

Unit 1

Discovering yourself

Vocabulary and structure

1 Put the words in the box into the correct categories.

ambitious cemetery clamp coastline coffin crab cram crawl crypt
diligent epitaph estuary haul impressive moor stack surf

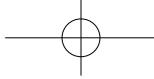
Words connected with the sea	Words connected with death	Adjectives describing people	Verbs describing actions

2 Complete the paragraph with the correct form of the words in Activity 1.

I drove along the coast, past the (1) _____ where only a few days ago I had buried my father. In the final weeks of his life, when he had been so desperately ill, his courage had been (2) _____. I thought of him now, as I looked out of the car window at the white (3) _____ which was always present at the place where the sea met the (4) _____. My father had (5) _____ so much into his life, had been so hard-working, so (6) _____. He had been a(n) (7) _____ man, someone who had aimed high and earned a great deal of respect in his profession. His last wish had been that his ashes be thrown into the sea. I drove to the harbour, where fishermen were (8) _____ nets into their boats. The motor boat was (9) _____ in its usual place. I detached the rope and set off towards the horizon.

3 Complete the sentences with correct prepositions or adverbs. Sometimes more than one answer is possible.

- 1 My sister was always drawing as a child and no one was surprised that she ended _____ as a professional artist.
- 2 Most people hope to have settled _____ with a family by the time they reach their early thirties.



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- 3 She arranged to meet me at a restaurant but she never came. I never found out why she had stood me _____.
- 4 During our buffet meal my wife suggested that I went _____ and got some more food but I felt too embarrassed.
- 5 The reason why the machine isn't working is because you switched it _____.
- 6 I could never figure _____ why such a brilliant student had no ambition at all.
- 7 When we set _____ on our journey, we had no idea how long it would take.
- 8 The child reached _____ to me and I took his hands and helped him down from the wall.
- 9 It's a good idea to check _____ a job offer carefully before accepting it.

4 Replace the underlined words with the correct form of the expressions in the box.

- | | |
|----------------------------|--------------------------|
| at the back of one's mind | bags under one's eyes |
| can't be bothered (to do) | follow in sb's footsteps |
| get one's head down | give sb a hand |
| have a shot at (doing sth) | it's down to sb |
| put sth on the back burner | |

- 1 The thought that she had to look for a job when she left school was always something she was thinking about without realizing it.
- 2 Mike asked his parents to help him with the job application he was completing.
- 3 After much thought, I decided to choose the same career as my mother and become a doctor.
- 4 The situation was not something I need to consider at present and I decided to think about it at a later date.
- 5 The loose, dark skin under his eyes showed that he'd been studying late and not getting enough sleep.
- 6 I decided to attempt to get a promotion, so I did a great deal of research before the interview.
- 7 Exams are coming soon and I'm going to have to do some serious study if I am to pass them.
- 8 Jenny was so depressed that there were days when she didn't make the effort to even get out of bed.
- 9 It's your responsibility to decide what you want to do with your life.

5 Match the words in Column A with words in Column B to form expressions about time.

A	B
invest	exit
now	like the present
there is no time	is right
time	is the time
untimely	is ticking away
wait for	the right time
when the time	your time wisely

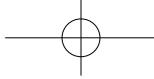
Now look at the passage *We are all dying* and check your answers.

6 Complete the sentences with the expressions you formed in Activity 5. Sometimes more than one expression is possible.

- 1 He says he will send the film script to the producers but only _____.
- 2 Her friends argue that _____ and she should act now rather than wait.
- 3 While at university it's important to _____, work hard and get a good degree.
- 4 "I'll soon be 30 and _____. If he doesn't ask me to marry him soon, I'm going to end the relationship," said Laura.
- 5 His death at the age of 33 was a(n) _____ that no one was expecting.
- 6 "If you want to talk to Mr Ross, _____, as he's in his office at the moment," the secretary told me.
- 7 The writer told his agent that he would _____ to discuss the biography with the politician.

7 Complete each sentence with the correct form of the word that begins with the letter given.

- 1 In buffet r_____ it's not always considered acceptable to go up for food more than once.
- 2 The millionaire considered buying a yacht but got a powerful motor b_____ instead.
- 3 My peer g_____ at university are students who believe in working extremely hard.
- 4 The salad b_____ fell off the table and spilt salad everywhere.
- 5 Many of his fellow c_____ in prison were men who had committed violent crimes.
- 6 Looking through the photo a_____ of his college days, memories of those happy times came flooding back.
- 7 He was a successful party a_____ who was good at persuading people to donate money.
- 8 The main c_____ was a delicious dish of chicken cooked in red wine.



8 Match the two parts of the sentences.

- 1 He was very keen that I should accept the job but I ...
- 2 Everyone hoped that the move to the new building ...
- 3 We knew that Jane was able to persuade them because she ...
- 4 My colleague asked me to think about it and I ...
- 5 We all agreed that he was very talented and ...
- 6 We watched the bird fly round and round until it finally ...
- 7 Although there was a lot of disagreement, we finally ...
- 8 The news about his wife was so depressing that I ...

- (a) promised to bear it in mind.
- (b) would take place smoothly.
- (c) had a lot to offer.
- (d) settled the argument.
- (e) was such a smooth talker.
- (f) couldn't bear to tell him.
- (g) settled.
- (h) declined the offer.

9 Rewrite the sentences using *It is / was not just that ... but ...*

- 1 My father encouraged me to become a writer. He paid for me to go on a journalism course.

- 2 Our final exams are approaching. I have no idea of what I'm going to do afterwards.

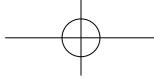
- 3 We're all going to end up as dust or ash. We never know when it's going to happen.

- 4 My best friend's landed a job with a top advertising firm. He's about to marry a very wealthy young woman.

- 5 "You have the right attitude to the job. You have the ability to go right to the top," his employer told him.

10 Rewrite the sentences using *It's what / how ... that ...*

- 1 How you'll feel at the end of your life is determined by what you do with your life.



2 Do you agree that what other people think of you is determined by how you see yourself?

3 Is how people see you really determined by what your body language says rather than your words?

4 How healthy you are is to some extent determined by what you eat and how often you exercise.

5 What kind of job you will get is determined by where you go to university in some countries.

Reading

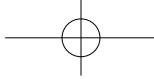
1 Number the sentences in the paragraphs from the passage *Catching crabs* in the order they appear.

1

- One had landed a job in his brother's advertising firm in Madison Avenue, another had got a script under provisional acceptance in Hollywood.
- It wasn't always the high flyers with the top grades who knew what they were going to do.
- The most ambitious student among us was going to work as a party activist at a local level. We all saw him ending up in the Senate or in Congress one day.
- a But there was something else. At the back of everyone's mind was what we would do next, when we left university in a few months' time.
- But most people were either looking to continue their studies, or to make a living with a white-collar job in a bank, local government, or anything which would pay them enough to have a comfortable time in their early twenties, and then settle down with a family, a mortgage and some hope of promotion.
- Quite often it was the quieter, less impressive students who had the next stages of their life mapped out.

2

- "Let's see if we get lucky," he said, picked up a rusty, mesh basket with a rope attached and threw it into the sea.
- There was no surf on the coastal waters at that time of day, so it was a smooth half-hour ride until my father switched off the motor.
- Early next morning we set off along the estuary.



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- We waited a while, then my father stood up and said, "Give me a hand with this," and we hauled up the crab cage onto the deck.
- a It was a small motor boat, moored ten minutes away, and my father had owned it for years.
- We didn't talk much, but enjoyed the sound of the seagulls and the sight of the estuary coastline and the sea beyond.

3

- The crab climbed up the mesh towards the lid, and sure enough, just as it reached the top, one of its fellow crabs reached out, clamped its claw onto any available leg, and pulled it back.
- a The cage was brimming with dozens of soft shell crabs, piled high on top of each other.
- "Just watch them for a moment. Look at that one, there! He's trying to climb out, but every time the other crabs pull him back in," said my father.
- And we watched.
- Several times the crab tried to defy his fellow captives, without luck.
- "Why don't they try to escape?" I wondered aloud to my father.

Now look at the passage and check your answers.

2 Read the passage *We are all dying* and write down the expressions or sentences that:

- 1 say that when we die we will be buried or cremated

- 2 say that the death of someone we care for shows us how life can end at any moment

- 3 give examples of the very ambitious plans that we might have

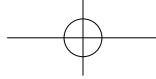
- 4 compare actions to things that will grow

- 5 are used to make a salad bowl sound very heavy

- 6 say we should do so much that we become exhausted

- 7 describe the act of thinking about the fact that time is passing

- 8 say that if we don't do much with our lives people will forget us

**3** Read the passage.**Just say no**

Jack has a very effective technique when he's determined to get his way and he's using it now, gazing unblinkingly at Suzannah, trying, she feels, to see into her soul. He doubtless can, of course, seeing as the very first day they met. He walked over to her and in that quiet yet confident way he had, told her exactly what she was thinking.

"Look, Suze," Jack says, in the soft, persuasive tone she's never been able to resist, "we'll only be borrowing it for two days. There'll be no problem."

Suzannah shudders inwardly. Jack wants to borrow her father's car for the weekend while her parents are away, so they can take a group of friends to a party in a town 200 kilometres away. He won't be insured to drive the car, and their no-doubt drunken friends will urge him on to drive ridiculously fast. He's far from a safe driver, forever putting his foot on the pedal just when he shouldn't or trying to overtake on a corner despite Suzannah's frantic pleas.

"It's not a good idea," she protests weakly. "Imagine if we had an accident."

"Suze. Trust me." Again, the deep, warm look into her eyes and she's near to giving in even though she knows she shouldn't. She wants to please him.

It's been the unspoken basis of their relationship ever since they got together, her pleasing him and him bossing her around in that do-what-I-say-and-I'll-love-you-forever way of his.

She's about to agree, though her heart is sinking down to her boots with fear of the possible consequences, when suddenly a small voice speaks up inside her.

"Suzannah," the voice says, "you can't allow this." It's nothing more than that but it's as if suddenly the world takes on a different colour. And she knows that for once she's going to have to say no and do what's right. And because she's never, in their entire three-year relationship, refused him anything, she has to take a couple of very deep breaths before she speaks.

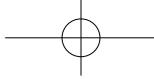
"No, Jack," Suzannah says, surprised by how firm her voice sounds. "Just no."

His eyes widen and he looks at her carefully. There's a long pause and then his face breaks into a huge smile.

"Good girl," he says, "you made the right decision," and he kisses her gently on the forehead. And with the press of his lips on her skin she knows that there is, after all, real hope for them.

Now choose the best way to complete the sentences.

- 1 In Jack and Suzannah's relationship, _____.
- (a) Jack looks after Suzannah
 - (b) Suzannah looks after Jack
 - (c) they both have a lot of respect for each other
 - (d) Jack controls Suzannah

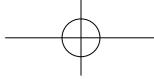


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- 2 Suzannah _____.
- (a) doesn't find it too difficult to say no to Jack this time
 - (b) at first thinks it's OK to let Jack have the car
 - (c) almost agrees to let Jack have the car
 - (d) loves Jack bossing her around
- 3 Suzannah refuses to let Jack borrow her parents' car because _____.
- (a) she is afraid of the possible accident
 - (b) she is tired of obeying him all the time
 - (c) she fears that her parents would be angry
 - (d) she doesn't like his friends
- 4 Suzannah is able to say no to Jack _____.
- (a) because she becomes angry with him
 - (b) because she listens to her feelings
 - (c) because she breathes deeply
 - (d) despite the fact that she is afraid of him
- 5 There is real hope for Suzannah and Jack because _____.
- (a) Jack still hopes he can persuade Suzannah to let him borrow her father's car
 - (b) Suzannah hopes Jack will not drive so dangerously
 - (c) they will probably be happy together
 - (d) Jack has shown he can accept it when Suzannah does not do what he wants

4 Answer the questions about the words and expressions.

- 1 If you *get your way*, do you persuade someone to (a) do what you want, or (b) take the direction you want?
- 2 If you *shudder*, (a) does your body shake because you are frightened, or (b) do you think very carefully about something?
- 3 If your car is *insured*, (a) have you paid tax for your car, or (b) will you receive money if you have an accident?
- 4 If you *put your foot on the pedal*, do you make the car go (a) slower, or (b) faster?
- 5 Is a *plea* (a) an emotional request, or (b) a scream?
- 6 If you *protest*, do you (a) say something in an angry tone of voice, or (b) say you disagree?
- 7 If you *give in*, do you (a) agree happily, or (b) accept that you cannot win?
- 8 If you *boss someone around*, do you (a) help them to do something, or (b) tell them what to do a lot?
- 9 If your *heart sinks down to your boots*, do you feel (a) very worried, or (b) very angry?
- 10 If *the world takes on a different colour*, (a) does everything seem different, or (b) do you take a decision?

**5** Read the passage.**Know thyself**

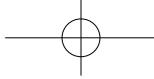
Inscribed on the white stone of the most important temple of the Ancient Greeks were the words “Know thyself”, a saying that has been attributed to at least six ancient Greek philosophers, among them Socrates and Pythagoras. That simple two-word saying has resonated down the centuries like the clearest of bells, causing philosophers of every age to earnestly discuss its meaning. Then in the late 19th century, a great change occurred in man’s understanding of himself when an Austrian doctor, Sigmund Freud, created the discipline known as “psychology”, which may be simply defined as “the study of the mind and how it affects behaviour”. Freud famously posited the existence of the “unconscious”, a part of our mind that contains thoughts and feelings that we are unaware of but which influence behaviour. That there is a part of us that we have no conscious knowledge of and that can make us do things we may not consciously want to do was a highly controversial idea, but today it is generally accepted that the unconscious does indeed exist.

Since Freud’s discovery, the study of the mind has made great progress and the millions who at

some time in their lives suffer mental or emotional pain have been greatly helped by psychiatrists, psychologists and counsellors. Should it surprise us that every one of these professionals will acknowledge that the phrase inscribed on the Greek temple at Delphi lies at the very root of their work? Do we need psychologists to tell us that if you take the trouble to study yourself, you will be the richer for it? It seems so clear that if you have given serious thought to your character, your faults and your talents, your limits and your potential, you will be so much happier than those – perhaps the majority of us – who take no interest in the workings of their mind and emotions. Sadly, the celebrity-obsessed Western media can make it seem that glamour and a mountain of material possessions are the height of success, and there are too many who, believing this, live in a state of envy and discontent. Just a little self-examination, based on a realistic appraisal of their needs, would show otherwise. It is worth taking seriously that phrase that travellers from long ago saw when they raised their eyes to the temple at Delphi: Know thyself.

Now check (✓) the true statements.

- 1 The saying “Know thyself” first appeared on an Ancient Greek temple.
- 2 We know that two Ancient Greek philosophers first said these words.
- 3 The phrase “Know thyself” sounds rather like a bell.
- 4 Freud believed there is a part of ourselves that we are not consciously aware of.
- 5 Psychology believes that it can sometimes be helpful to understand oneself.
- 6 Spending time thinking about the kind of person you are will help you to live a happy life.



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- 7 Too many people want to have the kind of success and money that famous people have.
- 8 If people carefully examine their thoughts and feelings they will realize that they can be successful and rich.
- 9 Ancient travellers understood the importance of the saying “Know thyself”.

6 Match the words and expressions in the box with their definitions.

appraisal conscious discontent envy glamour
 inscribe obsess posit resonate take ... seriously

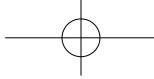
- 1 a special quality that makes a person, place or situation seem very exciting, attractive or fashionable
- 2 to think that someone or something is important and should be given careful attention
- 3 to produce or be filled with a deep clear sound that continues for a long time
- 4 an opinion about how successful or effective someone or something is
- 5 to say that something is true or that something should be accepted as true
- 6 to write or cut words on or in something
- 7 the unhappy feeling that you have when you want very much to do something that someone else does or to have something they have
- 8 being aware of something
- 9 the unhappy feeling you have when you are not satisfied with something
- 10 to keep thinking about something in a way that seems extreme to other people

Integrated skills training

1 Put the words in the correct order to make complete sentences.

1 and guys wore the bags under their eyes / after five o'clock in the afternoon / until the early hours of the morning / with pride / libraries which were once empty / like medals proving their diligence / were standing room only / and their pale, sleepy faces

2 through a small hole / even when you took the lid off / as if they couldn't be bothered / they crawled into / but it seemed / it wasn't just that / such an obvious trap / in the lid of the basket / to crawl out again



3 in the rose garden / and how long you last / within the next 70 or 80 years / either coffin dwellers or trampled ash / but the fact is / of some local cemetery / depending on how old you are / we are all going to be

4 will be gone / a bit faster / your time / but regret / at about 60 seconds a minute chronologically / and you'll have nothing to show for it / full of "could-haves", "should-haves" and "would-haves" / which is ticking away as we speak / if you don't invest your time wisely / and a rear-view mirror

5 like they're filling a skip / that they have to hire a forklift truck / ingeniously stack the cucumber / and then cramming it so high / to get it back to the table / I love watching people / around the side of the bowl

Now look at the passages *Catching crabs* and *We are all dying* and check your answers.

2 Rewrite the sentences beginning with the words given.

1 Often it was the quieter, less impressive students who had the next stages of their lives mapped out.

The quieter, _____.

2 The phenomenon of rites of passage in almost every society confirms that we prefer to think of life in terms of stages.

The fact that _____.

3 Crabs fascinate me because they're so easy to catch.

What _____.

4 There was no surf on the coastal waters so it was a smooth half-hour ride.

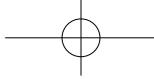
No surf _____.

5 So I say stop waiting and meet providence halfway.

My advice _____.

6 We all saw him ending up in the Senate or in Congress one day.

It seemed likely _____.



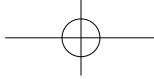
3 Complete the paragraph with the correct words. Use only one word for each blank.

The good thing about (1) _____ your twenties is that you recognize that what you do with your life is your responsibility – it’s (2) _____ to you and no one else. If you are a(n) (3) _____ kind of person, now is the (4) _____ to get your head down and work as hard as possible to achieve your goals. However, there is (5) _____ wrong in simply having the very normal desire to find a partner with (6) _____ to settle down, and a reasonably satisfying job capable of (7) _____ enough money to support you and your family. (8) _____ is most important is that you should (9) _____ the path that is right for you, so that at the end of your life you can look back (10) _____ satisfaction at what you have done.

4 Translate the paragraphs into Chinese.

1 Suzannah shudders inwardly. Jack wants to borrow her father’s car for the weekend while her parents are away, so they can take a group of friends to a party in a town 200 kilometres away. He won’t be insured to drive the car, and their no-doubt drunken friends will urge him on to drive ridiculously fast. He’s far from a safe driver, forever putting his foot on the pedal just when he shouldn’t or trying to overtake on a corner despite Suzannah’s frantic pleas.

2 Inscribed on the white stone of the most important temple of the Ancient Greeks were the words “Know thyself”, a saying that has been attributed to at least six ancient Greek philosophers, among them Socrates and Pythagoras. That simple two-word saying has resonated down the centuries like the clearest of bells, causing philosophers of every age to earnestly discuss its meaning. Then in the late 19th century, a great change occurred in man’s understanding of himself when an Austrian doctor, Sigmund Freud, created the discipline known as “psychology”, which may be simply defined as “the study of the mind and how it affects behaviour”.



5 Translate the paragraphs into English.

1 我们是去年四月制订的这项工程计划，当时认为到现在就可以完工，但由于最近的金融危机以及某些严重的设计失误，工程被耽误了。如果不是我们对工地的地质结构进行了重新测试，这些设计上的失误很可能造成灾难。但是不要灰心丧气，我们现在应该做的是修改设计，争取更多贷款，尽快完工。(map out; due to)

2 她是一位才华横溢的工程专家，很有口才，平常在朋友和同事当中也很有缘。去年她决定竞选工会主席，但由于她在宗教方面有偏见，再加上她的竞争对手政治经验比她丰富，她最终在这次选举中以微弱劣势落败了，这让她的家人和支持者大失所望。(have a shot at sth; thanks to; have an edge over sb)
