

1

Friendship



EXAM STRATEGIES

- B1 PRELIMINARY: Reading, Writing and Listening
- IGCSE: Reading, Writing and Listening



SPEAKING SKILLS

- Meeting and greeting



CHANGING LANGUAGE

- Greetings



LIFE SKILLS

- Dealing with stress



Learning goals

Grammar

- Present simple v continuous
- Present perfect
- Present perfect with *just*, *already* and *yet*

Vocabulary

- Adjectives of personality

LEAD IN

- 1 **PAIRWORK** Discuss the descriptions. Which is true for you?

- 1 A good friend listens to your problems.
- 2 A good friend agrees with you all the time.
- 3 A good friend has the same interests as you.

- 2 [1.07] Read, listen and watch. Which of the descriptions from exercise 1 is mentioned in the text?



HOW TO BE A GOOD FRIEND

Surveys show that good friends are crucial for our happiness and health, but what makes a good friend? Today we're talking about friendship and looking at how you can be a good friend.

Sometimes I just feel sad and I don't really know why. Maybe it's pressure from my parents or stress from schoolwork. My friends are my support system – we talk and chat and I feel happy after. Right now I'm feeling good because it's the start of the new school year, I'm meeting new people and studying new subjects, and we're not studying for exams, but I know when I feel stressed my friends are always there for me. Lily, 15

So, what can you do to be a good friend? Here are some tips:

Listen. A good listener always tries to understand their friend's problem. What are they going through at the moment? How are they feeling? When you're really listening to a person, they feel you care about them. 10

Ask questions. When your friends aren't feeling happy, try and talk to them. Especially if you're not sure why. Ask them what they need and how you can help. When they're having problems, people don't always want advice. They sometimes just want to talk, or spend time with you. 15

Show affection. Smiles and hugs are a great way to show friends that you care. Some people are shy and not very talkative but a big hug can make a big difference especially when they're feeling sad!

Maintain contact. Even if you're studying, or busy doing other things, it's important to make time to keep in touch. You can do this through social media, texts and calls. This shows your friends you're thinking about them now, and care for them. 25



1

PRACTICE

3 [1.07] Read, listen and watch the video again. Match the beginnings and ends of the sentences.

- 1 Friends make you feel
- 2 A good friend
- 3 Spend time with your friends
- 4 Smiles and hugs can
 - a when they have problems.
 - b make your friends feel better.
 - c happy and well.
 - d always listens to you.

GRAMMAR GUIDE

Present simple v present continuous

present simple	present continuous
They sometimes just want to talk.	Right now I'm feeling good.
What makes a good friend?	What are they going through at the moment?
People don't always want advice.	We're not studying for exams.

State verbs like *want, think, know, like, love* don't use the present continuous form.

See **GRAMMAR REFERENCE** Workbook page 114

4 Look at the time expressions. Write present simple (PS) or present continuous (PC).

- 0 *PS* every day
- 1 at the moment
- 2 usually
- 3 now
- 4 twice a week
- 5 sometimes
- 6 this week
- 7 never

5 Complete the sentences with the present simple or present continuous of the verbs in brackets.

- 0 I *text* (text) my best friend every day.
- 1 Jack always (listen) to his brother's problems.
- 2 'Who you (talk) to?' 'My friend Frankie. He's online now.'
- 3 My parents often (not / use) social media.
- 4 you (listen) to me? I need some advice.
- 5 How often you (see) your grandparents?

6 Use the prompts to write questions using the present simple or present continuous.

- 0 How / you / feel / today?
How are you feeling today?
- 1 How / you / usually feel / Friday afternoon?
- 2 When / you / speak to your best friend?
- 3 What / your best friend / do now?
- 4 you / sometimes / use / your phone in class?
- 5 you / text / at the moment?
- 6 How often / your friends / call you?

7 Complete the text with the present simple or present continuous of the verbs in brackets.

My best friend, Jenny

My best friend is Jenny. Why⁰ *do I like* (like) her? Well, because I² (share) all my problems with her and I³ (know) I can talk to her about any of my worries. To give you an example: at the moment, I⁴ (study) for a really difficult test and Jenny⁵ (help) me every day. I⁶ (talk) to her all the time; my mum often⁷ (shout) at me because I'm always on my phone to Jenny. I⁸ (text) her even now as I⁹ (speak) to you! I¹⁰ (think) Jenny and I are soul mates. Let's hope we can stay best friends forever!

8 Use the phrases to make four true sentences using present simple and present continuous.

verbs	nouns	time expressions
speak to	my friends	every day
call	my teacher	at the moment
check	music	at weekends
use	problems	
text	my phone	
listen to	my parents	

I speak to my friends every day.
I'm listening to my teacher at the moment.

9 **SPEAKING** Answer the questions in pairs. Then share your ideas with the class.

- How often do you communicate with your friends?
- When a friend is sad, what do you do?
- Look back at the text on page 16. Can you think of other ways to be a good friend?



READING SKILLS

LEAD IN

10 PAIRWORK Discuss the questions. Then share your ideas with the class.

- 1 Where did you meet most of your friends, online or in real life?
- 2 Are there any differences between your online friends and your school friends?

PRACTICE

11 [1.08] Read and listen to the text. Choose the best title.

- 1 What is a good friend?
- 2 Online friends
- 3 How teenagers communicate



READING STRATEGY

Identify the writer's views

Clues in the text can help you guess the writer's opinion about the subject. Look closely for these features in the text:

- opinion verbs, e.g., *think, feel, believe*
- the adjectives and adverbs chosen to describe the information
- the use of brackets to comment on points in the text
- the use of exclamation marks to show surprise or shock

B1 PRELIMINARY **IGCSE**

12 Read the text again and look at the underlined phrases. Match them to the points below. Some phrases belong to more than one point.

- 1 adjectives and adverbs
- 2 comments in brackets
- 3 punctuation

13 Read the text again and decide if the sentences are true (T) or false (F). Correct the false ones.

- 1 The writer thinks that not many American teenagers have online friends. T F
- 2 He thinks it's strange that teenagers don't meet their online friends in person. T F
- 3 He feels many teens lose friends because of online comments. T F
- 4 He thinks that it is easier to be unkind face-to-face than online. T F
- 5 He believes teenage boys spend too much time playing games online. T F

GRAMMAR GUIDE

Present perfect

Affirmative Social media has been around for a long time. Most teens have never met their online friends in person.	Negative You haven't been to as many parties as your peers.
Questions Have these boys ever met their gaming friends?	Short answers Yes, they have . No, they haven't .

Present perfect v past simple

We use the present perfect to refer to past events that have a link with the present.

We use the past simple to refer to events that are completely in the past.

See **GRAMMAR REFERENCE** Workbook page 120

14 Complete the dialogue with the correct form of the verbs in brackets.

- A ⁰..... **Have you** ever **used**
 (you / use) Instagram?
- B Yes, I use it all the time. I ¹..... (send)
 you an Instagram photo last week from the party.
- A Oh yes, of course, so ²..... ever
 (you / hear) of Instagram stories?
- B No, I ³..... . What's that?
- A Well, it's an app – it combines your photos and videos like a film that you post online.
- B Cool, ⁴..... (you / try) it?
- A Yes, I ⁵..... I ⁶..... (create)
 a film this morning of my journey to school and
⁷..... (post) it online at about 9:30.
- B Oh, and ⁸..... (you / have) any
 comments or likes?
- A No, I ⁹..... (not / receive) any.
- B Maybe your friends ¹⁰.....
 (not / look at) the internet today.
- A My friends are always online!

15 **Critical thinking** Discuss the questions in pairs.

- 1 Do you think your online friendships are different to your real-world friendships?
- 2 Do you think the differences are important?

Social media has been around for a long time and it has certainly changed the way teens communicate every day. Mark Zuckerberg launched Facebook in 2004 and other social media apps, like WhatsApp, Snapchat, 5 Instagram and Twitter quickly followed. Since then, these apps have become one of the main ways that teenagers interact socially, but have they really changed the way young people make friends? A recent survey has shown that more than half of American 10 teenagers have made at least one new friend online in the last year, and a whopping 64% of them used a social networking site. However, in this weird world of online friendships, online friends stay online. Most teens have never met their online friends in person! We all like to have lots of friends, of course, but online friendships can 15 be a negative experience, especially when you feel you haven't been to as many parties as your peers or you haven't made as many friends in the last year. Surveys have shown that over 50% of 20 teens have felt sad when they realise their friends have been to parties, but they didn't invite them.

In addition, some teens lie on social media about what is happening in their lives. Around 40% of teenagers have felt pressure to post only content that makes them look good, or that will get a lot of 25 likes. More worryingly, 25% of teens have also lost friends because of what happened online (it's easier to post a nasty comment than say it in person!). Both sexes 30 have experienced this, but teenage girls have experienced it more than boys.

Video games now also play an important role in making and maintaining new and old friendships, especially (unsurprisingly!) for teenage boys. Ten or fifteen years ago boys played more sport and socialised through training clubs 35 and sports matches, but nowadays over 57% of boys have made new friends through gaming compared to 13% of girls. Have these boys ever met their gaming friends? No, of course they haven't!



WRITING SKILLS

LEAD IN

16 When do you send an informal email? Tick (✓) the correct options.

- 1 to make a complaint to a shop
- 2 to tell a friend some personal news
- 3 to apply for a university place online
- 4 to give a friend advice on a personal problem
- 5 to answer an advert for a job
- 6 to thank a relative for a gift

PRACTICE

17 Put the parts of the email in the correct order.

- a How are you? How are things with you?
- b Hope to hear from you soon, Write soon, Keep in touch
- c Thanks for your last email, It was great to hear from you, Sorry for not writing sooner
- d All the best, Lots of love, Take care
- e 1 Dear ..., Hi ...
- f That's all for now, I must go now, Say hi to ... for me



WRITING STRATEGY

Write an informal email

Informal emails / letters give personal news, ask for information or give advice.

- They use informal language, contractions and colloquial expressions.
- They ask a lot of questions.
- They show interest and familiarity.

B1 PRELIMINARY IGCSE

➔ See **WRITING EXPANSION** page 124

VOCABULARY

Adjectives of personality



Aquarius – Aquarians are creative, easygoing, generous people. They have brilliant ideas but often they aren't very practical. And they can be very untidy!



Pisces – These people seem practical and reliable but they're also secret dreamers. They've got a sensitive side and can be moody and pessimistic at times.



Aries – These people are confident and sociable leaders with a lot of charisma! However, they can be impatient with others.



Taurus – Taureans are honest, practical and reliable people. They like the good things in life, especially good food! However, they can be impatient and stubborn too.



Gemini – Geminis are intelligent and creative but full of contradictions. One minute they seem easygoing and cheerful, the next minute they're moody and stressed!



Cancer – Cancer people are easygoing home-lovers. They're quiet, kind and rather shy but they're often quite creative. They're very generous with their friends and family.

18 Read the descriptions of the zodiac signs and underline the adjectives of personality. Then answer the questions.

- Are you or your friends one of the signs described?
- Do you agree with the personality adjectives for the zodiac signs?
- Do your friends tend to be the same zodiac sign?

19 Sort the adjectives below into positive and negative.

- confident ■ easygoing ■ impatient ■ kind ■ cheerful ■ moody ■ sociable ■ practical ■ shy ■ stubborn ■ tidy ■ untidy ■ generous ■ reliable ■ patient



20 Match the adjectives to the definitions.

- | | |
|-------------------------------------|--------------------------------------|
| 1 <input type="checkbox"/> tidy | 5 <input type="checkbox"/> reliable |
| 2 <input type="checkbox"/> moody | 6 <input type="checkbox"/> kind |
| 3 <input type="checkbox"/> stubborn | 7 <input type="checkbox"/> easygoing |
| 4 <input type="checkbox"/> cheerful | |

- A person who is always happy and smiling.
- A person who likes order and organisation in his / her home.
- A person who always thinks of others and helps them.
- A person who is flexible and relaxed.
- A person whose emotions change very frequently.
- A person who isn't flexible and thinks they are always right.
- A person you can depend on.

21 [1.09] Listen to the descriptions of three more zodiac signs. Match the signs to the adjectives.



- | | | |
|--------------------------------|----------------------------------|----------------------------------|
| 1 <input type="checkbox"/> Leo | 2 <input type="checkbox"/> Virgo | 3 <input type="checkbox"/> Libra |
| a creative, kind, shy | b cheerful, sociable, generous | c practical, reliable, tidy |

22 [1.09] Listen again and write the negative adjectives for signs 1–3.

23 [1.10] Look at the adjectives for the other signs. Write the opposites of the adjective in brackets. Then listen and check.



Scorpio: ⁰.....moody..... (cheerful), stubborn, ¹..... (patient)



Sagittarius: ²..... (shy), generous and easygoing, ³..... (tidy)



Capricorn: ⁴..... (impatient), ⁵..... (sociable), ⁶..... (easygoing)

24 PAIRWORK Ask your partner about his / her sign and characteristics. Tell him / her what you think about the description.

- What sign are you?
- I'm Virgo. It says I'm practical and reliable.
- Yes, I think you are. You're very practical.

SPEAKING SKILLS

Meeting and greeting

25 PAIRWORK Discuss these questions.

- 1 How do you greet your friends when you meet them?
- 2 How do you greet your teachers?

26 What social expressions are there in your language for the situations below?

- 1 You meet a friend you haven't seen for a long time.
- 2 You ask what a friend has done recently.
- 3 You want to end a conversation with someone you meet in the street.

27 [1.11] Listen and watch the video of Joel and Tom meeting. What are they doing at the moment?



key expressions

meeting and greeting	ending the conversation
<input type="checkbox"/> How are you?	<input type="checkbox"/> I'd better be going.
<input type="checkbox"/> It's good to see you.	<input type="checkbox"/> It was great to see you.
<input type="checkbox"/> How have you been?	<input type="checkbox"/> Let's catch up soon.
<input type="checkbox"/> How are things with you?	<input type="checkbox"/> Have a nice day!
<input type="checkbox"/> What have you been up to?	<input type="checkbox"/> Goodbye, take care.

28 [1.11] Listen and watch again and tick (✓) the key expressions you hear.

SPEAKING STRATEGY

Keep the conversation going

When people ask us questions in greetings, it's polite to answer and then turn the question back to them:

- A** How are you? **B** I'm good thanks, *how are things with you?*
A What have you been up to? **B** Nothing much. *How about you?*

29 PAIRWORK Act out the following dialogue. Use the key expressions and the strategy box to help you.

- You and your partner meet by chance in a café.
- Greet each other, ask how you are and what you've done recently.
- End the conversation.

CHANGING LANGUAGE



Greetings

30 Sort the phrases out into meeting or ending a conversation or both.

- hello ▪ hi ▪ bye ▪ goodbye ▪
 ciao ▪ see you later ▪
 how do you do ▪ hey

31 Watch the video. Check your ideas from exercise 30.



32 Watch the video again and answer the questions.

- 1 How many people speak English as a native language?
- 2 How many people do we estimate speak English as a second or foreign language?
- 3 What is the most popular way of starting a conversation?
- 4 What is the most popular way of ending a conversation?

CORPUS

Corpus data can show how frequently we use certain words. Identifying common words and phrases helps ensure that language books contain the most relevant and useful language.

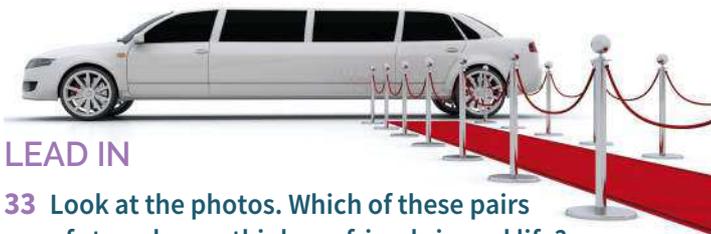
Greetings in order of frequency:

- 1** Hello **2** Hey **3** Hi.

Endings in order of frequency:

- 1** Bye **2** Goodbye **3** See you later.

LISTENING SKILLS



LEAD IN

33 Look at the photos. Which of these pairs of stars do you think are friends in real life?

PRACTICE

34 [1.12] Listen to a journalist talking about famous friends and check your ideas.



LISTENING STRATEGY

Focus and eliminate in multiple choice

In a multiple-choice question, you need to choose one of the three or four options and eliminate the others. The option you choose should closely correspond to the information you hear. The first time you listen, try to eliminate one statement which you know is wrong. The second time you listen, focus on choosing between the two remaining options.

B1 PRELIMINARY IGCSE

35 [1.12] **PAIRWORK** Listen again and cross out the statements that you are certain are wrong. Discuss your answers in pairs.

- When did Matt and Ben become friends?
 - When Matt was ten years old.
 - When they starred in the film *Good Will Hunting*.
 - Forty-five years ago.
- What did they have in common when they were young?
 - They both loved acting and filmmaking.
 - They were both shy.
 - They went to the same school.
- What has Taylor Swift often written about?
 - Her friendship with Selena Gomez.
 - Her relationships.
 - Her musical career.
- What do Taylor and Selena have in common?
 - They are the same age.
 - They grew up in the same town as children.
 - They had to change their image and music.

36 [1.12] Listen again and choose the correct option.

37 **PAIRWORK** Discuss the following questions. Use the present perfect and the past simple.

- How long have you known your best friend?
- Where did you meet?



GRAMMAR GUIDE

Present perfect with *just*, *already*, and *yet*

- Selena **has just given** an interview on British television.
- She **has already written** hundreds of songs.
- Taylor **hasn't written** a song about it **yet**.

See **GRAMMAR REFERENCE** Workbook page 116

38 Use the Grammar guide to complete the rules with *just*, *already* or *yet*.

- We use the present perfect with in negative sentences to say that something hasn't happened but will happen in the future, and in questions.
- We use it with to say that something happened very recently.
- We use it with to say that a recent action happened sooner than expected.

39 Choose the correct option.

- Mum** Ryan, have you finished your homework ⁰(yet) / *already*?
- Ryan** Yes, I've ¹*already* / *yet* done all my maths – look.
- Mum** What about English? Have you done your essay?
- Ryan** Yes, I have. I've ²*just* / *yet* sent it to my teacher. My PC is still open! Look, he's ³*just* / *yet* replied.
- Mum** OK, well done. But have you tidied your room ⁴*yet* / *just*? You promised to do it this afternoon.
- Ryan** Er, no, I haven't tidied it ⁵*yet* / *already*, but I'm going to do it tonight.
- Mum** Sorry Ryan, I've ⁶*already* / *yet* asked you three times. Tidy your room now.

LIFE SKILLS

Dealing with stress



How
stressed
are you?

- In the last week, how often have you felt very tired but couldn't sleep at night?
A most nights **B** 3–5 nights
C 1–2 nights **D** never
- In the last week, how often have you wanted to eat sweet or salty snacks?
A every day **B** most days
C on less than two days **D** never

LEAD IN

- 40** Look at the photo. What do you think is happening? How is the girl feeling?
- 41 PAIRWORK** Discuss these questions.

- In what situations do people often feel stressed?
- What problems can stress cause? Think about health, emotions and relationships.

PRACTICE

- 42** How stressed are you in your daily life? Take the stress test above.
- 43 THINKING FURTHER** Look at the questions and then discuss with your partner.
- What situations do you personally find quite stressful?
 - How do you deal with them?

 LIFE STRATEGY

Tips for dealing with stress

Stress can help us to focus and take action, but when we have too much stress it can affect our health and our feelings. Here are some strategies to de-stress your life.

- | | |
|--|---|
| a Identify the source of your stress. | d Exercise more. |
| b Talk to someone about it. | e Work smarter, not harder. |
| c Socialise more. | f Take control of the situation. |

- In the last week, how often have you had headaches?
A every day **B** most days
C less than five times **D** never
- In the last week, how often have you found it difficult to concentrate at school?
A every day **B** between 2–3 days
C once or twice **D** never
- In the last week, how often have you felt unsociable and wanted to be alone?
A every day **B** most days
C once or twice **D** never

Answers

Mainly Ds – You don't have much stress in your life, it's manageable.

Mainly Bs and Cs – You have quite a bit of stress in your life. You need to find some strategies to relax before it gets worse.

Mainly As – Your life is very stressful. You need to slow down and find strategies to deal with the stress and improve your health.

- 44** Read the Life strategy. Match the information 1–6 below to the tips a–f.

- Sharing your problems will help reduce stress.
- Make time for seeing friends at least two evenings a week.
- Prioritise your work – concentrate on the tasks that are the most important.
- Physical activity produces chemicals in the brain that make you feel happy.
- Feeling that you are not in control is often what makes you stressed.
- If you know what is stressing you, you can start dealing with it.

- 45** Read the Life strategy again. Discuss these questions.

- Which strategies do you think are useful / not useful?
- Are there any strategies you've already used?
- Which strategies do you think you will use in the future?

- 46 TASK** Choose one of the strategies from the Life strategy and try and apply it at least once next week. Report back to the class.

- say what you did and when
- explain how you felt afterwards