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# Learning tips

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# Learning tips

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Here are some ideas to boost your learning – give them a go today!

-  Don't get discouraged if you aren't learning English fast enough. It's quite common to experience highs and lows rather than improving at a steady pace. Keep your goal in sight and work towards it!
-  Some phrasal verbs have more than one meaning, which can make them tricky to learn. When you spot a new phrasal verb, check the meaning in a dictionary and write it down with an example sentence to help you remember how to use it.
-  Try to practise your English as much as possible in your daily life. Listen to English when you are cooking or doing jobs around the home or read something in English on your way to work or school.
-  When you come across new adjectives, note down the nouns they commonly pair up with. A good dictionary will help you.  
Example: **avant-garde art/cinema/painting** (very original or modern)
-  After reading a text in detail, try looking for **useful phrases** that you would like to remember and underline them. For example, if you have finished reading something to complete some comprehension questions, read it again and underline any new words.
-  Make sure you read different kinds of text in English. Don't just stick to one. Read stories, poems, instruction manuals, newspapers, and so on. This will help you widen your vocabulary.
-  If learning English seems very challenging, **break it down into smaller tasks**. For example, don't try to learn lots of new words in one go. Instead, focus on **learning a few new words every week**. You will be much more likely to remember them!
-  Try keeping a listening diary and log occasions when you listen to English. Note down any problems you experience and how you helped yourself to listen better. Compare recent entries with older entries to see how well you are progressing.

# Quizzes

Try out these vocabulary and grammar quizzes at B1-B2 level. You can find the answers on page 10.

Can you find five words related to social media?

T	W	E	E	T	D	A	T
S	E	N	Q	B	P	U	V
L	N	O	U	L	W	Y	M
R	T	A	P	O	S	T	I
K	L	F	I	G	G	J	C
O	I	C	H	Z	S	D	G
U	K	E	S	H	A	R	E
P	E	Z	A	I	M	L	O

Match the word stem on the left with a suffix on the right to form five adjectives.

accept	ible
historic	ish
grate	able
sens	ful
styl	al

Read the sentences. Which ONE word is missing in all of them?

- When I feel sad, playing with my cat usually cheers me \_\_\_\_\_.
- I look \_\_\_\_\_ to my grandparents. Their stories inspire me.
- I've had a great weekend, but I'm exhausted now. I'm hoping to catch \_\_\_\_\_ on some sleep later.
- Do you think many people will turn \_\_\_\_\_?

Complete the table with the UK/US equivalents.

UK	US
	schedule
noticeboard	
rubber	
	Scotch tape
school dinner	
	recess

Fill in the missing words.

- a s \_ \_ \_ \_ of cake
- a b \_ \_ of chocolate
- a b \_ \_ \_ \_ of grapes
- a d \_ \_ \_ \_ \_ of olive oil
- a j \_ \_ of jam
- a l \_ \_ \_ of bread

**Choose the correct word.**

1. The film was so **bored/boring**, I nearly fell asleep.
  2. The pupils are clearly **bored/boring**. The lesson isn't very interesting.
  3. I love yoga and always feel **relaxed/relaxing** after my practice.
  4. Sara had a very **relaxed/relaxing** holiday.
  5. It's so **tired/tiring** to get up at 5.30 every morning.
  6. I had lessons until 4 p.m. today. I'm really **tired/tiring**.
- 

**Unjumble the words.**

1. Sabine **OKOT PU** the saxophone when she was 17. \_ \_ \_ \_ \_
  2. Junior **UTSEIDD** violin at the Juilliard School. \_ \_ \_ \_ \_
  3. Tina is **NLNGIAR** the flute. \_ \_ \_ \_ \_
  4. Timo **AGEV PU** the drums when he started college. \_ \_ \_ \_ \_
  5. Anwar **TRAPISCES** the piano for 2 hours every day. \_ \_ \_ \_ \_
- 

**Put the words in the box into the correct column.**

bowling	hockey	aerobics	riding	athletics
cricket	mountaineering	weightlifting	golf	
baseball	judo	cycling	badminton	yoga
wrestling	skateboarding	skiing	football	

play	go	do

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**Match the two sentence halves.**

1. I'm hoping to do a law a. periods of maths every week.
  2. I'm taking elementary b. degree at university.
  3. We have six c. French this term.
- 

**Write one word in each gap.**

One \_\_\_\_\_ the most memorable things I have ever done \_\_\_\_\_ whale watching in Maine, USA. I was told that \_\_\_\_\_ best time to see the giants of the ocean was \_\_\_\_\_ April, when hungry whales arrive \_\_\_\_\_ feast on plankton and fish in the coastal waters off Maine. \_\_\_\_\_ family and I went in late April and joined a whale watching tour in Portland, Maine. 15 minutes \_\_\_\_\_ setting off we spotted our first whale. It was a magnificent sight and \_\_\_\_\_ my breath away. I was surprised by \_\_\_\_\_ close the boat could get to the whale and soon after \_\_\_\_\_ were several more. In total, we saw seven whales, as well \_\_\_\_\_ a group of dolphins and lots of seals that day. This is a day I will \_\_\_\_\_ forget.

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# Study skills

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## Time, time, time

Do you ever feel like there are not enough hours in the day? You are not alone. Many of us lead busy lives. Trying to study English after school, work, family and other commitments can be difficult. Here are three simple ideas to help you with your time management.

1

### Be realistic

You might hope to study at least 5 hours every day. Is that really going to happen? Look at your daily routines realistically and decide when you can find some time to study. It's better to aim for 15 minutes four times a week and do it than to plan for 2 hours five times a week and give up.

2

### Make a plan

Write down a clear plan. To help you with your plan, answer these questions:

When are you going to study? For how long?

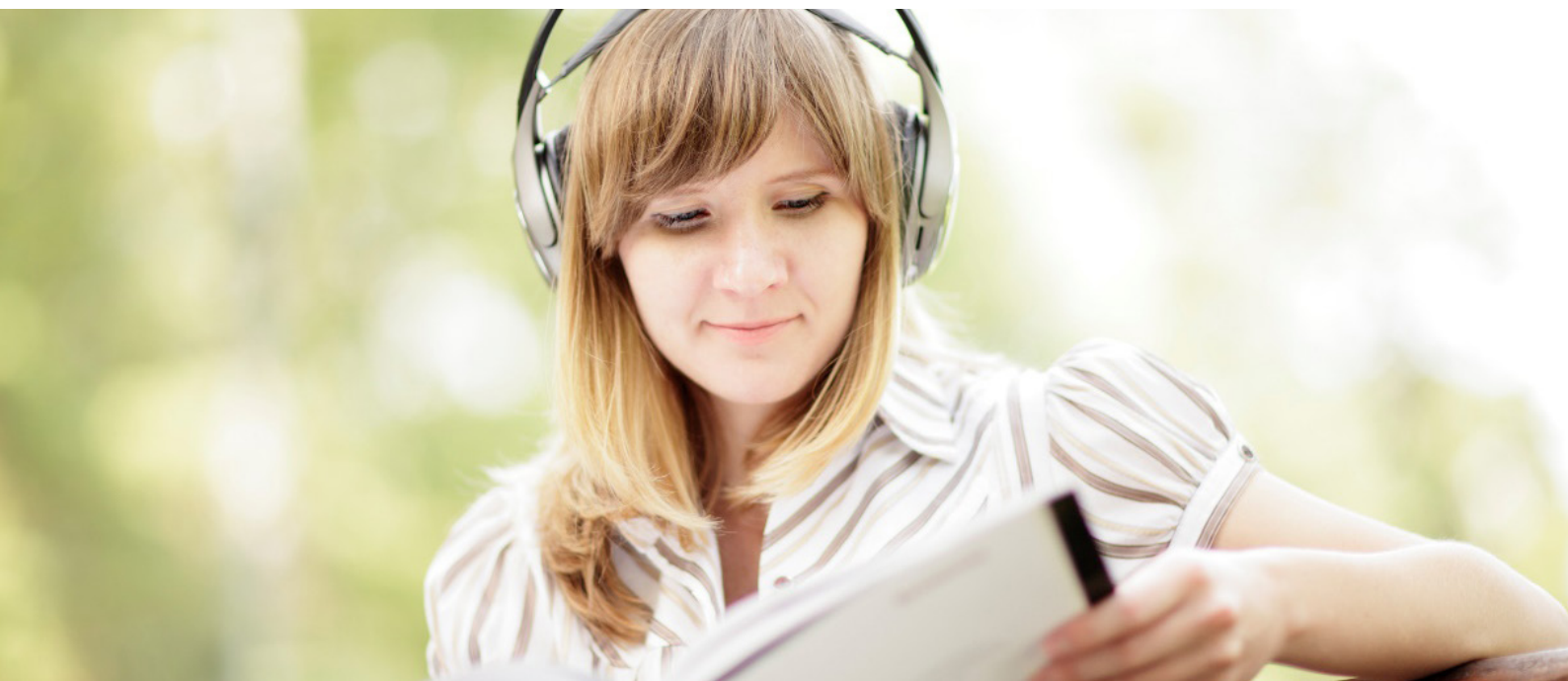
Where are you going to study?

What are you going to study?

3

### Follow the plan (or change it 😊)

Now you have your personal study plan, do it! Set yourself a reminder on your phone. Arrange to study with a friend. Tell your family about your study plans, so they can check up on your progress. But remember, if you cannot manage to follow your plan, change it. It's YOUR plan, so make it work for YOU.



## Are you making progress?

If you've been learning English for a while it can be hard to know whether you are still improving. Some learners lose confidence after a while - they feel they made lots of progress when they first started learning English, but now they are at intermediate level, they find it hard to get better. The truth is, progress is often gradual (and sometimes slow), but if you are going to English lessons or studying regularly at home, you are almost certainly making progress. Here are some things you can do today to check your progress.

1

### Go back in time

Get out an old notebook or find an email or story you wrote in English a year ago. Read it. Now correct it. Check your spelling and your vocabulary. Are your sentences simple? How would you write them today? You can probably see how much your English has improved over the year. Feel proud of yourself!

2

### Write for the future

Sit down and write something for yourself. A letter to yourself, a story or whatever you like. Put it in an envelope and write the date six months into the future on the envelope. Leave it on your desk or somewhere you can see it every day. Open it in six months' time (on the date on the envelope) and read it. Your English will be better then. Now that's something to look forward to!



## English around you

Learning English can be tricky if you don't live in an English-speaking country. Here are a few ideas for how you can bring English into your daily life.

1

### Be smart with your smartphone

Change your smartphone, laptop and tablet settings to English. This will give you instant daily reading practice. Try it – you'll be surprised how quickly you will pick up new vocabulary.

2

### Go to the movies

Watch films in English at the cinema, put on a DVD or stream a movie or TV programme online. Make sure you watch it in English – with or without subtitles.

3

### Be social

Use social media in English. Find a page on a topic you are interested in and comment in English. You can practise your writing skills, your reading skills and be part of a global community all at the same time. For a fun English language community, join us on Facebook at:

[facebook.com/CambridgeEnglish](https://facebook.com/CambridgeEnglish) and [facebook.com/cambridgecae](https://facebook.com/cambridgecae)





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# Exam tips

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We've put together some exam tips useful for Cambridge English: First, Advanced and Proficiency. Find out more about our exams at [cambridgeenglish.org/exams](https://cambridgeenglish.org/exams)



## Reading

Don't rely on 'word spotting' – just because the same word, name, or date appears in the text and the question, don't assume it is automatically the right answer.

Do lots of [general reading practice](#) in class and at home, especially the kinds of texts used in the Cambridge English exams.



## Writing

Don't worry if you go over the word limit for writing tasks a little bit.

If you are writing an [article](#), the main purpose is to [interest and engage](#) the reader. Make sure you include some [opinion](#) or [comment](#) about the topic.



## Listening

Transfer your answers [accurately](#) to the answer sheet.

Use the preparation time before each recording is played to read through the questions and think about the context.



## Speaking

Don't try to dominate your partner or interrupt them abruptly during the Speaking test.

Don't prepare long answers in advance, or learn and practise speeches.

# Answer key

Can you find five words related to social media?

T	W	E	E	T	D	A	T
S	E	N	Q	B	P	U	V
L	N	O	U	L	W	Y	M
R	T	A	P	O	S	T	I
K	L	F	I	G	G	J	C
O	I	C	H	Z	S	D	G
U	K	E	S	H	A	R	E
P	E	Z	A	I	M	L	O

Match the word stem on the left with a suffix on the right to form five adjectives.

acceptable  
historical  
grateful  
sensible  
stylish

Read the sentences. Which ONE word is missing in all of them?

- When I feel sad, playing with my cat usually cheers me **UP**.
- I look **UP** to my grandparents. Their stories inspire me.
- I've had a great weekend, but I'm exhausted now. I'm hoping to catch **UP** on some sleep later.
- Do you think many people will turn **UP**?

Complete the table with the UK/US equivalents.

UK	US
timetable	schedule
noticeboard	bulletin board
rubber	eraser
Sellotape	Scotch tape
school dinner	school lunch
break time	recess

Fill in the missing words.

- a **slice** of cake  
a **bar** of chocolate  
a **bunch** of grapes  
a **drizzle** of olive oil  
a **jar** of jam  
a **loaf** of bread

### Choose the correct word.

1. The film was so **boring**, I nearly fell asleep.
  2. The pupils are clearly **bored**. The lesson isn't very interesting.
  3. I love yoga and always feel **relaxed** after my practice.
  4. Sara had a very **relaxing** holiday.
  5. It's so **tiring** to get up at 5.30 every morning.
  6. I had lessons until 4 p.m. today. I'm really **tired**.
- 

### Unjumble the words.

1. Sabine **TOOK UP** the saxophone when she was 17.
  2. Junior **STUDIED** violin at the Juilliard School.
  3. Tina is **LEARNING** the flute.
  4. Timo **GAVE UP** the drums when he started college.
  5. Anwar **PRACTISES** the piano for 2 hours every day.
- 

### Put the words in the box into the correct column.

play	go	do
badminton	bowling	aerobics
baseball	cycling	athletics
cricket	mountaineering	judo
football	riding	weightlifting
golf	skateboarding	wrestling
hockey	skiing	yoga

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### Match the two sentence halves.

- |                           |                                 |
|---------------------------|---------------------------------|
| 1. I'm hoping to do a law | b. degree at university.        |
| 2. I'm taking elementary  | c. French this term.            |
| 3. We have six            | a. periods of maths every week. |
- 

### Write one word in each gap.

One **of** the most memorable things I have ever done **is/was** whale watching in Maine, USA. I was told that **the** best time to see the giants of the ocean was **in** April, when hungry whales arrive **to/and** feast on plankton and fish in the coastal waters off Maine. **My** family and I went in late April and joined a whale watching tour in Portland, Maine. 15 minutes **after** setting off we spotted our first whale. It was a magnificent sight and **took** my breath away. I was surprised by **how** close the boat could get to the whale and soon after **there** were several more. In total, we saw seven whales, as well **as** a group of dolphins and lots of seals that day. This is a day I will **never/not** forget.

Join us for more tips and quizzes, and for the chance to talk to other people who are learning English:



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