

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Teacher: \_\_\_\_\_



**Pages 9~10, "From the Editor, Student Perspectives, Up Front & Ask Doris"**

1. In "From the Editor", how do you say "Merry Christmas" in German?

.....

1. In "Editor's Pick", what is the writer's problem?

.....

2. In "Editor's Pick", why does the writer want to find a solution to his/her problem?

.....

3. In "Editor's Pick", if the writer can change three things about him/herself, what might happen?

.....

.....

4. In "Ask Doris", what is the writer's problem?

.....

5. In "Ask Doris", what does Doris say can be "tricky"? [=confusing; a bit difficult]

.....

6. In "Ask Doris", what does Doris say you need to do speak clearly?

.....

7. What does Doris say you need to do to improve your grammar?

.....

8. What does Doris say about reading?

.....

**Page 12~14, "Charles Dickens"**



1. What was Charles Dickens' childhood full of?

.....

2. What happened to Dickens' father when Dickens was just 12 years old?

.....

3. What job did Dickens have in 1832 when he was 20 years old?

.....

4. What did Dickens' difficult experiences finally bring him in the end?

.....

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**Page 18, "ResQME"**

1. What is your "ResQME" **attached** to? [=connected]

.....

2. What is the ResQME designed to do?

.....

3. How much does the ResQME weigh?

.....

4. How expensive is the ResQME?

.....

**Pages 20~21, "Top 10 Ways To Stick To Your Workout"**



1. What will a personal trainer help you to do?

.....

2. What is the "perfect" exercise?

.....

3. What is the best kind of music to listen to while you are exercising?

.....

4. Which kind of exercises should you note in your journal?

.....

5. How should you celebrate reaching your goals?

.....



**Page 22~23, "Speak Up With Confidence"**

1. What is the worst thing of all that happens when you walk to the front of a room to give a speech?

.....

2. What should you do in the introduction of your speech to **grab** your audience's attention? [=get; attract]

.....

3. What does the body of your speech **consist of**? [=include; contain; have]

.....

4. What is **critical** about your speech? [=extremely important]

.....

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**Page 24~25, "Should You Diet or Not?"**

1. How does Carla feel about her **figure**? [=body shape]  
 \_\_\_\_\_
2. What does Nate say is a better way to lose weight?  
 \_\_\_\_\_
3. What does Nate say about **fad** diets? [=fashionable; for a short time]  
 \_\_\_\_\_
4. What does Nate say are the keys to keeping weight off?  
 \_\_\_\_\_



**Page 27, "Brain Foods"**

1. Which food can help to protect your brain from damage caused by old age and **stress**? [=pressure]  
 \_\_\_\_\_
2. Which food can help to protect your brain from memory problems?  
 \_\_\_\_\_
3. What Japanese "matcha" tea leaves **loaded with**? [=full of]  
 \_\_\_\_\_
4. What do walnuts contain that make them especially **beneficial** for our brains? [=good; helpful]  
 \_\_\_\_\_

**Pages 33, "Tidbits"**



1. Which one of Charles Dickens' books has been made into movies, plays, and even an opera?  
 \_\_\_\_\_



**Pages 36~37, "Employee Wellness"**

1. What do "**wellness**<sup>1</sup>" events at Joan's company help **employees**<sup>2</sup> to do? [<sup>1</sup>good health] [<sup>2</sup>workers]  
 \_\_\_\_\_
2. Which event did hundreds of people **show up at**? [= come to; attend]  
 \_\_\_\_\_
3. Why is Joan going to send an email around this afternoon?  
 \_\_\_\_\_

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**Page 44~45, "The Music of Christmas"**

1. What do traditional Christmas carols **capture**? [=show; contain]

.....

2. Who wrote the **melody** for "Hark the Herald Angels Sing"? [=tune; music]

.....

3. The words of which song still touch people's hearts?

.....

4. In what year did Isaac Watts **compose** "Joy to the World"? [=write; create]

.....



**Pages 50~51, "The Psychology of Change"**

1. Why did the people of Paris become angry about the **construction** of the Eiffel Tower [=building (v)]

.....

2. Why do **voluntary**<sup>1</sup> changes also make us **uneasy**<sup>2</sup>? [1=decide by ourselves; 2=uncomfortable]

.....

3. What is the key to **overcoming** the fear and anger of change? [=fight and win against sth]

.....

4. When change comes, what kind of **attitude** can help a lot? [=opinion or feeling towards sth]

.....

**Pages 54~55, "Scrapbook"**



1. In "Chuckles", why did the person phone the **librarian** [=someone who works in a library]

.....

2. In "Literature Corner", what is the name for the **villain** in a story? [=bad person]

.....

3. "I am not easy to learn English" is a common mistake. What should we say?

.....

**Page 56~58, "Rapid Review"**

\*\*\*\*\* ***Do Rapid Review exercises 1 - 2 - 3*** \*\*\*\*\*