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Том Сториз

**АНГЛИЙСКИЙ
ЯЗЫК ДЛЯ
СТАРШЕЙ
ШКОЛЫ**

*Темы, лексика
и практика речи*



Том Сториз

**Английский язык для
старшей школы. Темы,
лексика и практика речи**

«Издательские решения»

Сториз Т.

Английский язык для старшей школы. Темы, лексика
и практика речи / Т. Сториз — «Издательские решения»,

Учебное пособие предназначено для учащихся старшей школы, изучающих английский язык. Книга включает тематические тексты, лексику и практические задания, направленные на развитие навыков чтения, говорения и понимания. Особое внимание уделяется повседневным ситуациям и формированию уверенной устной речи. Материал способствует расширению словарного запаса и развитию коммуникативной компетенции.

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Английский язык для старшей школы

Темы, лексика и практика речи

Том Сториз

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Введение

Настоящее учебное пособие предназначено для учащихся старшей школы, изучающих английский язык как иностранный. Его основная цель заключается в развитии коммуникативной компетенции, формировании устойчивых языковых навыков и расширении лексического запаса в контексте актуальных для подростков тем.

Материал пособия организован по тематическому принципу. Каждая глава посвящена отдельной сфере повседневной жизни и включает связный текст, отражающий реальные ситуации общения. Тексты написаны на доступном и естественном английском языке с использованием как простых, так и более сложных синтаксических конструкций. Это позволяет учащимся постепенно развивать навыки понимания и использования языка в устной и письменной речи.

Особое внимание уделено формированию активного словарного запаса. В каждой главе представлен список ключевых выражений и устойчивых словосочетаний, которые необходимы для повседневного общения. Дополнительно предлагаются речевые модели, направленные на развитие навыков говорения и построения собственных высказываний.

Практическая часть пособия включает задания, ориентированные на личный опыт учащихся. Вопросы предполагают развернутые ответы, что способствует развитию самостоятельного мышления и умения выражать собственное мнение на английском языке. Образцы ответов служат ориентиром и демонстрируют возможные варианты использования изученной лексики и грамматических структур.

Отдельное внимание уделено развитию навыков развернутого высказывания. Учащимся предлагается расширять ответы с использованием ключевых выражений, аргументации и примеров. Такой подход способствует формированию связной и логичной речи.

Заключительный блок заданий в каждой теме направлен на закрепление лексического материала. Упражнения на заполнение пропусков позволяют проверить понимание и активизировать изученные слова и выражения.

Пособие может использоваться как на уроках английского языка, так и для самостоятельной работы. Оно ориентировано на постепенное развитие языковых навыков и формирование уверенности в использовании английского языка в различных ситуациях общения.

Daily Routines and Time Management

Text

Most people have a daily routine, even if they don't always think about it. A routine is the way you organize your day, from the moment you wake up to the time you go to bed. Having a clear routine can make your life easier and help you feel more in control of your time.

For many students, the day starts early. You wake up, get ready, and have breakfast. Some people check their phones right away, while others prefer a quiet start. For example, you might drink a cup of tea and think about what you need to do. Although mornings can be difficult, they are important because they set the tone for the whole day.

At school, time management becomes very important. You have lessons, homework, and sometimes extra activities. If you don't plan your time, you can easily fall behind. That's why many students make a to-do list. It helps you keep track of your tasks and stay focused.

However, it's not always easy to follow your plan. Sometimes you feel tired or distracted. For instance, you may want to scroll through social media instead of studying. This is normal, but it's important to find a balance. You don't have to study all the time, but you should try to use your time wisely.

In the afternoon, people often feel more energetic. This is a good time to do homework or work on projects. Some students prefer to study alone, while others like working in groups. Both options have their advantages. Studying alone helps you concentrate, but group work allows you to share ideas and learn from others.

In the evening, it's important to relax and take a break. You can watch a movie, listen to music, or spend time with your family. At the same time, you should prepare for the next day. For example, you can pack your bag or check your schedule. This helps you avoid stress in the morning.

Good time management is not about being busy all the time. It's about making smart choices. If you plan your day well, you will have time for both work and rest. Although it takes practice, it is a very useful skill for school and for life.

Key Vocabulary and Expressions

daily routine — распорядок дня
manage your time — управлять временем
get ready — собираться
set the tone — задавать тон
fall behind — отставать
to-do list — список дел
keep track of — отслеживать
stay focused — оставаться сосредоточенным
get distracted — отвлекаться
scroll through social media — листать соцсети
find a balance — находить баланс

use time wisely — использовать время разумно
feel energetic — чувствовать себя энергичным
work on a project — работать над проектом
study alone — учиться одному
share ideas — делиться идеями
take a break — делать перерыв
spend time with — проводить время с
prepare for — готовиться к
avoid stress — избегать стресса
make smart choices — принимать разумные решения

Useful Patterns

I usually start my day by... — Я обычно начинаю день с...
I prefer to... because... — Я предпочитаю..., потому что...
It helps me to... — Это помогает мне...
Sometimes I feel..., so I... — Иногда я чувствую..., поэтому я...
I try to... but sometimes... — Я стараюсь..., но иногда...
One of the reasons is that... — Одна из причин в том, что...
For example,... — Например,...
In my opinion,... — По моему мнению,...

Practice: Answer the Questions

What does your typical day look like?
Do you prefer mornings or evenings? Why?
How do you manage your time at school?
Do you often get distracted? What distracts you?
Do you prefer studying alone or with others? Why?
What do you usually do in the evening?

Model Answers

I usually start my day by waking up early and checking my to-do list. It helps me stay focused and manage my time better.

I prefer evenings because I feel more energetic. For example, I can work on my homework more effectively at that time.

I manage my time by making a to-do list and trying to follow it. It helps me not to fall behind at school.

Yes, I sometimes get distracted by social media. I try to use my time wisely, but it's not always easy.

I prefer studying alone because I can concentrate better. However, sometimes I like to share ideas with my friends.

In the evening, I usually take a break and spend time with my family. I also prepare for the next day.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually prefer doing my homework in the evening because I feel more energetic and can stay focused. For example, I often work on a project and try to use my time wisely so I don't fall behind.

Practice: Complete the Sentences

I usually _____ my day by checking my phone.

It's important to _____ your time wisely.

I sometimes get _____ by social media.

A to-do list helps me _____ my tasks.

In the evening, I like to _____ and relax.

Morning vs Evening People

Text

People often say that there are two types of people in the world: morning people and evening people. Morning people, or «early birds,» like to wake up early and start their day right away. Evening people, or «night owls,» feel more active later in the day and prefer to stay up late. Although this idea sounds simple, it actually says a lot about how we live and work.

Morning people usually wake up feeling fresh and ready to go. They like to start their day early, have breakfast, and plan their tasks. For them, the morning is the most productive time. For example, they may prefer to study, do homework, or exercise before school. Because they start early, they often feel more organized and less stressed.

On the other hand, evening people may find mornings difficult. They often feel sleepy when they wake up and need more time to get ready. However, as the day goes on, they become more energetic. In the evening, they can concentrate better and work more effectively. That is why many night owls prefer to do their homework or creative tasks late at night.

Of course, your daily schedule does not always depend on your preferences. Students usually have to follow a fixed timetable. Even if you are a night owl, you still need to wake up early for school. This can be challenging because your natural rhythm does not match your schedule. As a result, you may feel tired or less productive during the day.

Some people try to change their habits to fit their schedule. For instance, they go to bed earlier and avoid using their phones at night. Although it is not easy, small changes can make a big difference. For example, going to bed at the same time every day can help you develop a healthier routine.

It is also important to listen to your body. If you know that you work better in the evening, you can plan your most difficult tasks for that time. At the same time, you should not ignore your responsibilities. Finding a balance between your natural rhythm and your daily schedule is the key.

In the end, there is no «perfect» type of person. Both morning people and evening people have their strengths. What really matters is how well you understand yourself and how effectively you use your time.

Key Vocabulary and Expressions

morning people — люди, которые рано встают

evening people — люди, активные вечером

early bird — жаворонок

night owl — сова

wake up early — рано просыпаться

feel fresh — чувствовать себя бодрым

start the day — начинать день

be productive — быть продуктивным

get ready — собираться

feel sleepy — чувствовать сонливость

as the day goes on — по мере того как проходит день
feel energetic — чувствовать энергию
concentrate better — лучше концентрироваться
work effectively — работать эффективно
daily schedule — ежедневное расписание
fixed timetable — фиксированное расписание
natural rhythm — биологический ритм
go to bed — ложиться спать
develop a routine — выработать привычку
make a difference — иметь значение
listen to your body — прислушиваться к своему телу
find a balance — находить баланс

Useful Patterns

I am more of a... — Я скорее...
I usually feel... in the morning/evening — Я обычно чувствую себя... утром/вечером
It depends on... — Это зависит от...
I find it easy/difficult to... — Мне легко/сложно...
One problem is that... — Одна проблема в том, что...
That is why... — Вот почему...
At the same time,... — В то же время,...
In the end,... — В конце концов,...

Practice: Answer the Questions

Are you a morning person or a night owl?
How do you usually feel in the morning?
When are you most productive during the day?
Do you find it easy to wake up early? Why or why not?
What do you usually do in the evening?
Would you like to change your daily routine? Why?

Model Answers

I am more of a night owl because I feel more energetic in the evening. That is when I can concentrate better.

In the morning, I usually feel a bit sleepy, so it is difficult for me to start the day quickly.

I am most productive in the afternoon and evening because I can work more effectively at that time.

I find it difficult to wake up early because my natural rhythm is different.

In the evening, I usually do my homework and sometimes watch videos to relax.

I would like to change my routine because I want to feel less tired in the morning.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I am more of a night owl because I feel more energetic in the evening and can concentrate better. For example, I usually do my homework at night because I work more effectively at that time.

Practice: Complete the Sentences

I usually _____ early on school days.

In the morning, I often feel _____.

I can _____ better in the evening.

My daily _____ is very busy.

I try to _____ a healthy routine.

Healthy Lifestyle and Habits

Text

A healthy lifestyle is not just about looking good. It is about feeling well, having enough energy, and taking care of your body and mind. Many people think that being healthy means following strict rules, but in reality, it is about building simple habits that you can keep every day.

One of the most important parts of a healthy lifestyle is regular physical activity. You don't have to go to the gym every day to stay fit. For example, you can go for a walk, ride a bike, or do some exercises at home. The main idea is to stay active. When you move your body, you feel more energetic and less stressed.

Another key factor is a balanced diet. This means eating different types of food, including fruits, vegetables, proteins, and healthy fats. Of course, it is okay to eat fast food or sweets sometimes, but you should not do it too often. If you eat too much unhealthy food, you may feel tired and lose energy. That's why it is important to make smart choices about what you eat.

Sleep also plays a big role in your health. Many teenagers do not get enough sleep because they stay up late or use their phones at night. However, lack of sleep can affect your mood, concentration, and overall health. If you want to feel better during the day, you should try to go to bed at the same time every night and avoid screens before sleep.

In addition to physical health, mental health is just as important. You should find time to relax and do things you enjoy. For example, you can listen to music, read a book, or spend time with your friends. Taking breaks and having fun helps you reduce stress and stay positive.

It is also important to develop good habits step by step. You don't need to change your whole lifestyle in one day. Start with small changes, like drinking more water or going to bed earlier. Over time, these habits can become a natural part of your daily routine.

Of course, it is not always easy to stay healthy. Sometimes you feel tired or unmotivated. However, if you keep trying and don't give up, you will see results. A healthy lifestyle is not about being perfect. It is about making better choices and taking care of yourself every day.

Key Vocabulary and Expressions

healthy lifestyle — здоровый образ жизни
take care of — заботиться о
build habits — формировать привычки
stay active — оставаться активным
physical activity — физическая активность
go for a walk — идти на прогулку
feel energetic — чувствовать энергию
balanced diet — сбалансированное питание
make smart choices — делать разумный выбор
unhealthy food — вредная еда
lose energy — терять энергию

get enough sleep — высыпаться
lack of sleep — недостаток сна
affect your mood — влиять на настроение
go to bed — ложиться спать
mental health — психическое здоровье
reduce stress — снижать стресс
stay positive — сохранять позитивный настрой
develop habits — вырабатывать привычки
step by step — шаг за шагом
give up — сдаваться
see results — видеть результат

Useful Patterns

I try to... — Я стараюсь...
It is important to... — Важно...
One of the best ways to... is to... — Один из лучших способов... — это...
I don't always..., but I try to... — Я не всегда..., но стараюсь...
For example,... — Например,...
Because of this,... — Из-за этого...
That's why... — Вот почему...
In my opinion,... — По моему мнению,...

Practice: Answer the Questions

What does a healthy lifestyle mean to you?
Do you do any physical activities?
What kind of food do you usually eat?
Do you get enough sleep?
How do you relax after a busy day?
What healthy habits would you like to develop?

Model Answers

A healthy lifestyle means taking care of my body and mind. I try to stay active and eat a balanced diet.

Yes, I do some physical activity. For example, I go for a walk and sometimes do exercises at home.

I usually eat simple food, but I try to make smart choices and avoid too much unhealthy food.

I don't always get enough sleep, but I try to go to bed earlier.

I relax by listening to music or spending time with my friends. It helps me reduce stress.

I would like to develop better habits, such as going to bed earlier and staying more active.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I try to live a healthy lifestyle by staying active and eating a balanced diet. For example, I often go for a walk and try to make smart choices about food because I want to feel more energetic.

Practice: Complete the Sentences

I try to _____ care of my health every day.

It is important to _____ active.

I want to develop good _____.

I don't always get enough _____.

Healthy food helps me feel more _____.

Sleep and Energy

Text

Sleep plays a very important role in our lives, especially for teenagers. It affects how we feel, how we think, and how much energy we have during the day. Many students underestimate the importance of sleep, but without it, it is difficult to stay focused and productive.

When you get enough sleep, your body has time to rest and recover. You wake up feeling fresh and ready to start the day. It becomes easier to concentrate at school, remember information, and stay active. On the other hand, if you don't sleep well, you may feel tired, slow, and even a bit irritated.

One common problem is staying up too late. Many teenagers use their phones before going to bed, scroll through social media, or watch videos. Although it may seem relaxing, it actually makes it harder to fall asleep. The bright screen and constant information keep your brain active, so your body doesn't feel ready for rest.

Another issue is having an irregular sleep schedule. Going to bed at different times every night can confuse your body. As a result, you may find it difficult to wake up in the morning and feel sleepy during the day. That's why it is important to develop a regular routine and go to bed at the same time.

Energy levels also depend on your daily habits. For example, physical activity can help you feel more energetic, while too much time sitting can make you feel tired. Eating healthy food and drinking enough water also play a role. If you take care of your body, you will have more energy for your daily tasks.

Short breaks during the day can also help you stay active. If you feel tired while studying, it is a good idea to take a short break and relax. However, long naps during the day can affect your sleep at night, so it is better to avoid them or keep them short.

Of course, it is not always easy to get enough sleep. School, homework, and other responsibilities can take a lot of time. However, if you manage your time well and make sleep a priority, you will feel better and have more energy.

In the end, sleep is not a waste of time. It is an essential part of a healthy lifestyle. If you sleep well, you can think clearly, feel better, and do your best every day.

Key Vocabulary and Expressions

get enough sleep — высыпаться

feel energetic — чувствовать себя энергичным

stay focused — оставаться сосредоточенным

be productive — быть продуктивным

rest and recover — отдыхать и восстанавливаться

wake up — просыпаться

feel fresh — чувствовать себя бодрым

feel tired — чувствовать усталость

stay up late — поздно ложиться

fall asleep — засыпать
scroll through — листать
keep your brain active — держать мозг активным
sleep schedule — режим сна
go to bed — ложиться спать
wake up early — рано просыпаться
energy levels — уровень энергии
daily habits — ежедневные привычки
take a break — делать перерыв
short nap — короткий сон
make sleep a priority — делать сон приоритетом
healthy lifestyle — здоровый образ жизни

Useful Patterns

I usually feel... when I... — Я обычно чувствую..., когда...
It is difficult to... if... — Сложно..., если...
One reason is that... — Одна из причин в том, что...
That's why... — Вот почему...
I try to... — Я стараюсь...
For example,... — Например,...
As a result,... — В результате,...
In the end,... — В конце концов,...

Practice: Answer the Questions

How many hours do you usually sleep?
Do you feel energetic in the morning?
Do you use your phone before going to bed?
Do you have a regular sleep schedule?
What helps you feel more energetic during the day?
Do you take breaks when you feel tired?

Model Answers

I usually sleep about seven hours a night. Sometimes it is not enough, so I feel tired.

I don't always feel energetic in the morning because I often stay up late.

Yes, I use my phone before going to bed, and it makes it difficult to fall asleep.

I try to have a regular sleep schedule, but it is not always easy.

Physical activity and healthy food help me feel more energetic during the day.

Yes, I take short breaks when I feel tired. It helps me stay focused.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually sleep about seven hours, but I don't always get enough sleep because I stay up late. As a result, I feel tired in the morning and find it difficult to stay focused at school.

Practice: Complete the Sentences

I try to _____ enough sleep every night.

I often feel _____ in the morning.

It is difficult to _____ if I stay up late.

I sometimes _____ through social media before bed.

Taking a break helps me _____ focused.

Dealing with Stress

Text

Stress is a normal part of life, especially for teenagers. School, exams, homework, and personal problems can all cause stress. Sometimes a little stress can be helpful because it motivates you to work harder. However, too much stress can make you feel tired, anxious, and even affect your health.

One common reason for stress is having too many things to do. When you have a lot of homework and not enough time, it is easy to feel overwhelmed. In this situation, it is important to organize your tasks. For example, you can make a to-do list and decide what to do first. This helps you stay focused and feel more in control.

Another problem is worrying too much about the future or your results. Many students are afraid of making mistakes or failing exams. Although it is natural to worry, it does not help you solve the problem. Instead, you should try to focus on what you can do now. Preparing step by step is more effective than feeling stressed all the time.

It is also important to take breaks and relax. If you study for many hours without stopping, you will become tired and less productive. Short breaks can help you recover and improve your concentration. For instance, you can go for a walk, listen to music, or just rest for a few minutes.

Talking to someone can also reduce stress. You don't have to deal with everything alone. Sharing your problems with friends, family, or teachers can make you feel better. Sometimes you just need support or advice from someone you trust.

Physical activity is another good way to deal with stress. When you move your body, you release energy and feel more relaxed. Even simple activities like walking or doing light exercises can make a difference.

Of course, it is not always easy to stay calm. There may be moments when you feel nervous or frustrated. In such situations, it is important to stop for a moment and take a deep breath. This simple action can help you calm down and think more clearly.

In the end, dealing with stress is a skill that you can develop over time. If you learn how to manage it, you will feel more confident and be able to handle difficult situations better.

Key Vocabulary and Expressions

deal with stress — справляться со стрессом

feel stressed — испытывать стресс

cause stress — вызывать стресс

feel overwhelmed — чувствовать перегруженность

too many things to do — слишком много дел

make a to-do list — составить список дел

stay focused — оставаться сосредоточенным

feel in control — чувствовать контроль

worry about — беспокоиться о

be afraid of — бояться
make mistakes — делать ошибки
fail an exam — провалить экзамен
take a break — делать перерыв
improve concentration — улучшать концентрацию
go for a walk — идти на прогулку
reduce stress — снижать стресс
deal with problems — справляться с проблемами
share your problems — делиться проблемами
feel better — чувствовать себя лучше
release energy — выпускать энергию
take a deep breath — сделать глубокий вдох
calm down — успокоиться
handle situations — справляться с ситуациями

Useful Patterns

I often feel stressed when... — Я часто испытываю стресс, когда...
One of the reasons is... — Одна из причин — это...
It helps me to... — Мне помогает...
I try to... when I feel stressed — Я стараюсь..., когда испытываю стресс
For example,... — Например,...
Instead of..., I... — Вместо..., я...
Sometimes I need to... — Иногда мне нужно...
In such situations,... — В таких ситуациях,...

Practice: Answer the Questions

What usually causes stress in your life?
How do you feel when you are stressed?
What do you do to deal with stress?
Do you talk to someone when you have problems?
Do breaks help you relax?
What would you like to improve in managing stress?

Model Answers

I often feel stressed because of school and exams. Sometimes I have too many things to do.

When I feel stressed, I feel tired and a bit overwhelmed. It is difficult to stay focused.

I try to make a to-do list and take breaks. It helps me feel more in control.

Yes, I talk to my friends or family. It helps me feel better and reduce stress.

Yes, short breaks help me relax and improve my concentration.

I would like to manage my time better and worry less about small problems.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I often feel stressed when I have too many things to do at school. In such situations, I try to make a to-do list and take a break because it helps me stay focused and feel more in control.

Practice: Complete the Sentences

I feel stressed when I have too many _____.

I try to _____ a to-do list to organize my tasks.

Taking a break helps me _____ my concentration.

I usually _____ to someone when I have problems.

It is important to _____ down and think clearly.

Motivation and Laziness

Text

Motivation and laziness are two things that almost everyone experiences. Some days you feel full of energy and ready to do everything on your list. On other days, even simple tasks feel difficult, and you just want to do nothing. This is completely normal, but it is important to understand how to deal with these feelings.

Motivation is the reason why you do something. It can come from inside you or from outside factors. For example, you may feel motivated because you want to get good grades, achieve your goals, or make your parents proud. At the same time, deadlines and responsibilities can also push you to take action. However, motivation does not always last long, so you cannot depend on it all the time.

Laziness, on the other hand, often appears when you feel tired, bored, or overwhelmed. Sometimes it is not real laziness but a sign that you need rest. For instance, if you don't get enough sleep, it is hard to stay active and focused. In other cases, you may avoid tasks because they seem too difficult or uninteresting.

One common mistake is waiting for motivation to start working. Many people think, «I will do it when I feel ready.» However, motivation often comes after you begin. If you take the first step, even a small one, it becomes easier to continue. That is why it is important to develop discipline, not just rely on motivation.

Breaking tasks into smaller parts can also help. When a task seems too big, you may feel overwhelmed and avoid it. But if you divide it into simple steps, it becomes more manageable. For example, instead of thinking about writing a long essay, you can start by writing just one paragraph.

Another useful strategy is to remove distractions. Social media, messages, and videos can take a lot of your time and reduce your motivation. If you want to stay focused, you should create a good study environment and limit distractions.

It is also important to reward yourself. After finishing a task, you can take a break or do something you enjoy. This makes the process more positive and helps you stay motivated in the future.

Of course, everyone has lazy days. The key is not to feel guilty about them but to get back on track as soon as possible. Motivation may come and go, but good habits and discipline help you move forward.

Key Vocabulary and Expressions

feel motivated — чувствовать мотивацию

lack of motivation — отсутствие мотивации

take action — действовать

depend on — зависеть от

feel lazy — лениться

feel tired — чувствовать усталость

stay focused — оставаться сосредоточенным

avoid tasks — избегать задач
take the first step — сделать первый шаг
develop discipline — развивать дисциплину
break tasks into smaller parts — разбивать задачи на части
feel overwhelmed — чувствовать перегруженность
manage a task — справляться с задачей
remove distractions — убрать отвлекающие факторы
study environment — учебная обстановка
limit distractions — ограничивать отвлекающие факторы
reward yourself — поощрять себя
take a break — делать перерыв
get back on track — вернуться в нормальный режим
build good habits — формировать хорошие привычки

Useful Patterns

I often feel motivated when... — Я часто чувствую мотивацию, когда...
Sometimes I don't feel like... — Иногда мне не хочется...
One of the problems is that... — Одна из проблем в том, что...
It helps me to... — Мне помогает...
I try to... — Я стараюсь...
For example,... — Например,...
That's why... — Вот почему...
In the end,... — В конце концов,...

Practice: Answer the Questions

What motivates you to study or work?
Do you sometimes feel lazy? When?
What do you do when you don't feel motivated?
Do you find it easy to start difficult tasks?
What usually distracts you?
How do you reward yourself after finishing something?

Model Answers

I feel motivated when I have clear goals and want to get good results. It helps me take action.

Yes, I sometimes feel lazy when I am tired or bored. It is difficult to stay focused.

When I don't feel motivated, I try to take the first step and start with something small.

I don't always find it easy to start difficult tasks because I feel overwhelmed.

Social media often distracts me, so I try to limit distractions.

I reward myself by taking a break or doing something I enjoy.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I often feel motivated when I have clear goals, but sometimes I feel lazy and don't want to take action. In such situations, I try to break tasks into smaller parts because it helps me stay focused and get back on track.

Practice: Complete the Sentences

Sometimes I don't feel _____ to study.

I try to _____ the first step when I feel lazy.

Big tasks can make me feel _____.

I need to _____ distractions to stay focused.

After I finish my work, I like to _____ myself.

Setting Goals

Text

Setting goals is an important part of personal growth. Goals give you direction and help you understand what you want to achieve. Without clear goals, it is easy to waste time or feel lost. When you know what you are working toward, it becomes easier to stay focused and motivated.

There are different types of goals. Some are short-term, such as finishing homework or preparing for a test. Others are long-term, like choosing a career or improving your skills. Both types are important because small goals help you move step by step toward bigger ones.

A good goal should be clear and realistic. If your goal is too general, it may be difficult to achieve it. For example, saying «I want to be better at English» is not very specific. Instead, you can say, «I want to learn ten new words every day» or «I want to practice speaking three times a week.» Clear goals make it easier to track your progress.

It is also important to make a plan. A goal without a plan is just a wish. You need to decide what steps to take and when to take them. For instance, if you want to improve your English, you can set a schedule and study a little every day. This way, you will make steady progress.

Of course, there may be difficulties along the way. Sometimes you feel tired or lose motivation. In such situations, it is important not to give up. You can remind yourself why your goal is important or take a short break to recover. Staying positive helps you continue even when things are not easy.

Another useful idea is to track your progress. You can write down your achievements or use a checklist. This helps you see how far you have come and keeps you motivated. Even small успехи can make a big difference.

It is also helpful to be flexible. Sometimes your plans change, and you need to adjust your goals. This does not mean you have failed. It means you are learning and adapting to new situations.

In the end, setting goals is not just about achieving results. It is about developing good habits, learning new skills, and becoming a better version of yourself. If you set clear goals and work on them regularly, you will see real progress over time.

Key Vocabulary and Expressions

set goals — ставить цели
achieve a goal — достигать цели
personal growth — личностный рост
feel lost — чувствовать растерянность
stay focused — оставаться сосредоточенным
stay motivated — сохранять мотивацию
short-term goals — краткосрочные цели
long-term goals — долгосрочные цели
step by step — шаг за шагом
realistic goal — реалистичная цель

track your progress — отслеживать прогресс
make a plan — составить план
take steps — предпринимать шаги
make progress — делать прогресс
face difficulties — сталкиваться с трудностями
give up — сдаваться
stay positive — сохранять позитивный настрой
take a break — делать перерыв
write down — записывать
be flexible — быть гибким
adjust goals — корректировать цели
make a difference — иметь значение

Useful Patterns

I want to... — Я хочу...
My goal is to... — Моя цель — ...
I try to... — Я стараюсь...
One of my goals is... — Одна из моих целей — ...
It is important to... — Важно...
For example,... — Например,...
Sometimes I..., but I... — Иногда я..., но я...
In the end,... — В конце концов,...

Practice: Answer the Questions

Do you usually set goals for yourself?
What is one of your short-term goals?
Do you have any long-term goals?
How do you plan to achieve your goals?
What difficulties do you face when working on your goals?
How do you stay motivated?

Model Answers

Yes, I usually set goals because it helps me stay focused and organized.

One of my short-term goals is to improve my English vocabulary. I try to learn new words every day.

My long-term goal is to choose a good career and develop useful skills.

I plan to achieve my goals step by step and make a clear plan.

Sometimes I face difficulties because I feel tired or lose motivation.

I stay motivated by tracking my progress and reminding myself why my goals are important.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

My goal is to improve my English, so I try to study every day and track my progress. For example, I write down new words and review them because it helps me stay motivated and make progress.

Practice: Complete the Sentences

I want to _____ a clear goal.

My goal is to _____ my skills.

I try to _____ my progress every week.

Sometimes I want to _____ up, but I continue.

It is important to _____ flexible and adjust your plans.

Friendship in the Modern World

Text

Friendship has always been an important part of our lives, but in the modern world it is changing. Today, people communicate not only face to face but also online. Social media, messaging apps, and video calls make it easier to stay in touch, even if your friends live far away. However, these changes also bring new challenges.

In the past, friendships were usually based on spending time together in real life. People met at school, in their neighborhood, or through shared activities. Now, it is possible to make friends online. For example, you can meet people through games, social networks, or common interests. This can be exciting because you can connect with people from different countries and cultures.

At the same time, online communication is not always the same as real-life interaction. When you talk face to face, you can see a person's emotions, body language, and reactions. Online, it is easier to misunderstand each other. Messages can sound different from what you really mean, and this can sometimes lead to problems.

Another important aspect of modern friendship is the number of connections people have. Some teenagers have hundreds of «friends» on social media, but only a few close friends in real life. This shows that quality is more important than quantity. A true friend is someone you can trust, share your feelings with, and rely on in difficult situations.

Trust and honesty are still the key elements of any strong friendship. Even in the digital world, it is important to be real and respectful. If you only show the perfect side of your life online, it can create distance between you and others. Being honest helps build deeper and more meaningful relationships.

Modern life is often busy, and people may not have enough time to meet regularly. That's why it is important to make an effort to stay connected. For instance, you can send a message, make a call, or plan to meet when you have time. Small actions can help keep a friendship strong.

It is also important to respect differences. Your friends may have different opinions, interests, or lifestyles. Instead of arguing, you can try to understand their point of view. This makes your friendship stronger and helps you grow as a person.

In the end, friendship in the modern world is a mix of online and offline communication. Technology can help us stay connected, but real friendship still depends on trust, support, and shared experiences.

Key Vocabulary and Expressions

friendship — дружба

stay in touch — поддерживать связь

face to face — лично

make friends — заводить друзей

have something in common — иметь что-то общее

real-life interaction — общение в реальной жизни

body language — язык тела
misunderstand each other — неправильно понимать друг друга
lead to problems — приводить к проблемам
social media — социальные сети
close friend — близкий друг
trust someone — доверять кому-то
rely on — полагаться на
share feelings — делиться чувствами
be honest — быть честным
make an effort — прилагать усилия
keep a friendship strong — поддерживать дружбу
respect differences — уважать различия
point of view — точка зрения
grow as a person — развиваться как личность

Useful Patterns

I usually stay in touch with... — Я обычно поддерживаю связь с...
I think friendship is... — Я думаю, дружба — это...
One of the most important things is... — Одна из самых важных вещей — это...
It is easy/difficult to... — Легко/сложно...
For example,... — Например,...
At the same time,... — В то же время,...
In my opinion,... — По моему мнению,...
In the end,... — В конце концов,...

Practice: Answer the Questions

How do you usually communicate with your friends?
Do you prefer online or face-to-face communication? Why?
What makes a good friend?
Do you have many friends or only a few close ones?
Have you ever made friends online?
How do you stay in touch with friends who live far away?

Model Answers

I usually stay in touch with my friends through social media and messaging apps.

I prefer face-to-face communication because it is easier to understand emotions and body language.

I think a good friend is someone you can trust and rely on in difficult situations.

I have a few close friends because I believe quality is more important than quantity.

Yes, I have made friends online through shared interests.

I stay in touch by sending messages and sometimes making video calls.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example answer:

I usually stay in touch with my friends through social media, but I prefer face-to-face communication because it helps me understand their body language. For example, when we meet in real life, it is easier to share feelings and build a stronger friendship.

Practice: Complete the Sentences

I usually _____ in touch with my friends online.

A true friend is someone you can _____ on.

It is easy to _____ friends through social media.

Sometimes people _____ each other online.

It is important to _____ differences in friendship.

Family Relationships

Text

Family relationships play an important role in our lives. For most people, family is the first place where they learn how to communicate, share, and support each other. Although every family is different, strong relationships are usually based on trust, respect, and understanding.

In many families, people spend a lot of time together. They talk about their day, share meals, and help each other with problems. These simple activities help build a strong connection. For example, when parents listen to their children and give advice, it creates a feeling of support and safety.

However, family relationships are not always easy. Sometimes there are misunderstandings or disagreements. Teenagers often want more independence, while parents may worry and try to control things. This can lead to conflicts. Although arguments are normal, it is important to solve problems in a calm and respectful way.

Communication is one of the most important parts of a healthy family relationship. If people do not talk openly, small problems can become bigger. That's why it is important to express your thoughts and feelings clearly. At the same time, you should listen to others and try to understand their point of view.

Respect is another key element. Even if you disagree with someone, you should treat them politely. Respect means accepting differences and not judging too quickly. For instance, your family members may have different opinions, but this does not mean they are wrong.

Support is also very important in a family. When someone has a problem, other family members can help and encourage them. This makes people feel stronger and more confident. Knowing that your family is there for you can make a big difference in difficult situations.

Spending quality time together is another way to improve relationships. It does not have to be something special. Watching a movie, going for a walk, or having dinner together can help people feel closer. These moments create positive memories and strengthen the bond between family members.

Of course, no family is perfect. There may be difficult moments, but what matters is how people deal with them. If you try to communicate, respect each other, and support one another, your relationships can become stronger over time.

Key Vocabulary and Expressions

family relationships — семейные отношения
get along with — ладить с
spend time together — проводить время вместе
build a connection — выстраивать связь
support each other — поддерживать друг друга
give advice — давать советы
feel safe — чувствовать себя в безопасности
misunderstanding — непонимание

have disagreements — иметь разногласия
want independence — хотеть независимости
lead to conflict — приводить к конфликту
solve problems — решать проблемы
communicate openly — общаться открыто
express feelings — выражать чувства
listen carefully — внимательно слушать
point of view — точка зрения
show respect — проявлять уважение
accept differences — принимать различия
encourage someone — поддерживать, подбадривать
be there for someone — быть рядом с кем-то

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