

Unit 1 : A new start

Reading

1) Read the text

Hi everyone

Well, the first week has nearly passed, with no real problems to tell you about so far. **It** hasn't been easy though. So many things are different from what I'm used to. There's the language, for one thing. As you know, I've been studying English for many years, but this is like being a beginner all over again. It seems as everyone is speaking a different language from the **one** I studied at school! Still I'm beginning to get used to hearing English all around me. Lectures don't start till next week, so this week has been a time of settling in: finding my way around, meeting people on the same course, joining clubs and societies and so on. There's actually a Palestine Society(which I joined of course).**They** have guest speakers and discussion groups, organize cultural events and even food evenings, so at least I'll have some connection with home. I've joined two other clubs as well.

1- Answer the following questions:

1. Why was Mahmoud surprised about the language at first?

2. When do lectures begin at the university, as Mahmoud mentions?

3. What has Mahmoud been doing so far?

4. What do the Palestine society do?

2- Circle the symbol of the correct answer:

1. The writer of the text is a ...

A: fresher

B: university professor

2. Settling in means:

A: finding somewhere to live

B: becoming familiar with the new situation

3. guest speakers are ...

A: people invited to talk about a subject

B: people who speak to their guests

3- Write what the following pronouns refer to:

1. It (line 1)

2. the one (line 4)

3. They (line 8)

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جوال ٠٥٩٩٠٩٩٠٥٨

للمزيد من الملفات انضموا لمجموعتي على

الفيس بوك باسم

انجليزي التوجيهي الجديد

Stepping outside the comfort zone

2) Read the text

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have **one**, whether we know or not: it's the set of routines and known abilities that make us feel safe because we are confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously staying inside your comfort zone has many benefits, especially at times when you are feeling under stress.

1- Answer the following questions below:

1. What are the two definitions that the text provides for the 'comfort zone'?

.....

What is the advantage of staying inside your comfort zone?

.....

2- Find words in the text which have the meanings of the following:

1. a complete group
2. everyday things we do regularly
3. Sure

3- Decide whether each of the following statements is TRUE (T) or FALSE (F):

1. People often feel safe when they do the same routines. ()
2. People usually prefer to get out of the comfort zone when they are under stress. ()

4- Complete the following with words or phrases from the text:

1. Staying in your comfort zone can be a way of avoiding or events.
2. People prefer to stay in their comfort zone especially when they are
3. The word "one" in the text refers to

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3) Read the text and do the tasks below:

On the other hand, we are often told in "self-help books" that it's a good idea to do things that are outside our comfort zone. In fact, many studies have shown that an important **factor** in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full **potential** if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more **creative** or getting fit.

Unfortunately, people often get **stuck** in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think "This is the way I am and I'll never change", using this as an **excuse** for not trying something new. Whatever the reason may be, it's sometimes necessary to **force** yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

1- Replace the underlined parts of the sentences with words from the text:

1. He isn't a famous singer yet, but he has great possibilities for the future.....
2. Time management is a part of the reason for success in life.
3. Mona is very good at making artistic things. She can write poetry and paint wonderful pictures.

2- Complete the sentences with words from the text:

1. The bad conditions in the country the youth to emigrate and live abroad.
- 3- The manager didn't accept my for being late.
- 4- The driver was in his car after the accident and couldn't get out .

3- Complete the sentences with phrases from the text:

1. often recommend leaving your comfort zone.
2. When people develop and make progress in life, they feel themselves.
3. People don't want to try different things because they are or don't know
4. Sometimes you need to to do something you'd rather not do.

4- Choose the correct answer:

1. self-help books are
A: books that help readers solve personal problems
B: books asking people to help each other.
2. Your full potential means:
A: your favorite hobbies
B: the most you can do
3. The phrase " get stuck" means
A: get out of something
B: unable to move
4. The word " excuse" means
A: untrue reason
B: result of something
5. "force yourself" means
A: ask others to help you
B: make something you don't want to do

5- Write what the following pronouns refer to:

1. *their* (line 7)
2. *this* (line 8)
3. *it* (line 13)

6- What is the benefit of getting out of your comfort zone?

.....

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Unit 2 Under pressure

1) Read the text and do the tasks below:

The results of a new poll show that financial problems have taken over from the environment as the main concern for young people. The survey asked 12.000 people aged between 14 and 18 what **they** were most worried about. The clear winner was "finding a job", while the environment was only the seventh greatest worry. **This** compares with similar polls in the last fifteen years, when environmental worries came first. One of the poll's organizers commented that the results demonstrated a clear change in attitude. " It's not just that getting a job is the main worry," **he** said. "Also included in the top six worries were getting into debt (6th) and passing exams (4th).

I'm convinced that there's a connection. Because of changes in the job market, there is more and more pressure on young people nowadays to pass exams and go on to university in the hope of finding a good job. And rising university fees make it inevitable that many students graduate from university with huge debts. Other concerns mentioned by large numbers of young people also tended to be personal rather than social, including worries about relationships (2nd), health(3rd) and fitting in with peers(4th)

1- Complete the following :

1. Nowadays, financial problems are the for young people.
2. The first top worry for young people is while the environment is
3. For most young people, concerns are more important than concerns.
4. The text mentions some personal concerns like and

2- Decide whether each of the followings is TRUE (T) or FALSE (F):

1. The environment is no longer the main concern for young people. ()
2. The results of the survey reflect a clear change in young people's attitudes. ()

3- Write what the following pronouns refer to:

1. *they* (line 3)
2. *This* (line 4)
3. *he* (line 7).....

4- Find words in the text which have the meaning of the following:

1. sure or certain that something is true
2. money you pay for a service
3. impossible to avoid
4. connected with yourself

5- Answer the following questions:

1. Why is it important for young people to pass exams and go to university?
.....
2. Why do many students graduate from university with huge debts?
.....

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2) Read the text and find answers to the questions below:

Annette Coleman, director of the Green Earth organization, said yesterday that she was **disappointed**, but not surprised, at the fall in the number of young people concerned about the environment. 'It's not that the environmental concerns are less urgent than before – quite the opposite in fact. It's just that after decades of publicity on topics like climate change, so little has actually changed. A lot of people get the feeling that there's nothing we can do about it, and young people in particular tend to be **impatient**. Of course, the other thing is that in times of economic difficulty people are more likely to focus on worries that are more immediate and have an **impact** on their daily lives.

1- Complete the sentences with words from the text:

1. He was really because he thought he would get better results than he did.
2. Don't be so I'll be finished soon.
3. Nowadays, people focus on concerns which have more on their daily life.
- 4.

2- Decide whether each of the following statements is True or False:

1. The environmental concerns are not as urgent as they used to be previously. ()
2. Nowadays, economic difficulty has great effect on young people's concerns. ()
- 3.

3- Write what the following pronouns refer to:

1. *it* (line 5)
2. *their* (line 7)

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Unit : 3 A funny thing happened

1) Read the text and answer the questions below:

We often hear people say "It's a small world, isn't it? It's usually when they've just experienced one of those strange coincidences that seem to happen in nearly everyone's lives. You know the kind of thing: you're on holiday in another country and you run into a person you know from home, even though neither of you knew that the other was going **there** too.

People often think experiences like this are evidence of something mysterious happening, some kind of hidden plan outside our knowledge. The scientific explanation is less exciting, and perhaps that's why some people are reluctant to accept **it**. Coincidences are events that unexpectedly happen at the same time for no clear reason, or finding an unexpected connection between seemingly random things or people.

1- Answer the following question?

1. What are the two definitions that the text provides for coincidences?
.....

2- Decide whether each of the following statements is True (T) or False (F):

1. Coincidences are likely to happen in everyone's life. ()
2. People are quite satisfied by the scientific explanation of coincidences. ()

3- Choose the right answer from (A) OR (B):

1. What do people mean by "It's a small world"?
A: People's lives are more connected than they used to be
B: We can communicate easily with people who are far away
2. People are reluctant to accept scientific explanation for coincidences because
A: They misunderstand scientific ideas
B: They prefer a more exciting explanation

4- Find words and phrases in the text which mean:

1. things that you know
2. not willing to do something.....
3. meet someone by chance

5- Write what the following words and pronouns refer to:

1. *there* (line 4)
2. *it* (line 7)

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