

Unit 1 FAMILY IN THE MODERN WORLD

VOCABULARY

Write out the list of the most important people in your life (for example, mother, father...)

LIST of KEY WORDS

Ancestor - a person related to you who lived a long time ago

Be somebody's own flesh and blood - to be someone's relation

Extended family - a family unit that includes grandmothers, grandfathers, aunts, and uncles, etc. in addition to parents and children

Family circle- Your family circle are your close relations

Family tree- a drawing that shows the relationships between the different members of a family, especially over a long period of time

Generation gap - a situation in which older and younger people do not understand each other because of their different experiences, opinions, habits, and behaviour

Run in the family - If a quality, ability, disease, etc. runs in the family, many members of the family have it

To bring up – to take care of children till they are grown-ups

To carry on doing someone – to continue doing something

To get on with someone – to have good relationships with someone

To grow up – to develop from being a child to being an adult

To look after someone or something – to take care of someone or something

To look up to someone – to admire and respect someone

To take after someone – look or behave like a relative

To tell someone off – to talk to someone in an angry way as he/she has done something wrong

To get divorced / to divorce – the legal ending of a marriage

PRE-READING PART

Where were you born and brought up?

Do you believe in the ideal family? What kind of family could it be?

What does generation gap mean to you?

How many people should there be to become a family?

How old should a person be to start up a family life?

What is the best way to bring up children?

What are the typical mistakes of parents all over the world?

READING PART

The unexpected benefits of taking your toddler to work

By Madeleine Morris, BBC News

Some might consider taking their children to work *a recipe for disaster*, but the BBC's reporter Madeleine Morris found there were *unexpected benefits* when her young daughter joined her on an overseas assignment...

I am not sure at which point I decided it would be a good idea to bring my two-year-old with me while I made two radio documentaries for the BBC, but I was just crazy.

After all, there is a reason *childcare* exists and that is because it is impossible to achieve anything of much substance when you are *in charge of a toddler*.

But my friend Husain had suggested we pitch some documentaries about that very subject - childcare - and in search of the USP [unique selling point] that would win us the commission, I had had a brainwave.

"How about I bring Scarlett along? I can see how she reacts to the different ways of doing things. She will be an extra voice. Plus, it will be fun."

And so it was that a couple of months later I found myself checking in for a flight to Beijing, in one hand a bag for clothes and nappies, in the other my radio equipment, a rucksack full of toys on my back and a large baby strapped to my front. Not so much a reporter as a packhorse.

Madeleine Morris with daughter Scarlett

But we were doing fine, Scarlett and I. We made it on to the flight. She had a nap. I even had the chance to do some background reading for the story.

I was actually feeling a little proud of myself - until our stopover in Singapore airport.

We were killing time in duty free. Scarlett *was strapped to my chest in her baby carrier*, her face next to mine, when I saw it turn purple then white.

I could only watch, as if in slow motion, as the aeroplane meal from the first leg came up all over me. And her. And a good portion of the airport floor.

Suddenly I was less supermum, more super-soaked, and with another 10 hours of travel to go.

Of course, there are plenty more tales of bodily fluid woe, like the one where I found myself holding Scarlett over a bathtub in Fiji, while my interviewee hosed her down after an unfortunate exploding nappy incident. How is that for changing the reporter/guest dynamic *in an instant*?

But *gross-out stories* are par for the course when small people are involved, so let me tell you about the good stuff instead.

About how babies *bring out the best in people*. The man in Fiji who gave us a free lift in his taxi when we were late to an interview. Or the Chinese immigration official who waved us through when she saw an exhausted mum and a sick baby, even though my journalist's visa would normally have resulted in a few questions.

As reporters we typically try *to give as little of ourselves away as possible*.

But with Scarlett along I had laid out my own deepest vulnerability for all to see, and I think that in this case it helped.

Parents generously shared their own guilt, their sadness and their relief at having to leave their children with others when they went back to work. Perhaps it was because they saw that I, too, understood that emotional turmoil.

Our sojourns in Fiji and China were *without doubt* the most inefficient work trips I have ever undertaken.

Instead of scheduling five interviews in a day I could manage just two, with nap time, playtime and mealtimes taking precedence.

But being forced *to slow down* also helped me to look closer, think longer and listen harder, simply because I had time to.

There were moments when I felt terribly guilty for taking Scarlett out of her happy *daily routine* to help me get a better story.

For the 12 hours of her food poisoning, when I had no choice but to continue our journey through multiple airports, planes and taxis, *I felt like the worst mother in the world*. Maybe some of you think I am.

But then I wonder, how many other two-year-olds from suburban Melbourne will ever have the chance to run around barefoot in a Fijian village?

Or sit on a grass mat eating home-made roti with a gaggle of other kids who look and sound nothing like her?

Or have a ringside seat while four-year-old Chinese children dressed in army fatigues march and beat drums as they sing their patriotic songs? Very few, I would say.

She will not remember it, but I hope the record of our journey in the form of those radio programmes will become part of Scarlett's own personal story.

And as she grows up, she will think: I did all those things when I was just two. What must I be capable of now?

EXERCISES

1. Write out the word combinations in bold and give them definitions according to the **English-English Dictionary**.
2. Read the passage in cursive and give your opinion (what do you think about this situation and the woman's words). It should be done in written form (100 words)

TEST

Choose the best variant

1. The girl that you are engaged to is your (fiancee/financier).
2. An informal way of saying "they got married" is "they tied the" (rope/knot).
3. He's not a good husband. He (dates/cheats) on his wife with other women.
4. When they got engaged, he gave her a beautiful (wedding/engagement) ring.
5. "Head over " (heels/shoes) means "very much in love".
6. I thought it was love, but it was only an (infatuation/inflammation) that lasted for three months.
7. A (possessive/possessing) person is one who shows a desire to control or dominate his/her partner.
8. Don't bother asking her out. She has a (sturdy/steady) boyfriend.
9. I find her very (attracted/attractive).

Fill in the gaps

1. I've got a new girlfriend! I've been _____ with her for about a month.
getting out

going out

getting on

going on

2. We're going to have a short _____. We don't want to wait a long time before we get married.

prenuptial

fiancé

pre-marriage

engagement

3. They've decided to _____ the knot! Their wedding is next April.

make

have

bind

tie

4. When I get married I want to walk up the _____ in a beautiful white dress.

gap

path

corridor

aisle

5. After the wedding ceremony we're having a _____ in a country hotel.

receiving

reception

receipt

recipe

6. I _____ in love with her the first time I saw her and we've just celebrated our 50th anniversary.

fell

tripped

went down

stumbled

Unit 2 People

VOCABULARY

to be bright and happy – быть веселым

to be furious - быть в ярости

to be in a bad temper - быть в плохом настроении

to be in a good mood - быть в хорошем настроении

to be tense and jumpy – быть напряженным, раздражительным

to be upset - огорчаться

to feel anxious - чувствовать беспокойство

- guilty - чувствовать вину

- lonely - чувствовать одиночество

- low - чувствовать подавленно

- miserable - чувствовать себя несчастным

- put upon - чувствовать себя обманутым

- scared - чувствовать страх

- uneasy - чувствовать смущение, неудобство

Qualities

positive

affable - приветливый

amiable - дружелюбный

good-natured, good-humoured – доброжелательный

communicative, sociable - общительный

modest - скромный

discreet - осторожный, неболтливый

generous - щедрый

considerate, attentive - внимательный

thoughtful - вдумчивый

earnest - серьезный, убежденный

calm, quiet - спокойный

composed - сдержанный

self-possessed - владеющий собой

honest - честный

kind, kind-hearted - добрый

merciful - милосердный

impartial - беспристрастный

just - справедливый

patient, forbearing - терпеливый

sympathetic - сочувственный

respectable - почтенный

cordial - сердечный

broad-minded - с широким кругозором

witty - остроумный

dignified - достойный

capable - способный

benevolent - доброжелательный

philanthropic - щедрый

scrupulous - щепетильный, добросовестный

consistent - последовательный

easy-going - легкий на подъем

affectionate - нежный

devoted - верный

loyal - верный, лояльный

courageous - мужественный

persevering - настойчивый, упорный

sweet - милый

gentle - деликатный

proud - гордый

negative

ill-natured, unkind, hardhearted - черствый, злой, плохой

reserved - скрытный

uncommunicative - скрытный
unsociable - необщительный
hostile - враждебный
haughty - надменный, высокомерный
arrogant - надменный
dashing - лихой
showy - роскошный, эффектный
indiscreet - нескромный, болтливый
unscrupulous - бессовестный
greedy - жадный
tactless - бестактный
inconsistent - конфликтный, несовместимый
insincere - неискренний
hypocritical - лицемерный
false - лживый
vulgar - вульгарный
double-faced - двуличный
indifferent - безразличный
dispassionate - бесстрастный
dishonest - нечестный
fussy - надоедливый
unrestrained - несдержанный
cruel - жестокий, коварный
bottled-up - замкнутый
partial - пристрастный
intolerant - нестерпимый, невыносимый
conceited - тщеславный, самодовольный
self-willed, willful - упрямый
capricious - капризный
perverse - извращенный

insensible - нечувствительный
inconsiderate - невнимательный
servile - раболепный
presumptuous - самонадеянный
deceitful - лживый
harsh - резкий, жесткий
sulky - угрюмый, надутый
sullen - мрачный, сердитый
obstinate - упрямый
coarse, rude - грубый
vain - тщетный, суетный, пустой
impertinent - дерзкий
revengeful - мстительный

PRE-READING PART

1. What critical situations can reveal the best and the worst in our character?
2. Can we manage our feelings? Is control a useless thing?
3. How do our feelings influence our life?
4. Can you explain the difference between emotion and feeling?

A LONELY EVENING

By the time she had finished tidying up, Bill was almost ready to go. He was looking for his gloves.

"You needn't worry about me, Mum," he declared. "If the fog thickens, Harold will put me up for the night. In that case I promise I'll give you a ring as soon as we decide. I give you my word I'll take no risks."

"I hope not," she said. "I shall be waiting up till you call."

"I'll see," he said affectionately. "How about your dropping in to see Aunt Maggie when I've gone? She'll be only too pleased."

He kissed her good-bye and moved off noisily down the road. He turned, waved and disappeared into the mist. She had always enjoyed being alone. Bill had repaired the wireless so she could listen to it. And inevitably there was a pile of washing that needed ironing; there were clothes to be mended and patched, socks to be darned.

"By the time Bill returns I'll have done the whole work," she thought. She couldn't get rid of the feeling that her son was in danger.

"It's so absurd to be having such fancies," she said to herself. "I've obviously overworked and am tired out. I could do with a sleep. I shall feel better when I wake up."

She made up the fire with a few logs of wood and lay back in the rocking chair. She had never thought she would feel so lonely. The clock ticked rhythmically, her eyes closed and she slept peacefully. She woke up with a sick feeling of dread. The room was in darkness. Before turning on the light, she came up to the window. She could see almost nothing through the yellow fog. Her uneasy feeling of coming catastrophe was increasing; she pulled herself together firmly and went to stoke the fire. Heavy steps were approaching the house; there was a single commanding knock. She went to open the door. On the threshold stood a tall grave-faced policeman.

EXERCISES

1. Suggest your own ending of the story. Write about 200 words.

2. Say in short what sort of person he/she is:

1. Robinson Crusoe was very clever in finding a way out of all his difficulties.
2. You could rely upon Maggie. She would never let the cat out of the bag.
3. He was wonderful. He would never grudge you anything be it money, books, ideas.
4. Rebecca easily won the hearts of all those who met her.
5. Martin never dropped any work half-way.
6. Dr Chillip hadn't a word to throw a dog.
7. Dobbin was easy to deal with.
8. June always had her own way in everything.
9. Mike was never good at doing anything about the house. He was always sure to drop or break something.

10. Huckleberry Finn never let a friend down.
11. Christine was a very pleasant companion.
12. There was nothing Tom was afraid of.
13. Oliver was afraid of everybody and everything.
14. He always had a ready answer to every remark.

3. When you describe people you either criticize or praise them. When you criticize you normally try to find faults rather than positive traits of character but it certainly does not exclude the expression of praise. Here are some comments that people make when they are invited to analyze and judge:

I think I'd much prefer to...; nothing like as good (bad)as...; that's what I thought; and that's another thing; there is much variety in...; to be similar in...; there is a tremendous number of differences in..; to have little (much) in common.

Get ready with a situation where you can use it.

TEST

1.If you want to be a teacher you have to be very _____; if someone doesn't understand something you have to spend time helping them get it.

stubborn

patient

confident

shy

2.Which of the following would you NOT want your boyfriend or girlfriend to be?

romantic

loving

caring

jealous

3.Which of the following is NOT correct? 'If you want to succeed in business you have to be _____'.

tough

decisive

strong

half-hearted

4. Which of the following is the 'odd one out'?

cheerful

happy

moody

happy-go-lucky

5. She's so _____, I can't remember the last time she did a day's work!

hard-working

conscientious

diligent

idle

6. She's the _____ woman I know, she prefers to spend her money on other people rather than herself.

meanest

most tight-fisted

stingy

most generous

Unit 3 BEING A STUDENT

Angie: Congratulations on your new job, Chris!

Chris: Thanks, Angie. To tell you the truth, I'm not so sure I like working.

Angie: Why do you say that? Last year you wanted to get out of university!

Chris: I know, but that was last year. Now, it's just work, work, work. I work hard all day,

VOCABULARY

Daily schedule/routine

To chat on the phone

To go out/eat out

To get up early/go to bed late

To have an early/late night

To have a nap

To live alone/on one's own
To make an effort
To oversleep
To stay in bed late/do nothing/stay in
To check your e-mails
To do sport
To go clubbing/play bowling
To study hard
To have a snack
To take/pass/fail exams

PRE-READING PART

Read these tips and discuss with your partner if you agree or not, and to what extend?

Top ten tips to organize your daily routine

1. Get dressed more quickly in the morning.

Lay out your work and work-out clothes the night before. This is much easier when you have organized closets and bureaus.

2. Make breakfast easier.

Quick to prepare, quick to clean up, and can be made to-go, I recommend the following from Busy Cooks Guide.

3. Harness your most productive hours.

You've got to be ready to harness your creative energy when it strikes and that may mean shifting your work hours, or figuring out a way to capture your best thoughts on-the-go.

If you're at your desk during those times, limit distractions: don't schedule meetings, answer the phone, log onto Facebook, or check email.

If you can't be at your desk during those times, carry a small notebook with you to jot down notes and ideas, or tape yourself with your smart phone.

4. Organize your kitchen pantry and cabinets.

Organizing your kitchen cabinets will streamline meal preparation, and will cut down on the amount of times the words, “Mom, where does this go?”

5. Declutter your home regularly.

Establishing a weekly routine to declutter your home will cut down on stress and in-grain decluttering as a habit.

6. Have a good mail management system.

I used to dread dealing with mail and now I secretly, sort-of enjoy the process because I shred and recycle so much of it.

7. Streamline your morning and evening grooming routines.

I’ve been reading Allure magazine for years and I think if I followed every piece of advice I’d be applying potions and creams for about 60 minutes before bed at night and prior to my morning make up application. There *is* a simpler way:

8. Follow a checklist.

I’m a huge fan of checklists, mostly because I enjoy crossing things off my To Do list. So satisfying.

9. Prioritize exercise.

Exercise is practically a fountain of youth and should be highly prioritized in your Daily Routine.

10. Get your pets on a schedule.

Walking, feeding, and grooming pets at the same time each day will provide them structure they crave.

Write down a passage answering the following questions:

1. What do you usually do to organize your day effectively?
2. What studying at the university can give us except knowledge and skills?
3. Is there a teacher you’d like to follow?

READING

Being a student

There is a wonderful saying that I try to live by: “When the student is ready, the teacher arrives.” About a year ago I was showing some of our rooms to a beautiful young man

who was passing the area and was curious about our place with the red doors. I began telling him all about the progress and changes we had made since buying the property. He asked how I got everything done so quickly and I responded immediately with pride, “I am great at multitasking!”

He paused and stood in one of the doorways and said, “You can’t be great at one thing if you are multitasking. You are just doing things half way.” I didn’t agree. But, I wasn’t going to disagree either. A part of me understood what he meant. I had an “Aha Moment” that stood out as we continued down the rest of the rooms. He was right. I hadn’t been giving a 100% of my time and effort. As much as I prided myself in being an overachiever, I was giving less and less each time while trying to do so much simultaneously. Like a robot, I was just fueling the energizer bunny to get as much done quickly so I could go on to the next task. Reflecting back to that experience I realize that I have evolved in this characteristic. A year later I am still reflecting on what this man taught me.

He was a teacher at that moment. I was the student ready to learn. The thing about doing so much is that we get lost in the doing. We forget that the process is much more satisfying than the finished project. I learned a few other things that day just by being in the moment with this man. He might never know what he taught me in a few hours of deep conversation and true awareness. He was a teacher dressed as a guest and I was there to learn a very valuable lesson. Even a year later when I find myself trying to do too much I stop and think of my beautiful teacher.

I remember sitting by the pond that afternoon and watching the fish jump out of the water to catch the bugs. The dragonflies hovered close to the dock. The butterflies nested by the grass near the shore. There was silence between this stranger and myself. On one of those quiet moments he began to talk about how people feel the need to fill the silence between each other. I agreed. As I looked out to the mountains in front, the water dancing to the gentle breeze, and the wind caressing my skin, I decided then and there that I was going to start being fully in the moment. I wasn’t going to kill myself to multitask just to check another thing off my To-Do List. The only thing to do was to start living each moment. I’ve read enough books on the theory of living in the now to write

my own book. I have lived it to the best of my ability...until that day when I realized that I wasn't living completely in the now. I had been living in the "right now I need to do this and that."

The lovely thing about strangers and learning is that we are receptive when it comes to those who don't know us. We tend to listen because there is no attachment. If we stop for a few minutes we realize that this person is presently interested in us. We seem to evolve because of that unknown and familiar factor of comfort. It is in that moment of learning that our spirit soars. That's why I truly believe that I learn from every single person that I come in contact on a daily basis. Those things that rub me the wrong way are probably things that I am projecting in myself. It's in those moments that I step back and ask myself what needs adjusting? What am I rejecting that needs to be accepted and embraced in myself? It's often difficult to embrace the ugly parts of ourselves, but worth examining the desire to adjust them. I am always amazed at what comes up when I least expect it. We are multidimensional beings in spirit. Accepting the light in ourselves is easy. Embracing the darkness is not.

Each person is a teacher. Even nature teaches us how to live fully and unexpectedly. We are in a continuous huge classroom called life. What you take from it is up to you. I plan on learning to slow down even more, if that's possible after all these months. I have mastered the art of relaxing to a whole new level in spite of being busy with our business. And, that is the best lesson the mountains have taught me. Peace is an inner strength that requires nothing but letting go.

EXERCISES

1.I'd like to get a Master's	a) a very good school
2.We do several	b) degree in the future
3.He's writing a thesis	c) all my exams
4.Luckily, I passed	d) Spanish course
5.He wants to get into	e) exams a year
6.I'm going to apply	f) on art history
7.I've signed up for a	g) in archaeology

8.I'm doing a degree

h) to a college this spring

2. Read three people's comments about their studies. Find words that mean:

1 exam or schoolwork results: _____,

2 the opposite of 'pass': _____

3 talks by a professor: _____

4 the opposite of 'well': _____

5 give to a teacher or professor: _____

6 go to: _____

7 a piece of schoolwork in which a particular subject is studied: _____

1)'My son **failed his** economics **exam** in the spring. He has another chance but he's worried he'll do badly again. Luckily, he **got good grades** in all his other subjects.'

2)'We're **doing a big project** at school. We're studying all the trees and plants in a nearby park – what kind they are, how healthy they are, etc. – and we have **to hand in our report** next Friday. I hope we **get good marks!**'

3)'I **go to lectures** every day. I also **attend meetings** with my professor and two other students every Friday to discuss our essays and other work. Sometimes I feel really tired.'

TEST

1.Which of the following is NOT correct? "I can't come out tonight, I have to _____ my essay tomorrow morning and I've only just started it!"

Hand in

Hand out

Submit

Give in

2.Professor Lansdowne's a great speaker. Although there are 150 people listening to his _____, you feel like he's talking directly to you.

Presentation

Lecture

Seminar

A tutorial

3. Which informal verb means 'to study very hard'? 'I'll really have to _____ the books this weekend.'

Study

Read

Hit

Learn

4. What do you call a weekly meeting of students and a tutor, who come together to discuss an aspect of the course?

A presentation

A lecture

A seminar

A tutorial

5. A: 'I'm finding the course really difficult.' B: 'Well why don't you discuss it with your tutor when you have your _____ on Thursday?'

Presentation

Lecture

Seminar

Tutorial

6. I think Sarah just couldn't cope with the workload of university and a young family, maybe _____ was the most sensible decision she could have made.

Dropping off

Dropping in

Dropping to

Dropping out