

G conditional sentences

V phones and technology; adjectives + prepositions

P /æ/ and /ʌ/

1 VOCABULARY phones and technology

a Talk to a partner.

- What kind of phone do you have? How often do you upgrade? Would you like to upgrade right now?
- What apps do you have that you use a lot?
- What do you use your phone for apart from making calls?
- Do you use the internet most on your phone, a tablet, or a computer?

b **V**p.169 Vocabulary Bank Phones and technology.

2 PRONUNCIATION /æ/ and /ʌ/

P Fine-tuning your pronunciation: /æ/ and /ʌ/

The sounds /æ/ and /ʌ/ are very similar and it can be difficult to hear and produce the difference. The /æ/ sound is always spelled with the letter *a*, and the /ʌ/ sound is usually spelled with the letter *u*, though it can also be *o*, e.g., *come*, or *ou*, e.g., *touch*.

a **P**6.6 Listen to the difference between the two vowel sounds.

- | | |
|-------------|-----------|
| 1 a rang | b rung |
| 2 a app | b up |
| 3 a hang up | b hung up |
| 4 a cat | b cut |
| 5 a ran out | b run out |
| 6 a match | b much |
| 7 a track | b truck |

b **P**6.7 Listen. Which word or phrase did you hear?

c Practice saying the sentences.

- What is the **number one** app in your **country**?
- Jack** was **cut** off so he **hung up**.
- My cell phone **ran** out of memory so I **had** to **upgrade** to a new **one**.

3 READING & SPEAKING

- Approximately how many hours do you think you spend a day using your phone? Are you happy with the amount of time you spend, or would you like to cut down?
- Read the article and fill in the blanks in the Rules and Challenges text with suitable verbs.

A beginner's guide to divorcing your phone

What's the first thing you do when you wake up? Read the news? Check your emails? Scroll through social media? Now, imagine your phone's not in the room. If that makes you feel uncomfortable, it may be time for a digital detox.

Tanya Goodin, a digital detox specialist, has devised a seven-day detox. She recommends first downloading a tracking app that measures how much time you spend looking at your screen and how many times a day you pick up your phone, so then you can compare your normal phone use with the end results.

Rules for a digital detox

- | | |
|--|--|
| ▶ ¹ D_____ all social media apps from your phone; check these only from a desktop computer. | ▶ ³ L_____ your phone in your pocket or somewhere where you can't see it for meetings / get-togethers / conversations / meals involving other people. |
| ▶ ² T_____ off all banner-style / pop-up / sound notifications from all other apps. | ▶ ⁴ K_____ your phone out of sight during your commute. |
| | ▶ ⁵ Don't t_____ your phone with you into the bathroom. |

Challenges

Day 1	Day 2	Day 3
Leave your phone outside your bedroom overnight; get an alarm clock or ⁶ t_____ up the volume on your phone, so you can hear its alarm easily from your bed through the door. Continue this all week.	Put your phone in a central place when you return home and go to the location of the phone (rather than carrying it around with you) if you need to ⁷ ch_____ it.	⁸ T_____ your work email account off your phone (notify everyone in advance that you're doing this.)
Day 4	Day 5	Day 6 and 7
Go out to dinner, lunch, or to an evening event / gym session and ⁹ l_____ your phone behind.	¹⁰ K_____ your phone on airplane mode as default all day; take it off this mode only when you need to use it.	Your complete digital detox: ¹¹ t_____ off your phone and put it away from 7:00 p.m. Friday to 8:00 a.m. Monday.



- c Read about Anisah Osman Britton. Underline all the positive effects and circle all the negative ones.



Anisah Osman Britton, 24, is the founder of 23 Code Street, a coding school for women. She has lived on a boat for the last five years, with her dog.

Before detox

Daily phone screen time: 3 hours 50 minutes
Number of pick-ups a day: 88

- 1 I rely on my phone for everything; I leave my laptop at work because there is no wi-fi on the boat. My top four apps are WhatsApp, Telegram, Instagram, and Twitter, and when it comes to deleting them, I think, "I can do this!" I substitute Instagram with reading books and finish two by the end of the week, which makes me cringe at how much time I must waste on my phone.
- 5 I struggle with insomnia and often wake up at 4:00 a.m. and scroll through my phone. I'm amazed that, without it at hand, I simply go back to sleep. I set the alarm on my old-fashioned Casio watch now, and stay asleep a lot longer.
- 10 By day three, I'm feeling left out of my family's WhatsApp group, but I welcome taking work emails off my phone. Things take a turn for the worse on day four, when I'm sick and have to stay home. I decide there is no way I'm doing it without my phone—I need it in bed with me—and I go back to checking work emails, WhatsApp-ing my family, and watching dog videos on YouTube.
- 15 I'm not worried about switching my phone off on the weekend. I tell my family, and my business partner, Tom, that I'll speak to them on Monday. By Saturday lunchtime, I have a meltdown. It's so dead and quiet; I can't even listen to music because my only source is my phone. I don't see a single person until my neighbor knocks on my door on Sunday morning with some chocolate. I almost cry. Later, I walk to the supermarket, just so I can speak to someone. This is the worst weekend of my life.
- 20

After the detox...

I couldn't cope with... not being able to take photos. I missed that so much.

I can now do without... flicking through social media in bed before getting up. I've given myself an extra hour in the morning.

After detox

Daily phone screen time: 3 hours
Number of pick-ups a day: 70

LEXIS IN CONTEXT

- d With a partner, say what you think the writer means by the following words and phrases:

- 1 makes me cringe (line 5)
- 2 at hand (line 8)
- 3 take a turn for the worse (line 12)
- 4 have a meltdown (line 19)
- 5 cope with
- 6 flicking through social media

- e Answer the questions with a partner.

- 1 How would you score for "daily phone screen time" and "number of pick-ups a day"? How dependent is your work or social life on having a phone?
- 2 Have you ever spent a long time without your phone, either as a detox, or because of circumstances? How did you feel?
- 3 Which of the rules and challenges would you find the most difficult?

4 GRAMMAR conditional sentences

- a Match the halves of the conditional sentences.

- 1 If I'd had my phone with me,
- 2 If my laptop wasn't so new,
- 3 If they bring out a new iPhone,
- 4 If I didn't have fast broadband,
- 5 If my phone numbers weren't all in my phone,
- 6 If I hadn't sent you a message,

- A you wouldn't have known where I was.
- B I wouldn't be able to work from home.
- C I'd have texted you to say where I was.
- D I might be able to remember some of them.
- E I'm definitely going to get one.
- F I wouldn't have bothered to get it repaired.

- b Which sentences refer to present or future situations and which ones refer to the past? What is different about sentence 2?

- c **p.153 Grammar Bank 6B** Learn more about conditional sentences, and practice them.

- d Complete the sentences so that they are true for you. Then compare with a partner.

- 1 I could manage for a week without the internet provided that...
- 2 I would only lend someone money on the condition that...
- 3 Even if I had all the time in the world, I would never...
- 4 Had I not decided to learn English, I...
- 5 I'd be prepared to move abroad as long as...

5 VOCABULARY adjectives + prepositions

Adjectives + prepositions

I'm not **worried about** switching my phone off on the weekend...

Some adjectives need a certain preposition when they are followed by a noun or gerund. It is essential to learn these prepositions with the adjectives.

a Complete the prepositions column.

- | | Prepositions |
|--|--------------|
| 1 Our country depends on young people to come up ____ new ideas. | <u>with</u> |
| 2 Many 30-year-olds are still dependent ____ their parents. | _____ |
| 3 People are totally fed up ____ the number of reality shows on TV. | _____ |
| 4 Older people aren't as open ____ new ideas as younger people are. | _____ |
| 5 People are sick ____ being bombarded with depressing news. | _____ |
| 6 A lot of people are hooked ____ superhero movies. | _____ |
| 7 As a nation, we are very proud ____ our sporting achievements. | _____ |
| 8 A lot of young people are addicted ____ social networking. | _____ |
| 9 A lot of people are obsessed ____ celebrities and their lifestyles. | _____ |
| 10 People are usually very kind and helpful ____ foreign tourists. | _____ |

b 6.8 Listen and check.

c Cover the **Prepositions** column and say the sentence with the correct preposition.

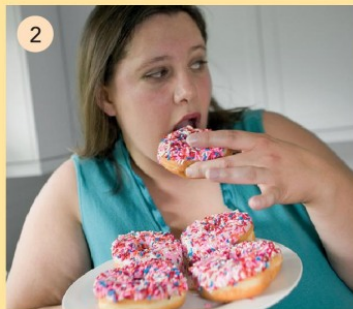
d With a partner, say to what extent sentences 1–10 are true for your country, giving examples.

6 LISTENING

a Read the website information and look at the photos of people who are addicted to certain types of behavior. With a partner, for each picture, discuss:

- 1 what kind of behavior the person is addicted to.
- 2 what effect this addiction might have on their daily life.

Home | Health A–Z | Medicines and treatments | Women's health | Men's health | Children's health



Hooked

When most people hear the word "addiction," they think of dependence on a substance such as drugs or alcohol. But if you just substitute the word "behavior" for "substance," you open up the definition of addiction to all kinds of dependencies, some of which may surprise you. Whether it's food, the internet, or bungee-jumping, the desire to experience that "high" becomes so strong that the addict loses control and seeks the activity despite all negative consequences.





- b You're going to listen to a doctor talking about addiction. First look at some words and phrases that he uses related to addictions. Do you know what any of them mean? How are they pronounced?

- | | |
|-------------------------------------|----------------------|
| 1 dopamine | 5 cravings |
| 2 to quit a substance or a behavior | 6 to go cold turkey |
| 3 depression | 7 nicotine patches |
| 4 brain chemistry | 8 to have counseling |
| | 9 to have a relapse |

- c 6.9 Listen and check.

- d Look at statements 1–8. Do you think they are true or false?

- You get "a flood of dopamine" when you take or do something you are addicted to.
- The more dopamine there is in your brain, the less effect it has and the more you need of what you are addicted to.
- When people give up an addiction their first reaction is pleasure at their achievement.
- People's addictions not only make them feel good, they stop them from feeling bad.
- The best way of quitting all addictions is to go cold turkey.
- It is helpful to use aids such as nicotine patches when trying to stop some addictive behavior.
- All addicts need to be treated with a combination of medication and counseling.
- Family support is important to stop addicts from having a relapse.

- e 6.10 Now listen to the doctor and mark the statements **T** (true) or **F** (false). Say why the **F** statements are false.

- f Do you know anybody who is addicted to any of the things in the photos? How does it affect their lives? Are they doing anything about it?

7 SPEAKING

- What is the difference between being *addicted to* or *hooked on* something, and being *obsessed with* something (or someone)?
- Look at some tweets about obsessions. What do you think the **highlighted** phrases mean?

#imobsessed

Tweets Top / All

- My best friend's completely obsessed with her new boyfriend. **She goes on and on** about him the whole time. #imobsessed
- I have to admit **I've got a little bit of an obsession** with bikes. I'm always looking at websites and checking out new models. #imobsessed
- My sister always has her phone either in her hand or on the table next to her and **she keeps checking it** the whole time. #imobsessed
- I always look at my reflection whenever I walk past a store window. I don't think I'm vain, but **I just can't help it**. #imobsessed
- A friend of my brother's is an **absolutely rabid** New England Patriots fan. He goes to all their games. #imobsessed
- My sister-in-law **has a thing about** not eating any processed food. She doesn't let her kids eat anything that's not homemade. #imobsessed

- c Talk in small groups. Use some of the phrases from **b**.

Are you / Do you know anyone who is (a little bit) obsessed with...?

- their appearance
- a celebrity
- a sportsperson or team
- a particular object, e.g., their car, their phone, etc.
- staying in shape
- healthy eating
- organizing or cleaning
- a hobby or free-time activity
- anything else

8 WRITING

Wp.120 Writing A discursive essay (1): A balanced argument Analyze a model essay and write a discursive essay about online shopping or ready-made meals.

WRITING A DISCURSIVE ESSAY (1): A BALANCED ARGUMENT

KEY SUCCESS FACTORS

- constructing an argument on both sides
- writing an effective introduction and conclusion
- using appropriate discourse markers to contrast and balance points

ANALYZING A MODEL TEXT

- a You have been asked to write the following essay:

Do smartphones really improve our lives?

With a partner, discuss three reasons why you think smartphones make our lives better and three reasons why they do not. Order them 1–3 according to their importance.

- b Read the model essay and check if the writer has mentioned some or all of your arguments. Where does the writer put the main argument in each paragraph?

🔍 Introductions and conclusions

- In an essay, it is important that the introduction engages the reader's attention. A good introductory paragraph describes the present situation and gives supporting evidence. It should introduce the topic, but should not include the specific points that you are going to mention in the body of the text. It should refer to the statement or question you have been asked to discuss. This can often be done in the form of a question to the reader, which the subsequent paragraphs should answer.
- The conclusion should briefly sum up the arguments you have made and can include your personal opinion. The opinion you express should follow logically from the arguments you have presented. It is important that this is not just a repetition of your arguments. It is a summary of what you believe your arguments have proved.

Do smartphones really improve our lives?

Introduction

Arguments in favor

Perhaps the greatest benefit of smartphones is that they give us an incredible amount of information. They are not just phones—we can also use them as maps, encyclopedias, novels, entertainment systems, and much more. We live in an age of information and smartphones help us to make the most of it all. In addition, they allow us to live our lives spontaneously. Whether you need a taxi, have to make reservations at a restaurant, or want to identify stars in the night sky, you can do it immediately. Finally, they keep us in touch with our friends and family and the social role they play in a fast-moving society is hugely important.

Arguments against

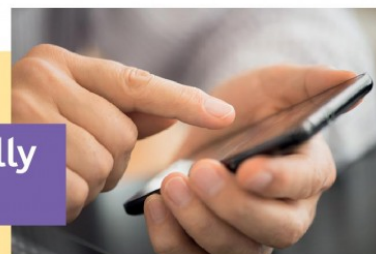
However, there are strong arguments to suggest that the advantages of smartphones can also be disadvantages. One drawback is the cost—monthly contracts are far from cheap and smartphones tend to become obsolete quickly, so people feel they need to buy the newest model. What is more, they are a constant distraction and they encourage people to spend hours checking social networking sites when they could be doing something more useful. But perhaps the most significant downside is for professionals. On the one hand, smartphones offer great convenience, but they also mean that employees can be contacted by their boss all the time, even on vacation.

Conclusion

- c Read the information box. Then look at the three introductory paragraphs below and choose which one you think is best for the essay. Compare with a partner. Discuss why you think it is the best and why the other two are less suitable. Then do the same with the concluding paragraphs.

Introductions

- 1 Smartphones dominate the field of personal communications and it sometimes seems that nearly everyone owns one. The technology is universal, but do smartphones really make our lives better?
- 2 Smartphones clearly have important advantages and disadvantages. In this essay, I am first going to analyze the advantages of this technology and then I will outline some important disadvantages, before finally drawing my conclusions.
- 3 Can you imagine life without your smartphone? Probably not, as this fantastic technology has become such a crucial tool for our work and social lives. So how did we manage before smartphones were invented?



Conclusions

- 1 To sum up, smartphones have both advantages and disadvantages, but all things considered, I believe that their influence is entirely beneficial—after all, we could not live without them.
- 2 In conclusion, smartphones have improved our lives considerably in my view, especially if you want to use the internet. They are very useful, for example, if you are in a store and you decide to buy something online instead.
- 3 On the whole, smartphones are a wonderful tool, but they have both pros and cons and they have to be used appropriately. It is very important that we control them and not the other way around.

USEFUL LANGUAGE

- d Complete the missing words. Some (but not all) are in the model essay.

Expressing the main points in an argument



- 1 The greatest **b** _____ is that...
- 2 **First and most** **im** _____, smartphones give us an incredible amount of information.



- 3 One **d** _____ of smartphones is that...
- 4 Another **dr** _____ to smartphones is that monthly contracts can be expensive.

Adding supporting information to a main argument, or introducing other related arguments

- 5 In **a** _____
- 6 **What is m** _____
- 7 **Not o** _____ **that**, but...
- 8 **Another point in f** _____ of this technology is that smartphones allow us to live our lives spontaneously.

Weighing up arguments

- 9 **On the wh** _____,
- 10 **On b** _____,
- 11 **A** _____ **in a** _____,
- 12 **All things c** _____, smartphones have both pros and cons.

PLANNING WHAT TO WRITE

- a Look at the essay titles below and, with a partner, choose one of them. Brainstorm the pros and cons. Then decide on three main arguments on each side that are relevant to the title.

The growth of online shopping has greatly improved life for the consumer.

Ready-made meals have revolutionized eating at home—but at what price?

- b Write an introduction for the essay. Follow this pattern:

- 1 Write an introductory sentence about how important online shopping or ready-made meals have become.
- 2 Write a second sentence supporting the first one.
- 3 Ask the main question that you intend to answer in the essay.

- c Compare your introduction with a partner. Together, make a final version.

TIPS for writing a discursive essay giving both sides of an argument:

- Brainstorm points for and against and decide which two or three you think are the most important.
- Use a neutral or formal style.
- Write a clear introduction that engages the reader. You could end the introduction with a question you are going to answer.
- An essay is not just a list of ideas and opinions. Link your ideas in a logical sequence. Use phrases to order, contrast, and weigh up the points in your argument.
- Make sure your conclusion is a summary of what you have previously said and refers back to what you were asked to write about.

WRITING

Write an essay of between 200 and 250 words.

DRAFT your essay.

- Paragraph 1: Write an introduction.
- Paragraph 2: Give arguments in favor of online shopping or ready-made meals.
- Paragraph 3: Give arguments against online shopping or ready-made meals.
- Paragraph 4: Write your conclusion, saying whether you think the advantages outweigh the disadvantages or vice versa.

EDIT the essay, making sure you've covered the main points, cutting any irrelevant information, and making sure it is the right length.

CHECK the essay for mistakes in grammar, spelling, punctuation, and register.

real and unreal

- 1 They **won't get** a table unless they've already **made a reservation**.
Can I **borrow** your dictionary for a minute if you're **not using** it?
If it **stops** raining, I'm **going to** walk into town.
- 2 How **would** you **know** if he **wasn't telling** the truth?
If we **had** a little more time here, we **could go** to the museum.
- 3 I **would have bought** it if they'd **had** it in my size.
If you'd **been looking** where you were going, you **wouldn't have tripped**.

1 First conditional sentences are used to talk about a possible present or future situation and its result.
We use any present tense in the *if* clause and any form of the future or a modal verb in the other clause.

2 Second conditional sentences are used to talk about hypothetical or improbable situations in the present or future.
We use the past tense (simple or continuous) in the *if* clause and *would* (or *could* / *might*) + base form in the other clause.

was or were in the if clause?

We can use *were* instead of *was* after *I / he / she / it* in the *if* clause and we always use *were* in the expression *If I were you...*

3 Third conditional sentences are used to talk about a hypothetical situation in the past.
We use the past perfect (simple or continuous) in the *if* clause and *would have* (or *could* / *might have*) + past participle in the other clause.

mixed conditionals

I **wouldn't be** in this mess if I **had listened** to your advice.
If she **didn't** still **love** him, Jane **would have left** Mike by now.

If we want to refer to the present and the past in the same sentence, we can mix tenses from two different types of conditional, e.g.,
I wouldn't be in this mess (second conditional) if I had listened to your advice (third conditional).
Jane would have left Mike by now (third conditional) if she didn't still love him (second conditional).

alternatives to if in conditional sentences

- 1 I'll tell you what happened **as long as** / **so long as** you promise not to tell anyone else.
Provided / **Providing (that)** the bank lends us all the money we need, we're going to buy that house we liked.
They agreed to lend us the car **on the condition (that)** we returned it by the weekend.
- 2 I'm going to sell the car **whether** you agree with me **or not**.
- 3 **Even if** I get the job, I'm going to continue living with my parents for a while.
- 4 **Supposing** / **Suppose** you lost your job, what would you do?
- 5 **Had I seen** the sign, I would have stopped.

1 We often use *as long as* / *so long as*, *provided* / *providing (that)*, and *on the condition (that)* instead of *if* to emphasize what must happen or be done for something else to happen.

• *that* is often omitted in spoken English. *on condition that* is slightly more formal than the other expressions.

2 We can use *whether* + subject + verb + *or not* instead of *if* to emphasize something is true in either of two cases.

• The word order can also be: *I'm going to sell the car whether or not you agree with me*.

3 We can use *even if* instead of *if* for extra emphasis.

4 We can use *supposing* / *suppose* when we ask someone to imagine that something is true or might happen. It is usually used at the beginning of a sentence.

5 In third conditionals, we can invert *had* and the subject and leave out *if*.
Had I known... = *If I had known...*

a Right (✓) or wrong (X)? Correct the mistakes in the **highlighted phrases**.

If you hadn't been here last night, I don't know **what I would do**. X

If you hadn't been here last night, I don't know what I would have done.

1 **They wouldn't have made you marketing manager** if they didn't think you were right for the job.

2 The government would accept more refugees **if the camp isn't so crowded**.

3 **If you've done all your homework**, you can go out this evening.

4 **We wouldn't be living in Singapore now** if my company hadn't been taken over by a multinational.

5 Hannah would be on the varsity team **if she didn't get injured last month**.

6 If you've ever been to New York, **you will know exactly what I'm talking about**.

7 **They would get divorced a long time ago** if they didn't have young children.

8 **If the storm wasn't at night**, more people would have died.

9 If their flight hasn't been delayed, **they will have arrived by now**.

10 I wouldn't have bought the house **if I knew I was going to have so many problems with it**.

b Complete the sentences with **one word**. Don't use *if*.
Supposing we can't find a taxi, how will we get home?

1 My father has agreed to lend me the money _____ I pay it back by the end of the year.

2 _____ if I had played my best, I still wouldn't have beaten him.

3 I'll tell you exactly what happened as _____ as you promise not to tell anyone.

4 _____ the rebels not surrendered, there would have been a lot more casualties.

5 The company will only employ me _____ the condition that I sign a two-year contract.

6 We've decided we're going to go ahead with the event _____ we sell all the tickets or not.

7 I'm convinced Amy won't get back together with her boyfriend, _____ if he apologizes.

8 _____ we do buy a dog, who's going to take it for walks?

9 I'm going to make an appointment for you at the doctor's _____ you like it or not.

10 _____ the plane not caught fire, there would have been more survivors.

← p.61

1 COLLOCATIONS

- a Circle the right word. Check (✓) if both are possible.
- I need to charge / unplug my phone—the battery's very low.
 - Can you *give* / *make* me a call this afternoon?
 - I need to *make* / *do* a few calls now. I'll get back to you later.
 - Do you want my cell phone number or my *landline* / *home phone*?
 - I've been calling Tom on his cell phone, but it's *occupied* / *busy* all the time.
 - I know he's been trying to call me all day because I have three *lost* / *missed* calls from him.
 - You have reached the voicemail for 555-4890. Please leave a message after the *tone* / *beep*.
 - In some American towns, the *reception* / *coverage* isn't very good and people can't get a good *sign* / *signal* for their cell phones.

b 6.4 Listen and check.

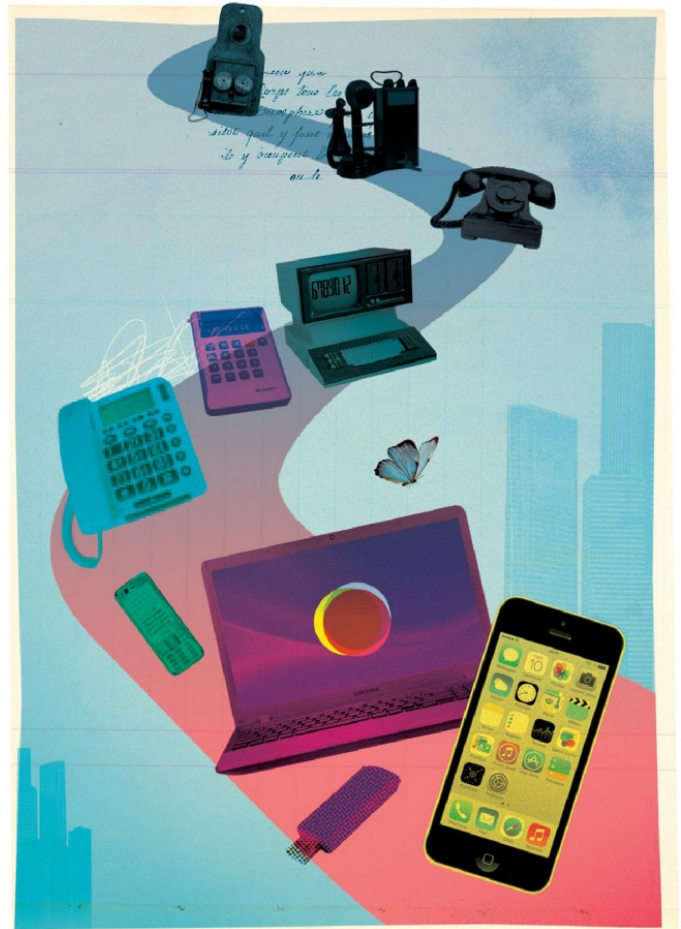
2 PHRASAL VERBS

- a Complete the sentences with the phrasal verbs in the list.

cut off free up get through hang-up log in
put through run out scroll down speak up top out

- I have to hang up now. My flight's about to board.
- We were Skyping, but then we were suddenly _____ in the middle of the conversation.
- The memory limits for many cell phones _____ at 64 gigabytes.
- I'm not sure if I'll be able to print the whole document because the black ink is about to _____.
- I tried calling her office, but I couldn't _____. The lines were permanently busy.
- I can't hear you very well. Could you _____ a little?
- If you hold, I'll _____ you _____ to the accounts department.
- If you already have an account with us, _____ with your username and password.
- I need to delete some files to _____ more space on the hard drive.
- If you _____ the page, you'll see the attachment at the bottom.

b 6.5 Listen and check.



3 SIMILAR BUT DIFFERENT

Talk to a partner. How would you explain the difference between...?

- a screen and a touch screen
- a keypad and a keyboard
- a password and a passcode
- your contacts and your settings
- broadband and Wi-fi
- a laptop and a tablet
- an update and a pop-up
- a cookie and a virus
- streaming and downloading

TIP Change the language on your phone, tablet, or laptop to English. You will very quickly reinforce your phone and technology vocabulary!

← p.60