

1 Your world

Reading identifying key information; multiple choice with one text

1 Read the Exam Reminder. Tick the best way to deal with multiple-choice questions.

- Read all the questions before looking at the text. _____
- Read each question, locate that information in the text, then read the answer options. _____
- Read the question and all the options, then find the information in the text. _____

Exam REMINDER

Identifying key information

- With multiple-choice questions, read just the main part of the question first, underlining the key words.
- Then find the part of the text that has the answer.
- Compare that section to the options to find the correct answer.

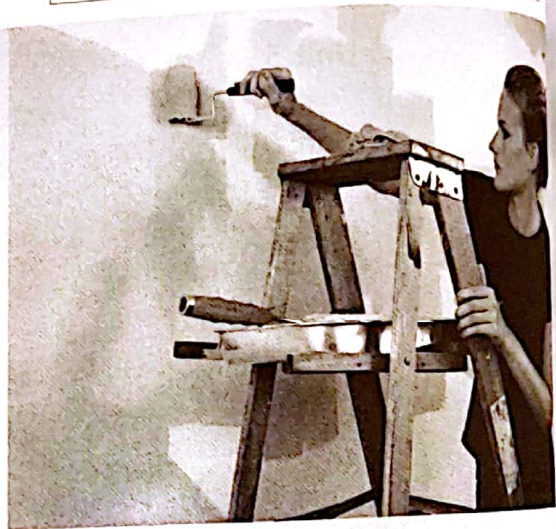
Bring more colour into your life

1 Colours have an important role in our society. They can create a certain atmosphere or influence decisions. On a personal level, they affect what we purchase, what clothes we wear and how we decorate the spaces we live in. For this reason, some **psychologists** want to understand the relationship between colours, our mood and even our personality.

Although various shades of the same colour can have a wide range of effects, colour psychology puts them into two main categories. Warm colours such as red, orange and yellow are believed to make people more energetic and enthusiastic, even aggressive sometimes. On the other hand, cool colours like blue, purple and green are associated with feeling calm, but also depressed. Although many psychologists are doubtful of colour psychology, some studies show important evidence in its favour. For example, warm-coloured **placebo** pills are more effective than cool-coloured ones and areas with blue-coloured streetlights report less crime.

20 Colours are so connected to our **well-being** that many believe they can be used to treat illnesses. Several ancient cultures, including the Egyptians and the Chinese, practised **chromotherapy**, or the use of colours, to heal. In this therapy, red is used to improve the flow of blood around the body, while orange is used to heal the lungs and to increase energy levels. Blue is used to treat pain, whereas green provides a calming effect.

30 Most of us have a favourite colour, which tends to be reflected in our choices. According to a study by a famous paint brand, 42% of men and 30% of women prefer blue. The second favourite colours are red and green, followed by orange, brown and purple. In contrast, the least liked colour is yellow, preferred by only 5% of us.



40 Colour psychology suggests that there is a link between our favourite colour and our personality. If you like red, for instance, you are more likely to be confident and full of energy, but also quite competitive. Yellow is associated with a love of learning and a need for order, whereas people who love green are often loyal, caring and honest. Those who have blue as their favourite colour feel a need for inner peace and truth. They tend to be more sensible and like to live their lives according to their beliefs.

Our taste for colours changes a lot throughout our life. While colour can have a strong influence on how we feel and act, these effects can vary a lot according to personal, cultural and situational factors.

50 Colour psychologists suggest that people shouldn't avoid any particular colour. On the contrary, they claim that, although it's fine to have a favourite colour, we should try to bring at least a small amount of each of the others into our lives, which would favour a better balance.

psychologist (n): someone who studies people's minds and behaviour
placebo (n): a substance with no chemical effects given to a patient instead of a drug

well-being (n): when we are happy or comfortable

2 Now complete the Exam Task.

Exam TASK

You are going to read an article about the relationship between colours and personality. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

- According to the text, colours can have an effect on
 - the different roles we have in society.
 - what we decide to buy and wear.
 - how the people around us are feeling.
 - what we do in our houses.
- What does the second paragraph say about colour psychology?
 - It is accepted by the whole medical community.
 - It divides colours into many different groups.
 - It studies how colours affect your mood.
 - Research has proven it doesn't work.
- In chromotherapy, who might blue be used to treat?
 - someone who is feeling tired
 - someone who can't concentrate
 - someone who has got backache
 - someone who is feeling anxious
- What did the paint study find out?
 - Yellow is a very popular colour.
 - Our favourite colour has little influence on our decisions.
 - More people like purple than green.
 - One colour is a lot more popular than others.
- According to the text, if you have a friend who is organised and likes studying, their favourite colour is more likely to be
 - red.
 - yellow.
 - green.
 - blue.
- What is recommended in the last paragraph?
 - that we have a variety of colours in our lives
 - that we should avoid certain colours
 - that you should avoid having a favourite colour
 - that we surround ourselves only with our favourite colour



- 1 Match the people in the photo with these adjectives.

calm caring confident easy-going
energetic shy

This is one of my favourite photos because all my best friends are in it. On the left is Marcos: he's good to have around in difficult situations because he never loses control or gets nervous. Then there's Camilla. She's so nice and always thinks about others. In the back, you can see Mason: he's quiet around people he doesn't know, but he's really funny too. Jess is next to Mason. What I like about her is that she never doubts herself. And then there's Ella: she never stops! She always wants to do something fun. And that's me, Mia, taking the photo. What would people say about me? I don't take anything too seriously and I'm quite relaxed. And I love my friends! They mean the world to me!

Marcos = _____ Camilla = _____
Mason = _____ Jess = _____
Ella = _____ Mia = _____

- 2 Replace the words in *italics* with these words. Then tick the sentences you agree with.

close mother-in-law related siblings
sister-in-law

- It's hard when you have older *brothers and sisters*.
- You don't need more than two or three *good* friends.
- You should treat your *brother's wife* just like a sister.
- You should always respect the elderly, especially if you are *in the same family*.
- It's important to get on well with your *husband or wife's mum*.

Writing

using idioms and phrasal verbs; writing in an informal style; writing an informal email

Learning REMINDER

Using idioms and phrasal verbs

- Idioms and phrasal verbs will help your writing sound more informal and friendly.
- Make a note of the new idioms and phrasal verbs you learn, including an example sentence and the structure that follows (e.g. noun, infinitive, etc.)

1 Complete the phrases with one word.

- 1 Keep in _____ !
- 2 I like skiing. I'm also _____ ice skating, ...
- 3 I guess that's it _____ now.
- 4 In my _____ time, ...
- 5 I'm mad _____ cats, ...
- 6 I'm not _____ natural at ...

2 Read the writing task below. Are the statements (T) or false (F)?

Your English teacher has arranged for you to write to English-speaking friends. Write a letter to your new friend introducing yourself and your family and talking about your favourite pastimes.

- 1 You have written to this person before. ____
- 2 Your email will be friendly in tone. ____
- 3 You have to write about different topics. ____
- 4 You don't expect a reply. ____

3 Read the notes and the model email. Replace the words in *italics* with the phrases from Exercise 1.

From: Maria
To: Kira

Hi Kira

How are you? My name's Maria. I'm really excited about having a friend from Australia!

I've got one sister. She's two years older than me and she's usually quite easy-going.

My parents own a restaurant. They're really busy during the summer, so my sister and I help them out. What do your parents do?

¹ *When I'm not studying or helping in the restaurant,* I like doing art. ² *I'm not very talented at drawing,* but I'm getting better. ³ *I love cats,* so that's what I mainly draw! ⁴ *I also love going ice skating.* What about you? Well, ⁵ *I haven't got any more news.* ⁶ *Please write back soon.*

Maria

4 Read the Exam Reminder and choose the correct option in the sentences below.

- 1 Informal emails should have a *serious / friendly* tone.
- 2 *Direct / Indirect* questions and contractions are common in informal emails.

Exam REMINDER

Writing in an informal style

- Emails to friends should have a friendly and warm tone.
- You should use informal language, such as contractions and direct questions.

5 Now complete the Exam Task. Write your email in 140–190 words. Use the Useful Language on page 15 of your Student's Book.

Exam TASK

Writing an informal email

You have received this email from your English-speaking friend, Ben.

From: Ben
Subject: Feeling blue

Hi!

Thanks for your email. I'm feeling a bit lonely because I've fallen out with my best friend. What's your best friend like? Do you argue sometimes too?

Oh, and I'm doing a project at college about teenagers around the world. Can you tell me where teenagers usually hang out in your town, and what they do in their spare time?

Keep in touch

Ben

Write your email.

Notes

- Ask about the reader and introduce yourself briefly.
- Comment on the reader's family and describe someone from yours.
- Talk about the other members of the family.
- Mention your hobbies.
- End the email and sign off.