

**EXERCISE 1**

**Academic & Intellectual Life**

frequently	persuade	approximately	examine	essential	effectively
complex	particularly	summarize	conclude	analysis	determine

1. After reading several studies on the topic, the student was able to \_\_\_\_\_ that regular sleep improves memory and concentration more than any other single lifestyle change.
2. A careful \_\_\_\_\_ of the data showed that students who attended every lecture scored, on average, fifteen percent higher in their final examinations than those who missed even a few sessions.
3. Good time management is \_\_\_\_\_ for university success; without it, even the most capable students often find themselves struggling to meet deadlines and keep up with reading.
4. The relationship between language and thought is extremely \_\_\_\_\_, and philosophers have been debating it for centuries without reaching a clear agreement.
5. Before you can write a strong argument, you need to \_\_\_\_\_ what the main point of the opposing side is, so that you can address it directly and fairly in your essay.
6. The library holds \_\_\_\_\_ 80,000 books and journals, as well as a large digital collection that students can access from anywhere in the world.
7. This chapter is \_\_\_\_\_ useful for students who are writing a research paper for the first time, as it explains how to find reliable sources and use them correctly.
8. Students who visit their tutors \_\_\_\_\_ — at least once every two weeks — tend to feel less anxious about their work and produce stronger final assignments.
9. One of the key skills at university is learning how to communicate your ideas \_\_\_\_\_ in writing — clearly, concisely, and with evidence to support every main claim.
10. A well-structured introduction should \_\_\_\_\_ the reader that your argument is worth following, by showing from the very first paragraph that you have something new and interesting to say.
11. It is important to \_\_\_\_\_ both sides of a debate carefully before forming a strong opinion, rather than accepting the first argument you come across.

**EXERCISE 2****Society, Change & the Modern World**

environmental	unpleasant	unemployment	throughout	transport	economic
unless	contrast	statistic	immigrant	therefore	equally

1. Every \_\_\_\_\_ who moves to a new country faces the challenge of learning a new language, finding work, and building a social life in an unfamiliar place, often without the support of family nearby.
2. High \_\_\_\_\_ not only reduces people's incomes but also affects their mental health, their confidence, and their sense of purpose in ways that can last for many years.
3. The government has announced a new set of \_\_\_\_\_ laws that will make it illegal for factories to release certain chemicals into rivers and require them to use cleaner forms of energy.
4. According to one \_\_\_\_\_, more than half of all plastic produced worldwide in the last decade has ended up in either a landfill site or the ocean rather than being recycled.
5. All citizens, regardless of where they were born or how much money they earn, should be treated \_\_\_\_\_ under the law and have access to the same basic rights and public services.
6. Investing in public \_\_\_\_\_ — such as trains, buses, and cycling lanes — reduces the number of cars on the road, cuts pollution, and helps people get to work more quickly and cheaply.
7. The \_\_\_\_\_ benefits of investing in education are well established; countries with higher literacy rates consistently show stronger growth, lower crime, and better public health outcomes.
8. The cost of housing has risen sharply over the past decade; \_\_\_\_\_, many young people are now choosing to rent rather than buy, even when they have stable, well-paid jobs.
9. Social attitudes \_\_\_\_\_ history have shifted considerably on issues like gender equality and civil rights, though many campaigners argue that much more change is still needed.
10. \_\_\_\_\_ governments invest seriously in renewable energy within the next twenty years, scientists warn that it will become very difficult to limit the damage caused by rising global temperatures.
11. In sharp \_\_\_\_\_ to the noisy, crowded city centre, the residential neighbourhood just a few kilometres away was quiet, green, and full of families walking in the evening sun.

located	frozen	explosion	earthquake	continuous	element
poisonous	substance	ingredient	percentage	naturally	surface

1. Scientists discovered a new \_\_\_\_\_ deep in the rainforest that appears to stop the growth of certain bacteria and could eventually be developed into a useful antibiotic medicine.
2. Many plants produce \_\_\_\_\_ chemicals as a defence against insects and animals that might otherwise eat their leaves, stems, or fruit.
3. When a powerful \_\_\_\_\_ strikes a city, the damage it causes depends not only on how strong it is but also on how deep below the ground it begins and how close it is to a populated area.
4. The \_\_\_\_\_ at a chemical plant on the edge of the city sent a cloud of thick smoke into the sky that was visible from more than thirty kilometres away.
5. The \_\_\_\_\_ burning of fossil fuels over the past two hundred years has released enormous amounts of carbon dioxide into the atmosphere, causing the planet to warm at an unprecedented rate.
6. Water is the most important \_\_\_\_\_ in the human body; without enough of it, the body cannot regulate its temperature, carry nutrients to cells, or remove waste products effectively.
7. A surprisingly large \_\_\_\_\_ of the oxygen we breathe is produced not by forests and trees but by tiny plant-like organisms called phytoplankton that live in the ocean.
8. Oxygen is one of the most important \_\_\_\_\_ on Earth; it makes up about twenty-one percent of the atmosphere and is needed by almost every living thing to produce energy.
9. The \_\_\_\_\_ of the Moon is covered in craters left by meteorites that have struck it over billions of years, and because there is no atmosphere, these marks never wear away.
10. The town is \_\_\_\_\_ at the foot of a large volcano that has not erupted for over three hundred years, though scientists continue to monitor it very carefully for any signs of activity.
11. Some animals, such as the axolotl — a type of salamander — can \_\_\_\_\_ regrow lost limbs, a remarkable ability that researchers are studying in the hope of finding medical applications for humans.

**EXERCISE 4****Language, Communication & Expression**

<b>impressive</b>	<b>poetry</b>	<b>translation</b>	<b>narrative</b>	<b>confirm</b>	<b>quotation</b>
<b>silent</b>	<b>indirect</b>	<b>similarity</b>	<b>script</b>	<b>spoken</b>	<b>definite</b>

1. The \_\_\_\_\_ of the novel follows a young woman from a small village who travels to the capital city in search of a better life, told in a style that moves backwards and forwards in time.
2. A \_\_\_\_\_ of a literary work is never just a word-for-word swap between languages; the best translators also carry across the feeling, rhythm, and cultural meaning of the original text.
3. The essay began with a \_\_\_\_\_ from a well-known scientist who argued that the greatest discoveries in history were made not by following rules but by asking questions nobody had thought to ask before.
4. The difference between \_\_\_\_\_ and written language is greater than many people realise — we use shorter sentences, more pauses, and a wider range of tones when we talk than when we write.
5. In some cultures, it is considered rude to make a request directly; instead, people use \_\_\_\_\_ language, hinting at what they want rather than saying it plainly, which can be confusing for outsiders.
6. The actor forgot one line of the \_\_\_\_\_ during the performance, but recovered so smoothly that most of the audience had no idea anything had gone wrong.
7. The children's ability to hold a full conversation in three languages by the age of eight was \_\_\_\_\_ and left their teachers wondering how they had managed it so naturally and easily.
8. Before the meeting began, both sides agreed to \_\_\_\_\_ the key points in writing so that there could be no later argument about what had actually been decided.
9. The room fell completely \_\_\_\_\_ as the speaker walked to the front, and for a long moment nobody moved or said a word before she began to talk.
10. There is no \_\_\_\_\_ answer to the question of whether children learn language better through formal study or through natural exposure; both approaches have clear benefits in different situations.
11. Reading \_\_\_\_\_ regularly — even short poems on a familiar topic — can help language learners develop a stronger sense of rhythm, vocabulary, and the emotional range of a new language.

**EXERCISE 5****Health, the Body & Medical Care**

properly	uncomfortable	throat	breath	seriously	previously
emergency	slightly	relaxed	appointment	qualified	leisure

1. It is perfectly normal to feel \_\_\_\_\_ before a medical procedure such as a blood test or an injection, but deep, slow breathing can help calm the nervous system and reduce the feeling of anxiety.
2. In a medical \_\_\_\_\_, every second matters; paramedics are trained to assess a patient's condition quickly and begin treatment before they even reach the hospital.
3. The doctor explained that the patient's blood pressure was \_\_\_\_\_ higher than normal, which was not immediately dangerous but would need to be monitored carefully over the coming months.
4. A sore \_\_\_\_\_ is one of the most common reasons people visit a pharmacy, and in most cases it is caused by a viral infection that will clear up on its own within a week.
5. Anyone who has been \_\_\_\_\_ injured in an accident should seek medical attention immediately, even if the pain seems manageable at first, as some injuries are not immediately obvious.
6. Wounds heal more quickly and with less risk of infection if they are cleaned and bandaged \_\_\_\_\_ from the very beginning, rather than being left open or covered with the wrong materials.
7. Patients who have \_\_\_\_\_ suffered a heart attack are advised to make significant changes to their diet, exercise habits, and stress levels in order to reduce the risk of a second one.
8. You should always make sure that any health professional treating you is fully \_\_\_\_\_ and registered with the relevant medical authority, especially if the treatment is invasive or complex.
9. Taking a long, slow \_\_\_\_\_ in through the nose and releasing it gradually through the mouth is one of the simplest and most effective ways to calm the body during moments of stress or panic.
10. If a symptom has lasted more than a few days, it is always better to book an \_\_\_\_\_ with your doctor rather than searching for answers online and worrying yourself further.
11. A \_\_\_\_\_ and positive mental state has been shown by numerous studies to speed up recovery from illness and surgery, which is why hospitals increasingly pay attention to patients' emotional wellbeing as well as their physical condition.

## Answer Key

### Exercise 1 — Academic & Intellectual Life

- |                  |                 |
|------------------|-----------------|
| 1. conclude      | 7. particularly |
| 2. analysis      | 8. frequently   |
| 3. essential     | 9. effectively  |
| 4. complex       | 10. persuade    |
| 5. determine     | 11. examine     |
| 6. approximately |                 |

### Exercise 2 — Society, Change & the Modern World

- |                  |               |
|------------------|---------------|
| 1. immigrant     | 7. economic   |
| 2. unemployment  | 8. therefore  |
| 3. environmental | 9. throughout |
| 4. statistic     | 10. unless    |
| 5. equally       | 11. contrast  |
| 6. transport     |               |

### Exercise 3 — Science, Nature & the Environment

- |               |               |
|---------------|---------------|
| 1. substance  | 7. percentage |
| 2. poisonous  | 8. element    |
| 3. earthquake | 9. surface    |
| 4. explosion  | 10. located   |
| 5. continuous | 11. naturally |
| 6. ingredient |               |

### Exercise 4 — Language, Communication & Expression

- |                |               |
|----------------|---------------|
| 1. narrative   | 7. impressive |
| 2. translation | 8. confirm    |
| 3. quotation   | 9. silent     |
| 4. spoken      | 10. definite  |
| 5. indirect    | 11. poetry    |

6. script

**Exercise 5 — Health, the Body & Medical Care**

1. uncomfortable

7. previously

2. emergency

8. qualified

3. slightly

9. breath

4. throat

10. appointment

5. seriously

11. relaxed

6. properly