

Oxford Word List A2

Gap-Fill Exercises | Book 7 | Units 29–32

29

Sleep & Cognitive Health

Why rest matters for the brain and body

WORDBOX

alert	asleep	awake	drowsy
fatigue	memory	mood	phase
refresh	restore	schedule	tired

★ One word does not fit any gap.

Many students go to bed long after midnight and are surprised to find that they cannot remember what they studied the following morning. The moment you fall _____ (1), your brain begins a process of consolidation — quietly organising and storing the day's experiences into long-term _____ (5).

A person who is fully _____ (2) and well-rested makes fewer errors, reacts more quickly, and maintains focus for longer periods. By contrast, someone who feels _____ (3) can barely keep their eyes open in a lecture, let alone absorb complex material.

Staying _____ (4) for long periods to finish an assignment may feel necessary in the short term, but research consistently shows it is counterproductive. The _____ (6) that accumulates over several nights of poor sleep takes much longer to recover from than a single late night.

During the deepest _____ (7) of sleep, the body carries out essential maintenance: muscles _____ (9), the immune system resets, and the brain clears out waste products that build up during waking hours. Missing this phase regularly has measurable effects on physical health.

Sleep also has a direct impact on _____ (8). People who are chronically under-slept tend to be more irritable, more anxious, and less able to regulate their emotions. Establishing a consistent sleep _____ (10) — going to bed and waking at the same time each day — is one of the most effective ways to _____ (11) the mind and perform at your best.

WORDBOX

barrier	cooperate	currency	diverse
emerge	exchange	extend	overseas
produce	region	standard	transfer

★ One word does not fit any gap.

Over the past century, a genuinely global economy has begun to _____ (1). Countries that once traded mainly with their neighbours now sell and buy goods from every corner of the world. The range of products available to ordinary consumers has become extraordinarily _____ (2) — a single supermarket shelf may contain items from a dozen different countries.

However, this openness is not automatic. When a government imposes a _____ (3) — such as a tariff or an import quota — it restricts the flow of goods in order to protect domestic industries. Countries that choose to _____ (4) through trade agreements can lower these restrictions, making it easier and cheaper to do business across borders.

A shared _____ (5), such as the euro, removes one of the most practical obstacles to trade: the need to convert money every time a transaction crosses a border. A common _____ (6) for product safety is equally important — it means that goods manufactured in one country can be sold in another without undergoing lengthy additional tests.

Modern technology has made it possible to _____ (7) money and data almost instantly. A business can _____ (8) goods in one _____ (11), warehouse them in another, and deliver them to customers across the world — all managed remotely.

At the same time, moving jobs _____ (9) can devastate communities that depended on those industries for generations. The _____ (10) of benefits and risks between richer and poorer nations remains one of the most contested questions in international economics.

WORDBOX

deadline	draft	extend	fail
feedback	outline	pass	plagiarism
reference	revise	submit	thesis

★ One word does not fit any gap.

Academic writing is a skill that most students have to develop from scratch when they arrive at university. The first _____ (1) of any piece of work is rarely good — and it is not meant to be. Its purpose is simply to get your ideas onto the page before the _____ (2) arrives and you run out of time.

Before you start writing, it helps to create a brief _____ (5) of your argument. This skeleton structure prevents you from going off-topic and makes the writing process much faster. Once you have a clear plan, you are far less likely to _____ (3) to organise your thoughts effectively.

Every claim you make in an academic essay must be supported by a _____ (8) to a published source. Using someone else's words or ideas without acknowledging them is called _____ (7) — a serious academic offence that can result in a student being expelled from their programme.

When your tutor returns work with written _____ (4), do not simply file it away. Read it carefully and use it to _____ (9) your approach before you _____ (10) your next assignment. The students who improve most rapidly are those who treat criticism as information rather than judgment.

A _____ (11) is the most demanding piece of writing most undergraduates will ever undertake. Students who manage to _____ (6) it — and go on to celebrate their graduation — almost always say the same thing: start earlier than you think you need to.

WORDBOX

adapt	belong	citizenship	integrate
language	migrate	minority	native
overseas	permanent	refugee	welcome

★ One word does not fit any gap.

One of the most fundamental human needs is the feeling that you _____ (1) — that there is a place, a group, or a community where you are genuinely accepted. For people who move to a new country, finding that sense of belonging can take years. It requires effort from both the newcomer and the society that receives them.

People _____ (5) for many different reasons: to find work, to study, to join family, or to escape danger. Those who are forced to leave because their lives are at risk are given the legal status of _____ (10). Regardless of the reason for moving, every newcomer must _____ (2) — adjusting their habits, expectations, and sometimes their identity — to a new environment.

Learning the local _____ (6) is the most immediate challenge. Without it, accessing healthcare, education, and employment is extraordinarily difficult. Over time, as communication improves, many migrants begin to _____ (3) more fully into their new society — participating in civic life and forming genuine connections.

People who grow up speaking a _____ (7) language at home, or who belong to a _____ (8) religious or cultural group, often describe a dual sense of identity. They may feel fully settled in their adopted country while still maintaining a deep connection to their heritage.

Applying for _____ (4) is a milestone for many migrants — a formal recognition of their _____ (9) commitment to their new home. Whether a society is truly _____ (11) of newcomers is reflected not just in its laws, but in the everyday attitudes of its people.

ANSWER KEY

Exercise 29 — Sleep & Cognitive Health

- | | |
|-------------|--------------|
| 1. asleep | 2. alert |
| 3. drowsy | 4. awake |
| 5. memory | 6. fatigue |
| 7. phase | 8. mood |
| 9. restore | 10. schedule |
| 11. refresh | |

◆ *Distractor: tired*

Exercise 30 — Globalisation & Trade

- | | |
|-------------|--------------|
| 1. emerge | 2. diverse |
| 3. barrier | 4. cooperate |
| 5. currency | 6. standard |
| 7. transfer | 8. produce |
| 9. overseas | 10. exchange |
| 11. region | |

◆ *Distractor: extend*

Exercise 31 — Academic Life & Study Skills

- | | |
|---------------|--------------|
| 1. draft | 2. deadline |
| 3. fail | 4. feedback |
| 5. outline | 6. pass |
| 7. plagiarism | 8. reference |
| 9. revise | 10. submit |
| 11. thesis | |

◆ *Distractor: extend*

Exercise 32 — Migration & Belonging

- | | |
|--------------|----------------|
| 1. belong | 2. adapt |
| 3. integrate | 4. citizenship |
| 5. migrate | 6. language |
| 7. native | 8. minority |

9. permanent

10. refugee

11. welcome

◆ *Distractor: overseas*