

Appendix

Answer Key | Audio Scripts



Answer Key

Before You Start

Sentence Patterns

Check Yourself

p.13

Find the subject(S), verb(V), complement(C), object(O), indirect object(IO) or direct object(DO) in each sentence.

1. S, V 2. S, V, C 3. S, V, O
4. S, V, IO, DO 5. S, V, O, C

Choose each sentence with the same sentence pattern.

1. b 2. e 3. d 4. a 5. c

Sentence Types

Check Yourself

p.15

Write "S" for a simple sentence, "CP" for a compound sentence, "CX" for a complex sentence and "CC" for a complex-compound sentence.

1. CP 2. CX 3. S 4. CP
5. CX 6. CC 7. CC

Complete the sentences using the given words.

and we enjoy doing things together
if I am in trouble
who is really cute
so I often baby-sit him

Tenses

Check Yourself

pp.18~19

Change the sentences into the given tenses.

1. Jane is buying some groceries at the store.
2. The lecturer did not agree with their opinion.
3. Karl will attend several meetings in New York.
4. Megan has been a teacher since 2001.

Choose the correct form of the verb.

1. went 2. sets 3. has been 4. had gone
5. are climbing 6. will be working
7. was looking 8. will be

Write the correct form of the verb in each sentence.

1. going 2. was 3. completed 4. grown
5. had left 6. was watching

Write the correct form of each given verb.

gets up, woke up, did not work, had left, arrived,
took, was, were writing, entered, promised

PART I Integrated Writing

Example

pp.24~25

Note-taking

- Ⓐ Topic health
 - Point 1 high, sugar
 - Detail fatter
 - Point 2 addictive
 - Detail dependent
- Ⓛ Topic effects
 - Point 1 healthy heart
 - Detail proper amount, protect
 - Point 2 relaxed
 - Detail we feel happy

Outline

- Topic
 - Ⓐ chocolate – affect our health
 - Ⓛ good effects of chocolate
- Point 1
 - Ⓐ high in fats, sugar – cause heart disease
- Challenge
 - Ⓛ flavonoids in chocolate – keep a healthy heart
- Point 2
 - Ⓐ addictive – become dependent
- Challenge
 - Ⓛ feel good, relaxed ← chemical produced when we feel happy

Summary

The lecture talks about the good effects of chocolate, questioning the reading's idea that chocolate can affect our health.

First, the lecturer says we can protect our heart thanks to flavonoids in chocolate. It runs against the reading's idea that chocolate can make us get fatter and cause heart disease as it is high in fats and sugar.

According to the lecturer, another good effect of chocolate is that it makes us feel good and relaxed. It is because chocolate contains the same chemical produced in our brain when we feel happy. It confronts the reading's idea that chocolate can be addictive. In fact, some people like the feeling of eating it too much, so they become dependent on it.

CHAPTER_01 Challenge

Warm Up

pp.28~31

Note-taking

Read the passage and fill in the blanks.

Topic	beneficial
Point 1	seeds of plants
Detail	clean air
Point 2	electricity, windmills
Detail	source of energy

Listen to the lecture and fill in the blanks.

Topic	harmful effects
Point 1	sand and pollutants
Detail	yellow dust wind, eye or lung
Point 2	wind power
Detail	windmills, noise, television reception

Outlining

Complete the outline by combining the reading and the lecture notes from the previous pages.

Topic	Ⓐ beneficial winds Ⓛ harmful effects of winds
Point 1	Ⓐ carry the seeds of plants → breathe clean air in different areas
Challenge	Ⓛ bring sand and pollutants from Gobi Desert → eye or lung trouble
Point 2	Ⓐ get electricity through windmills – a good source of energy
Challenge	Ⓛ problems with windmills – a lot of noise, poor television reception

Answer the questions using the outline above.

1. Ⓐ Winds are beneficial for us.
Ⓛ Winds have harmful effects on people.
2. The lecturer says winds can bring sand and pollutants from the Gobi Desert and people suffer from eye or lung trouble.

3. The lecturer says there are problems with windmills as they produce a lot of noise and people get poor television reception.

Summarizing

Complete the summary using the outline and the answers from the previous page.

The lecture 'says winds have harmful effects, while the reading says winds are beneficial.

Firstly, the lecturer says winds can bring sand and pollutants from the Gobi Desert. It causes people to suffer from eye or lung trouble. On the other hand, the reading says people can breathe clean air thanks to the winds that carry the seeds of plants to different areas.

Secondly, the lecturer says there are some problems with windmills because they produce a lot of noise and people get poor television reception. It runs against the reading's idea that people get electricity through windmills, which are a good source of energy.

Build Up

pp.32~35

Note-taking

Read the passage and fill in the blanks.

Topic	pet spider
Point 1	fun
Detail	weaves, its web
Point 2	learning tool
Detail	get to know things, habits

Listen to the lecture and fill in the blanks.

Topic	disadvantages
Point 1	fun
Detail	do exciting things, move along with it

Point 2 bite you, threatened
Detail painful

Outlining

Complete the outline by combining the reading and the lecture notes from the previous pages.

- Topic ❷ advantages of keeping a pet spider
 ❶ disadvantages of keeping a pet spider
- Point 1 ❸ fun to watch – weaves, destroys its web regularly
- Challenge ❶ not fun – cannot do exciting things – cannot train it or move along with it
- Point 2 ❸ a good learning tool – get to know its habits, food
- Challenge ❶ can bite if it feels threatened – painful if you are allergic to it

Summarizing

Make sentences using the outline above.

- Topic The lecture talks about some disadvantages of keeping a pet spider, while the reading says there are some advantages to it.
- Point 1 The reading says a pet spider is fun to watch as it weaves and destroys its web regularly.
- Challenge The lecturer says keeping a pet spider is not fun because you cannot do any exciting things. You cannot train it or move along with it.
- Point 2 The reading says a pet spider can be a good learning tool. You can get to know its habits and food.
- Challenge The lecturer says a pet spider can bite you if it feels threatened. Its bite can be painful if you are allergic to it.

Paraphrase the sentences from the previous page using the tips.

The lecture talks about disadvantages of keeping a pet spider, questioning the advantages given in the reading.

According to the lecturer, keeping a pet spider is not fun due to the lack of excitement. You cannot teach it things or move along with it. This runs against the reading's idea that it is fun to watch a pet spider weaving and destroying its web regularly.

In addition, the lecturer says a pet spider can bite you if threatened. Its bite can be painful if you are allergic to it. It confronts the reading's idea that a pet spider can be an excellent learning tool because you get to know its habits and food when you look at it closely.

Useful Structure

due to

Emma missed her class due to the late bus.

Finish Up 1

pp.36~37

Read, listen and complete the outline.

- Topic ❸ benefits of sunlight
 ❶ harmful effects of sunlight
- Point 1 ❸ plants – make their food through "photosynthesis"
- Challenge ❶ plants – wither or die – dehydrated if left in direct sunlight too long
- Point 2 ❸ treat depression – produce a good mood chemical
- Challenge ❶ damage our skin – quicken the aging of our skin, developing skin cancer

Complete the summary using the outline above.

The lecture talks about harmful effects of sunlight, while the reading shows some benefits of sunlight.

According to the lecturer, too much sunlight leads plants to wither or die. They get dehydrated from long exposure to direct sunlight. It runs against the reading's idea that plants need sunlight to make their food through "photosynthesis", and they would disappear without it.

Moreover, the lecturer says excessive sunlight can damage our skin. It will speed up the aging of our skin and even increase the risk of developing skin cancer. It confronts the reading's idea that sunlight can be used for depression treatment as it causes our brain to produce a good mood chemical.

Finish Up 2

pp.38~39

Read, listen and complete the outline.

Topic	Ⓐ <u>benefits from early foreign language learning</u>
	Ⓘ <u>bad effects of learning a foreign language too early</u>
Point 1	Ⓒ <u>learn easily</u> → <u>mimic sounds, pick up words and expressions fast</u>
Challenge	Ⓙ <u>get to hate a foreign language</u> → <u>lazy with studies later</u>
Point 2	Ⓓ <u>develop their own learning strategies</u> → <u>invent a way to learn</u>
Challenge	Ⓛ <u>confused</u> → <u>a foreign language and mother tongue</u> → <u>slow down children's learning</u>

Complete the summary using the outline above.

The lecture talks about bad effects of early language learning, questioning the benefits given in the reading.

First of all, the lecturer says children are likely to hate a foreign language if they start learning it too early. They can get lazy with language studies later on. It runs against the benefits mentioned in the reading that children learn a foreign language with ease as they can imitate the sounds and learn words and expressions fast.

Secondly, the lecturer says it can be very confusing for children if they learn a foreign language along with their mother tongue. It confronts the reading's idea that children can develop their own ways to learn both languages.

Word Round-up

pp.40~41

Choose the proper word to best complete each sentence.

1. b 2. d 3. c 4. a 5. d

Fill in each blank with an appropriate word from the box.

1. depression 2. dehydrated 3. wither
4. pollutant 5. handle

PARAPHRASING

p.42

Rewrite the sentences using the tips in the parentheses.

1. You should attend the conference if interested.
2. Without rain forests, we could not see some creatures any more.
3. It will be very exciting for the girl if she meets her favorite singer at the party.

CHAPTER_02 Support

Warm Up

pp.44~47

Note-taking

Read the passage and fill in the blanks.

Topic	Impressionists
Point 1	the sunlight, effects
Detail	bright, brush
Point 2	everyday scenes
Detail	ordinary, landscapes

Listen to the lecture and fill in the blanks.

Topic	features
Point 1	natural light
Detail	reflection
Point 2	real, scenery
Detail	snapshots

Outlining

Complete the outline by combining the reading and the lecture notes from the previous pages.

Topic	Ⓐ characteristics of the Impressionists Ⓛ <u>certain features of the Impressionists</u>
Point 1	Ⓐ <u>focused on the sunlight</u> – bright colors and short, <u>thick brush strokes</u>
Support	Ⓛ emphasized the play of natural light – <u>paid attention to reflection of colors</u> ex. Monet
Point 2	Ⓐ <u>chose everyday scenes</u> – <u>ordinary people and landscapes</u>
Support	Ⓛ <u>painted real people and scenery</u> – looked like snapshots ex. Renoir

Answer the questions using the outline above.

1. Ⓐ There are some characteristics that the Impressionists shared in the 19th century.

- Ⓛ There are certain features of the Impressionists that distinguished them from other painters.

2. The lecturer says the Impressionists emphasized the play of natural light.
3. The lecturer says the Impressionists painted real people and scenery, and their paintings looked like snapshots.

Summarizing

Complete the summary using the outline and the answers from the previous page.

Both the reading and the lecture talk about some important features of the Impressionists in the 19th century.

First of all, the lecturer says the Impressionists like Monet emphasized the play of natural light. So they paid attention to the reflection of colors. It backs up the reading's claim that they focused on the sunlight, which led them to use bright colors and short, thick brush strokes.

Besides, the lecturer says the Impressionists like Renoir painted real people and scenery, and their paintings looked like snapshots. It gives support to the reading's claim that they chose everyday scenes like ordinary people and landscapes as their subject matter.

Build Up

pp.48~51

Note-taking

Read the passage and fill in the blanks.

Topic	produce light
Point 1	attract other animals or insects
Detail	glowing organ, small sea animals

Point 2	drive their predators away
Detail	glowing material, repel their predators

Listen to the lecture and fill in the blanks.

Topic	ability to glow, plants and animals
Point 1	attract things
Detail	eaten by bugs
Point 2	scare their predators
Detail	frighten away

Outlining

Complete the outline by combining the reading and the lecture notes from the previous pages.

Topic	R why creatures produce light L <u>how the ability to glow helps some plants and animals</u>
Point 1	R <u>to attract other animals or insects</u>
Support	L to attract things that eat them ex. toadstools
Point 2	R <u>to drive their predators away</u>
Support	L <u>to scare their predators away</u> ex. railroad worms

Summarizing

Make sentences using the outline above.

Topic	The lecture talks about <u>how the ability to glow helps some plants and animals</u> . It supports the reading that discusses <u>why creatures produce light</u> .
Point 1	The reading says some creatures make their own light to <u>attract other animals or insects</u> .
Support	The lecturer says some plants produce light to <u>attract things that eat them</u> . Toadstools, for example, <u>glow to be eaten by bugs</u> . The bugs take their spores to other trees afterwards.
Point 2	The reading says some animals make light to <u>drive their predators away</u> .

Support	The lecturer says other creatures like railroad worms give off light to <u>scare their predators away</u> .
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Paraphrase the sentences from the previous page using the tips.

The lecture talks about how the ability to glow helps some creatures to support the reasons why creatures produce light in the reading.

First, the lecturer says some plants produce light to entice things that eat them. Toadstools, for example, glow to be eaten by bugs which take their spores elsewhere. It backs up the reading's claim about some creatures that make their own light to attract other animals or insects.

Second, the lecturer says other creatures like railroad worms emit light to frighten their predators away. It gives support to the reading's claim about some animals that glow to drive their predators away.

Useful Structure

claim about some trees that have
Ewan sided with his brother's idea about some parrots that can make excellent pets.

Finish Up 1

pp.52~53

Read, listen and complete the outline.

Topic	R characteristics of landmarks L <u>features of landmarks</u>
Point 1	R useful to <u>know location</u>
Support	L used to <u>find directions</u> ex. Hong Kong – Victoria Peak
Point 2	R <u>a part of a local culture</u>
Support	L <u>symbols of a culture</u> ex. Australia – the Sydney Opera House

Complete the summary using the outline above.

Both the reading and the lecture talk about distinctive features of landmarks around the world.

First of all, the lecturer says people use landmarks to find directions, taking Victoria Peak for an example. If you are lost in Hong Kong, you can learn your location just by looking it up. It backs up the reading's claim that landmarks can be used to know where you are.

The second feature of landmarks is that they symbolize a culture. The lecturer says the Sydney Opera House has represented Australia for years. It confirms the reading's claim that landmarks are a part of a local culture.

Finish Up 2

pp.54~55

Read, listen and complete the outline.

Topic	R English – <u>has changed over time</u> L <u>changes in English</u>
Point 1	R <u>grown by adding new words</u> ← science, technology developed
Support	L <u>gotten bigger</u> ← <u>borrowed words from other languages</u> ex. <i>pajamas</i> – Bengali, <i>garage</i> – French
Point 2	R <u>changed in meaning</u>
Support	L <u>expanded meanings of words</u> ex. <i>cool</i> : temperature ↓ + stylish

Complete the summary using the outline above.

The lecture talks about the changes in English to support the claim that English has altered over time in the reading.

First, the lecturer says English has expanded due to the borrowed words from other languages: pajamas came from Bengali and garage from French. It backs up the reading's claim that English has grown by adding new words.

Second, the lecturer says English words have gotten additional meanings over time. For example, *cool* used to only mean "low temperature", but now it means both "cold temperature" and "stylish". This also gives support to the reading's claim that the meanings of English words have been changed as time has passed.

Word Round-up

pp.56~57

Choose the proper word to best complete each sentence.

1. d 2. c 3. a 4. b 5. d

Fill in each blank with an appropriate word from the box.

1. repel 2. used to 3. predators
4. contemporary 5. strokes

PARAPHRASING

p.58

Rewrite the sentences using the tips in the parentheses.

- Molly and I have a garden which gives us fresh vegetables.
- If you go on a trip, where would you visit?
- The painting has become thicker due to the added paint.

CHAPTER_03 Problem & Solution

Warm Up

pp.60~63

Note-taking

Read the passage and fill in the blanks.

Topic	children's computer addiction
Point 1	spend so much time online
Detail	fall behind
Point 2	harmful sites
Detail	virtual casinos

Listen to the lecture and fill in the blanks.

Topic	computer addiction
Point 1	children spend on the computer
Detail	set a timer
Point 2	sites
Detail	installing "filter" programs

Outlining

Complete the outline by combining the reading and the lecture notes from the previous pages.

Topic	① a growing social problem – children's computer addiction ② <u>some ways to avoid computer addiction</u>
Problem1	③ spend so much time online → <u>fall behind in homework, studies</u>
Solution	④ limit the time children spend on the computer – set a timer
Problem 2	⑤ <u>easily access harmful sites</u> ex. <u>virtual casinos</u>
Solution	⑥ <u>control sites</u> – <u>install "filter" programs</u>

Answer the questions using the outline above.

- ① Children's computer addiction is a growing social problem.
② There are some ways to avoid children's computer addiction.

- The lecturer suggests that parents limit the time their children spend on the computer by setting a timer.
- The lecturer suggests that parents control which sites their children visit by installing "filter" programs.

Summarizing

Complete the summary using the outline and the answers from the previous page.

The reading talks about the growing social problem of children's computer addiction, while the lecture tells us some ways to avoid it.

The reading says those young PC addicts spend so much time online that they fall behind in their homework and studies. To solve this problem, the lecturer suggests that parents limit the time their children spend on the computer by setting a timer.

According to the reading, another problem is that children can easily access harmful sites like virtual casinos. The lecturer suggests that parents control which sites their children visit by installing "filter" programs to prevent this problem.

Build Up

pp.64~67

Note-taking

Read the passage and fill in the blanks.

Topic	much sugar, give us health problems
Point 1	tooth decay
Detail	bacteria, acid, cavities
Point 2	fattening
Detail	tablespoon, 60 calories

Listen to the lecture and fill in the blanks.

Topic	deal with the sugar problems
Point 1	our teeth
Detail	brush after every meal or snack
Point 2	the amount of sugar we eat
Detail	fruits or nuts, cookies

Outlining

Complete the outline by combining the reading and the lecture notes from the previous pages.

Topic	R <u>eating too much sugar</u> → <u>can give us health problems</u> L <u>ways to deal with the sugar problems</u>
Problem 1	R can <u>cause tooth decay</u> → <u>cavities</u>
Solution	L brush after every meal or snack, <u>get teeth checked</u>
Problem 2	R <u>fattening</u> – <u>a tablespoon of sugar: around 60 calories</u>
Solution	L reduce sugar – <u>try fruits or nuts instead of cookies</u>

Summarizing

Make sentences using the outline above.

Topic	The reading is about some health problems from <u>eating too much sugar</u> . The lecture presents some <u>ways to deal with the sugar problems</u> .
Problem 1	The reading says <u>sugar can cause tooth decay</u> and cavities.
Solution	The lecturer says the solution is to <u>brush after every meal or snack</u> and to get our teeth <u>checked</u> by a dentist.
Problem 2	The reading says <u>sugar is fattening</u> . A tablespoon of sugar <u>has around 60 calories</u> .
Solution	The lecturer says we should <u>try fruits or nuts instead of cookies</u> in order to <u>reduce the sugar</u> we eat.

Paraphrase the sentences from the previous page using the tips.

The reading is about some health problems from eating excessive sugar, and the lecture presents some ways of handling these problems.

According to the reading, sugar can cause tooth decay and cavities. The lecturer suggests brushing after every meal or snack and getting regular dental checkups.

The reading also says sugar is fattening. A tablespoon of sugar contains around 60 calories. To eat less sugar, the lecturer recommends that we try fruits or nuts instead of sugary snacks.

Useful Structure

of handling

Listening to pop songs is a fun way of studying English.

Finish Up 1

pp.68~69

Read, listen and complete the outline.

Topic	R endangered animals – a worldwide problem L take action in time → <u>save endangered animals</u>
Problem 1	R hunting – species suffer ← <u>trade in animal parts</u>
Solution	L save animals by <u>banning, limiting hunting</u> ← hunting <u>licenses</u>
Problem 2	R <u>habitat destruction</u> – ploughed for farmland, <u>paved over for roads, buildings</u>
Solution	L <u>habitat protection</u> – making national parks

Complete the summary using the outline above.

The reading is about a worldwide problem of many endangered animals, and the lecture presents possible solutions to save them.

First, the reading says hunting is the main reason for endangered animals. The trade in animal parts has caused many species to suffer. The lecturer suggests banning or limiting hunting through hunting licenses to save them.

According to the reading, the second reason is habitat destruction. Too much of animals' habitat has been developed for farmland, roads and buildings. The lecturer recommends a solution to protect their habitat by making national parks, where wild animals can be free from human pressures.

Finish Up 2

pp.70~71

Read, listen and complete the outline.

- | | |
|-----------|--|
| Topic | Ⓐ causes for <u>lack of sleep</u>
Ⓒ some advice <u>to get the sleep we need</u> |
| Problem 1 | Ⓐ <u>stay tense until bedtime</u> – many things to do, too much <u>caffeine</u> |
| Solution | Ⓒ do things that can <u>relax us</u> , avoid caffeine ex. <u>listening to music, drinking herb tea</u> |
| Problem 2 | Ⓐ <u>an entertainment zone</u> in bedroom – keeps us <u>stay up late</u> |
| Solution | Ⓒ get rid of <u>electronic items from bedroom</u> ex. minimize light, noise |

Complete the summary using the outline above.

The reading talks about the main causes for lack of sleep, while the lecture gives some advice to get the necessary sleep.

According to the reading, we stay tense until bedtime due to many tasks or too much caffeine. The lecturer advises us to do relaxing things and avoid caffeine by listening to music or drinking herb tea.

Besides that, the reading says an entertainment zone in bedroom stops us from going to bed. The lecturer advises us to remove electronic items like a computer or cellphone from our bedroom. By minimizing light and noise, we can fall asleep more easily.

Word Round-up

pp.72~73

Choose the proper word to best complete each sentence.

1. b 2. a 3. c 4. d 5. c

Fill in each blank with an appropriate word from the box.

1. habitat 2. hides 3. sweet tooth 4. poachers
5. dozed

PARAPHRASING

p.74

Rewrite the sentences using the tips in the parentheses.

1. Drinking excessive coffee can keep us awake at night.
2. Greenhouse gases are causing our planet to get warmer.
3. By preparing for the exam in advance, he can get a better grade.

PROGRESS TEST 1

pp.76~77

Read, listen and complete the outline.

Sample Answer

- | | |
|-----------|--|
| Topic | Ⓐ <u>reasons why team sports are great</u>
Ⓒ <u>some drawbacks of playing team sports</u> |
| Point 1 | Ⓐ <u>improve skills quickly</u> ← <u>monitor and encourage each other</u> |
| Challenge | Ⓒ <u>get too competitive</u> → <u>jealousy among team members</u> |

- Point 2 **R** learn team spirit and how to cooperate
- Challenge **L** stressful – put too much pressure
 → so eager about winning

Write the summary based on the outline.

The lecture talks about some drawbacks of playing team sports, while the reading shows the reasons why team sports are great.

Above all, the lecturer says it can get so competitive that team members sometimes become jealous of each other. It questions the reading's idea that our skills get better fast thanks to the monitoring and encouragement from team members.

Furthermore, the lecturer says it can be stressful as other members sometimes can put too much pressure on you because they want to win the game so badly. It runs against the reading's idea that we get to learn team spirit and cooperation with others.

pp.78~79

Read, listen and complete the outline.

Sample Answer

- Topic **R** advantages of instant messaging
 L useful functions of instant messaging
- Point 1 **R** fast – quicker than to call someone
- Support **L** send and receive messages in real-time
- Point 2 **R** fun – slang words → save time, more enjoyable
- Support **L** various emoticons → more interesting, effective

Write the summary based on the outline.

The lecture talks about some useful functions of instant messaging to support its advantages mentioned in the reading.

Above all, the lecturer says online messages are delivered right away. As soon as you type a message, the other person can read it. It backs up the reading's claim that instant messaging is faster than a phone call.

Furthermore, the lecturer explains instant messaging has become more interesting thanks to various emoticons. They enable us to carry our ideas in a more effective way. It confirms the reading's claim that instant messaging is fun as slang words save time and make the messages more entertaining.

pp.80~81

Read, listen and complete the outline.

Sample Answer

- Topic **R** main causes for desertification
 L two ways to stop desertification
- Problem 1 **R** result from drought and dryness
- Solution **L** use nature ex. Sahara region
 – building walls of trees and leaves
- Problem 2 **R** caused by human activities
 – farming, cutting down trees
- Solution **L** make laws ex. a Chinese law

Write the summary based on the outline.

The reading talks about main causes for desertification, and the lecture presents two ways to control it.

First of all, the reading says drought and dryness can bring about desertification. The lecturer points out that we can use nature to stop this problem. In the Sahara region, towns are building walls of trees and leaves for protection.

Secondly, the reading says human activities such as farming and lumbering also cause desertification. The lecturer suggests that we can make laws to control it, mentioning a Chinese law that protects certain land areas.

PART II Independent Writing

Example

pp.86~87

Outline

Topic	prefer to <u>stay up late</u>
Reason 1	become <u>more energetic</u> at night
Detail	work or <u>concentrate better</u>
Reason 2	like <u>the quietness</u> of late night
Detail	<u>recollect things or write a journal</u> while others are asleep

Essay

Introduction	I like <u>to stay up late</u> more than to go to bed early. There are two main reasons why I prefer it.
Body	First, I become more energetic at night. I <u>work or concentrate better</u> at late hours. Second, I like <u>the quietness of late night</u> . I usually recollect things or <u>write a journal while others are asleep</u> .
Conclusion	In conclusion, I prefer <u>to stay up late</u> because I am a person who works best during the nighttime hours. Another reason is that I like the quiet hours of late night.

CHAPTER_04 Preference

Useful Expressions

pp.90~91

Unscramble

1. Ken prefers to play tennis rather than to play baseball.
2. Beth would rather walk her dog than read a newspaper.
3. My family went sailing although the weather was not fine.
4. Great concerts are offered at the city hall. Furthermore, they are free.

Warm Up

pp.92~93

Fill in the blanks with the letters of the related reasons and details.

prefer to travel light – a, d, c, f

prefer to travel with everything – b, h, e, g

Complete the sentences using the information above.

I prefer to travel light.

I can move around at leisure with light baggage.

There is no need to look for lockers for my bags or suitcases.

I can have enough room in the bag.

I brought home nice souvenirs from my trip last summer thanks to my light baggage.

Complete the *Introduction* and *Body* using the sentences from the previous page.

Introduction

Some prefer to travel with everything they need in their bags. However, I prefer to travel light rather than to travel with everything in my bags. There are two main reasons why I prefer it.

Body

First, I can move around at leisure with light baggage. There is no need to look for lockers for my bags or suitcases.

In addition, I can have enough room in the bag, so I can buy things if I feel like it. I brought home nice souvenirs from my trip last summer thanks to my light baggage.

Write the *Conclusion*, ordering the sentences below.

Conclusion

In conclusion, people have their own ways to travel – some travel light and others don't. I myself like to travel light better than to travel with heavy baggage. It is because I can go around leisurely and there would be enough room in the bag for the goods I buy.

Build Up

pp.94~95

Choice 1

Fill in the blanks to complete the outline.

Topic	prefer to spend time with a few close friends
Reason 1	feel <u>more relaxed</u>
Detail	talk about <u>personal</u> things
Reason 2	<u>easier</u> to do things together
Detail	make a quick <u>decision</u> to do things

Complete the essay from the outline above.

Introduction

I prefer to spend time with a few close friends rather than with many friends. There are two main reasons why I like the former better.

Body Most of all, I feel more relaxed with a few close friends. They know me well, so I can talk about personal things with them. Besides, it is easier to do things together. I can make a quick decision to do things if I am with a couple of friends. But it would be hard to decide what to do with many friends.

Conclusion All in all, I would rather spend time with one or two close friends because I feel more comfortable and it is easier to do things with them.

Choice 2

Fill in the blanks with your own words.

Topic like to spend time with many friends
Reason 1 learn many things
Detail expand my knowledge
Reason 2 have fun doing group activities
Detail get together to play basketball any-time

Write the essay using the completed outline above.

Introduction I like to spend time with many friends better than with a few close friends. There are two main reasons why I prefer it.

Body Above all, I can learn many things from them. People have different backgrounds and interests. So I will be able to expand my knowledge through having a lot of friends. In addition, I can have fun doing group activities. For example, my friends and I can get together to play basketball anytime.

Conclusion In short, I would rather spend time with many friends as I can learn a lot

from them and have a good time doing group activities.

Finish Up 1

p.96

Complete the outline and the essay.

Topic prefer classes where students do some of the talking
Reason 1 active class
Detail participate more to talk about our own thoughts
Reason 2 get more information
Detail see various ways to solve a problem

Sample Answer

I prefer classes where students do some of talking to the ones where teachers do all of the talking. There are two main reasons why I like them better.

First, the classes are more active. My classmates and I participate more to talk about our own thoughts. We easily get bored in classes where we just listen to the teacher. Second, we get more information while listening to different ideas. For example, we can see there are various ways to solve a problem.

In conclusion, the classes where students discuss things together are preferable for me. It is because they are more lively and informative.

Finish Up 2

p.97

Complete the outline and the essay.

Topic prefer to get a gift certificate as a present
Reason 1 more practical
Detail buy whatever I want at the mall
Reason 2 keep it for later use
Detail collect several certificates

Sample Answer

Some people like to get a thing as a present, but I would rather get a gift certificate than receive a thing. There are two main reasons for it.

Above all, it is more practical. I can buy whatever I want at the mall as it sells a wide variety of things. In addition, I can keep it for later use. If I want an expensive item like brand jeans, I usually collect several certificates to buy them.

Therefore, I prefer a gift certificate to a thing as a present because it is more flexible and I can keep it to use later.

Word Round-up

pp.98~99

Choose the proper word to best complete each sentence.

1. a 2. c 3. d 4. d 5. b

Fill in each blank with an appropriate word from the box.

1. at leisure 2. expand 3. personal
4. baggage 5. local

EDITING

p.100

Correct the mistakes in the following paragraphs.

1. internet → Internet
2. moniter → monitor
studys → studies
assinments → assignments
3. usually did → usually do

Correct the mistakes in the paragraph.

prefer class → prefer classes
activ → active
my classmates → My classmates
We got → We get
lisen → listen

CHAPTER_05 Agreement

Useful Expressions

pp.102~103

Unscramble

1. I agree that traveling in a group is better than traveling alone.
2. I am against the idea that children should help with chores.
3. For instance, I can concentrate better at night.
4. In fact, the number of sea turtles is rapidly decreasing.

Warm Up

pp.104~105

Fill in the blanks with the letters of the related reasons and details.

agree with the statement – b, e, d, f

prefer to travel with everything – h, a, c, g

Complete the sentences using the information above.

I agree with the statement that it is better for children to grow up in the countryside.

The countryside provides a better natural environment for children.

They can enjoy fresh air and clean water.

The countryside is much safer for children.

There are fewer cars and construction sites.

Complete the *Introduction* and *Body* using the sentences from the previous page.

Introduction

I agree with the statement that it is better for children to grow up in the countryside than in a big city. There are two main reasons why I think so.

Body

Firstly, the countryside provides a better natural environment for children. They can enjoy fresh air and clean water indeed. It is good for their well-being.

Secondly, the countryside is much safer for children. There are fewer cars and construction sites.

Write the *Conclusion*, ordering the sentences below.

Conclusion

In short, I think children should grow up in the countryside rather than in a city. It is because the countryside offers better natural surroundings. It is also a better place for children's safety.

Build Up

pp.106~107

Choice 1

Fill in the blanks to complete the outline.

Topic agree – watching TV is bad for children

Reason 1 waste their precious time

Detail can spend that time doing other things

Reason 2 has bad effects on children's health

Detail get fatter, weaken their eyesight

Complete the essay from the outline above.

Introduction

I agree with the statement that watching TV is bad for children. There are two main reasons why I think so.

Body

Above all, children waste their precious time just watching TV. Instead of sitting in front of TV, they can spend that time doing other things. For

instance, they can read books, walk their dog or play with friends. It also has bad effects on children's health. Children who watch TV too much are likely to get fatter. Moreover, it can weaken their eyesight as well.

Conclusion To sum up, I think watching TV is not good for children indeed. It not only takes their precious time but also is harmful for their health.

Choice 2

Fill in the blanks with your own words.

Topic disagree – watching TV is bad for children
Reason 1 get a lot of good information from TV programs
Detail some educational programs – teach children
Reason 2 TV – a window to show the world
Detail see different people, parts of the world
→ understand better

Write the essay using the completed outline above.

Introduction Some people think that watching TV is bad for children, but I disagree with them. In my opinion, watching TV has some advantages.

Body First, children can get a lot of good information from TV programs. Some educational programs are designed to teach children many different things. If parents help them select those programs, children can have fun and learn at the same time. Moreover, TV can be a window to show the world. Children can see different people and parts of the world through TV. It makes them understand the world better.

Conclusion Watching TV may have some bad effects. But in fact, I think there are some advantages for children. It is because TV programs can provide a lot of useful information for children and bring the world to them.

Finish Up 1

p.108

Complete the outline and the essay.

Topic agree – should not judge people by their external appearances
Reason 1 can be misleading
Detail look different depending on the clothes
Reason 2 takes time to get to know somebody
Detail cannot tell correctly after seeing only a few times

Sample Answer

I agree with the statement that we should not judge people by their external appearances. There are two main reasons why I think so.

First, appearances can be misleading. People look different depending on the clothes they wear. So we should be aware of that a person's value comes from within. Second, it takes time to get to know somebody. You cannot tell correctly what a person is like after seeing him or her only a few times. If we make up our mind about a person quickly, we are likely to make a mistake.

Therefore, I strongly believe that we should not judge people by their looks. It is because appearances can be misleading and we need some time to know somebody.

Finish Up 2

p.109

Complete the outline and the essay.

Topic	disagree — should not do things that we do not enjoy doing
Reason 1	benefit from unenjoyable things
Detail	<u>go jogging at five o'clock → stay fit, healthy</u>
Reason 2	<u>face certain situations</u>
Detail	<u>have a toothache → no choice but to go to a dentist</u>

Sample Answer

Some people think that we should not do things that we do not enjoy doing. However, I am against their opinion. There are two main reasons for it.

Above all, we can benefit from unenjoyable things. For example, I go jogging at five o'clock every morning. Getting up early is not what I like to do. But I do that to stay fit and healthy. Furthermore, we sometimes face certain situations that we cannot avoid. If we have a toothache, we have no choice but to go to a dentist.

In conclusion, I think we sometimes should do what we do not like to do. It is not easy, of course. Still, it can be beneficial and there are certain situations that ask for it.

Word Round-up

pp.110~111

Choose the proper word to best complete each sentence.

1. c 2. b 3. d 4. d 5. a

Fill in each blank with an appropriate word from the box.

1. effects 2. kept an eye on 3. benefit
4. precious 5. Access

EDITING

p.112

Correct the mistakes in the following paragraphs.

1. i → I
2. runing → running
Of corse → Of course
atractive → attractive
3. passing → pass

Correct the mistakes in the paragraph.

sit → sitting
for instance → For instance
childrens health → children's health
are like to → are likely to
weak → weaken

CHAPTER_06 Detail

Useful Expressions

pp.114~115

Unscramble

1. There are some ways to deal with air pollution.
2. I would keep two things in mind when I choose toys for children.
3. Since she did not want to lie to her teacher, Laura kept silent.
4. In short, we must avoid foods that are high in sugar and fats.

Warm Up

pp.116~117

Fill in the blanks with the letters of the related reasons and details.

school can help – b, d, c, e

classmates can help – g, h, a, f

Complete the sentences using the information above.

There are some things that the school can help the newcomers with.

The school can give an orientation.

It can tell the new students about its classes, teachers and facilities.

The school can also provide online counselors at its website.

The new students can ask for help on the Net anytime they want.

Complete the *Introduction* and *Body* using the sentences from the previous page.

Introduction

There are times when students have to change schools. But it is not easy to get used to a new school. I think there are some things that the school can help the newcomers with.

Body

First, the school can give an orientation. It can tell the new students about its classes, teachers and facilities.

Second, the school can provide online counselors at its website. It may be of great advantage to the newcomers for they can ask for help on the Net anytime they want.

Write the *Conclusion*, ordering the sentences below.

Conclusion

In short, it is not easy for students to adapt when they move to a new school. But the school can help the newcomers with the problems that they may face. It will be of great help to the new students if the school provides an orientation and online counselors.

Build Up

pp.118~119

Fill in the blanks to complete the outline.

Topic	a <u>present</u> for children
Idea 1	<u>construction toys</u> like blocks
Detail	let children bring in their own ideas → develop their <u>creativity</u>
Idea 2	a <u>pet</u>
Detail	children learn to be <u>responsible</u>

Complete the essay from the outline above.

Introduction There are many things that we can give children as a present. I would keep two kinds of toys in mind as a present for children.

Body First of all, I would choose construction toys like blocks as a present. They let children bring in their own ideas, and this makes children develop their creativity. Secondly, I would also choose a pet. Children learn to be responsible while they feed, bathe or walk their pets.

Conclusion To sum up, I think construction toys and a pet are wonderful presents for children. It is because those things help children develop their ability to create and learn a sense of responsibility.

Fill in the blanks with your own words.

Topic a present for my friends
 Idea 1 a diary for the year
 Detail plan or record special events
 Idea 2 an item of clothing
 Detail think of me whenever they wear it

Write the essay using the completed outline above.

Introduction There are many things that I can give my friends as a present. I would consider two things when I choose a present for them.

Body Firstly, I would select a diary as a present. It lets them plan or record special events. Secondly, I would choose an item of clothing like a cap or a T-shirt as well. My friends will think of me whenever they wear it.

Conclusion To sum up, I think a diary and an item of clothing are nice presents for my friends. It is because those things let them organize their daily lives and remind them of me anytime they wear it.

Finish Up 1

p.120

Complete the outline and the essay.

Topic important qualities of a good roommate
 Idea 1 open-minded – be open to differences
 Detail understand our different habits
 Idea 2 considerate – think about others' situations
 Detail if disturbing → will argue or quarrel

Sample Answer

If you ask me what the important qualities of a good roommate are, I will tell you two things.

First, a good roommate should be open-minded. We all have different habits and thoughts, so a good roommate should be open to differences. If my roommate goes to bed early while I stay up late, we need to understand our different habits. Second, a good roommate should be considerate. He or she should always think about others' situations. If my roommate keeps disturbing me, we will often argue or quarrel.

All in all, I think two important qualities of a good roommate are open-mindedness and consideration. It will be hard to get along with my roommate unless he or she has those qualities.

Finish Up 2

p.121

Complete the outline and the essay.

Topic effective ways to reduce stress
 Idea 1 do some exercise
 Detail go out to play soccer or basketball
 Idea 2 talk with people who are willing to help me
 Detail turn to my parents or friends

Sample Answer

If you ask me what the effective ways to reduce stress are, I will tell you two ways to deal with it.

One way is to do some exercise. When I feel stressed out, I go out to play soccer or basketball with my friends. In most cases, my stress disappears by the end of the game. The other way is to talk with people. I turn to my parents or friends when I get lots of stress or have a problem. A talk with them makes the stress or problem look smaller.

In conclusion, I think two effective ways to get rid of stress are doing some exercise and talking with those who are ready to help me.

Word Round-up

pp.122~123

Choose the proper word to best complete each sentence.

1. c 2. c 3. a 4. d 5. a

Fill in each blank with an appropriate word from the box.

1. consider 2. assistant 3. deal with
4. creativity 5. disturbed

EDITING

p.124

Correct the mistakes in the following paragraphs.

- Listen → listen
- get ride of → get rid of
expereince → experience
worryed → worried
- talk something → talk about something

Correct the mistakes in the paragraph.

qualitys → qualities
though → so
diferences → differences

go → goes

While → while

PROGRESS TEST 2

pp.126~127

Read the question and complete the outline and the essay.

Sample Answer

Outline

Topic	<u>prefer to live in a place with four seasons a year</u>
Reason 1	<u>like to wear different clothes as the season changes</u>
Detail	<u>fun to try out clothes suitable for each season</u>
Reason 2	<u>enjoy a variety of activities in each season</u>
Detail	<u>go skiing, go on a picnic or climb mountains</u>

I prefer to live in a place where the season changes several times in a year. There are two main reasons why I like it better.

The first reason is that I like to wear different clothes as the season changes. It is fun to try out clothes suitable for each season. A cotton top and shorts are comfortable for summer, and a warm sweater and thick overalls are nice for winter. It would be boring if I should wear clothes only for one season. The second reason is that I can enjoy a variety of activities in each season. For instance, I can go skiing in the winter. When it gets warmer, I can also go on a picnic or climb mountains.

In short, I would live in a place that has four seasons rather than in a place with one season all year round. It is because I love to dress myself with various clothes and do different activities depending on the season.

pp.128~129

Read the question and complete the outline and the essay.

Sample Answer

Outline

Topic	<u>disagree – the easy way is always the best way</u>
Reason 1	<u>learn more through hard work</u>
Detail	<u>took a month to make a collection of dried leaves → learned a lot about leaves</u>
Reason 2	<u>get a sense of achievement after a difficult task</u>
Detail	<u>scrubbed the old paint off → very proud</u>

Some people say that the easy way is always the best way, but I think differently. There are two main reasons why I disagree with them.

First, we sometimes learn more through hard work rather than an easy job. Last summer, I made my own collection of dried leaves even though I could buy a ready-made one at the hobby store. It took me a month to finish the project, but I learned a lot about leaves while collecting and drying them. Second, we get a sense of achievement after we finish a difficult task. Once my family worked together to repaint our fence. We did not have to take the old paint off, but we scrubbed it off first. The fence looked a lot smoother when the repainting was done. We felt that we did a great job and were very proud of ourselves.

In conclusion, I do not think the easy way is always the best way because we sometimes learn more and get a sense of achievement through the harder ways.

pp.130~131

Read the question and complete the outline and the essay.

Sample Answer

Outline

Topic	<u>important qualities of good neighbors</u>
Idea 1	<u>considerate</u>
Detail	<u>think about others when they do something ex. do not make a lot of noise at night</u>
Idea 2	<u>friendly</u>
Detail	<u>willing to give other people a hand ex. took care of my dog</u>

If you ask me what the important qualities of good neighbors are, I will tell you two things.

Above all, good neighbors should be considerate. They always think about others when they do something. For instance, my neighbors do not make a lot of noise at night. Sometimes my neighbors have a party at night, but they are very careful not to disturb me. Moreover, good neighbors should be friendly. They are willing to give other people a hand when trouble happens. My neighbors took care of my dog when I went out of town during the Christmas break last winter. It made our relationship stronger.

To sum up, I think consideration and friendliness are essential qualities of good neighbors. You are very lucky if you have those kinds of neighbors.

ACTUAL TEST

TOEFL Writing Question 1 of 2

Sample Answer

The lecture talks about some negative effects of using a cellphone to challenge the advantages mentioned in the reading.

First, the lecturer says using a cellphone can be distracting. Some students cannot pay attention to their studies if they use their cellphones secretly in class. It runs against the reading's idea that a cellphone is entertaining because it lets us do a wide variety of things.

Second, the lecturer says using a cellphone can damage our health. It is because cellphone radiation may cause headaches, tiredness and even a brain tumor. It is more harmful for children as their immune systems are weaker than those of adults. It weakens the reading's idea that a cellphone provides more safety for us.

TOEFL Writing Question 2 of 2

Sample Answer 1

I like to travel in a group led by a tour guide better than to travel alone. There are two main reasons why I like it better.

Firstly, it is more comfortable. I do not have to worry about things such as tickets, hotels and transportation. The travel agency arranges everything for me in advance. All I have to do is just to pack my luggage and enjoy the trip. Secondly, I can get more information about the places I visit. If I visit a famous castle in Venice, I will get a detailed explanation on the history and legend of the castle from my tour guide.

Some people may prefer to travel alone. But I would choose a group tour with a guide. It is easier because everything is arranged in advance. Besides that, it is more informative as the tour guide gives me a detailed explanation on the places I visit.

Sample Answer 2

I like to travel alone better than to travel in a group led by a tour guide. There are two main reasons why I prefer it.

Firstly, I have more freedom. If I join a group tour, I have to follow the tour schedule settled by a travel agency. But I can change what to see, where to visit and how long I stay in a place when I travel by myself. Secondly, I can get more personal experiences. I may ask directions or stay at youth hostels if I travel by myself. While I do those kinds of things, I may make friends with local people and learn their customs or culture there.

Some people may prefer to travel in a group led by a tour guide. But I would choose traveling alone. It is because I can be free with my tour schedule. Besides, I get more personal experiences.

Audio Scripts

CHAPTER_01 Challenge

Warm Up

p.29

Today, we will continue our discussion about winds. Winds have harmful effects as well as good effects on people.

Above all, winds can bring sand and other pollutants. Every spring, yellow dust wind blows from the Chinese Gobi Desert to neighboring countries. When it blows, people suffer from eye or lung trouble.

Besides that, there are some problems with wind power. People complain that windmills produce a lot of noise. They get poor television reception as well. Unfortunately, it will take some time to solve these problems.

Build Up

p.33

Some people choose unique creatures such as spiders for their pets. Of course, a spider makes a nice pet as it's clean and quiet. Nevertheless, there are some disadvantages of keeping a pet spider.

First, raising a pet spider is not that fun. You cannot do any exciting things with it. You cannot train it or move along with it.

Second, a spider can bite you if it feels threatened. A spider bite is almost the same as a bee sting. Its bite can be especially painful if you are allergic to it. So you must be careful when you handle it.

Finish Up 1

p.36

Sunlight plays some important roles in our daily lives, but you should be aware that it has some harmful effects as well.

First of all, plants may wither or even die if they get too much sunlight. Plants are just like us – they get dehydrated if they are left in direct sunlight too long.

Besides, too much sunlight can damage our skin because of its ultraviolet rays. It will quicken the aging of our skin, making it dry and wrinkled. But a more serious effect is an increased risk of developing skin cancer. Therefore, be careful not to get too much sunlight whatever you do or wherever you go.

Finish Up 2

p.38

Parents must be careful about sending their children to a language school too early. According to some studies, learning a foreign language may have some bad effects on children if they start too soon.

Above all, children may get to hate a foreign language if they attend classes from early on. That can make them lazy with language studies later on.

In addition, some children can be very confused when they learn a foreign language and their mother tongue at the same time. In case they are not ready, early language learning will only slow down children's learning. I believe that parents should consider the dangers of children studying a foreign language too young.

CHAPTER_02 Support

Warm Up

p.45

There are certain features of the Impressionists that distinguished them from other painters.

First, the Impressionists emphasized the play of natural light. So they paid close attention to the reflection of colors. For example, Monet's paintings like *Water-lilies* were particularly excellent in showing the effects of light in the open air.

Second, the Impressionists painted real people and scenery as they were. Their paintings often looked like snapshots, a part of a larger reality. Look at some pictures by Renoir such as *The Swing* and *On the Terrace*. We can see that he captured moments in the day-to-day lives of people.

Finish Up 1

p.52

OK class, we will talk about features of landmarks today. Whether they are natural or man-made, all landmarks have some things in common.

First of all, distinctive landmarks are used to find directions. Imagine that you are lost in Hong Kong. What should you do? Just look for Victoria Peak. The famous peak rises high above the downtown area. So you can see your whereabouts in Hong Kong once you find it.

Besides, landmarks are symbols of a culture. The Sydney Opera House in Australia is more than a structure; it is a national symbol. Australians take pride in that unique building, which has represented their land for years.

Build Up

p.49

Today, we will talk about some plants and animals that make light. They are called "bioluminescent". How would the ability to glow help them?

Some plants produce light to attract things that eat them. Take the case of certain mushrooms like toadstools. They glow to be eaten by bugs. The bugs take their spores to other trees to grow afterwards.

In addition, other creatures give off light to scare their predators away. Let's look at railroad worms, for instance. Railroad worms have red lights in front and green lights on their side. By turning on their glow, they can frighten away their enemies.

Finish Up 2

p.54

Today, I will talk about English, one of the most popular languages in the world. There have been a lot of changes in English as it is a living language.

English has gotten bigger as it has borrowed words from other languages. Take the words *pajamas* and *garage*. *Pajamas* came from Bengali, an Indian language, and *garage* came from French.

English has also expanded the meanings of existing words over time. The word *cool* used to only mean "low temperature". In the 1960s, however, its meaning expanded to mean "good" or "stylish". Now *cool* is commonly used in both ways. It is really interesting to see the language change as if it were a living creature.

CHAPTER_03 Problem & Solution

Warm Up

p.61

Today, I'm going to talk about some ways we can help our children avoid computer addiction. These days, little kids use computers more than ever, so it's important to control their online activities.

First, parents should limit how much time their children spend on the computer. A simple method for this is to set a timer. Through this tool, a child is allowed to be online for just one or two hours each day, for example.

Parents can also control which sites their children visit. Installing "filter" programs can block access to harmful sites. Parents can protect their kids from the dangers of the Net in this way.

Build Up

p.65

Well, I think most of us enjoy a chocolate bar or cookies between meals. Unfortunately, our taste for sugary sweets can prevent us from having good health. Let me tell you a couple of ways to deal with the sugar problems.

First, we need to take care of our teeth. Brush your teeth after every meal or snack. Brushing scrubs away the sugar that allows acid to attack our teeth. You should also get your teeth checked by a dentist at least twice a year.

Moreover, we have to reduce the amount of sugar we eat in order to stay slim and healthy. Try snacking on naturally sweet fruits or nuts instead of cookies, which are high in calories from sugar.

Finish Up 1

p.68

More and more animals are near extinction because of human activities. But if we take action in time, we can save many of these endangered animals.

First of all, we can save the animals by banning or limiting hunting. Many countries currently use a system of hunting licenses. This controls the kinds and numbers of animals that can be hunted each year. We can protect endangered animals through this system.

Another solution is habitat protection. By making national parks, some governments try to protect the areas that animals need to live. Remaining wild animals can escape human pressures there. Unless we save their natural habitat, the endangered animals will have no future.

Finish Up 2

p.70

Well, I guess many of you don't seem to get enough sleep. I often see some of you dozing in my class. According to recent studies, lack of sleep can trigger some serious problems. Then, what should we do? Here is some advice to get the sleep we need.

First, we should do things that can relax us and avoid caffeine before bedtime. Listening to soft music or drinking a cup of herb tea may work for us.

Second, you should get rid of electronic items from the bedroom. If we minimize light and noise in the bedroom, we can fall asleep more easily. But we are likely to get less sleep if we have electronic items like a computer or cellphone in our bedroom.

PROGRESS TEST 1

p.76

Many people say that playing team sports is a good way to stay fit and well. However, playing on a team has some **drawbacks** as well.

First, it can get too **competitive** among team members. All the members do their best to get better, but sometimes it brings out **jealousy** among them.

Second, it can be stressful. Sometimes other members put too much **pressure** on you while playing a game against another team. They can be so **eager** about winning that they even get angry if you make a mistake. Still, do not be discouraged as there are lots of chances to try other activities for fun and health.

p.78

How do you feel when your computer suddenly **goes down** in the middle of a chat? **Restless** and **frustrated**? It means that instant messaging has become a part of your life due to its useful functions.

First of all, this form of communication lets you send and receive messages in real-time. There is no time delay between when you type a message and when the other person reads it. It's like talking with someone by typing.

Furthermore, various emoticons make instant messaging more interesting. We can express our ideas with cute or moving pictures. Sometimes using emoticons without letters can be more effective. You don't have to use any words. Just click the right picture, and the other person will understand how you feel or what you think at once.

p.80

You probably already know that desertification may soon affect millions of people, but you may not be aware of what we can do to control it. Today, I will talk about two ways we can stop desertification.

One thing we can do is to use nature itself. In Africa's Sahara region, towns are building walls of trees and leaves. It is to protect themselves against **advancing** sand **dunes**. These "green walls" also keep the environment cleaner by **absorbing** dust from sand storms.

In addition, we can make laws to control desertification. For example, the Chinese made a law in 2001 that protects certain land areas from any farming or tree cutting. This law, it is hoped, will create a "greener" future.

ACTUAL TEST

p.134

Well, I think a cellphone has become a part of our everyday life. It offers us so many convenient things that we cannot imagine a life without it. Some of you even feel restless when you have left your cellphone at home. But I want you to know that there are some negative effects of using a cellphone.

First of all, it can be distracting. If some students use their cellphones secretly in class, it stops them from concentrating on their studies. It can disturb their classmates as well.

Furthermore, it can be harmful for your health. According to some recent studies, radiation from cellphones may cause headaches, tiredness and even a brain tumor. Many experts believe that cellphone radiation affects children more because their immune systems are weaker than those of adults. Therefore, they advise children not to use cellphones except for when it is really necessary.

TOEFL iBT Writing
Intermediate
ACTIVATOR