

## Complete a summary of a text

### 1 Complete the sentences with words from the box.

any • complete • incorrect • limited • many

In tasks where you have to **(a)** ..... sentences or a summary, it's important to find out if you can write **(b)** ..... number of words or if you are **(c)** ..... to a specific number of words. If you write too **(d)** ..... words, your answer will be **(e)** .....

### 2 Read the sentences and choose the correct definitions.

- |   |                          |
|---|--------------------------|
| 1 have the same opinion or way of thinking  | a open up to someone     |
| 2 advertise something for someone           | b words fail me          |
| 3 speak in a way that leads to confusion    | c be on the same page    |
| 4 reveal secretive or important information | d talk at cross purposes |
| 5 speak freely about your emotions          | e let on                 |
| 6 not know what to say about something      | f spread the word        |

#### ✓ Exam tip

In tasks where you complete sentences or a summary, check whether you can write any number of words or need to write a specific number of words in each gap.

### 3 Read the text and complete the summary. Use words from the text. Use no more than three words in each gap.

#### *A Problem Shared is a Problem Halved*



Isn't it ironic that we live in this environment where we are contactable 24/7 and yet most people still have a problem opening up to their nearest and dearest? Why is it that whatever background we are from and wherever we live, this remains a challenge?

It's perhaps well known that women in general talk more about what is on their mind. This is backed up by evidence: according to research done in Britain by YouGov RealTime, 24% of men say they have no one to turn to when they have a problem compared to 17% of women. Overall, there are a lot of British people, 22% in fact, who are keeping things in when they would be better said out loud.

Of the people who did have someone to confide in, the majority choose their partner to talk things through with. However, when it comes to those who speak to friends, the gender gap is noticeable. 62% of women have a friend they can trust whereas only 48% of men do.

Another group that have difficulty expressing their feelings are teenagers. As any parent can tell you, it's very puzzling when their once communicative child who used to tell them every detail about what happened at school that day, suddenly falls silent. This age group are going through all sorts of changes – physically, socially and emotionally. It's no wonder then that conveying a message about their emotions may seem impossible to them. They are figuring out who they are and gaining more independence.

However, experts point out that this behaviour is normal. According to the American Psychological Association, children will very often internalize their feelings if they are concerned about something. They don't always ask for support. Therefore, getting through to them is tricky but it's also important that parents remain emotionally available.

The main problem is that there isn't a quick fix. If you have a practical problem there's usually a solution. For example, if your car breaks down, you call a mechanic and get the part you need or buy a new car. If only emotions were as simple!

## Complete a summary of a text (continued)

So, what's the answer, particularly for these two groups of people? Some people can't bring up feelings with close friends and family and are more comfortable talking to a stranger or someone removed from the situation. A therapist or even a trusted teacher can be just what is needed. There's no judgement, just a listening ear as you say things you may never have told anyone.

Social media can also be used to spread the word that what you are feeling is perfectly normal. For example, in 2015, a writer, Sammy Nickalls used the hashtag #TalkingAboutIt to encourage people to talk about their struggles. This is clearly a positive way in which to use social media which shows people that they aren't alone and they have people to relate to.

Speaking to others clearly helps but how does it do this exactly? Intense feelings cause your amygdala, or the part of your brain that deals with your fight or flight response, to take over. It can even override the logical part of your brain, meaning it's hard to think straight and get things into perspective. In effect, talking can reduce the impact that your amygdala has. But don't just take my word for it. Research from UCLA confirms this process and demonstrates that just by talking to someone, you can become less stressed and anxious.

That said, talking too much about your problems can sometimes have a negative impact. There are a few key points to avoid this. Who are you choosing to share your feelings with? If you aren't seeing the benefit of the chat, you're probably speaking to the wrong person. When are you speaking to them? Be sensitive to the fact that everyone has busy lives and that if you're going to unload all of your emotions on them, it should be at time that suits you both. Furthermore, you have to try to be more positive and proactive sometimes. If all you do is complain, it's not going to do you much good. And if you can't actually resolve a situation, consider thinking about how you can improve how you're going to react to it.

When you first bring up your problems, it can feel embarrassing, scary and uncomfortable. But it will get easier. And it's got to be better than keeping it all in. You don't have to suffer in silence and as the science says, a problem shared really is a problem halved.

These days, although contacting someone is easier than ever, some of us still find **(a)** ..... to someone difficult.

This is backed up some **(b)** ..... conducted by YouGov RealTime. It shows that 22% of **(c)** ..... don't have anyone to share their problems with.

So, who is confiding in others most difficult for?

**(d)** ..... and teenagers find it hardest to open up. Teens, especially, are going through big changes at that stage in their lives, making communication more difficult.

There isn't a **(e)** ....., but wherever possible, parents should try to stay emotionally available.

Recognising this problem, **(f)** ..... reached out on social media to normalise people's struggles. He explained that when you talk to someone you don't feel as

**(g)** ..... and stressed.

But it's a question of balance: Too much talking can be

**(h)** ..... as well. It's about who you talk to and when. If you can't **(i)** ....., you have to find ways to react differently to it.

At first, it's hard to share all your most private thoughts with someone else, but it does get easier. The simple message is there's no need to **(j)** .....

## C1 Advanced Part 1

## 1 Choose the correct alternative.

In activities in which you have to choose the correct word, first read the whole **(a) sentence/text**. This will help you understand the **(b) overall/specific** meaning. Then try **(c) every/one** option in each gap. Look for **(d) grammar/collocations** and **(e) set phrases/punctuation**. Then choose your answer. Remember not to leave any gaps blank.

## 2 Correct the words in bold in sentences 1-6.

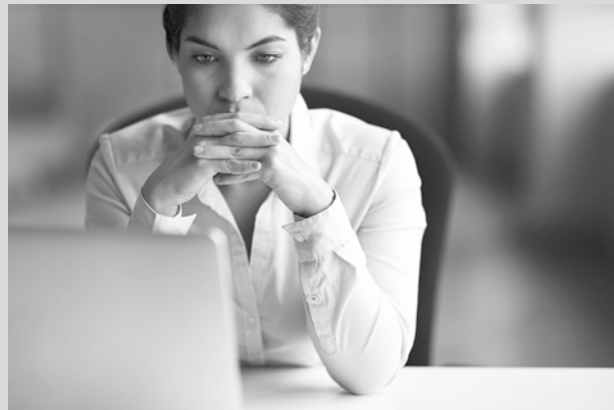
- 1 When I **lend** someone my word, I can't let them down.
- 2 If Matt tries to talk down **on** me again, I'll be so annoyed.
- 3 It's easy to get the wrong **side** of the stick in another language.
- 4 She **spoke** a witty remark and everyone in the class laughed.
- 5 I never said that at all. Stop putting words into my **speech**.
- 6 It's so important these days to speak **for** against injustice.

## ✓ Exam tip

In activities in which you have to choose the correct word, remember to read the whole text first to understand the topic and main ideas. Before you choose the correct words, try every option in each gap and look for any words which form a collocation or a set phrase.

- 3 For each question, 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example (0) at the beginning.

## Write or wrong: the miscommunication of the written word



How many times have you tried to **(0)** ..... *convey* ..... a message in writing only for it to be misinterpreted? A joke or sarcastic comment has been taken

**(1)** ..... and now you're in someone's bad books. How are people meant to pick up

**(2)** ..... your intended message when you aren't there to gesture or reassure them that you aren't serious?

According to the author of *Can You Hear Me? How to Connect with People in a Virtual World*, Nick Morgan, almost half of texts and emails are **(3)** ..... So what can we do about this?

Quite a lot it seems. Firstly, use emojis to clarify your meaning. This will hopefully ensure that your audience don't get the **(4)** ..... end of the stick.

Secondly, if you **(5)** ..... a lot of errors, it might **(6)** ..... that you were angry when you wrote it. **(7)** ..... a word, if you don't want to communicate this message, proofread before you send. Thirdly, emotionally check it. 'Let's discuss this', might mean you're happy or **(8)** ..... How about, 'I like some of your ideas. Let's discuss this.' Finally, punctuation matters. 'OK' with a full stop can seem direct and more negative than 'OK' without one.

## Example:

- |                |                 |              |             |
|----------------|-----------------|--------------|-------------|
| 0 A show       | B convey        | C take       | D transfer  |
| 1 A faithfully | B truly         | C strictly   | D literally |
| 2 A to         | B on            | C for        | D by        |
| 3 A mistaken   | B misunderstood | C inaccurate | D inexact   |
| 4 A wrong      | B bad           | C rude       | D damaged   |
| 5 A do         | B take          | C make       | D give      |
| 6 A announce   | B specify       | C argue      | D indicate  |
| 7 A Of         | B For           | C In         | D By        |
| 8 A frustrated | B delighted     | C spoil      | D overcast  |