

# 4.3 Vocabulary and skills development

GOALS ■ Understand connected speech (1) ■ Understand and use get

## Listening understanding connected speech (1)

1a Are there any changes you would like to make to your lifestyle? Look at the list and put a tick (✓) next to the things you would like to do and a cross (X) next to those you wouldn't.

- |  |  |
|--|--|
| • read more books                                  | • eat less sugar                       |
| • climb a famous mountain                          | • give up eating meat                  |
| • write a novel                                    | • walk 10,000 steps every day          |
| • cycle more                                       | • do more kind things for other people |
| • learn two new words a day in your first language | • watch less television                |
| • use Facebook/Twitter less                        | • learn a new language                 |

b Compare your answers with a partner. What is stopping you from doing the things you ticked?

2 Read about an idea called 'the 30-day challenge' and answer the questions.

- 1 Why did Matt Cutts decide to do the 30-day challenges?
- 2 Which of the things in exercise 1 has he done?
- 3 What did he learn about himself?

### Do something new for 30 days

A few years ago, Matt Cutts, a top manager at Google, thought his life wasn't moving forward. So he started to set himself **30-day challenges**. The idea was simple: think of something you want to add to your life – or to give up – and try it every day for 30 days.

He began with small projects like cycling to work, not watching TV and giving up sugar. Then he moved onto harder ones, like writing a novel in 30 days. Matt learned that if you do something for 30 days, it can become a habit. If you stop doing something for 30 days, you can break the habit. As he did harder challenges, he got more confident. He learned that if he really, *really* wanted to do something, he could. After doing the challenges for a few months, he had enough confidence to climb Mount Kilimanjaro, the highest mountain in Africa.

Matt gave an online talk about how the challenges changed his life. More than five million people around the world have watched his talk and the 30-day challenge quickly became very popular.

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3a 4.5 ))) Read and listen to the information in the Unlock the code box about connected /w/ and /j/ sounds in speech.

### UNLOCK THE CODE /w/ and /j/ sounds in connected speech

When a word ends with a vowel sound and the next word begins with a vowel sound, we sometimes add a /j/ sound or a /w/ sound to link the words.

/w/	/w/
I go <u>o</u> ut	do <u>o</u> a challenge
/j/	/j/
the <u>e</u> levator	I <u>a</u> gree

b 4.6 ))) Read aloud these phrases which have an extra /w/ sound. Listen and check your answers.

quarter to <u>ei</u> ght	we're going to <u>ea</u> t soon	so <u>o</u> am I
who <u>a</u> re you	go <u>i</u> nside	do <u>i</u> t now

c 4.7 ))) Read aloud these phrases which have an extra /j/ sound. Listen and check your answers.

me <u>a</u> nd you	she <u>e</u> ats a lot	the <u>e</u> asy way
three <u>o</u> 'clock	we <u>a</u> ren't ready	be <u>a</u>





**d 4.8** ))) Listen and complete the phrases using two words in each space. Then mark where you hear the /j/ and /w/ sounds.

- 1 see \_\_\_\_\_ two minutes    4 so \_\_\_\_\_  
 2 \_\_\_\_\_ side    5 \_\_\_\_\_ ready  
 3 \_\_\_\_\_ holiday    6 \_\_\_\_\_, please

**4 4.9** ))) You are going to hear two people talking about the 30-day challenge. First, listen to and write down five sentences from the conversation.

**5 4.10** ))) Now listen to the conversation and take notes to complete the table.

	Mia	Dino
1 What challenge?		
2 Alone? With people?		
3 What to get or buy?		

**6** Work with a partner. Imagine you are going to do the 30-day challenge. What are you going to do?

**Vocabulary & Speaking** *get*

**7** Look at these sentences from Mia and Dino's conversation. What does *get* mean in each sentence?

- 1 I'm going to walk to work, not get a bus.  
 2 We're going to get a vegetarian cookbook to help us.

**8** Read the information in the Vocabulary focus box about *get*.

**VOCABULARY FOCUS** *get*

*Get* is a very common word in English. It has several meanings:

- When we use *get* before a noun, it usually means 'receive', 'buy', 'obtain', 'catch', or something similar.
- When we use *get* before an adjective (e.g. *cold*) or a past participle (e.g. *married*), it means 'become'.
- We don't often use *get* in very formal written English.



**9a** Match sentences 1–6 to the different meanings of *get* a–f.

- How many emails do you usually get every day?
  - When did you get your first job?
  - Did you get a bus here today?
  - What time do you get home after class?
  - What does your best friend get anxious about?
  - Where did you get your phone?
- a arrive (at)  
 b become  
 c receive  
 d buy  
 e obtain  
 f catch

**b** Work with a partner and ask each other the questions in exercise 9a.

**c** Match each expression in the box to one of the meanings of *get* in exercise 9a.

get a present    get engaged    get home late    get angry  
 get cold    get a text    get the bus    get some bread  
 get enough sleep    get a taxi

**10** Complete the sentences using the expressions in the box.

get a new pair    getting    got one    gets there    get some  
 get (x2)    gets her some    get the bus

- His wife really likes flowers, so he \_\_\_\_\_ every weekend.
- My shoes are really old, so I'm going to \_\_\_\_\_ on Saturday.
- Summer's coming! The days are \_\_\_\_\_ warmer.
- There's a train strike, so let's \_\_\_\_\_ instead.
- We have to post her birthday card today so it \_\_\_\_\_ tomorrow.
- There's no milk in the fridge. Can you \_\_\_\_\_ on your way home from work?
- I'm very sorry I broke your vase. Please don't \_\_\_\_\_ angry because I can \_\_\_\_\_ you a new one.
- I applied for five jobs and finally I \_\_\_\_\_ !

**11 TASK** Work with a partner. Which of the following would you like to do? How are you going to achieve them?

- get fit
- get a new job
- get up earlier and study
- get married
- get more sleep
- get home from work earlier
- get a new car

**A** *I'd like to get fit.*

**B** *How are you going to get fit?*

**A** *I'm going to go to the gym three times a week.*