear.



<input type="checkbox"/> be careful	<input checked="" type="checkbox"/> be prepared	<input type="checkbox"/> don't be upset
<input type="checkbox"/> don't be afraid	<input checked="" type="checkbox"/> be flexible	<input type="checkbox"/> don't be difficult
<input checked="" type="checkbox"/> be excited	<input checked="" type="checkbox"/> don't be too nervous	<input checked="" type="checkbox"/> be focused
<input type="checkbox"/> don't be lazy	<input checked="" type="checkbox"/> be healthy	<input type="checkbox"/> be happy

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Click READ to read about imperatives. Then drag each imperative into the correct category.

READ

Commands	Warnings	Instructions or directions
Take out the trash!	Don't go that way! It's dangerous!	Don't forget to write your name on your paper.
Don't be late!	Stop there before you fall! It's icy.	Take Elm Street to get to my house.
Go away!	Be careful! It's dark!	Combine the two chemicals together.
Be quiet!	Don't pick up the boxes by yourself! They're heavy.	Go west on the main road.
Pick up your clothes!	Look out! There's a hole in the ground.	Circle the correct answer.

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Read the short article. Then look at a student's outline on the article. Choose the word or phrase that best completes each part the outline.

In Charles Duhigg's book *The Power of Habit: Why We Do What We Do in Life and Business*, he discusses how to change habits. First, he says you have to understand that you can change your habits. This is an important point because you can only change a habit if you know it is one. Another important point is that you have to practice over and over again in order to see progress. This means that changing habits takes time and a lot of work. However, it can be done and Duhigg gives examples. One example is a football coach who had his players repeat moves until they could do them without thinking. A third important point from the book is that some habits come from what people normally do. For example, in America most people shake hands when they meet. Duhigg shows how these things can change. For instance, people didn't used to wear seatbelts. However, now people do. Wearing a seatbelt became a habit as more and more people did it. This is important because people change

- I. \_\_\_ that you can change your habits  
 Important  
 Duhigg  
✓  Understand
- II. Practice again and again to see \_\_\_  
✓  progress  
 it takes time  
 your habit
- A. \_\_\_  
 Football coach  
 Duhigg gives examples  
✓  Takes time and a lot of work

Submit

Try again

See answers

Score: 7/7



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4. 1. Coach makes players repeat moves until they can do them without \_\_\_\_  
 practicing  
 working  
✓  thinking

5. A. Most people in America \_\_\_\_  
 wear seatbelts  
 didn't wear seatbelts  
✓  shake hands

6. B. Now most people \_\_\_\_  
 don't wear seatbelts  
✓  wear seatbelts  
 shake hands

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Read the short article. Then look at a student's outline on the article. Choose the word or phrase that best completes each part the outline.

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- ✓  **thinking**
- 5. A. Most people in America \_\_\_\_
  - wear seatbelts
  - didn't wear seatbelts
  - ✓  **shake hands**
- 6. B. Now most people \_\_\_\_
  - don't wear seatbelts
  - ✓  **wear seatbelts**
  - shake hands
- 7. C. People change their habits when \_\_\_\_
  - they understand them
  - ✓  **others do too**
  - they practice

Submit

Try again

See answers

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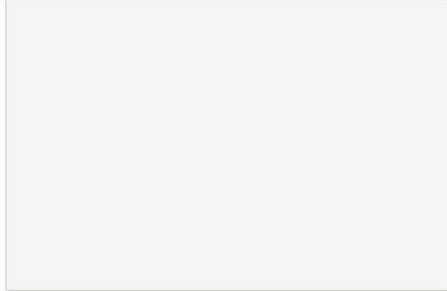
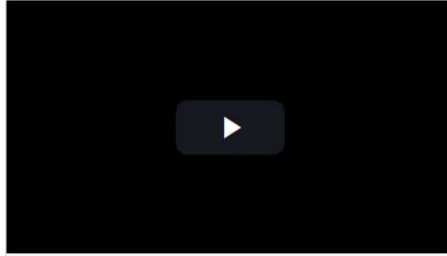


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Watch the video. Then choose the best answer to each question.



1. Barack Obama is mainly talking about \_\_\_\_.

- his grandparents
- ✓  how he changed into a better person
- what it is like to grow up in America

2. Obama says he engaged in a lot of bad behavior. Why?

- ✓  He was frustrated and didn't have role models.
- He was a teenager.
- He didn't have a mom.

3. When did Obama stop the destructive behavior?

- in his 30s
- as a young teenager
- ✓  in college

4. What helped Obama stop the bad behavior?

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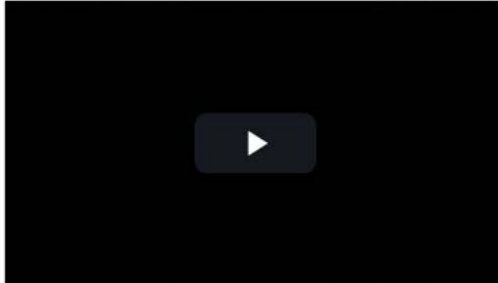


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Watch the video. Then choose the best answer to each question.



4. What helped Obama stop the bad behavior?

thinking of himself

his grandparents

✓  thinking of those who struggled more

5. What type of family did Obama come from?

poor and struggling

✓  middle class

wealthy

6. Which statement is false about Obama's life?

✓  He had to worry about whether he had enough to eat.

He grew up with his grandparents.

He was frustrated as a teenager.

7. What advice did someone give Obama?

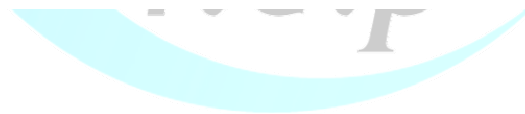
He should think about the people who are less fortunate than he is.

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Try again

See answers

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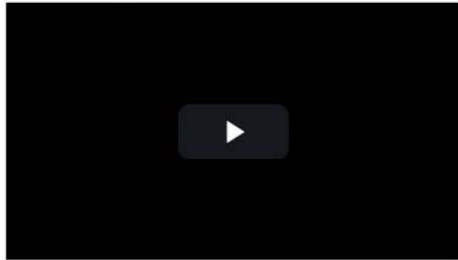


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Watch the video. Then choose the best answer to each question.



- ✓  thinking of those who struggled more
- 5. What type of family did Obama come from?
  - poor and struggling
  - ✓  middle class
  - wealthy
- 6. Which statement is false about Obama's life?
  - ✓  He had to worry about whether he had enough to eat.
  - He grew up with his grandparents.
  - He was frustrated as a teenager.
- 7. What advice did someone give Obama?
  - ✓  It's not about you. It's about what you can do for other people.
  - Worry about what you have to eat.
  - Be serious.

Submit

Try again

See answers

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