

C1 Advanced Part 7

1 Read the sentences and choose the correct alternative.

What should you do when matching missing paragraphs to gaps in a text?

- a Remember there can be more than one answer for each paragraph.
- b Check every missing paragraph even if you have already chosen one.
- c Look for the same word which appears in the text and matching paragraph.

2 Correct the words in bold in sentences 1–6.

- 1 That student is really full **in** himself and tends to intimidate the others.
- 2 Wearing clothes like that, she really stands out **of** the crowd. It's great!
- 3 Please come in, sit down and make yourself **in** home.
- 4 Initially after the break-up, she was a shadow of her former **person**.
- 5 This Instagram star is so **covered** up in herself, but she's very popular.
- 6 The biggest change in behaviour was noticeable **around** 14-18-years-olds.

✓ Exam tip

In activities where you have to match missing paragraphs to gaps in the text, remember to check every missing paragraph in each gap even if you have already selected it. You might find one that is a better fit.

3 Read the article. Six paragraphs have been removed. Choose from the paragraphs A–G the one which fits each gap 1–6. There is one extra paragraph which you do not need to use.

A Changed Person?

At some point in most people's lives, many of us wish we could behave differently. Often we look at our own personalities as a place to lay the blame. Maybe it's because of our low self-esteem or maybe it's because we're too self-critical. Whatever the trait, can we actually change and if so, how would someone go about doing this?



1

One of the most well-known psychoanalysts, Sigmund Freud, went so far as to suggest that our personality is formed by the age of five! While modern psychologists may not share his view of this happening so young, most do believe that our personality stays more or less consistent throughout a person's life. But the real question is, how is it formed?

2

Furthermore, the continuous interaction between our genetics and our environment can affect how a person expresses their personality. For example, genetically a person may be relaxed, but as a result of working in a high-pressured environment, they may be more stressed than they would be if they had a different job.

3

Another way would be for a person to evaluate their self-belief. The reason why some people think that personality is rigid is because they believe they cannot change it. However, if someone believes they can change and puts in the effort, they are more likely to be successful. For instance, an introverted person who wants to become more sociable must put themselves in positions where they are forced to chat to people.

4

But where's the hard evidence? The Journal of Personality and Social Psychology recently published the results of two experiments conducted by Hudson and Fraley of the University of Illinois. The first experiment involved 135 adult participants who chose personality traits they wanted to change. They were told that they were part of a six-week personality study and were given weekly sessions to remind them of their goal.

5

Researchers concluded that both groups were able to make noticeable changes over the time period. That's to say that someone who wanted to become more extroverted reported an improvement in this area by the end of the experiment. They also reported that their daily activities reflected this change in personality: They were able to interact more easily with others.

6

The overall message seems to be that change is possible. If you find yourself in a position where you're unhappy with your personality, just be aware it takes hard work, motivation and commitment to change it. Without this, whatever changes you make may be short-lived.

C1 Advanced Part 7 (continued)

A

Outside of work, if someone is looking to work on their personality, there are some things that can be done. Firstly, forming new habits. Psychologists consider this to be one way to change personality. It is noticeable to anyone who has tried, that this is far from easy. Having said that, as new habits are learned, you can develop more positive characteristics: kindness and honesty for example.

B

Hudson and Roberts were quick to point out that these situations were caused by the first group receiving more support than the second. That might be why some of the participants in the latter group didn't recognise themselves by the end of the test period: Those who wanted more self-esteem appeared to have completely changed their personalities to achieve this.

C

To answer these questions it would be wise to first consider what personality actually means. It comes from the Latin word, *persona*. This was used to describe actors who wore different masks in order to play different roles or to hide their identity. On a basic level, personality refers to different thoughts, behaviours and feelings.

D

Thirdly, a person can act the part. Christopher Peterson, a psychologist at the University of Michigan, realised early on that being introverted might negatively impact his career. What he needed to do was to act extroverted when his job called for it, for example when teaching classes. That's precisely what he did and he claims his career benefitted from it.

E

Nevertheless, the amount of actual personality change was not very extreme. The period of time required for this to happen is likely to be much longer than the period of study. However, researchers do believe that, despite this, permanent personality change can occur from modifying our ways of thinking, behaving and feeling.

F

The second experiment involved a similar number of people but focused more on daily changes in behaviour connected to characteristics they wanted to change. There were also more thorough personality rating measures to help the process of changing their personality.

G

The long-debated nature versus nurture argument rears its head here. In other words, do our genetics or our upbringing shape our personalities? In the past, it was common for experts to take one side or the other and debate the reasons for doing so. Many modern thinkers, however, consider both as playing a significant part.

C1 Advanced Part 3

1 Choose the correct alternative.

In word-formation activities, remember to read the (a) text/missing words first to understand the context and (b) main points/details. Think about the type of word which is missing and whether it should be positive or negative. You (c) may/won't need to change the (d) sentence/given word more than once.

2 Complete the sentences with the words in the box.

accurately • evaluate • manipulative • observe
precisely • resilient • self-expression • yourself

- 1 Please give your account of what happened as as possible.
- 2 You really don't look lately. Is everything ok?
- 3 I'm afraid I find Bonnie rather She seems to like controlling others.
- 4 Most people consider song-writing as a form of
- 5 We need to employ that candidate. He's what we're looking for.
- 6 It's vital for parents to bring up children so they are ready to face life's challenges.
- 7 It's good to where your life is heading from time to time.
- 8 You can learn a lot about people if you simply their behaviour.

✓ Exam tip

In word-formation activities, remember to read the text first to understand the context and main point(s). Think about the type of word which is missing and if you need a positive or a negative word. You may need to make more than one change to the word given.

- 3 For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Sibling Rivalry



There are few things in life as (0) *dependable* as sibling rivalry. It seems that (1) (regard) of where you come in the family, brothers and sisters are (2) (constant) competing for their parents' attention and approval. Arguments are very common among siblings as a result. Experts believe that this type of (3) (confront) can happen as much as eight times an hour! This must be (4) (exhaust) for everyone involved. There is something happening from a (5) (psychology) point of view, however. It helps children work out what makes them different as this is often what they focus on when fighting for preferential (6) (treat) This in turn shapes their personalities and interests. It can also help them to have better conflict (7) (resolve) later on in life. And the good news is that, although sibling rivalry may be almost (8) (bear) in younger children, it does at least decrease by the time they're teenagers! And with any luck, they'll actually be enjoying each other's company by the time they reach adulthood!