

VOCABULARY

1

- 1 A open-minded
- 2 C endurance
- 3 B radical
- 4 C pedestrianised
- 5 A rip-off
- 6 A reconsider
- 7 B masterpiece
- 8 C numb

2

- 1 E a detailed plan or route of a journey
- 2 D likely to be harmed or damaged
- 3 F the activity of meeting people who might be useful to know, especially in your job
- 4 C to organise a series of activities to try to achieve or stop something
- 5 G to copy something achieved by someone else and try to do it as well as they have
- 6 H to decide and say officially what a punishment will be
- 7 B a chemical used to stop food from decaying
- 8 A in a way that relates or belongs to each of the separate people or things you have just mentioned

3

- 1 came into
- 2 nods off
- 3 break up
- 4 getting at
- 5 looks upon
- 6 talk ... into
- 7 put ... aside
- 8 blacked out

4

- 1 judgemental
- 2 useless
- 3 vandalism
- 4 Realistically
- 5 offender
- 6 interference
- 7 truthful
- 8 apprenticeship

GRAMMAR

5

- 1 've read
- 2 'd been living
- 3 start
- 4 'll be doing
- 5 'd met
- 6 was about to get
- 7 will have been married
- 8 was working

6

- 1 closer you get ... the more expensive
- 2 hadn't been
- 3 might/may/could have left
- 4 should you let/leave
- 5 I could
- 6 weren't ... would be
- 7 was Freddy who/that taught
- 8 must have damaged

7

- 1 I expect Nora has **been** delayed – she should be here by now.
- 2 Anouk is disappointed not **to have been** given/not **to be** given a promotion.
- 3 Can you get your assistant **to** make an appointment?
- 4 Correct
- 5 Jim told me he **had** been to Portugal three times.
- 6 Sammy didn't want to risk **being** followed.
- 7 Correct
- 8 Lisa and I had an argument and stopped **speaking** to each other.

8

- 1 Having missed
- 2 whose website
- 3 went to
- 4 Waving goodbye
- 5 to which he referred
- 6 Discouraged by
- 7 which is
- 8 dressed up

LISTENING

9

- | | |
|-----------------|--------------|
| 1 calm | 4 61% |
| 2 unpredictable | 5 successful |
| 3 universal | |

TAPESCRIPT

Right, before we begin today's lecture, let's just remind ourselves quickly of the Big Five Personality Traits, which we talked about last time. What's the acronym which helps us remember them? Yes, that's right. OCEAN: O-C-E-A-N. And what does it stand for? O for Openness, C for conscientiousness, E for extroversion, A for agreeableness and N for neuroticism. I think that last one was new to some of you last time, wasn't it? Neuroticism basically means how stressed and anxious you get, so a person who usually remains calm would score low on neuroticism and someone who is often stressed would score high. OK?

Now, today we are firstly going to cover where our personalities come from. You've all heard people say 'he's just like his dad', or 'her mother was the same', but to what extent are we actually like our parents in terms of personality, behaviour and attitudes? And if we are, is that because the traits are transmitted in our genes or because we copy the behaviours we observe in our family members as we are growing up? Another area we will consider is whether we are stuck with the personality traits we are born with. Do our personalities change as we grow older and are they affected by our experiences in life?

Most psychologists agree that personality has an evolutionary basis. What that means is that personality traits that help us survive as a species have developed, while those that don't contribute to our survival have died out. Every personality trait that exists today is beneficial in some context. The world is an unpredictable place, which is why a huge variety of different traits exist, even within the same individual. You may be aware of yourself or others displaying different personality traits in different situations. You may, for example, find yourself being more agreeable with your teachers than with your parents. Maybe you are more introverted when you have an important test coming up, and you want to focus on that and avoid the distraction of friends. You may have witnessed your usually calm parent become aggressive when he or she gets behind the wheel of a car. This is normal human behaviour as we consciously or unconsciously adapt to different situations.

Now back to the Big Five. Extensive research has found that these five personality traits are remarkably universal. I use the word 'remarkable' because given that cultures and languages vary across the world, we might expect more differences in personality. But, don't forget, these traits are biological in origin so universality is actually to be expected. One study has shown that between 41 and 61% of each trait is inherited from one's parents, so if I inherit, say, 60% of my extroversion from my parents, where does the rest come from?

Psychologist Carol Dweck believes that our personalities develop around our basic needs and how they are met. She claims that infants come into the world with three psychological needs: firstly, they need to predict their world or in other words, to know what to expect. Secondly, babies need to be confident that they can influence the world so, for example, that by crying they will get milk. Finally, they need to know that they are accepted by others. To put it simply, if a baby gets what she needs, she will believe the world is a good and safe place. Many studies have found that an individual's belief in his or her ability to develop and improve the traits they were born with have a huge impact on how their personality develops and, ultimately, how successful they are in life.

READING

10

- | | |
|-----|-----|
| 1 B | 4 C |
| 2 A | 5 A |
| 3 C | |

WRITING

11

Sample answer

The Orchid Café is a hidden gem tucked away in the back streets of Wimbledon. My friends and I stumbled upon it after a morning of shopping, and we are so glad we did. We were greeted at the door by a friendly waiter, who asked if we'd prefer to sit inside or out. As it was a gorgeous sunny day, we opted for outside and were led through to a delightful terrace at the back with pots of colourful flowers and jazz music playing.

The menu was unexpectedly varied, making it a little difficult to choose. In the end, I opted for homemade tomato soup for starters and slow-roasted vegetables with spicy couscous for the main course. The soup, which was enriched with sun-dried tomatoes, was absolutely delicious. It was served with wonderful freshly baked bread.

The only suggestion I have is to improve the drinks menu. Given that so much thought and imagination went into the food, they could have some creative drinks like unusual juices or flavoured teas and coffees. All that was on offer was the usual soft drinks available anywhere. Overall, I would recommend the Orchid Café to anyone looking for tasty food and excellent service at reasonable prices.

SPEAKING

12

- | | |
|---------------------------------------|---|
| 1 D Speculating | 4 E Disagreeing with what has been said |
| 2 B Encouraging your partner to speak | 5 C Responding to your partner |
| 3 A Adding additional information | |