



# On Point

Advanced English

## Workbook

+ AUDIOS

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## Vocabulary

### Memories

- 1 Complete the text with words and phrases from the box. Change the form if necessary.

bring back   cast your mind back   recall  
recollect   reminisce   take you back

## Nostalgia

Do you ever find yourself <sup>1</sup>..... fondly about the past? For most of us, the past is seen as something beautiful and elusive. <sup>2</sup>..... to one of your favourite times as a child. Perhaps it was an endless summer having fun with your friends. The reality is that the time was probably good, but your memory has edited out the boring bits – the rain, the days on your own, the arguments you had.

When you <sup>3</sup>..... a memory from the past, you remember it as your brain has chosen to distort it, not the actual reality of events. This is essentially what nostalgia is – the yearning for the past and for someone or something to <sup>4</sup>..... to a time that you perceive as better. However, it's not a realistic past but an idealized one that we have filtered.

Nostalgia isn't about specific memories rather a connection to an emotional state. We connect inanimate objects to these feelings and when we see them again it <sup>5</sup>..... memories of an idealised happy time. It's not the place or the time that we want to go back to, but the feeling we once experienced.

Most people <sup>6</sup>..... past events three or four times a week. Why? Because happy memories give us faith in the future – even when the present might not seem great, we feel that our experiences are meaningful.

- 2 Choose the correct option to complete the sentences.

- I have ..... memories of my time at university. It was one of the best times of my life.  
a vague      b fond      c hazy
- I ..... recognize that actress. What other movies has she been in?  
a vaguely      b early      c vividly
- I ..... remember leaving my phone on the table.  
a fondly      b early      c distinctly
- I ..... remember my first holiday abroad. It's such a clear memory.  
a vividly      b vaguely      c fondly

## Grammar

### Tense review

- 1 Choose the correct option.

- Are you OK? You *seem / are seeming* to be preoccupied about something.
- I *try / 'm trying* my best, but nothing seems to stick in my mind.
- Can you tell Sam to hurry up? *We've waited / We've been waiting* for him for ages now!
- I *haven't received / haven't been receiving* my test results yet.
- I *tried / was trying* to memorize my speech, but I think I need cue cards.
- I *had spent / was spending* five years trying to become an architect before I finally gave up.
- Practice tests *are used / used* by lots of students to give them confidence before an exam.
- The results of the study *were published / published* in the latest edition.

- 2 Complete the text with the correct form of the verb in brackets.



## SMART PETS

For anyone who <sup>1</sup>..... (have) a dog in their lifetime, it can be an infuriating experience trying to train it. While I <sup>2</sup>..... (train) my dog, I nearly <sup>3</sup>..... (lose) him five times! I <sup>4</sup>..... (nearly/give up) when a friend <sup>5</sup>..... (recommend) using a dog trainer. Not only do I now have a well-trained dog, but I now know why my dog <sup>6</sup>..... (always / disappear) when I took him on a walk. He had been bred to smell things and woodland scents were just too much! There <sup>7</sup>..... (be) a long history of dog breeding, with many species <sup>8</sup>..... (breed) for very specific purposes. Many breeds of dog <sup>9</sup>..... (involve) in some kind of hunting in the past. Take the Labrador, one of the most popular dogs in the world, with origins in Canada. It <sup>10</sup>..... (use) in the past to help fishermen retrieve their nets or escaped fish.

As a result of this breeding, one skill that dogs <sup>11</sup>..... (develop) to a much higher level than humans is their sense of smell. Their sense of smell is potentially 100,000 times better than humans. Today, this ability <sup>12</sup>..... (use) by humans to find drugs, criminals and even illnesses such as cancer.

So, what are the smartest dog breeds? The smartest dogs <sup>13</sup>..... (learn) a new command after just five attempts and obey it 95% of the time. The Border Collie <sup>14</sup>..... (regard) as the most intelligent dog. One Border Collie, called Chaser, can <sup>15</sup>..... (recognize) the names of 1000 objects. The dog that <sup>16</sup>..... (consider) the hardest to train is the Afghan Hound.

## Vocabulary

### Trends

- 1 Complete the predictions with the phrases from the box.

a distant memory    are bound to be  
be an explosion in    become a thing of the past  
may well    the days of ... are over  
there are signs    will gather pace



### Not quite...

We looked back through our archives to see what predictions were made on our website about life on Earth today. As you can see, some of them were very wide of the mark!

The use of computers and robotics <sup>1</sup> ..... so much over the next decade that hardly anyone will do a physical job. *November, 2006.*

<sup>2</sup> ..... meat everyday <sup>3</sup> ..... The environmental impact of eating meat will be seen as so significant that there will <sup>4</sup> ..... vegetarianism, with nearly 50% of the planet having given up meat. *March 2004.*

Physical cash will <sup>5</sup> ..... Online currencies, such as Bitcoin, will be the way we pay for everything. *September, 2015.*

It may seem like pure science fiction, but by 2020 people <sup>6</sup> ..... be holidaying on the moon. *April, 2005.*

Household chores will be <sup>7</sup> ..... by the 1980s. In fact, kids born in this decade will see robotic household servants as a normal thing to have. *October, 1964.*

Our knowledge and exploration of space is developing at such a rapid rate that we <sup>8</sup> ..... communicating with extra-terrestrials by the end of the century. *August, 1964.*

More and more countries are sending satellites and other technology into space. Tensions are already starting to rise. So much so that <sup>9</sup> ..... that the next world war may be fought for control of the moon. *September, 1966.*

## Grammar

### The future

- 1 Use a future form to complete the second sentence so that it has a similar meaning to the first sentence.

- I moved here in July and it's nearly the end of the year already!  
By the end of December, I .....  
(live) here for 6 months.
- I've booked our flight to Paris for 9 a.m.  
We ..... (fly) to Paris at nine.
- I bet he hasn't finished the report.  
He ..... (finish) the report.
- I can't meet you tomorrow. I need to work on the assignment.  
I ..... (work) on the assignment tomorrow so I can't meet you.
- Careful! It's slipping out of your hands!  
Careful! You ..... (drop) it!
- It's a good idea, but we aren't going to have enough time.  
I don't think we ..... (have) enough time to do it.

- 2 Complete the text with the correct form of the word in brackets.

### Books that predicted the future

America <sup>1</sup> ..... (lead) by a populist is the concept of the 1935 novel *It can't happen here*. The main character says he <sup>2</sup> ..... (bring) back prosperity to America's working class. He also promises that he <sup>3</sup> ..... (fight) against the lies in the mainstream press. Sound familiar?

By the end of the day, I <sup>4</sup> ..... (have) five Zoom meetings and my children <sup>5</sup> ..... (finish) all their school lessons on Microsoft Teams. In the evening I <sup>6</sup> ..... (drink) wine while talking to my friends on Skype. We <sup>7</sup> ..... (not / leave) the house once. No doubt this all sounds a bit like 2020 and beyond but it is also a world imagined in E.M Forster's 1909 novella, *The Machine Stops* where people live in isolation.



## Listening

1 007 Listen to the podcast on memory. Number the topics in the order they are mentioned.



.....



.....



.....



.....



.....



.....

2 007 Listen again and complete the sentences with 1–4 words.

- 1 Memory isn't a physical item but a .....
- 2 Memory does not process things in ..... but simultaneously.
- 3 The first part of creating a memory is known as .....
- 4 The hippocampus uses different ..... to produce a single event or memory.
- 5 The prefrontal cortex helps us to decide whether an event or experience is .....
- 6 ..... pulses travel along synapses in the brain to help us process information and learn new things.
- 7 Footballers repeat actions so frequently they can complete them .....
- 8 Young children fall over because the skill of walking is not ..... into the brain.
- 9 To help us remember numbers we put them into .....
- 10 Memory starts to get worse in our .....
- 11 The hippocampus reduces the number of nerve cells by about 5% each .....
- 12 It is hard to learn new things as you age but you can maintain a high .....

## Vocabulary

### Memory

1 Complete the text with words and phrases from the box.

come up with   memorise   rehearse   relate  
repetition   retain   selective



### PHOTOGRAPHIC *memories*

If you've ever met someone who claims to have a photographic memory, then you've probably felt jealous of this ability. No more looking at facts again and again as you try to <sup>1</sup> *memorise* them for a test. No need to <sup>2</sup> ..... a play or presentation many times. You'd just simply look at the page and <sup>3</sup> ..... the information for when you next need it. In reality, the concept of a photographic memory has never been proven to exist. But why do some people have an amazing ability to remember things so easily?

Every year there is a World Memory Championship, and nearly every year someone who enters claims to have a photographic memory. However, none of the winners have ever stated this. In fact, former winners of the competition tend to use a number of specific techniques to help their memory. For example, they may <sup>4</sup> ..... every digit of Pi to memorable images. In fact, memory and images are so strongly connected that if you want to improve your own memory, one way to do it is to <sup>5</sup> ..... image-based mnemonics (pictures with initial letters that spell out a word and relate to particular ideas) to help you remember something.

Unfortunately, there is no real short cut to memorizing something. The best method is <sup>6</sup> ..... and testing the recall. As you try to learn something, space out how frequently you repeat the key facts and figures and they will gradually enter your long-term memory. You might want to be <sup>7</sup> ..... in what you memorize though. The brain can store a huge amount of information, but it's also excellent at forgetting things not worth remembering.

## Speaking

1 Match the sentence beginnings 1–9 with a–i.

- 1 One accomplishment that
  - 2 Another thing I take
  - 3 It gives me a
  - 4 Much of my success is
  - 5 I owe
  - 6 I will forever be
  - 7 One obstacle I
  - 8 One particularly difficult
  - 9 I persevered despite
- a huge sense of achievement.
  - b had to overcome was ...
  - c makes me really proud is ...
  - d indebted to ...
  - e down to ...
  - f period was when ...
  - g a lot to ...
  - h all the challenges ...
  - i great pride in ...

2 Match the phrases in Exercise 1 to the functions.

Success		
Influences	Challenges	Achievements
4		



## Writing

1 Complete the sentences with words from the box.

accomplished at by for (x2) in recommending that this writing

- 1 ... is skilled .....
- 2 I have known ... / since ...
- 3 I have no hesitation in .....
- 4 For ..... reason ...
- 5 I am ..... to recommend ...
- 6 ... is proficient .....
- 7 I am confident .....
- 8 ... a flair .....
- 9 ... is an .....
- 10 as is evidenced .....

2 Complete the reference with phrases from exercise 1.

To whom it may concern,

<sup>1</sup>..... Simon Smith for the position of Foundation Year teacher. Simon has lived in Bournemouth for ten years now and I <sup>2</sup>..... the last 5 years.

Simon shows incredible levels of commitment to helping young children, <sup>3</sup>..... his involvement in youth football coaching and his support of disadvantaged children in outreach projects. Simon is a supportive and approachable individual, as can be seen by his engagement with young children. <sup>4</sup>....., I feel he would be a valuable addition to the teaching staff.

Further to his relevant experience, Simon frequently demonstrates a number of traits that I believe will help him thrive in this role. I have found Simon to be dependable, outgoing and hardworking. Simon has <sup>5</sup>..... art and music, two skills essential to a primary school setting. He is <sup>6</sup>..... IT and would easily be able to support online learning. In addition, he <sup>7</sup>..... story-telling – a skill clearly needed with young learners.

<sup>8</sup>..... Simon would be a valuable addition to your team, and <sup>9</sup>..... him for this role.

Yours faithfully,  
Jan Day