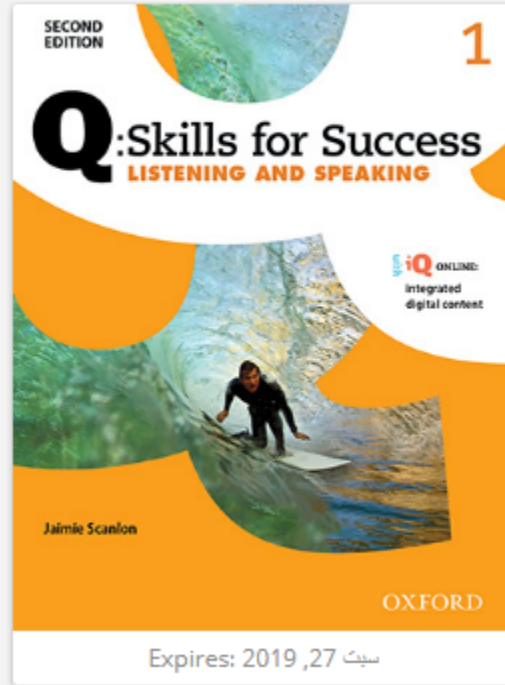


Please select a level



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Listening and Speaking Level 1



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Unit 8  
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Read the sentences. Then choose the meaning that is most similar to the word or phrase in bold.

1. Do you **have anxiety** when you speak English?

- feel worried
- feel happy
- feel sad

2. I'm glad to hear your mother **got over her cold**.

- didn't get a cold
- forgot about her cold
- feels better after a cold

3. Please **don't panic**. Everything will be OK.

- stay calm
- run quickly
- come here

4. Carlos **has a phobia of** spiders.

likes to study

Submit

Try again

See answers

Score: 8/8



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Read the sentences. Then choose the meaning that is most similar to the word or phrase in bold.

4. Carlos **has a phobia of** spiders.

- likes to study
- isn't worried about
- ✓  is very afraid of

5. Parents need to **protect their children**.

- give their children money
- ✓  keep their children safe
- help their children succeed

6. What is the **purpose of** this TV show?

- time of
- ✓  reason for
- best part of

7. Soccer players have **a lot of strength in their legs**.

- fast

Submit

Try again

See answers

Score: 8/8



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Read the sentences. Then choose the meaning that is most similar to the word or phrase in bold.

help their children succeed

6. What is the **purpose** of this TV show?

time of

✓  reason for

best part of

7. Soccer players have **a lot of strength in their legs**.

fast

✓  powerful

short

8. I **sweat** a lot when I exercise.

I enjoy myself

I feel worried

✓  My skin gets wet

Submit Try again See answers Score: 8/8

Listen to the lecture. Then choose the correct words or phrases to complete the sentences.



1. This lecture is about getting over your fear of **public speaking**.

2. Many people are afraid that they need to **be perfect**.

3. The speaker says it's okay to **make mistakes**.

4. The speaker says you shouldn't try to give **too much** information.

5. People often feel nervous that they don't have enough **time** for their presentation.

6. Having a sense of humor can help you **relax**.

7. **Telling jokes** can relax the audience.

8. It's important to **prepare** for your talk.

Submit Try again See answers Score: 8/8

Match each example with the idea it supports.

1. There are things you can tell yourself to make the presentation better, like	remind yourself you don't need to be perfect.
2. Taking time to prepare for a presentation really helps. For example,	I was able to answer questions because I knew the information so well.
3. Many people fear speaking in public. For instance,	9 out of 10 people reported feeling nervous about talking in front of others.
4. There are ways to help yourself relax, such as	take some long deep breaths before giving your presentation.
5. You can also help the audience relax. For instance,	tell a joke.

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Complete the sentences with the correct words from the word bank.

nightmares ground normal ideal terrified got used to bother negative

1. Many people have dreams or nightmares about falling.
2. Sharon is terrified of flying in airplanes. She only travels by train.
3. Please don't bother me. I'm watching a great horror movie.
4. Look! There's a snake on the ground over there.
5. Is it normal to be afraid of high places?
6. I tried skydiving once. At first I was afraid, but after a few minutes, I got used to it.
7. Let's stop for lunch here. This is a(n) ideal place for a picnic.
8. Many people have negative feelings about speaking in public.

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Try again

See answers

Score: 8/8



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Choose the correct words or phrases to complete the idioms and expressions.

1. Is something wrong? You're  like a leaf.

2. Sam  stand crowded places.

3. A: That snake we saw was so scary!  
B: You can  that again.

4. My brother always tries to frighten me. He  me crazy.

5. Many people  a hard time watching horror movies.

6. Don't worry about the airplane flight. You will be back on the ground  you know it.

7. A: You wanted to see me?  
B: Yes. Please  a seat.

8. A: I have something important to tell you.

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Try again

See answers

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Choose the correct words or phrases to complete the idioms and expressions.

2. Sam **can't** stand crowded places.

3. A: That snake we saw was so scary!  
B: You can **say** that again.

4. My brother always tries to frighten me. He **drives** me crazy.

5. Many people **have** a hard time watching horror movies.

6. Don't worry about the airplane flight. You will be back on the ground **before** you know it.

7. A: You wanted to see me?  
B: Yes. Please **have** a seat.

8. A: I have something important to tell you.  
B: Okay, tell me. I'm **all ears**.

Submit Try again See answers Score: 8/8



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Choose the best word or words to complete each sentence.

1. The child was \_\_\_ afraid that he didn't leave his room.  
 so  
 such  
 such a
2. There was \_\_\_ big crowd that we couldn't find a seat.  
 so  
 such  
 such a
3. My sister was \_\_\_ tired that she fell asleep in the elevator.  
 so  
 such  
 such a
4. The man had \_\_\_ long arms that he could touch the ceiling.  
 so

Submit

Try again

See answers

Score: 8/8

Choose the best word or words to complete each sentence.

4. The man had \_\_\_ long arms that he could touch the ceiling.  
 so  
 such  
 such a
5. We had \_\_\_ bad trip that I'm not going on another one soon.  
 so  
 such  
 such a
6. The city had \_\_\_ dangerous roads that tourists didn't want to go there.  
 so  
 such  
 such a
7. The test was \_\_\_ hard that most students failed it.  
 so

Submit

Try again

See answers

Score: 8/8

Choose the best word or words to complete each sentence.

✓  such a

6. The city had \_\_\_ dangerous roads that tourists didn't want to go there.

so

✓  such

such a

7. The test was \_\_\_ hard that most students failed it.

✓  so

such

such a

8. Lisa cooked \_\_\_ good dinner that I ate too much.

so

such

✓  such a

Submit

Try again

See answers

Score: 8/8



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Click **READ** to read about *this*, *these*, *that*, and *those*. Then choose the correct words to complete the sentences.

READ

1. You should buy **these** shoes.
2. I think you will like **this** movie.
3. Turn left at **those** buildings over there.
4. This **is** my friend Carla.
5. These **assignments** are very difficult.
6. **That** woman is our new teacher.
7. **These are** my parents. They're from Tokyo.
8. **That** trip was so much fun!
9. **This** soup is delicious!
10. Those students **are** new.

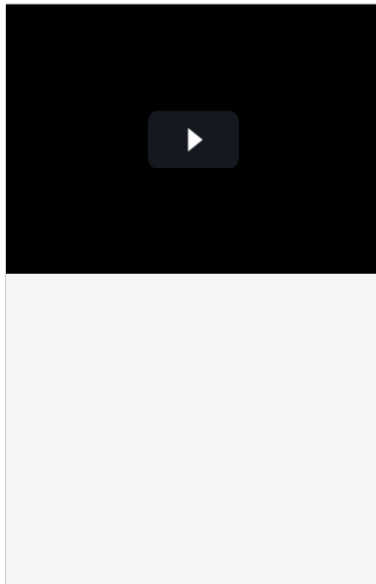
Submit Try again See answers Score: 10/10

Read the words, phrases, and sentences below. Then drag each into the correct category to organize them using the Cornell method.

Questions/Key Words	Notes
Why do we get phobias?	or caused by watching something terrifying
What are the most common phobias?	yes, focus on the fear and reaction to it, possible to control and make better.
Is it possible to get over phobias?	response to something we think will harm us
	15 mill scared of public speaking
	2 mill scared of being in places where they felt panic before

Submit Try again See answers Score: 8/8

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



1. The reporter says cats and mice are "**genetically programmed**" to be enemies." What does *programmed* mean?

- fearless
- changed

✓  born

2. What is the meaning of *enemy*?

- family
- friend

✓  opposite of friend

3. What did the scientists in Japan say the animosity between cats and mice has to do with?

- size

✓  smell

- sight

Submit

Try again

See answers

Score: 5/5



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



3. What did the scientists in Japan say the animosity between cats and mice has to do with?

size

✓  smell

sight

4. What type of behavior did the mice show when certain types of nasal cells were turned off?

normal

funny

✓  not normal

5. Why does the reporter say the mouse is ready to be friends with the cat?

The cat isn't afraid of the mouse.

Mice are always friendly with cats.

✓  The mouse isn't afraid of the cat.

Submit

Try again

See answers

Score: 5/5



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