**2. NOTE-TAKING SKILL Using the Cornell method for taking notes**

|  |
| --- |
| or caused by watching something terrifying  Why do we get phobias?  Is it possible to get over phobias?  15 mill scared of public speaking  response to something we think will harm us  2 mill scared of being in places where they felt panic before  What are the most common phobias?  yes, focus on the fear and reaction to it, possible to control and make better. |

**4. VOCABULARY 1 PRACTICE**

|  |  |
| --- | --- |
| 1. physical power | strength |
| 2. a very strong fear of something | phobia |
| 3. to have liquid come from your skin, often because you are hot | sweat |
| 4. a general feeling of worry or fear | anxiety |
| 5. to get a sudden feeling of fear that you cannot control | panic |
| 6. the reason for something | purpose |
| 7. to become well or happy again after a difficult time or sickness | get over |
| 8. to change the topic | move on to |

**5. LISTENING COMPREHENSION Conquering fears**

1.  This lecture is about getting over your fear of public speaking.

2.  Many people are afraid that they need to be perfect.

3.  The speaker says it's okay to make mistakes.

4.  The speaker says you shouldn't try to give too much information.

5.  People often feel nervous that they don't have enough time for their presentation.

6.  Having a sense of humor can help you relax.

7.  Telling jokes can relax the audience.

8.  It's important to prepare for your talk.

**6. LISTENING SKILL Listening for examples**

1. remind yourself you don't need to be perfect
2. I answered questions because I knew the information so well
3. many people feel nervous about talking in front of others
4. take some deep breaths before giving your presentation
5. tell a joke

**8. VOCABULARY 2 PRACTICE**

1. nightmares
2. terrified
3. bother
4. ground
5. normal
6. got used to
7. ideal
8. negative

**9. VOCABULARY SKILL Verb-noun collocations**

1. organize them.
2. Plan what you want to say or write.
3. put things in an order or system.
4. T-chart.
5. grid chart.
6. flow chart.
7. Row Chart
8. flow chart.

**10. VOCABULARY SKILL Idioms and expressions**

1.  Is something wrong? You're shaking like a leaf.

2.  Sam can’t stand crowded places.

3.  **A:**That snake we saw was so scary!  
**B:** You can say that again.

4.  My brother always tries to frighten me. He drives me crazy.

5.  Many people have a hard time watching horror movies.

6.  Don't worry about the airplane flight. You will be back on the ground before you know it.

7.  **A:**You wanted to see me?  
**B:**Yes. Please have a seat.

8.  **A:**I have something important to tell you.  
**B:**Okay, tell me. I'm all ears .

**11. GRAMMAR So and such with adjectives**

1. so
2. such a
3. so
4. such
5. such a
6. such
7. so
8. such a

**12. GRAMMAR EXPANSION Demonstratives**

1.  You should buy these shoes.

2.  I think you will like this movie.

3.  Turn left at those buildings over there.

4.  This is my friend Carla.

5.  These assignments are very difficult.

6.  That woman is our new teacher.

7.  These are my parents. They're from Tokyo.

8.  That trip was so much fun!

9.  This soup is delicious!

10.  Those students are new.

**17. TRACK YOUR SUCCESS Vocabulary review**

|  |  |  |
| --- | --- | --- |
| **﻿Nouns** | **﻿﻿Verbs and Verb Phrases** | **﻿﻿Adjectives** |
| * anxiety * phobia * nightmare * purpose * strength * ground | * move on to * get over * bother * get used to | * normal * terrified * ideal * negative |