

Personal Best

B1 Pre-intermediate

Student's Book
and Workbook
combined edition

A

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| | | LANGUAGE | | | SKILLS | |
|----------------|-------------------------------------|---|---|--|--|--|
| | | GRAMMAR | PRONUNCIATION | VOCABULARY | | |
| 1 | All about me | <ul style="list-style-type: none"> simple present and adverbs and expressions of frequency present continuous and simple present | <ul style="list-style-type: none"> final -s/-es sound -ng sound | <ul style="list-style-type: none"> personality adjectives hobbies and socializing useful verbs | LISTENING <ul style="list-style-type: none"> a video about our hobbies and how we socialize listening for the main idea contractions | WRITING <ul style="list-style-type: none"> making notes expressing reasons and results (<i>so, because, that's why</i>) PERSONAL BEST <ul style="list-style-type: none"> a blog post about personal objects |
| 1A | The only friends you need p4 | | | | | |
| 1B | 21st century hobbies p6 | | | | | |
| 1C | Famous families p8 | | | | | |
| 1D | Me in three objects p10 | | | | | |
| 2 | Stories and pictures | <ul style="list-style-type: none"> simple past and time expressions question forms | <ul style="list-style-type: none"> -ed endings question intonation | <ul style="list-style-type: none"> -ed/-ing adjectives life stages | READING <ul style="list-style-type: none"> a text about Andrew Jackson's parties at the White House approaching a text sequencers (<i>after, later, then</i>) | SPEAKING <ul style="list-style-type: none"> showing interest telling a personal story PERSONAL BEST <ul style="list-style-type: none"> talking about a personal story |
| 2A | That's me in the photo! p12 | | | | | |
| 2B | Party like it's 1829 p14 | | | | | |
| 2C | Behind the camera p16 | | | | | |
| 2D | That reminds me of ... p18 | | | | | |
| 1 and 2 | REVIEW and PRACTICE p20 | | | | | |
| 3 | Keep on traveling | <ul style="list-style-type: none"> comparatives, superlatives, (<i>not as ... as</i>) past continuous and simple past | <ul style="list-style-type: none"> sentence stress <i>was/were</i> | <ul style="list-style-type: none"> useful adjectives vacation activities | LISTENING <ul style="list-style-type: none"> a video about the popularity of staycations identifying key points sentence stress | WRITING <ul style="list-style-type: none"> writing a narrative adverbs of manner PERSONAL BEST <ul style="list-style-type: none"> a story about a travel problem |
| 3A | Tourist or traveler? p22 | | | | | |
| 3B | Staycation or vacation? p24 | | | | | |
| 3C | A traveler's tale p26 | | | | | |
| 3D | Travel problems p28 | | | | | |
| 4 | The working world | <ul style="list-style-type: none"> <i>will, may</i> and <i>might</i> for predictions <i>be going to</i> and present continuous for plans and arrangements | <ul style="list-style-type: none"> <i>want/won't</i> <i>going to</i> and <i>want to</i> | <ul style="list-style-type: none"> jobs phrases about work | READING <ul style="list-style-type: none"> a text about how boredom can improve creativity skimming a text pronoun referencing | SPEAKING <ul style="list-style-type: none"> dealing with difficulties telephone language PERSONAL BEST <ul style="list-style-type: none"> making arrangements by phone |
| 4A | The future of work p30 | | | | | |
| 4B | I'm so bored! p32 | | | | | |
| 4C | The secret boss p34 | | | | | |
| 4D | Can I leave a message? p36 | | | | | |
| 3 and 4 | REVIEW and PRACTICE p38 | | | | | |
| 5 | Mind and body | <ul style="list-style-type: none"> <i>should/shouldn't</i> (for advice and suggestions) first conditional | <ul style="list-style-type: none"> <i>should/shouldn't</i> 'll contraction | <ul style="list-style-type: none"> health and medicine verb collocations (<i>do, make, have and take</i>) emotions and feelings | LISTENING <ul style="list-style-type: none"> a video about how we react to stress listening in detail linking consonants and vowels | WRITING <ul style="list-style-type: none"> writing an informal e-mail modifiers PERSONAL BEST <ul style="list-style-type: none"> an informal e-mail to a friend asking for advice |
| 5A | Should I see a doctor? p40 | | | | | |
| 5B | Modern life is stressful p42 | | | | | |
| 5C | How to be happy p44 | | | | | |
| 5D | I need your advice p46 | | | | | |
| 6 | Risks and experiences | <ul style="list-style-type: none"> present perfect with <i>ever</i> and <i>never</i> second conditional | <ul style="list-style-type: none"> irregular past participles sentence stress | <ul style="list-style-type: none"> phrasal verbs the natural world | READING <ul style="list-style-type: none"> an article about Aron Ralston's survival story guessing the meaning of words from context linkers to add extra information (<i>and, also, as well, and too</i>) | SPEAKING <ul style="list-style-type: none"> taking turns agreeing and disagreeing PERSONAL BEST <ul style="list-style-type: none"> having a group discussion |
| 6A | Try something new! p48 | | | | | |
| 6B | An amazing story p50 | | | | | |
| 6C | Into the wild p52 | | | | | |
| 6D | Would you take the risk? p54 | | | | | |
| 5 and 6 | REVIEW and PRACTICE p56 | | | | | |

Grammar practice p112

Vocabulary practice p136

Communication practice p158

Irregular verbs p175

| | | LANGUAGE | | | SKILLS | |
|----------|------------------------------|--|---|---|--|--|
| | | GRAMMAR | PRONUNCIATION | VOCABULARY | | |
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| 1A | p2 | | | | <ul style="list-style-type: none"> listening for the main idea | <ul style="list-style-type: none"> making notes |
| 1B | p3 | | | | | |
| 1C | p4 | | | | | |
| 1D | p5 | | | | | |
| 1 | REVIEW and PRACTICE | p6 | | | | |
| 2 | Stories and pictures | <ul style="list-style-type: none"> simple past and time expressions question forms | <ul style="list-style-type: none"> <i>-ed</i> endings question intonation | <ul style="list-style-type: none"> <i>-ed/-ing</i> adjectives life stages | READING | SPEAKING |
| 2A | p8 | | | | <ul style="list-style-type: none"> approaching a text | <ul style="list-style-type: none"> telling a personal story |
| 2B | p9 | | | | | |
| 2C | p10 | | | | | |
| 2D | p11 | | | | | |
| 2 | REVIEW and PRACTICE | p12 | | | | |
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| 3A | p14 | | | | <ul style="list-style-type: none"> identifying key points | <ul style="list-style-type: none"> writing a narrative |
| 3B | p15 | | | | | |
| 3C | p16 | | | | | |
| 3D | p17 | | | | | |
| 3 | REVIEW and PRACTICE | p18 | | | | |
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| 4A | p20 | | | | <ul style="list-style-type: none"> skimming a text | <ul style="list-style-type: none"> telephone language |
| 4B | p21 | | | | | |
| 4C | p22 | | | | | |
| 4D | p23 | | | | | |
| 4 | REVIEW and PRACTICE | p24 | | | | |
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| 5C | p28 | | | | | |
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| 6A | p32 | | | | <ul style="list-style-type: none"> guessing the meaning of words from context | <ul style="list-style-type: none"> agreeing and disagreeing |
| 6B | p33 | | | | | |
| 6C | p34 | | | | | |
| 6D | p35 | | | | | |
| 6 | REVIEW and PRACTICE | p36 | | | | |

All about me

LANGUAGE

simple present and adverbs and expressions of frequency ■ personality adjectives

1A The only friends you need

- 1 Here are some words to describe a good friend. Order the words from 1 (very important) to 6 (less important).

honest funny patient nice polite generous

Go to **Vocabulary practice**: personality adjectives, page 136

- 2 Read the introduction to the text. Are the sentences true (T) or false (F)?

- 1 You need lots of friends to be happy. _____ 3 It is important to have different types of friends in your life. _____
- 2 There are four different types of friends. _____

- 3 A  1.3 Match the types of friends in the box with descriptions 1–4. Listen and check.

The super planner The party animal The good listener The straight talker

- B Do you have any friends like these? What type of friend are you?



THE FOUR FRIENDS YOU NEED

We all know that friends are important ... but do we have the "right" friends? Dr. Adam Greenberg, a psychologist, *doesn't* think we need lots of friends to be happy. Instead, he says it's more important to have different types of friends. He believes that there are four types of friends, and they all help us in different ways. So, what are these four friends like?



1 _____
You share everything with these friends and often tell them all your secrets. They're patient when you call them late at night with a problem and never complain when you tell them the same stories, over and over again!



2 _____
These friends know you very well, and they're honest ... *really* honest. They always tell you the truth, even when you don't want to hear it. But this is because they care about you and don't want you to make a mistake and get hurt.



3 _____
These friends are very sociable, and you usually have a good time when you're with them. They're very funny and make you laugh when you're sad. All your friends and family love them, too. With friends like these, life is never boring!



4 _____
These friends are very organized, but they're sometimes a little serious. They hardly ever forget important dates, like your birthday! They're very busy and have lots of things to do every day, but they always find time to have coffee with you.

- 4 Choose the correct words to complete the sentences. Check your answers in the text.

- 1 *Do / Does* we have the "right" friends? 4 They *don't / doesn't* want you to make a mistake and get hurt.
- 2 Dr. Greenberg *don't / doesn't* think we need lots of friends to be happy. 5 You usually have a good time when you *is / are* with them.
- 3 He *say / says* it's more important to have different types of friends. 6 They hardly ever *forget / forgets* important dates.

5 A Complete the diagram with the adverbs of frequency in the box.

hardly ever never often usually



B Underline the adverbs of frequency in the text and complete the rule. Then read the Grammar box.

Adverbs of frequency go *before* / *after* most verbs, but they go *before* / *after* the verb *be*.



Grammar simple present and adverbs and expressions of frequency

Things that are always true:

Does Ahmet live in Ankara? No, he **lives** in Istanbul.
Do you speak Spanish? Yes, I **speak** a little.

Routines and habits:

How often do you see him? I **usually see** him on the weekends.
How often are you late? I'm **never** late!

Look! We also use expressions of frequency for regular routines e.g., *once a week, every month*



Go to Grammar practice: simple present with adverbs and expressions of frequency, page 112

6 A 1.5 **Pronunciation:** final **-s/-es sound** Listen and repeat the sentences. Then match the verb endings in **bold** with the sounds: /s/, /z/, or /əz/.

1 She likes Italian food. ____ 2 He teaches at the university. ____ 3 My brother knows him. ____

B 1.6 How do you say the verbs? Listen, check, and repeat.

believes says changes thinks uses wants goes watches hopes

7 A Add adverbs and expressions of frequency to make sentences about your partner.

She usually takes the bus to work. He takes the bus to the university every day.

- | | |
|---|---|
| 1 He/She takes the bus to work/college. | 4 He/She drinks coffee in the mornings. |
| 2 He/She goes to bed at 11:00 p.m. | 5 He/She watches movies in English. |
| 3 He/She is patient. | 6 He/She is late for class. |

B Read your sentences to your partner. He/She will tell you if you are correct.

Go to Communication practice: Student A, page 158; Student B, page 166

8 Read the text about two friends. Complete the text with the correct form of the verbs in the box.

get have not have invite like think



MY BEST FRIEND IS THE EXACT OPPOSITE OF ME

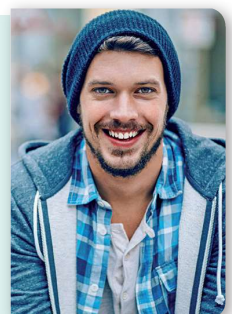
Lots of people ¹ _____ I'm really serious, and that I never go out, but that's not true! I'm very hard-working, and my job at the bank is difficult, so I ² _____ much free time. I play the guitar in a jazz group, and we usually practice two or three times a week.

I ³ _____ cooking, so I often ⁴ _____ people over to my house for dinner.

My best friend is Luca. He's the singer in the group, and he's completely different from me. He's a college student and, to be honest, he's a little lazy and hardly ever

⁵ _____ to class on time. But he's funny and generous, and we always

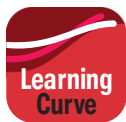
⁶ _____ a great time when we go out.



9 A Choose a friend and tell your partner his/her name.

B In pairs, use the prompts to ask and answer questions about your friends.

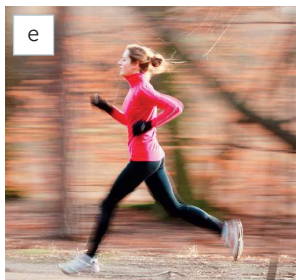
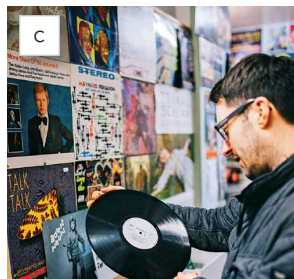
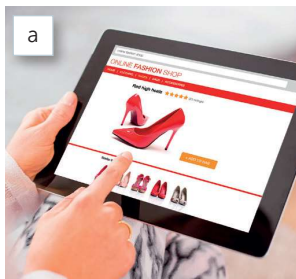
- | | |
|--------------------------------|--|
| 1 What / be / he/she / like? | 5 How often / you / talk to / him/her? |
| 2 Where / he/she / live? | 6 What / you / usually / talk about? |
| 3 What / he/she / do? | 7 How often / you / see / him/her? |
| 4 Where / he/she / work/study? | 8 Where / you / meet / him/her? |



1B 21st century hobbies

1 Match the activities in the box with pictures a–h.

get together with friends go to concerts bake cupcakes play chess
go on social media collect records get (some) exercise shop online



2 In pairs, ask and answer the questions *Do you ...?* and *How often do you ...?* for the activities in exercise 1.

A *Do you collect records?*

B *No, I don't.*

A *How often do you get some exercise?*

B *I go to the gym once or twice a week.*

Personal Best

Go to **Vocabulary practice**: hobbies and socializing, page 137



Skill listening for the main idea

It is important to understand the main idea when someone is speaking.

- Think about who is speaking and what he/she is talking about.
- Don't worry if you don't understand all the words.
- Remember that speakers often talk about the main ideas more than once.

3 1.8 Read the Skill box. Watch or listen to the beginning of a webshow called *Learning Curve* and check (✓) the main idea.

- 1 People have less time for socializing today.
- 2 Many popular hobbies are now online.
- 3 Old hobbies are becoming popular again.

4 A 1.8 Watch or listen again. Complete the chart with the online activities Kate mentions.

| Traditional activity | Online activity |
|---------------------------|-----------------|
| play team sports | |
| take cooking classes | |
| go to a shopping center | |
| go out to meet new people | |

B In pairs, think of more traditional activities that you can now do online.

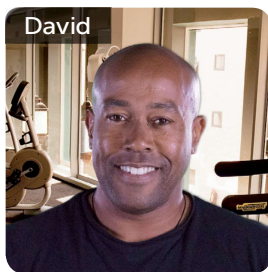




5 1.9 Watch or listen to the second part of the show. Choose the correct options to complete the sentences about the main ideas.



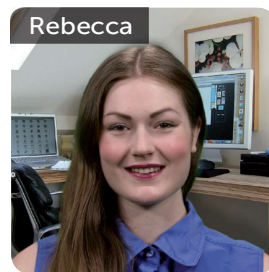
Viktor



David



Suzie



Rebecca

- 1 Viktor ...
 - a plays chess a lot.
 - b does lots of activities online.
 - c meets up with friends every day.
- 2 David ...
 - a likes computers.
 - b exercises at home.
 - c prefers exercising at the gym.
- 3 Suzie ...
 - a downloads lots of music.
 - b prefers to relax at home.
 - c does her hobby with other people.
- 4 Rebecca ...
 - a does lots of activities online.
 - b doesn't like meeting new people.
 - c spends lots of time with her family.

6 1.9 Watch or listen again. Are the sentences true (T) or false (F)?

- 1 Viktor plays chess with friends every day. _____
- 2 David goes to the gym five times a week or more. _____
- 3 Suzie loves music from the 1980s. _____
- 4 Rebecca makes videos of her cat. _____
- 5 Kate only likes traditional hobbies, like rock climbing. _____

7 A Ask your classmates the questions in the boxes and write down their answers.

What do you do in your free time?

Do you have any online hobbies?

B Do you think online hobbies are more popular than traditional hobbies?

8 1.10 In pairs, complete the sentences from the show with the contractions in the box. Listen and check.

don't I'm he's that's what's can't

- 1 _____ your name?
- 2 _____ really enjoying the game.
- 3 Computers _____ interest me.
- 4 You _____ do that online!
- 5 I use it when _____ not at the gym.
- 6 Wow, Suzie, _____ amazing!



Listening builder **contractions**

When people speak, they usually make contractions:

*We do not get together with friends. → We **don't** get together with friends.*

*She is not very athletic. → She's **not** very athletic. / She **isn't** very athletic.*

I am ready to go rock climbing. → I'm ready to go rock climbing.

9 1.11 Read the Listening builder. Listen and circle the contractions you hear.

- 1 We're / We aren't / We can't
- 2 He's / He isn't / He doesn't
- 3 My teacher's / My teacher's not / My teacher isn't
- 4 It's / It isn't / It doesn't
- 5 They don't / They can't / They aren't
- 6 I'm / I'm not / I don't

10 Discuss the questions in pairs.

- 1 Is it important to have a hobby? Why/Why not?
- 2 What hobbies are most popular in your country?
- 3 Do men and women usually like different hobbies?
- 4 Are your hobbies different now from when you were a child? If so, how?
- 5 Can you think of any dangerous hobbies? Would you like to try them? Why/Why not?