

**PRE - 1
SPEAKING**

**UNIT
“FOUR”**

BY: FARHAD KOOHPAEE

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Some Speaking Questions for unit FOUR

1. Is there anything you wish you could change about yourself? Explain.
2. Is making a change easy or hard for you?
3. How can we get rid of our bad habits?
4. What sort of things do people usually forget?
5. How can we improve our memory?
6. What methods do people use to help themselves remember things?
7. Why do people sometimes forget their plans?
8. In what places can people fall sleep?
9. What things can make people fall sleep?
10. Why do you think some people do not get enough sleep?
11. How can we have a better sleep at nights?
12. What factors in your opinion contribute to success? Hard work or talent?
13. Who is the most successful person in your family? Explain more.
14. Can you name someone who is successful in your culture?
15. Are talented people always successful? Why/Why not?
16. Do people usually have to work hard to become successful?
17. Are there any televised talent shows in your country? Explain it.
18. Why do people enter talent shows, and why do people watch them?
19. Who do you think profit the most in talent shows?

Sleep

- What things can make people fall asleep?
- Why do you think some people do not get enough sleep?
- How can a person have a better sleep at nights?

I take the view that There are a number of elements which cause people to nod off. What pops up in my mind is that if you take up a vigorous exercise, or take sleeping pills, it is really hard to keep your eyes open. Apart from that, when people feel tired and exhausted because of struggling with a rat race or dealing with a hectic lifestyle, they easily drift off.

Based upon the studies (which are) conducted in this matter, people need to have about seven hours of sleep on a daily basis. However, some fail to do that due to several reasons. Firstly, they may suffer from insomnia which is a terrible sickness and does not allow the person to sleep a wink. Secondly, they might have preoccupied minds because they have to accomplish a project quickly or they might be under tremendous pressure because of having fateful school exams. Therefore, they have to burn the midnight oil and stay up. Finally, feeling stressed out as a result of expecting a life-changing interview can also prevent people from sleeping peacefully.

In order to sleep like a log when you turn in for the night, there is some action which can be taken. Firstly, it should be noted that it is of importance (that) everyone (should) keep a regular sleep-wake cycle. Secondly, it is recommended (that) we (should) not take a nap after 3 p.m. Thirdly, we had better avoid caffeine. Because it is a stimulant that keeps you awake. We also need to avoid overeating at nights and instead eat in moderation. In addition, our bedroom ought to be dark, quiet, and well-ventilated. Finally, by doing some relaxing activities, we can wind down before going to bed.

Remembering and forgetting

- **What methods do people use to remember things?**
- **What activities can help improve people's memory?**
- **Why do people sometimes forget important things?**

There are some techniques which can be taken to **fight against forgetfulness**.

*At first, we can **create a to-do list** or **take advantage of** planning applications seeing that they **remind** people **about** their plans.

*Next, another way to **strengthen our memory** and **develop our mental faculty** would be to do **crossword puzzles**.

There are possibly many factors that affect our **memory performance**. One of them would be having enough sleep which **consolidates information** in our mind. It is believed that there is a **direct correlation between** sleep and memory. In other words, remembering vividly **hinges on** how many hours we sleep on a daily basis. **Being deprived of sleep** might **muddle** things in our mind.

I'm of the opinion that there are probably a number of factors why some would **fail to recall** vital information.

*The **main basis** is probably because they may **be terribly exhausted** and so their **mind goes blank** when they try to remember their plans.

*Moreover, a **secondary motive** may be having **concentration issues** and because of that they **lose focus quite frequently**. They have to **rack their brain** to recall what they have to do.

*Additionally, a **further rationale** could be that they are too old to **recall** everything, and because the elderly people **are prone to false memory**, they easily **get anxious and stressed out** if they cannot remember something.

Change

- Is there anything you wish you could change about yourself?
- Are you generally open to change?
- What do you plan to change in the future?

Honestly, I **reckon** nobody is perfect and we all have our **flaws**.

Although **my folks** always **dedicated a lot of attention** to my education and tried hard to **talk me into studying**, I remember I used to **escape school** and **idle my time away** on the internet playing games. However, as I became older, **my points of views** about everything **underwent dramatic / subtle changes**, and I started **allocating my precious time** to my education.

My answer to this question is **a definite yes** because change is **inevitable**. I mean, everything changes, like people, our interest, our **perspective on life**, our looks, our government, our nature, our relationships, etc. Almost every single day in our lives, we **encounter changes** that play an important role in **our development**. **Resisting change is denying personal growth** which is a **hindrance in reaching our full potential**. I'm not the person who resists change. Instead, I am always open to change as it helps me become a better person.

Well, I can **think of** two important changes I should make in the future. The first one would be my eating habits. I really want to **shed** some extra **pounds** and live healthily. I'm used to **eating** a lot of fast food, which has **dire consequences**. Because it is **loaded with saturated fat and preservatives**, it damages our **overall health**. In addition, others call me **workaholic**. I guess they are right because **all I do is think** about my job. It has **detrimental effects on my mental health** and causes me to **lose my temper** quickly.

Success

- How can a person become successful?
- Describe a successful person who you admire.
- Why do you think some people fail to succeed?

Positive thinking	Motivation	Willpower
Determination	Stamina	Self-improvement
Interpersonal skills	Confidence level	Self-esteem
Self-trust	Seriousness	Self-discipline
Patience	Experience	Creativity
Intelligence	Careful planning	Perseverance

If I want to choose one of my family members as the most successful one, I would definitely pick my father. He is a **middle-aged businessman** who is **the CEO** (Chief Executive Officer) and **chairman** of a **multinational firm** in my hometown. This **self-made man**, who has **raised himself from poverty to success**, is a **born leader**, who **has strong leadership skills** and always **delegates tasks** appropriately.

Moreover, not only is he really knowledgeable and experienced, **knowing the ins and outs** of his company, but also he is a **visionary man** and has the ability to think about and plan the future with **great imagination and intelligence**. He has built this company **from scratch** and the business has been **flourishing** under his leadership and **is bound to continue thriving** in the future. In addition to being a **successful entrepreneur**, he is a **philanthropist**, making **generous donations to charities**. As a matter of fact, he is a **role model**, setting an inspiring example for a lot of people in his life including me. Actually, he has helped me **come to the realization that** success doesn't come **overnight**. It takes **blood, sweat, and tears**.

Successful Samantha has a long list of **impressive accomplishments**. It seems like everything she does **ends up being a phenomenal success**. In her very first job, she created **a highly effective way** to motivate the company's employees, which resulted in **a dramatic improvement** in workplace morale.

These days, she's developing a system for real-time translation among many different languages. If she can **pull it off**, it'll be **an unprecedented success** (success in something for the first time in history) and **the crowning achievement** (best or most significant achievement) of her career.

So far, the program has enjoyed **modest success** (some limited success) but there is still **room for improvement** (potential for improvement). However, Samantha says that the team is **making good progress**, and that in the next month or two she hopes to **make a breakthrough** (make a sudden advance in success, especially when you overcome an obstacle).

Although Samantha is very **ambitious**, she's also **a very likeable person**. She **brings out the best in** others, and quickly **wins the respect** of colleagues.

Samantha's brother, Dan, is the opposite. Everything he attempts seems to **fail miserably**. He wanted to be a doctor, but his teachers told him he wasn't smart enough, which **dashed his hopes** (making him abandon hope) of a career in medicine. He had the opportunity to **do a prestigious internship** in another country, but he **lost his nerve** (lost his courage) and **turned down** the offer.

He then applied for various jobs, but **completely failed to show up to** the interviews on time. He was eventually hired, but later lost his job during **an economic downturn** due to his **mediocre performance** (average work, not very special) and total **lack of remarkable achievements**.

Dan then tried to start his own software company to compete with Samantha's. That was **a spectacular failure**. He invested his life savings in the business, despite all his friends telling him that it would be **a recipe for disaster** (very

likely to result in disaster). His sales predictions were **way off the mark** (completely inaccurate), and **the company went under** (lost all its money and shut down) just eight months after it **was founded**.

Poor Dan! It seems like he is **doomed to failure** (destined to be unsuccessful). But **if all else fails** (if everything is unsuccessful), he can always move into Samantha's mansion **as a last resort** (a final possibility)!

Talent shows

Benefits:

1. **Encouraging creativity** => Talent shows provide a platform for people to showcase their unique talents, encouraging creativity and self-expression.
2. **Boosting self-confidence** => Participating in talent shows can help individuals to boost their self-confidence by receiving feedback, encouragement, and recognition from a live audience.
3. **Building teamwork and social skills** => Talent shows often require individuals to work in groups, promoting teamwork and collaboration. They also provide participants with the opportunities to interact with other people from diverse backgrounds and social skills.

Drawbacks:

1. **Pressure and stress** => Talent shows can create a high level of pressure and stress for participants, especially those who are not used to performing in front of a large audience. This pressure can result in anxiety, nervousness, and other negative emotions.
2. **Bias and unfairness** => The judging process in talent shows can be biased, and contestants may not always be judged fairly. This can create feelings of resentment and anger among participants, and may also discourage some people from taking part in future competitions.

(((Phrasal verbs)))

+ Scare up + something

Meaning: to provide or make something when you do not have many resources.

Let me see if I can **scare up** something for you to eat.

Do you think you can **scare up** a cup of coffee?

+ Hit out at + someone / something

Meaning: to criticize someone strongly.

The priest **hit out at** the government's policy on the homeless.

Passengers **hit out** angrily **at** the cancellations of their flight.

+ Cut down (on) + something

Meaning: to reduce the amount of something.

By getting the design right, you can **cut down** on accidents.

He **cut down on** coffee and ate a balanced diet.

+ Kick back

Meaning: to relax.

Your waitress will take your order while you **kick back** and enjoy the game.

As soon as they finished their work, they **kicked back** and drank something.

+ Talk back + to someone

Meaning: to answer someone in authority such as a teacher or parent in a rude way

How dare you **talk back** to me!

I **talked back** to my parents and asked some questions.

GRAMMAR

Conditional sentences

Type ZERO:

It is used to talk about **facts** or something that is **generally true**. Or also when **giving instructions** to someone.

Form: If + Present Simple , Present Simple .

Pay attention:

- We can replace the 'if clause' and the main clause. Comma is removed in this form.
- You must **NOT** use the word "**will**" in the if clause.

Example:

If you boil water, it **evaporates**.

If you eat too much, you **gain weight**.

You **get** tired if you run for two hours.

If I have enough time, I **watch** TV every evening.

You **need** a coffee maker if you drink a lot of coffee.

If you call this number at 2 a.m., no one **answers**.

If you press this switch, the computer **comes** on.

The grass **gets** wet if it rains.

If you freeze water, it **becomes** a solid.

Plants die if they don't get enough water.

If my husband has a cold, I usually **catch** it.

If public transport is efficient, people **stop** using their cars.

If you mix red and blue, you **get** purple.

If Bill phones, **tell** him to meet me at the cinema.

Ask Pete if you're not sure what to do.

Type REAL:

It is used to talk about something that is possible to happen in the future.

Form: If + Present Simple , **Will / May** + Simple verb

Pay attention:

- We can replace the 'if clause' and the main clause. Comma is removed in this form.
- You must **NOT** use the word “**will**” in the if clause.
- Make sure you pay attention to **subject and verb agreement**.

Examples:

I **will phone** you if I have time.

If I have enough time, I **will watch** TV later on tonight.

We **will stay** home if it rains.

If you don't listen to me, I **may punish** you.

I **will attend** the class if I feel well next session.

If I am not busy next Saturday, I **will come** to the class.

If Jane works hard, she **will pass** her exam.

Jane **will pass** the exam if she works hard

If we have fine weather tomorrow, I **may paint** the windows.

If she invites me, I **will go**.

We **will cancel** the match if it rains.

If she is late, we **will go** without her.

If I get a promotion, I **may buy** a car.

If you don't behave, I **will throw** you out.

Type UNREAL:

It is used to talk about an **imaginary** or an **unreal situation** and its result at **present**.

Form: If + Past Simple , **Would / Could / Might** + Simple verb

Pay attention:

- Remember to use “**WERE**” for all subjective pronouns. [Subject]

Examples:

If I had time, I **would study** English. (I don't have time.)

If she had more money, she **could buy** that car.

If I were you, I **would try** to speak English.

Where **would** you **live** if you could live anywhere in the world?

I'd **be** quite pretty if my nose were a little shorter.

If it rained, you **would get** wet.

If you went to bed earlier, you **wouldn't be** so tired.

If she fell, she **would hurt** herself.

If I were taller, I **would buy** this dress.

If I were 20, I **would travel** the world.

If I were you, I **would give up** smoking.

If I were a plant, I **would love** the rain.

Pay attention:

- The following words also mean “**On condition that**”, so you can use them instead of ‘IF’

Providing (that)
Provided (that)

As long as
So long as

Examples:

I will be given a good salary **as long as** I work efficiently.

You can take my car **as/so long as** you drive carefully.

You may have dessert **so long as** you eat all your vegetables.

I'll send you the notes **as long as** you do the assignments.

I will come **provided that** I am invited.

I will help you **providing that** you pay me.

We'll buy everything you produce **provided** of course the price is right.

Provided you have the money in your account, you can withdraw up to \$100 a day.

Pay attention:

- The word “**unless**” means ‘**Except if**’

Examples:

Businesses will not survive **unless** they satisfy their customers.

You can't get a job **unless** you've got experience.

Unless you have a driver's license, you are not allowed to drive

I cannot obtain a high score in IELTS **unless** I study hard.

Unless it's absolutely necessary, don't call me at the office

Supplementary Oral Questions

Real conditional sentences

What will happen if someone smokes a lot?	How will you react if someone answers his cell phone at the movies?
What will happen if you eat too much fast food?	What will be the first thing that you do if you buy a car?
What may happen if you don't study your lessons?	What will you be able to do if you get a loan from a bank?
What will your mother do if a tailor ruins her dress?	What will you do if you have a lot of guests for your house warming party?
How will you react if someone bothers you in the street?	What will you do if you find a lot of money in the street?
What may you do if you lose all your money in a business?	What will your boss do if you get to work pretty late?
What will happen if someone talks loudly in a restaurant?	What will happen if everyone throws their garbage on the streets?
What will you do if you get a well-paid job?	What will you do if you don't understand your lessons?

Unreal conditional sentences

What would you do if you had \$5000 right now?	What would your father do if he were able to speak French?
Where would you visit if you had a private jet?	Would you work if you were rich? why / why not?
If you had the chance to be another person for one day, who would you want to be?	Would you give your friends the questions of the final exam if you had them now?
Would she be happier if she were a bit taller?	What might you say if the whole world were listening to you?
If you could be a super hero, who would you like to be? why?	Would you buy a pet if you had the chance?
What could you do if you were a prince / princess?	What would you change about yourself if you could do it?
If you could ask God any question, what would it be?	If you could be invisible for a day, what would you do? why?
If you could live anywhere you liked, where would you live?	What job would you choose if money were not a problem for you?

Listening words: (track 30)

Seminar	lecture	speech
On the Internet	sounds good	looks good
Apparently,	scholarship	career
Ballet	wealthy	presentation
It stands out	brilliant	get ahead of
Sensibly	straight away	chef
Chief	dish	crisps
Slice	crunchy	anonymous

Listening words: (track 31)

Criteria	except	fair
Pretty + adjective	fame	finds out
Once	determined	curious