

C.N. GRIVAS

Targeting Proficiency

WORKBOOK

Suitable for

ALL **C1/C2** LEVEL EXAMINATIONS

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Reading

1 Fill in the correct word.

across • from • into • out • up • through

- 1 The cat curled in the armchair and went to sleep.
- 2 I don't think I'll be able to fit this much extra study time my already busy schedule.
- 3 Young children seem to draw energy one another.
- 4 I hope your first year at university works well for you.
- 5 Joanne didn't study much for her final exams, but she still managed to scrape
- 6 If you want to get on in life, you are going to have to learn to speak for yourself.
- 7 He comes as a rather shy, sensitive kind of man.

2 Choose the correct word.

- 1 My new flat is only better than my old one, but at least it is warmer.

a slightly b actively
c admittedly d undoubtedly

- 2 Phil was between studying for his maths exam and going to his friend's party.

a awkward b torn
c utter d complete

- 3 I love going to parties. In fact, I on them.

a overdo b endure
c exert d thrive

- 4 We were and about all day and now I'm exhausted.

a to b up
c out d round

- 5 In fact, it was my cousin who up the conversation with Tim.

a picked b struck
c put d made

- 6 I always find a run in the park before breakfast extremely

a invigorating b meaningful
c intimidating d competitive



3 Fill in the correct verb in the appropriate form to complete the sentence.

be • go • have • show • take

- 1 I haven't eaten anything today; I just don't any appetite.
- 2 Your grades were fantastic, Gail. It just to show how well you can do when you actually study for an exam.
- 3 As usual, Alex the life and soul of the party. He's such an extrovert.
- 4 Simon always pleasure in helping other people.
- 5 Most of the boys in the class a preference for sports rather than drama.



4 Match the adjectives with the sentences.

A assertive	B competitive	C dependable
D easy-going	E intimidating	F unpredictable

- 1 Dan never gets annoyed about anything. He's such a relaxed person.
- 2 Kate always has to win, no matter what!
- 3 You never know how Simon will react when you ask him something.
- 4 You can tell she's an extrovert; she's so sure of herself and dominates the conversation.
- 5 Alex is really loud sometimes; I find him a bit frightening.
- 6 You can definitely rely on Megan. She will always be there for you.

5 Fill in the correct form of the word in capitals.

One of my (1), a cousin actually, had always been a bit of an introvert. She rarely went out, said very little at family gatherings and just generally stayed in the background. However, I can (2) say that she is an introvert no longer. In fact, she has become a complete and utter extrovert. Why do I say this? Well, she rang me up last week and we talked on the phone for ages, which was quite unusual for her. We even made an (3) to go out the following Friday evening. Could this really be the same cousin – the one who never used to (4) ?

Anyway, we went to a karaoke bar and the place was packed – I had never seen so many people there before. We got a drink and then without any (5) whatsoever, my cousin got up on the stage and asked to sing. I couldn't believe it! Where had my shy, reserved cousin gone? We spent the rest of the evening singing and immersed in (6) conversation with many different people. I definitely prefer this new version of my cousin and can't wait to go out with her again.

RELATION

CONFIDENT

ARRANGE

SOCIAL

HESITATE

STIMULATE



6 Choose the correct word.

- 1 Extroverts love **being / having** the centre of attention.
- 2 Make sure you **give / pay** attention to what he says so that you can tell me later.
- 3 Extroverts are easily distracted, and it is very difficult to **hold / have** their attention.
- 4 **From / As** what I know, Kim's going to study abroad next year.
- 5 I think it's **sure / obvious** that she is an introvert – she never says a word in class.
- 6 I'm an introvert and I do not like being **to / in** the limelight at all.

Speaking & Listening

1 Fill in the correct verb in the appropriate form.

cheer • count • fall • get • hit • let • stand

My brother and I have a really good relationship and he has always (1) by me. However, recently we (2) out. It was quite silly really – he didn't like my new friend, Jenny. Jenny was new in the area and she was in my class at school. We (3) it off straightaway, but my brother didn't (4) on with her at all. He said she wasn't a very nice person and that I should stay away from her. Anyway, a few weeks ago, we had an exam in school and Jenny hadn't studied for it at all, so she copied my answers. The next day the teacher was very angry with me and said that I had copied my answers from Jenny. I couldn't believe it, and Jenny just sat at her desk and didn't say a word. I really thought she would have (5) up for me. I was very upset that evening and I went and told my brother what had happened. He said he had known that I wouldn't be able to (6) on her and that eventually she would (7) me down. Then he took me out for pizza to (8) me up. He really is the best brother.



2 Fill in the correct word to complete the sentence.

1 assumptions / expectations

- a You should not make about a person's character based on their appearance.
- b My of what makes a good friend are probably very different to yours.

2 essential / beneficial

- a Do you think that having a pet to take care of is to children?
- b It is that you be here on time or we will miss the train.

3 dispute / concern

- a Josh got into a with a taxi driver.
- b Kelly expressed her about whether the new girl was trustworthy.

3 Tick (✓) the sentences that are true.

- 1 A **colleague** is somebody that you go to school with.
- 2 If you **value** something, you think it is important.
- 3 If something happens **every now and again**, it happens only occasionally.
- 4 When two people **reconcile**, they fall out.
- 5 If you have a **mutual interest** with someone, it is an interest you both share.
- 6 A **solid** friendship is a strong one.

4 Read the text and think of the word that best fits each space.

As (1) as I'm concerned, having good friends, ones that you can trust, is extremely important. Your friends should always be there for you, no matter (2) They should help you through the ups and (3) of life, especially during the teenage years, and provide a (4) to cry on whenever you need one. Your friends are likely to get the wrong end of the (5) on occasion but, (6) all honesty, it doesn't really matter. If you take the time to explain things without getting angry, everything will work out in the end.



Writing

1 Fill in the correct **verb** in the appropriate form to complete the sentence.

adjust • anticipate • decline • involve • satisfy

- I knew it would hurting the people I loved, but I had no other choice.
- I had not the changes I would have to make and how it would affect my life.
- It did not take me long to to living away from home.
- It was not easy to their requirements.
- I could not understand why they my invitation.

2 Read the sentences and think of the **preposition** that best fits each space.

- I had **set my heart** going to Italy that summer.
- I had to **navigate my way** a very complicated application process.
- I am writing **with reference** your recent article.
- Little did I know that my decision would **turn** my whole life **its head**.
- **my dismay**, there were no more seats available.



3 Choose the correct word.

- I had no idea it would have such a(n) on my life.
a impact b consequence
- Sally was always helping people. I had never met such a(n) person.
a awkward b warm-hearted
- To my surprise, it turned that she was right.
a out b on
- It seemed such a matter that I didn't want to bother him with it.
a partial b trivial
- It was at that point that things an unexpected turn.
a made b took

4 Find the six words.

- Two adverbs that have the meaning **very**.
- Two adverbs that have the meaning **so**.
- Two adverbs that have the meaning **often or always**.

E	X	T	R	E	M	E	L	Y	G	K	C
F	S	Q	S	N	I	G	T	A	I	N	O
B	R	P	V	P	D	D	P	J	N	A	N
M	Z	E	F	X	J	W	L	B	C	G	S
I	H	N	Q	S	A	E	L	N	R	N	E
R	H	N	F	U	I	C	A	Y	E	G	Q
D	N	P	E	A	E	O	J	Y	D	Y	U
F	K	A	M	S	I	N	A	L	I	I	E
E	W	W	R	N	D	E	T	T	B	M	N
C	O	N	T	I	N	U	A	L	L	Y	T
H	T	K	O	X	Y	D	B	Y	Y	S	L
S	U	B	S	E	Q	U	E	N	T	L	Y

Consolidation – Module 1

VOCABULARY

Choose the correct answer, A, B, C or D.

- 1 You can up some good bargains during the sales.
A catch B make
C pick D strike
- 2 Sarah is a(n) friendly person; she gets on with everyone.
A actively B incredibly
C slightly D subsequently
- 3 Emotional people are – you never know if they will laugh or cry at what you say.
A unconditional B unailing
C unpredictable D unsociable
- 4 Each of the students had a(n) opinion on the subject.
A different B like
C same D opposite
- 5 I will have to work extremely hard if I want to my dream of going to university.
A refuse B realise
C request D respond
- 6 Little did I that my life was about to change.
A judge B see
C get D know
- 7 I am writing response to your article in the newspaper.
A in B for
C with D on
- 8 Pete and George fell out over something really I think it was to do with the colour of Pete's car.
A beneficial B essential
C partial D trivial
- 9 Joanne is never at home; she has a really social life.
A hectic B interactive
C solid D energising
- 10 You will probably need to a French language exam if you want to study in Paris.
A give B write
C take D have
- 11 Liz is tall and pretty and people often make the that she is a model.
A assumption B expectation
C condition D definition
- 12 My boss gets angry and shouts at people all the time; I find him quite
A comforting B reassuring
C intimidating D outgoing
- 13 Extroverts on social interaction.
A overdo B struggle
C stimulate D thrive
- 14 The two brothers were the complete opposite of other.
A one the B each the
C each D the
- 15 Kerry's party is going to be the event of the year. Lots of well-known people will be there.
A social B socialise
C unsociable D sociable
- 16 I really your friendship, Joe. You're always there for me and I appreciate that.
A defend B value
C judge D assess
- 17 I'm an introvert and long conversations with people make me feel
A arrogant B invigorating
C worn out D comforting
- 18 Introverts rarely from their shell, even at parties.
A expand B exert
C endure D emerge
- 19 When it's cold, I like to up in an armchair in front of the fire.
A cheer B curl
C speak D stand
- 20 Are you any to David? You look very much like him.
A relative B relationship
C relation D related

Consolidation – Module 1

GRAMMAR

Choose the correct answer, A, B, C or D.

- 1 What about going to the beach tomorrow?
 A do you think B have you been thinking
 C have you thought D are you thinking
- 2 Mum pick Karen up from the train station. She'll be back soon.
 A has been to B is been to
 C is gone to D has gone to
- 3 I couldn't tell you because I Mike not to say anything to anyone.
 A promised B was promising
 C had promised D had been promising
- 4 Why the milk? Has it gone off?
 A do you smell B are you smelling
 C did you smell D had you been smelling
- 5 This is the first time Kelly with people who are total strangers to her.
 A lives B has lived
 C is living D has been living
- 6 Fiona in a café during the summer when she first met her future husband.
 A worked B had worked
 C would work D was working
- 7 I was just getting out of bed when Mum to see if I was up.
 A was calling B called
 C had called D had been calling
- 8 It has been a long time since Josh me a message on Facebook.
 A didn't send B has to send
 C has sent D hasn't sent
- 9 It was Herman Melville who *Moby Dick* in 1851.
 A wrote B was writing
 C has written D had written
- 10 I Greg for many years now.
 A am knowing B have known
 C know D have been knowing
- 11 'Is Harry still working abroad?'
 'Yes, he Hong Kong for almost a year now.'
 A has gone to B has gone in
 C has been in D has been to
- 12 Tina with her brother about whose turn it was to wash the dishes.
 A argued constantly B has constantly argued
 C has been constantly arguing D was constantly arguing

Writing Task

Look at the task.

A popular English-language magazine has invited readers to send in letters sharing their experience of a significant decision they made recently. You decide to send in a letter in which you describe the situation, explain why you made such an important decision and assess what the consequences of that decision have been.

Write a letter about a decision that you made recently. Write 250-300 words in an appropriate style.

TARGETING PROFICIENCY is a comprehensive coursebook that focuses on the acquisition and correct usage of the English language. The graded material steadily builds up students' language competency, making it the ideal coursebook for students wishing to advance to C1 / C2 level in English.

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- Teacher's Resource Booklet
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