**2. NOTE-TAKING SKILL Using numbered lists to organize information**

|  |  |
| --- | --- |
| 1. | Exercising with friends has many benefits. |
| 2. | First of all, friends help make exercise more fun. |
| 3. | Second, you are more likely to exercise if you made plans with a friend. |
| 4. | In addition to being more likely, you will also exercise for a longer time with a friend. |
| 5. | Finally, exercising with friends makes people less likely to quit. |

**4. VOCABULARY 1 PRACTICE**

1. reaction
2. humans
3. improve
4. exciting
5. traditional
6. skill
7. active
8. coach

**5. LISTENING COMPREHENSION Nikolai Andrianov**

1.  Nikolai Andrianov was born  near Moscow.

2.  His home life was not happy.

3.  A coachat the sports school asked him to stay.

4.  He was 16 years old when he got a place on the national team.

5.  In 1972, he won three medals at the Summer Olympics.

6.  When he retired from gymnastics, he became a  coach.

7.  People remember him because he was not  afraid of anything.

**6. LISTENING SKILL Listening for signal words and phrases**

* Finally
* The next thing I'll discuss
* First
* First of all
* Also

**8. VOCABULARY 2 PRACTICE**

|  |  |
| --- | --- |
| 1. to get free from someone or something | escape |
| 2. something that is good or helpful | benefit |
| 3. to stop thinking about something; to not remember | forget |
| 4. a type of | some kind of |
| 5. able to stay calm when you are waiting or when you have problems | patient |
| 6. without; excluding | except for |
| 7. to keep safe | protect |

**9. VOCABULARY SKILL Using the dictionary**

1. 2
2. 1
3. 2
4. 1
5. 3

**10. GRAMMAR (1) Gerunds as subjects or objects**

|  |  |
| --- | --- |
| **Gerund as subject** | **Gerund as object** |
| * Swimming is good exercise. * I like school, but studying is hard. * Closing my eyes helps me concentrate. * His playing is really good now. * He’s very athletic, so learning basketball was easy. | * We enjoy going to games. * I avoid watching too much TV. * Khalid prefers playing soccer to watching it on TV. * Most people like spending time with family. * My favorite activity on the weekends is shopping. |

**11. GRAMMAR (2) Gerunds as subjects or objects**

1. I like running because it is good exercise .

2. Judy dislikes eating late at night .

3. swimming is very good for you .

4. my father enjoys visiting new places .

5. many students prefer working with a group .

6. living overseas helps you learn a new language .

**14. CRITICAL THINKING VIDEO Ranking**

1. size.
2. show the results of a survey.
3. We can use it to show the results of a questionnaire.
4. to put items in an order.
5. price.
6. 1. baby

2. child

3. teenager

4. adult

1. 1. movie theater screen

2. television

3. cell phone

1. 1. Cell Phone A

2. Cell Phone C

3. Cell Phone B

**17. TRACK YOUR SUCCESS Vocabulary review**