

EXERCISE 1

Academic Life & University Studies

graduate	revise	concentrate	theory	presentation	laboratory
reference	academic	assignment	analyse	conclusion	definition

(1) _____ life at university is very different from life at secondary school. Students are no longer just asked to learn facts by heart; they must learn to (2) _____ arguments, think about sources carefully, and develop their own ideas. Before you write an essay, it is important to know the exact (3) _____ of the key words you are using, so that your argument is clear and well-organised. Most courses also ask students to (4) _____ their notes and reading throughout the term, not only in the days before an exam. Science students spend time in the (5) _____, where they do experiments and observe results under controlled conditions. At the end of many courses, students must give a (6) _____ to the class, explain their findings clearly, and answer questions from the audience. There is also usually a written (7) _____ that checks how well students understand the subject. It is easier to do all of this well if you find a quiet place where you can truly (8) _____ without noise or other distractions. The (9) _____ behind most modern language teaching is that real communication is more important than getting every grammar rule right. Students who work hard and take their studies seriously are usually well prepared when they (10) _____ and start their working lives. The (11) _____ of most research on this topic is the same: regular effort and a genuine interest in learning are the best ways to do well at university.

EXERCISE 2**Technology & Digital Communication**

connection	develop	communicate	signal	feature	keyboard
access	influence	application	update	contain	software

Digital technology has changed the way university students learn, work, and (1) _____ with each other. Most universities now have an online (2) _____ that students can use to hand in work, check their grades, and make appointments with their teachers. A good internet (3) _____ has become as important as having a desk; without it, students cannot join online classes, download materials, or work on group projects. It is also important to (4) _____ your devices on a regular basis, because old systems can have security problems and may not work with the newest tools. One very useful (5) _____ of most university digital libraries is that you can search thousands of academic articles at the same time, which saves a lot of time. Social media can also (6) _____ the way students think about current events and social issues, so knowing how to check whether online information is true is now a key skill. Students who study computer science learn to (7) _____ their own programmes and tools, but all students benefit from understanding how digital systems work in a basic way. Many people type so fast on a (8) _____ that they do not stop to think carefully about what they are writing. Having good (9) _____ to digital libraries and online journals gives students a real advantage when doing research. However, a weak Wi-Fi (10) _____ in some parts of campus is still a common problem for students trying to join live online classes. In the end, the (11) _____ that students use every day has a big effect on how they think and learn, and this is why universities are paying more attention to how digital learning tools are designed.

EXERCISE 3**Health & Well-being at University**

encourage	awareness	recommend	treatment	avoid	symptom
pressure	mental	benefit	fitness	routine	suffer

Starting university can be exciting, but it can also create a lot of (1) _____ for students, especially when exams are close and several deadlines arrive at the same time. Many students (2) _____ from stress and anxiety during their studies, and they often do not notice how serious the problem is until it starts to affect their work. One early (3) _____ of burnout is feeling very tired all the time, even after sleeping, and finding it hard to do tasks that did not seem difficult before. Health professionals (4) _____ that students talk to someone early if they notice these signs, rather than waiting until things get much worse. Having a regular daily (5) _____ — going to sleep at the same time, eating properly, and taking short breaks — can make a big difference to your mood and your ability to study. Physical (6) _____ also helps a lot; students who exercise often say they sleep better, feel less stressed, and find it easier to get through hard periods. Universities are now doing more to (7) _____ students to use counselling and support services, and many have added more of these services in recent years. (8) _____ health is now seen as just as important as physical health, but some students still feel embarrassed about asking for help. The (9) _____ for stress-related problems usually includes professional support, changes to daily habits, and sometimes medication. Greater (10) _____ of these issues among students and university staff is a good thing, and there is clear evidence that getting help early brings real (11) _____ for the people who do.

EXERCISE 4**Environment & Sustainability**

campaign	consequence	pollution	atmosphere	alternative	global
consume	chemical	awareness	damage	reduce	resource

Climate change is one of the biggest problems of our time, and understanding its causes and (1) _____ has become an important part of education at every level. Burning fossil fuels sends large amounts of carbon dioxide and other gases into the (2) _____, where they trap heat and cause temperatures around the world to go up. Scientists agree that we need to (3) _____ our use of these fuels as quickly as possible if we want to avoid the worst effects. Factories that put (4) _____ waste into rivers and oceans cause serious harm to wildlife and to the people who need clean water to live. (5) _____ warming also affects farming, because changes in rain and very high temperatures make it harder to grow food in many parts of the world. Raising public (6) _____ of these risks is important, but it is not enough on its own; real changes in behaviour and government policy are also needed. Every natural (7) _____, from forests to clean water, must be used carefully so that future generations can have a good quality of life too. Happily, engineers and scientists are working to create (8) _____ energy sources, such as wind and solar power, that can take the place of oil and gas. Ordinary people can help as well: those who (9) _____ less energy at home and choose greener ways to travel make a real difference to the shared effort. The (10) _____ caused by plastic waste and dirty water is already easy to see in oceans and rivers around the world, but there is still time to change things. Stopping further (11) _____ to the natural world will need not just personal choices, but strong action from governments and businesses working together.

EXERCISE 5**Work, Economy & Career Planning**

manage	employment	promote	qualify	competitive	profession
experience	investment	responsible	graduate	ambitious	financial

Planning for life after university is something students are often told to start long before they (1) _____ and receive their degree. The job market today is very (2) _____, and employers often receive hundreds of applications for a single position. Students who are (3) _____ and take action early tend to do better by looking for internships, doing volunteer work, and building useful contacts while still at university. In order to (4) _____ for some careers, such as law or medicine, students may need to pass extra exams or do further study after finishing their first degree. Getting practical work (5) _____ during university — even in jobs that are not directly related to your subject — shows employers that you can take responsibility and learn quickly. Many students also benefit from learning to manage their (6) _____ situation on their own — knowing how to budget, stay out of debt, and plan ahead are skills that will help throughout life. Choosing a (7) _____ is not a simple decision; it means finding a balance between personal interest, salary, job security, and the wish to do something useful for society. Once they are working, employees who take on extra (8) _____, speak clearly with colleagues, and show real commitment are more likely to be (9) _____ to a more senior position. Companies tend to (10) _____ people who show they can lead others and who keep working to improve their skills. Long-term (11) _____ in education and training is good not only for individuals but also for the economy as a whole, because a skilled workforce helps businesses and countries grow.

Exercise 1 — Academic Life & University Studies

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Academic	analyze	definition	revise	laboratory	presentation	assignment	concentrate	theory	graduate	conclusion

Exercise 2 — Technology & Digital Communication

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
communication	application	connection	update	feature	influence	develop	keyboard	access	signal	software

Exercise 3 — Health & Well-being at University

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
pressure	suffer	symptom	recommend	routine	fitness	encourage	Mental	treatment	awareness	benefit

Exercise 4 — Environment & Sustainability

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
consequence	atmosphere	reduce	chemical	Global	awareness	resource	alternative	consume	pollution	damage

Exercise 5 — Work, Economy & Career Planning

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
graduate	competitive	ambitious	qualify	experience	financial	profession	responsible	promote	employ	investment