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Herbert Puchta , Jeff Stranks , Peter Lewis-Jones
Excerpt
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1 LIFE PLANS

OBJECTIVES

FUNCTIONS: talking about the future; complaining
GRAMMAR: present tenses (review); future tenses (review)
VOCABULARY: making changes; life plans; phrases with *up*

READING

1 What are the people doing in the photos? Do you think these are good or bad habits? Why?

2 Check (✓) the bad habits that you have. Then add two more of your own.

- ☐ not getting enough exercise
- ☐ leaving your homework until the last minute
- ☐ forgetting important dates
- ☐ texting when you shouldn't
- ☐ playing computer games when you should be studying
- ☐ getting up late for school

3 SPEAKING Work in pairs. What can you do to change some of these habits?

4 Read the article quickly. Underline the two things that the writer is trying to change about her life.

5 1.08 Read the article again and listen. Mark the sentences T (true) or F (false).

1 The writer has to finish the article by the following day. ☐
2 The writer is finding it easy to lead a healthier life. ☐
3 We use different parts of our brain depending on who we're thinking about. ☐
4 Our brains don't always let us make good choices for our future selves. ☐
5 It takes just under two months for our brains to adjust to changes in our lifestyles. ☐
6 The writer has decided that she'll never be able to change her habits. ☐


A


B


C


D

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I miss my bad habits



I don't believe it! It's 11 p.m., and I'm still sitting here writing this article for the school magazine! I've had two weeks to write it, and my teacher wants it tomorrow. She's always complaining that I leave things till the last minute. Maybe she's right.

A month ago I made a resolution to be more efficient this year. Well, I've clearly failed that one. I've also been trying to get fitter for four weeks now. I've started going to the gym, I've taken up karate, and I've changed my diet. I've even been going to bed earlier. But I'm not feeling any fitter, just a little unhappier.

Right now, I guess kids all over the country are thinking back to the resolutions they made at the beginning of the school year. Some of them have already given up for this year. Others are still doing well. Many, I suspect, like me, are struggling with them. I miss my bad habits. Why is leading a better life so hard?

I've just read an article on a website, and I've discovered that it isn't my fault! In fact, it isn't anyone's fault. It's our brains. They're programmed to make it difficult to break bad habits. There's nothing we can do. For example, you're sitting up late playing Minecraft. You know you have an important test tomorrow, so why don't you just turn off the computer and go to bed? Scientists have done experiments that show we use one part of our brain when we think about ourselves and another when we think about other people. However, when we think about ourselves in the future, we use the same part of the brain that we usually use to think about other people. In other words, the brain sees the "future you" as a different person than your "present you." And that's why we don't always find it easy to make sensible decisions for ourselves in the future.

But that's not all. Scientists have also discovered that it takes around ten weeks to form a good habit. For example, it's going to take another six weeks before going to the gym stops being so difficult and becomes an automatic part of my life. That's the amount of time the brain needs to accept new behavioral patterns. The good news is that once you make it to ten weeks, everything becomes a lot easier. The bad news is that ten weeks is a really long time, so it's easy to give up on your good intentions before then.

So even when we want to change our ways and become better people, our brains won't let us. Or is this just an excuse? Look – I've finished my article on time! Anything is possible!

TRAIN TO THiNK

Reading between the lines

Sometimes a writer doesn't tell us everything directly. We need to draw conclusions from the information the writer gives. We call this "reading between the lines."

6 Answer the questions and give reasons for your answers.

0 Who is the writer? (paragraph 1)
She's a student – she's writing for the school magazine and mentions her teacher.

1 Does the writer feel guilty that she hasn't finished the article? (paragraph 1)

2 Does she enjoy exercise? (paragraph 2)

SPEAKING

Work in pairs. Discuss these questions.

1 What resolutions are you going to make for this school year?

2 What do you think is the secret to changing your life for the better?

Careful planning.

Do work first, play later.

Listen to your parents.

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GRAMMAR

Present tenses (review)

1 **Match sentences 1–5 with the tenses a–d and then complete the rule with the tenses (a–d).**

1 I'**m** still **sitting** here writing this article. ☐
2 I'**ve** also **been trying** to get fitter for four weeks now. ☐
3 I'**ve started** going to the gym. ☐
4 I'**m not feeling** any fitter, just a little unhappier. ☐
5 The brain **sees** the "future you" as a different person to your "present you." ☐

a present perfect continuous
b simple present
c present continuous (x2)
d present perfect

RULE:

1 We use the _____ to talk about facts and give opinions.
2 We use the _____ to talk about what's happening at or around the time of speaking.
3 We use the _____ to talk about past actions without saying when they happened.
4 We use the _____ to talk about actions that started in the past and are still happening.

LOOK! We can use the present continuous with *always* to complain about behavior that we don't like and find annoying.
My dad's always telling me what to do.

2 **Complete the text with the correct present tense form of the verbs. Sometimes more than one tense is possible.**

It's 2 a.m., and I [1]_____ (lie) in bed. I [2]_____ (try) to get to sleep, but I can't. I [3]_____ (have) trouble sleeping for about a month now. I [4]_____ (try) different things to help me sleep, but nothing [5]_____ (work). My mind [6]_____ (not want) to stop. A lot [7]_____ (happen) in my life right now. It's exam time, so I [8]_____ (study) a lot. There's also the question of next year. I [9]_____ (think) about it for ages. Mom and Dad [10]_____ (want) me to go to college, but I'm just not sure what to do.

3 SPEAKING **Work in pairs. Think about a problem you've been having, and tell your partner.**

I've been fighting a lot with my little brother recently. I've tried to ignore him, but it's impossible.

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VOCABULARY

Making changes

1 **Match the phrases with the definitions.**

0 quit doing something *a*
1 make a resolution ☐
2 do well ☐
3 struggle with something ☐
4 take something up ☐
5 break a bad habit ☐
6 form a good habit ☐
7 change your ways ☐

a stop doing something
b find something difficult
c start a new hobby or interest
d stop doing something that isn't good for you
e start doing something that is good for you
f decide to make a positive change
g do things differently (usually for the better)
h be successful

2 **Complete the text with the missing verbs.**

Last year I [1]_____ lots of resolutions and decided to [2]_____ my ways. I tried to [3]_____ the habit of getting up late on weekends. For two months I got up at 8 a.m. But by 2 p.m. I felt sleepy, so I [4]_____ up sleeping in the afternoon. I also [5]_____ wasting time online, but my parents bought me a laptop, and that was the end of that. Then I stopped eating meat. I was [6]_____ well until Mom made roast beef. I just had to eat it. I tried to [7]_____ good habits as well: for example, I started piano lessons. But I [8]_____ with finding time to practice, so I stopped. This year I've only made one resolution: not to make any resolutions.

3 SPEAKING **Work in pairs. Discuss these questions.**

1 What subjects are you doing well in at school?
2 What subjects do you struggle with?
3 What was the last thing you quit doing? Why?

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LISTENING


J.K. Rowling


Sylvester Stallone


James Joyce

1 SPEAKING **Work in pairs. Discuss these questions.**

1 What do you know about these people?
2 Can you match the information with each person?
   A _____ was a famous Irish writer.
   B _____ wrote *Rocky*.
   C _____ wrote the Harry Potter series.

2 1.09 **Listen and check.**

3 1.09 **Read the questions carefully. Listen again and make notes.**

1 What's Annie's problem?
2 What does Ben want to do with his life?
3 How was James Joyce earning a living when he was 30?
4 How are the examples of Joyce, Stallone, and Rowling different from Annie's situation?
5 Why does Ben tell Annie not to worry?

4 SPEAKING **Work in pairs. Compare your answers to Exercise 3.**

GRAMMAR

Future tenses (review)

1 Look at the sentences from the listening. Complete them with the correct future forms of the verbs. Then complete the rule with *present continuous*, *going to*, and *will*.

1 I _____ (meet) the career advisor this afternoon.
2 I _____ (study) medicine.
3 I'm sure you _____ (do) well whatever you do.

RULE:

- To talk about future plans, we often use the 1 _____.
- To make predictions, we often use 2 _____.
- To talk about intentions, we often use 3 _____.

2 Circle the best tense.

1 *We'll go / We're going* to the beach this Friday. Do you want to come?
2 I don't think *I'll finish / I'm finishing* this homework.
3 *I won't go / I'm not going* to college this year. I want to take a year off.
4 I have a dentist appointment tomorrow. *I'm seeing / I'll see* her at 10 a.m.
5 Daisy's learning to fly. *She'll be / She's going to be* a pilot.
6 I'm not *eating / going to eat* chocolate. That's my resolution for next year.
7 Argentina *will win / are winning* the next World Cup. That's what I think.
8 *We're flying / We will fly* on Friday. I'm so excited.

3 In your notebook, write down:

1 two plans you have for this week.
2 two intentions you have for this year.
3 two predictions for your life.

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READING

1 SPEAKING **Check (✓) the statements you agree with. Then discuss them in pairs.**

A good friend …

- ☐ always tells you what they're thinking.
- ☐ never criticizes you.
- ☐ agrees with everything you say.
- ☐ always listens when you have a problem.

2 **Read the article. Decide which paragraph each of these headings describes and write them in the correct places.**

No one is happy all the time
Stop expecting everybody to like you
Don't expect people to always agree with you
Stop expecting people to know what you're thinking
Don't expect people to change

3 **Read the article again. Which paragraphs should these people read and think about? There may be more than one possible answer.**

1 "Billy's so unfriendly to me. I don't know what I've done wrong."
2 "Can't they see I don't really feel like talking? I just want them to leave me alone."
3 "Katie always has a smile on her face. I wish my life was as perfect as hers."
4 "I think Jenny would be a great drummer for our band. I don't know what your problem is."
5 "I wish Dylan wasn't so sloppy. He always makes such a mess."

4 SPEAKING **Work in pairs. Discuss these questions.**

1 Which piece of advice do you think is the best? Why?
2 What other advice would you add?

For a better life …



Life can be hard, and when our plans don't work out, it's often easy to blame others. Sometimes we expect too much from friends and family, and when they don't act as we think they should, we feel disappointed. Maybe it would be easier if we stopped expecting so much from other people. No one is perfect, and that includes you.

1 _____

So you want to travel the world before you get your degree, but your parents don't think it's a good idea. Of course, it's great if other people can support you in your decisions, but you can't keep everyone happy all of the time. It's your life, and you need to make the decisions to make you happy.

2 _____

Don't worry if there are people who aren't very nice to you because there are plenty of people who are. They're called your friends. Spend time with them and avoid the others. And when it comes to finding that special person and settling down, remember: There's somebody for everyone.

3 _____

You've been practicing soccer all summer. You think you're good enough to be on the school team, but the coach doesn't seem to be thinking the same thing. Maybe he just hasn't thought about it at all. He isn't a mind reader, so tell him. Then at least he knows what you're thinking. He might even choose you.

4 _____

People can change, but they don't usually do it because someone else wants them to. You can try to tell them what you're not so happy about, so at least they know, but don't be too disappointed if they continue doing exactly the same things. You have a choice: Accept them or walk away.

5 _____

From their Facebook updates, you'd believe that all your friends are happy all the time and leading exciting lives. Of course, they aren't, just like you know that your life isn't always perfect. We all go through hard times, and we often try to hide it. Be kind to people. They might be having a bad day, and your smile could make a big difference.

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VOCABULARY

Life plans

1 **Match the phrases with the pictures. Write 1–8 in the boxes.**

1 retire
2 travel the world
3 start a career
4 get a degree
5 start a family
6 settle down
7 get promoted
8 leave school



2 **Complete the text with phrases from Exercise 1. Use the correct forms of the verbs.**

My uncle is so cool. He [1]_____ when he was 16 because he wanted to see other places. He spent the next 20 years [2]_____, working in restaurants and hotels in many different countries. When he was in his early forties, he decided to return to the U.S. He went to college and [3]_____. He did really well, and when he finished, he [4]_____ as a translator. Because he was good at his job, he [5]_____ quickly. Soon he was Head Translator. When he was 48, he met the love of his life, and they decided to [6]_____ and [7]_____. Now he's 55, with three young children. He says he wants [8]_____ soon. He wants to stop working and take the whole family around the world with him.

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THiNK SELF-ESTEEM

Life changes

1 **Complete the table with your own ideas.**

	One positive change	One negative change
You leave home.	*Freedom*	*You have to take care of yourself.*
You get a degree.		
You start a career.		
You start a family.		
You get promoted.		
You retire.		

2 SPEAKING **Work in small groups. Compare your ideas.**

WRITING

An email about resolutions

Write an email to an English-speaking friend in another country. Describe your resolutions for the coming school year. Write about:

- bad habits you're changing
- new classes you're taking
- a hobby you plan to take up
- why you're doing all of this

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PHOTOSTORY: episode 1

What's up with Mia?

1 **Look at the photos and answer the questions.**

What do you think the problem is?
What does Mia want to give up?

2 1.10 **Now read and listen to the photostory. Check your answers.**



1

FLORA Hi, Leo. Hi, Jeff.
LEO Hi, Flora.
FLORA Hey, has either of you seen Mia lately?
JEFF No. I haven't seen her for a while, actually.
LEO Now that you mention it, neither have I.
FLORA It's strange, isn't it? She hasn't been to the café in a long time. I wonder what she's up to.
LEO Hey, look who it is. Hi, Mia! We were just talking about you. Where have you been hiding?



2

MIA Don't even joke about it. I never have time to do anything anymore.
FLORA Come and sit down. I'll get you something to drink.
MIA You're the best. Thank you so much.
JEFF So, what's up, Mia? Why are you so busy?
MIA Where do I start? Mondays, I'm taking a French class after school. Tuesdays, I have tennis lessons. Wednesdays, it's swimming. Thursdays, I have orchestra. And every night I'm up late doing homework.
LEO It's Thursday today.
MIA I know. I'm only here because orchestra was canceled this week. Thank goodness.
LEO Don't you like playing the violin?
MIA Not really. I mean, I like playing an instrument. I just don't think I want to continue with the violin. Do you realize I spend up to an hour every day practicing?
FLORA So, why do you do it?
MIA To make my mom happy, I guess.
JEFF You should talk to her. Tell her you want to quit the violin.
MIA Yeah, maybe. But it's not always so easy to talk to her.
FLORA Well, you need to do something. You don't have any time for yourself. I mean, we never get to hang out with you anymore.
MIA Yeah, I guess you're right. It's up to me to do something about this.

THE FOLLOWING WEEK ...



3

CHLOE Hi, Mia.
MIA Hi, Chloe.
CHLOE What's up with you? You don't sound very happy.
MIA It's nothing.
CHLOE Really?
MIA Well, to be honest, I don't really feel like orchestra today.
CHLOE Why not?
MIA I haven't had any time to practice. And I'm tired. I'm just not up for it.
CHLOE Don't be silly. I'm sure it'll be fine. Look, Mr. Wales wants to start. Come on, Mia.
MIA Here we go. I am *not* looking forward to this.

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DEVELOPING SPEAKING

3 **Work in pairs. Discuss what you think Mia decides to do. Write down your ideas.**

We think that Mia decides to keep playing the violin in the orchestra.

4 EP1 **Watch and find out how the story continues.**

5 **Answer the questions.**

1 What happens at orchestra practice?
2 What reasons does Mia give her mom for giving up the violin?
3 Why does Mia think her mom changed her mind?
4 How is Mia learning the guitar?
5 Why does Mia enjoy playing the guitar?

PHRASES FOR FLUENCY

1 **Find these expressions in the photostory. Who says them? How do you say them in your language?**

1 Now that you mention it, … _____
2 Where have you been hiding? _____
3 You're the best. _____
4 Where do I start? _____
5 Don't be silly. _____
6 Here we go. _____

2 **Use the expressions in Exercise 1 to complete the conversations.**

1 A You look tired. Have you had a busy day?
B Busy? _____ First, I had a math test. Then I had a drama club meeting at lunchtime. Then we had to run in gym class …
A Well, you just sit down, and I'll get you something to eat.
B Thanks, Mom. _____
2 A _____, Annie? I haven't seen you for days.
B I haven't been anywhere. You're the one who's disappeared.
A _____, I've just been really busy lately, that's all.
3 A It's ten o'clock. Time for the test.
B _____ I'm really not ready for this.
A Me neither. I have a feeling I'm not going to pass.
B _____ You always pass.

WordWise

Phrases with *up*

1 **Match the phrases in bold with the definitions.**

1 So **what's up**, Mia? ☐
2 I spend **up to** an hour a day practicing. ☐
3 I wonder what she's **up to**. ☐
4 Every night I'm **up late** doing homework. ☐
5 It's **up to me** to do something about this. ☐
6 I'm just not **up for** it. ☐

a still awake
b doing
c what's happening?
d excited about
e as long as / to a maximum of
f my responsibility

2 **Use words and phrases from Exercise 1 to complete the sentences.**

1 What have you been _____ recently?
2 I was _____ watching TV last night.
3 Oh, no! You look really unhappy. _____?
4 It isn't my decision. It's _____ you to decide.
5 My head hurts. I'm not _____ a rock concert.
6 This car can carry _____ six people.

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Pronunciation

Linking words with *up*

Go to page 120.

FUNCTIONS

Complaining

1 **Match the parts of the sentences.**

1 I'm not happy with ☐ a it takes up so much time.
2 The problem is that ☐ b picking on me.
3 He's always ☐ c really like the violin.
4 To be honest, I don't ☐ d the way he talks to me.

2 ROLE PLAY **Work in pairs. Student A: Go to page 127. Student B: Go to page 128.**

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