

2 RELATIONSHIPS

PAGES 14–15

turn out /ˌtɜː(r)n 'aʊt/ Phrasal verb

if a situation *turns out* to be something, it becomes that thing or happens in that way, even if it was not expected to
he turned out to be successful after doing very badly at school | *the weather forecast wasn't good, but it's turned out nice after all* | *I thought it would be easy, but it turned out to be the most difficult of all the exams* | *children never turn out exactly how their parents think they will*

PAGES 16–17

approachable /ə'prəʊtʃəb(ə)/ Adjective

if someone in authority is *approachable*, they are friendly and always willing to talk to other people
he's not the most approachable person | *our tutors were young and very approachable* | *it's important to be open and approachable in this job* | *although she was always incredibly busy, I found her approachable and very helpful*

arrogance /'ærəgəns/ Noun uncount

arrogance is proud and unpleasant behaviour in which someone thinks they are a lot more important than other people

Collocates: sheer arrogance

what I hated about him was his sheer arrogance (extreme arrogance) | *it was typical youthful arrogance* | *he had the arrogance to suggest that he was a better singer than Elvis*

Adjective: *arrogant* | Adverb: *arrogantly*

he came across as rude and arrogant | *what an awful, arrogant personality* | *the government arrogantly refused offers of foreign aid* | *she arrogantly declared that she didn't need lessons*

back /bæk/ Noun

your *back* is the part of your body that is on the other side from your chest. If you do something *behind someone's back*, you deliberately do it without them knowing about it because you know they would not approve

she's constantly going behind my back and saying things to undermine me | *you know I'd never go behind your back* | *they were saying rather unpleasant things behind her back* | *they'd got it all planned behind his back*

back down /ˌbæk 'daʊn/ Phrasal verb

if someone *backs down*, they stop insisting on something, especially because other people have been opposed to them

once he's made up his mind he'll never back down | *he backed down as soon as I challenged him* | *the government eventually backed down and withdrew the proposal* | *he knew he was wrong, but still refused to back down*

barrier /'bæriə(r)/ Noun

a *barrier* is a physical object that blocks a road or path and stops you getting past. A *barrier* is also something that prevents people from speaking openly and honestly with each other

Collocates: put up a barrier | break down a barrier

he just gets defensive and puts up a great big barrier | *we need to break down the barriers between the two families*

bitchy /'bitʃi/ Adjective

bitchy comments or behaviour involve being unfairly critical of someone or something. A *bitchy* person often makes unkind remarks about other people. Be careful, as this word can cause offence

he hated all the criticism and bitchy comments | *later, I realised I'd been really bitchy towards her*

Noun: *bitch* | Verb: *bitch* | Noun: *bitchiness*

don't be such a bitch! | *are you just going to sit there bitching and complaining, or are you going to help?* | *they're always bitching about how unfair the world is* | *the article was a work of malicious bitchiness*

bothered /'bɒðə(r)d/ Adjective

if you are *bothered* about something, you don't like it and worry about it a lot

Collocates: bothered about something

he never seems that bothered by criticism | *I don't think he's bothered about not having a car*

Verb: *bother*

does it bother you that you might lose your job? | *many residents were bothered by the constant noise*

charm /tʃɑː(r)m/ Noun

someone who has *charm* behaves in a way that is pleasant and attractive and that makes people like them

Collocates: use your charm | turn on the charm | a charm offensive

he has a lot of charm | *he can turn on the charm when he needs to* | *he used his charm to get them to agree to the loan* | *everyone liked him because of his boyish charm* | *some people just have a natural charm* | *the president went on a charm offensive (started to do things people liked in order to become more popular)*

Adjective: *charming* | Verb: *charm*

he could charm the birds from the trees (a saying, meaning he could get people to do what he wanted to by being nice to them) | *her mother was a charming woman from the south of France* | *she had such a charming personality*

cynical /'sɪnɪk(ə)/ Adjective

someone who is *cynical* doesn't usually believe that other people are honest or sincere. If you have a *cynical* view of things, you think they are happening for dishonest or insincere reasons. A *cynical* action is one

which is done without any care for morals or the possible bad effects on other people

Collocates: a cynical view | a cynical attempt

a lot of people here are very cynical about politicians | I don't accept the cynical view that teachers are people who would not succeed in business | a cynical attempt to deceive the voters | he's always posting cynical comments on my blog

Adverb: *cynically* | Noun: *cynic* | Noun: *cynicism*

Collocates: cynically exploit someone or something

she cynically suggested that he got the job because his father was a director | he cynically ignored the danger to customers of selling faulty engines | the cynics said that the two countries would never come to an agreement | I'm not a cynic, just a realist | there's a growing sense of cynicism among students | there's always been a high level of cynicism among journalists

drag down /ˌdræɡ 'daʊn/ Phrasal verb

if someone *drags you down*, their actions put you in the same bad situation that they are in

he's dragging the whole team down | he's not just messing up his own career, he's dragging us down with him | don't let them drag you down to their level. You're better than them

fake /feɪk/ Adjective

someone who is *fake* is not sincere and pretends to be better or more educated than they really are. An object that is *fake* is a copy of a real, valuable object, that has been made in order to deceive people

How can you like him? He's so fake! | he was arrested for trying to enter the country on a fake passport

Noun: *fake* | Verb: *fake* | Adjective: *faked* || Opposite – Adjective: *genuine*

I paid £3,000 for the painting, but it turned out to be a fake | this driving licence is a fake | he faked a degree certificate to get the job | they entered the country on faked documents | she seemed pretty genuine to me | it's a genuine Picasso

get ahead /ˌget ə'hed/ Phrasal verb

if someone *gets ahead*, they are very successful in what they are trying to achieve in their life

she'd do anything to get ahead | you need to pass your exams if you want to get ahead | a university degree will help you get ahead | you'll never get ahead if you keep staying out all night

go over someone's head /gəʊ əʊvə(r) sʌmwʌnz 'hed/ Phrase

if you do something *over someone's head*, you do it without discussing it with them, especially when it is someone who is your boss or who has authority over you

Collocates: go over someone's head | do something over someone's head

you need to go over his head and talk to his manager | the approval was given over my head | Charles went over my head and signed the contract

hit it off /ˌhɪt ɪt 'ɒf/ Phrase

if two people *hit it off*, they realise they have a lot of things in common and become very friendly with each other

we hit it off straight away | we hit it off, and four years later we were married | we shared a room at university and hit it off from the start | even though she was my cousin, we never hit it off

incompetent /ɪn'kɒmpɪt(ə)nt/ Adjective

if someone is *incompetent*, they are not able to do a job or a particular task properly

Collocates: totally/completely incompetent

she's completely incompetent and is bound to mess things up | whoever painted your kitchen was totally incompetent | incompetent officials lost my passport when I tried to renew it | we can't afford to employ incompetent doctors

Adverb: *incompetently* | Noun: *incompetence*

|| Opposites – Adjective: *competent* |

Adverb: *competently* | Noun: *competence*

Collocates: very/highly competent

the company had been run incompetently for several years | even though he did it incompetently, he enjoyed being a football referee | he was guilty of professional incompetence | we need to cut down on incompetence in the workplace | we need a team of technically competent people in this department | she was a highly competent musician | he dealt with the problem quickly and competently | the meal was competently prepared, but not very exciting | students are encouraged to develop their competence through a series of practical exercises | she demonstrated a high degree of linguistic competence

intense /ɪn'tens/ Adjective

if someone is *intense*, they are very serious in the way they talk and behave

she's incredibly intense and we end up having long, deep conversations | she's very focused, very intense | he's very serious and quite intense | she can be a bit too intense sometimes | a very intense young man

Noun: *intensity*

he looked at me with real intensity | we could sense the intensity of her beliefs

laid-back /ˌleɪd'bæk/ Adjective

if someone is *laid-back*, they are always very calm and relaxed and never seem to worry about anything

he's very laid-back and just seems to lie around all day | they have a rather laid-back approach to parenting | she was very laid-back about her exams | I enjoyed the laid-back atmosphere at my last school

lighten up /ˌlaɪt(ə)n 'ʌp/ Phrasal verb

if you *lighten up*, you start to become less serious about things

I wish he'd lighten up a little | lighten up and enjoy the party! | I think she needs to lighten up

line manager /ˌlaɪn mænɪdʒə(r)/ Noun

your *line manager* is the person who is one level above you at your work, and who is responsible for telling you what you must do and making sure that you do it

maybe you need to complain to his line manager | I have a weekly progress meeting with my line manager | employees report to their line manager and product

manager | you have to get your line manager's permission before you take a holiday

Noun: *line management*

she has line management responsibility for four people in her department

naïve /naɪ'iv/ Adjective

someone who is *naïve* does not have much experience of life and believes that other people will be kind and generous to them and that things will be easy

you're just naïve if you think the election will make any difference | he had a naïve belief that money would bring him happiness | I wish I hadn't been so naïve when I went to university | she was naïve enough to think her father would give her the money

Adverb: *naïvely* | Noun: *naïvety*

he naïvely believed that she admired his writing | I was surprised at his naïvety when he said he thought they'd give his money back

pain /peɪn/ Noun

if someone or something is a *pain*, they are very annoying

Collocates: a *pain* in the neck

my little sister's such a pain, always complaining about me | it's a pain in the neck (extremely annoying) having to go through airport security | I left early because he'd spent the whole evening being a pain | it was such a pain getting woken up at 5 in the morning

painful /'peɪnf(ə)/ Adjective

if part of your body is *painful*, it hurts a lot. A *painful* action is one that causes you a lot of pain

breaking my leg was the most painful experience of my life so far | he had an incredibly painful headache all morning | your arms might feel painful for a while | a painful blow to the head

Noun: *pain* || Opposite – Adjective: *painless*

Collocates: be in *pain*

he was in a lot of pain after the operation | you might feel a bit of pain at first but it will soon wear off | the dentist told me it would be painless, but it wasn't

principle /'prɪnsəp(ə)/ Noun

your *principles* are the set of moral rules that you believe are right and that you are not willing to break

Collocates: strong/strict principles | moral principles | stick to one's principles

she has very strong principles | it's very important to stick to your principles | he had absolutely no moral principles, and no respect for other people | it's against my principles to borrow money from my parents

Adjective: *principled*

she was a very principled person, and I had a lot of respect for her | we need a more principled approach to politics

prone /prəʊn/ Adjective

if someone or something is *prone* to something harmful, or *prone* to doing something, it often happens to them, or they often do it

Collocates: be *prone* to doing something | accident-prone | injury-prone

she's prone to forget things like that | some regions are more prone to thunderstorms than others | as a child, he was prone to illness | he's too injury-prone to be considered a great footballer | sales people are prone to making exaggerated claims

slacker /'slækə(r)/ Noun

a *slacker* is someone who is rather lazy and does not make any effort to work hard or do their job properly

he's a right slacker – he just seems to lie around all day | he called us a bunch of slackers because we hadn't finished the job by 5 o'clock | if you're a slacker, don't even think of coming to work for me

Verb: *slack* | Noun: *slacking*

Collocates: *slack off*

he was always slacking and never turned up on time | everyone's trying really hard – no one's slacking off | there's too much slacking going on in this department

snob /snɒb/ Noun

a *snob* is someone who thinks they are better than other people because they come from a higher social class or because they have better taste in literature, music, etc.

Collocates: an intellectual *snob*

he's a complete snob and only talks to people who went to the 'right' school | she's too much of a snob to wear jeans | my brother's an intellectual snob who thinks Harry Potter books are only for children

Adjective: *snobbish* | Adverb: *snobbishly* |

Noun: *snobbishness* | Noun: *snobbery*

their snobbish attitudes made them unpopular with their neighbours | he was arrogant and snobbish | Norman Mailer snobbishly said of the book "That's not writing. It's typing!" | he was snobbishly upset not to be invited to the General's party | he admits to snobbishness when it comes to classical music | she pronounced her name as if it was French out of snobbishness | it's just snobbery to laugh at her accent

stand up for /,stænd 'ʌp fɔ:(r)/ Phrasal verb

if you *stand up for* something, you support it publicly and defend it against people who disagree with you

she stands up for what she believes in | my parents taught me to stand up for what is right | they stood up for equality and everyone's right to vote

streak /stri:k/ Noun

if you say that someone has a particular *streak*, you are talking about a part of their character that is different from or more extreme than the rest of their character

he's got a real stubborn streak (he is very stubborn) and will never change his mind | I noticed he had a mean streak when I tried to borrow some money from him | there was a streak of mischief about him

stride /straɪd/ Noun

if you *take everything in your stride*, you always stay calm even in difficult situations

he's very calm and takes everything in his stride | she took all the challenges in her stride | I was far too hot there, but Jenny took the heat in her stride

suck up /ˌsʌk ˈʌp/ Phrasal verb

to *suck up* to someone means to try and please them in order to get some benefit from them. You use the expression *suck up* to show that you disapprove of the way someone is doing this

Collocates: suck up to someone

he's always sucking up to the boss | the other kids thought I was sucking up to the teacher, but I wasn't | there's no point sucking up to him – he's not going to change his mind

take over /ˌteɪk ˈəʊvə(r)/ Phrasal verb

if someone *takes over* a place, they move into it and use it for a particular purpose so that the people who usually use it are unable to use it for a while

she just takes over the bathroom every morning | we took over the gym for the afternoon and put on a concert | rebels took over the airport and stopped all flights leaving the country

undermine /ˌʌndə(r)'maɪn/ Verb

to *undermine* something or someone means to weaken them or make them less powerful or effective

she's always trying to undermine me | they're not trying to undermine the system – just point out where there's corruption | a scandal that threatens to undermine the government's authority | criticising her will seriously undermine her confidence | senior ministers were undermined by lack of support from the president

wilful /ˈwɪlf(ə)/ Adjective

wilful actions are done deliberately, not by accident, and are often intended to cause harm. Someone who is *wilful* deliberately does things even though they might cause harm or they have been told not to

their wilful failure to deal with the problem | theft and wilful damage are crimes | she had been a wilful and stubborn child | they were accused of wilful misconduct

Adverb: *wilfully*

he wilfully ignored the rules | he was found guilty of wilfully avoiding tax

PAGES 18–19

collaborative /kə'læb(ə)rətɪv/ Adjective

if you *collaborate* with someone, you work together with them and share the results and successes of the work. *Collaborative* activity is carried out by people who are collaborating

Collocates: highly collaborative

it's the largest collaborative biology project in the world | the design process is highly collaborative | it was a collaborative effort by four composers | we should adopt a collaborative approach in the face of global warming

Adverb: *collaboratively* | Verb: *collaborate* |

Noun: *collaboration* | Noun: *collaborator*

Collocates: collaborate on something | collaborate with someone | collaborate together

the group works collaboratively to develop new products | the two men collaborated on writing the songs | when did you two start collaborating together? | we're hoping to collaborate with another laboratory in Lisbon | social media helps encourage collaboration | the

project requires close collaboration with doctors at the city hospital | they became firm friends and successful collaborators | he continued as her artistic collaborator until his death in 1986

contested /kən'testɪd/ Adjective

if something is *contested*, people argue about it because they do not agree about it

researchers agree that it happens, but how it happens is highly contested | this was the most contested political issue of the election | "code poetry" is another contested term and can have many meanings

counterpart /ˈkaʊntə(r),pɑː(r)t/ Noun

the *counterpart* of something is another thing of the same kind in a different place or at a different time

the American critics were not as kind as their British counterparts | Soviet planners helped their Chinese counterparts with the design | farms in Cornwall are smaller than their Scottish counterparts | she designed her first website in 1998, but its modern counterpart is much more sophisticated

determine /dɪ'tɜː(r)mɪn/ Verb

to *determine* the facts about something means to discover them and be sure that they are right

the level of neuron activity could be sufficient to determine whether their feelings are strong enough for their relationships to last | you need to determine the likely cost before you sign the contract | the investigation ended without determining the cause | it's difficult to determine the exact number of demonstrators

draw /drɔː/ Verb

if you *draw* a lesson from something, you learn something useful as a result of it. If you *draw* a conclusion from something, you decide what is true about it based on what you have just learned

Collocates: draw a lesson | draw a conclusion

what lesson did you draw from the experience? | the purpose of studying history is to draw lessons that help present leaders to govern better | I can tell you what to read, but you have to draw your own conclusions | the final chapter will draw conclusions from the general survey | I've given it a lot of thought but haven't drawn any firm conclusions yet

filtering /ˈfɪltə(r)ɪŋ/ Noun uncount

filtering is the process of examining a large number of things in order to select the ones that are wanted and the ones that need to be thrown away or not used

this analysis is known as collaborative filtering | an email filtering program | without filtering, you'd simply have too much to handle

Verb: *filter* | Noun: *filter*

the software filters the results so that you see only the most relevant pages | a program to filter out unwanted email | you need to install a spam filter (software to identify and delete unwanted messages)

give away /ˌgɪv ə'weɪ/ Phrasal verb

if you *give* something *away*, you let someone else have it for free

he inherited millions when his father died, but he just gave it all away | they're giving away a free litre of milk with every loaf of bread you buy | I didn't have room for all those paintings so I gave some of them away | the puppies were given away to a local family

narrow down /ˌnærəʊ 'daʊn/ Phrasal verb
to narrow down a range of things means to reduce them to a smaller number

police are trying to narrow down their list of suspects | I've been thinking hard about how I can narrow down my university options | we narrowed down the candidates and interviewed the best four of them | the list of athletes is narrowed down to just six for the final race

perseverance /ˌpɜː(r)stɪ'veɪəns/ Noun

perseverance is the determination to continue doing something until you have finished it, even when it is difficult and might feel impossible

Collocates: show perseverance

her courage and perseverance were admirable | great skill and perseverance were required in training these birds | his perseverance paid off, and a year later he won an Olympic gold medal | she showed unusual perseverance, turning up for extra lessons three times a week

Verb: persevere | Adjective: persevering

it's not easy, but if you persevere you'll be sure to find the answer | I thought it was hopeless and gave up, but he persevered for another two hours | finally, their persevering efforts proved successful

premises /ˈpremɪsɪz/ Noun plural

the premises of a company or organisation are the buildings and land which it uses

Collocates: on the premises

the company is moving into new premises next month | firefighters had to be sure that no one was left on the premises | the army abandoned the premises in 2008 | for the first 18 months they rented premises on Euston Road | by 1930, the school had grown and new premises were needed

prove /pruːv/ Verb

if something proves difficult, effective, a success, etc., it becomes difficult, effective, successful

Collocates: prove to be something

the employer proved to be right in the dispute | it has proved difficult to confirm the effectiveness of this method | members of his own party warned him that the proposal would prove unpopular | the new drugs proved effective in treating people with cancer | the task proved too much for us (it was too difficult) | the scheme proved a tremendous success

sound out /ˌsaʊnd 'aʊt/ Phrasal verb

to sound someone out means to talk to them in order to find out what their opinion is about a plan or course of action

have you sounded out the other board members? | he didn't seem keen when they sounded him out about the job | we sounded out students from the other college

about joining us in a demonstration | Alec wanted to sound out my views on the new proposal | 200 questions designed to sound out your morals, values and beliefs

subject to /səb'dʒekt tuː/ Phrasal verb

if someone is subjected to something, often something unpleasant, they are forced to experience it

at the airport we were subjected to a thorough examination | my family was subjected to death threats | he had been subjected to torture before escaping | his father subjected him to a miserable childhood | all our planes are subjected to regular safety checks

subscriber /səb'skraɪbə(r)/ Noun

a subscriber is someone who pays to be able to use a service such as a TV channel, a telephone network, an online newspaper, etc.

the formula ensures that subscribers are matched to those they are most compatible with | a cable TV network with nearly 30 million subscribers | new subscribers get the first month free | the company now has 25 million users, six million of whom are paid subscribers (people who pay for the full service)

Verb: subscribe | Noun: subscription

Collocates: subscribe to something | take out a subscription | renew/cancel a subscription | a monthly/annual subscription

We subscribe to Netflix | users of the site can subscribe for a month, six months, or a year at a time | we took out a subscription to a movie channel | it was too expensive, so I cancelled the subscription | you can renew your subscription online or by telephone | subscription is free for the first three months

thorough /'θʌrə/ Adjective

something that is done in a thorough way is done very carefully and with a lot of attention to detail so that no aspect is forgotten

Collocates: a thorough search | a thorough investigation/examination/analysis

at the airport we were subjected to a thorough examination | it's vital that we carry out thorough research | police made a thorough search of the area | a thorough investigation into the incident has been launched | they carried out a thorough review of the process

Adverb: thoroughly | Noun: thoroughness

the data will be thoroughly analysed by a team of experts | each device is thoroughly tested before leaving the factory | he went through the accounts with his typical thoroughness | the work was done with great thoroughness and care

wealth /welθ/ Noun singular

a wealth of something useful or interesting is a very large amount of it

Collocates: a wealth of something

there has been a wealth of studies exploring love and marriage | there is a wealth of exhibits on show at the museum | she has a wealth of knowledge about the Russian Revolution | the website is a wealth of information about the Beatles

PAGES 20–21

aid /eɪd/ Noun

aid is help that someone gives to someone else

Collocates: come/go to someone's aid

who came to his aid? | she saw someone slip and fall into the river and immediately went to his aid | he got no encouragement or aid from his own family | if you have any problems while you're there, my uncle will give you every aid and assistance

answer back /,ɑːnsə(r) 'bæk/ Phrasal verb

if you *answer back*, or *answer* someone *back*, you reply rudely to someone in authority after they have told you something or asked you to do something

he's a bright lad, but I wish he wouldn't answer back | prisoners who answered back were punished | if she answered back she was sent to bed without any supper | sometimes I couldn't stop myself answering back | none of us ever dared answer her back

blow over /,bləʊ 'əʊvə(r)/ Phrasal verb

if an unpleasant or difficult situation *blows over*, it finishes and things are back to normal

they had a terrible row this morning, but it's all blown over now | he's in a really bad mood today, but it will soon blow over

come /kʌm/ Verb

if something *comes* as a surprise, shock, relief, etc., it makes you feel surprised, shocked, relieved

the incident came as a shock to his coach | the news came as no surprise to us | my promotion came as a welcome surprise | she'd been ill for many months, and her daughter said the end came as a relief

confide /kən'faɪd/ Verb

if you *confide* in someone, you tell them something personal about yourself that you do not want other people to know about, because you trust that person and want to share it with them

Collocates: confide that | confide something to someone | confide in someone

he confided that his parents were going through a rough patch | what did Toby confide to his coach | he confided everything to me when we were children | I didn't know her well and was surprised she wanted to confide in me | I expect lots of people confide in you about their troubles

conserve /kən'sɜː(r)v/ Verb

to *conserve* something valuable or useful such as energy or water means to use as little of it as possible and to make sure that none of it is wasted or lost

Collocates: conserve energy/water

I have to conserve my energy for the game tomorrow | take a shower instead of a bath to conserve water | the engine turns off automatically at traffic lights to conserve fuel | the gentle temperature in the oven conserves moisture

Noun: *conservation*

a new government policy to promote energy conservation

discharge /dɪs'tʃɑː(r)dʒ/ Verb

to *discharge* someone from an institution such as a hospital or prison means to officially allow them to leave

Collocates: discharge someone from somewhere

we'll probably discharge him next week | the doctor wants to discharge my father, but I don't think he's well enough to come home | he was discharged from the army in disgrace

Noun: *discharge*

Collocates: an honourable discharge | a dishonourable discharge

he rose to the rank of corporal and was granted an honourable discharge two years later | he was sentenced to 30 days in prison and received a dishonourable discharge (was told to leave the army in disgrace)

frail /freɪl/ Adjective

someone who is *frail* is thin and not very strong

he's still a little frail but I expect him to make a full recovery | he saw clearly how frail she had become | he was physically frail but mentally very active | becoming old and frail can be quite distressing

Noun: *frailty*

I hadn't seen him for 10 years and was shocked at his frailty | our patients have high levels of physical dependence, frailty and mental health problems

instil /ɪn'stɪl/ Verb

if you *instil* a particular feeling or way of behaving in someone, you teach them or encourage them to have that feeling or behave in that way

Collocates: instil something into someone | instil loyalty | instil confidence | instil discipline

I did try and instil a bit of discipline into him | parents need to instil respect in kids and teach them right from wrong | if the website looks cheap, it won't instil visitor confidence | he doesn't mean to instil fear, but he does like things done his way | it helps instil a sense of loyalty in the employees

nerves /nɜː(r)vz/ Noun plural

if someone or something *gets on your nerves*, they make you very angry by doing something that really annoys you, especially over a long period of time

they get on each other's nerves all the time | it gets on my nerves the way he's always asking what the time is | this constant rain is getting on my nerves

pace /peɪs/ Noun

if someone *goes through their paces*, they show how well they can do something, especially in a sports activity

Collocates: go through your paces | put someone through their paces | show your paces

the coach wants to put us through our paces | the director put the dancers through their paces | fans were able to watch the players going through their paces | the gymnasts showed their paces at a training session in the local leisure centre

patch /pætʃ/ Noun

a *rough patch*, *difficult patch*, *sticky patch*, etc. is a period of time when someone has a lot of problems or difficulties in their life

their marriage is going through a bit of a rough patch | I went through a bad patch in my first term at university

point blank /ˌpɔɪnt 'blæŋk/ Adverb

if you say something *point blank*, you say it very forcefully, with no explanation or apology

Collocates: refuse point blank

I asked him to change desks and he just refused point blank | she told me point blank that she wasn't going to pay | he accused me point blank of stealing his wallet

Adjective: *point blank*

her request was met with a point blank refusal

prospect /'prɒspekt/ Noun

someone's *prospects* are the chances that they will be successful in something

hopefully this is just a setback rather than an end to his career prospects | my grandmother married a man with no prospects but it all turned out well | his political prospects looked very good after the election

rough /rʌf/ Adjective

a *rough* period of time is one when life has become very difficult for someone

Collocates: a rough patch | a rough day/week | rough times

their marriage is going through a bit of a rough patch | I've had a really rough day at work | it was rough having to change schools halfway through the school year | we had some rough times, but we came out of them stronger and wiser

Verb: *rough*

Collocates: rough it

we had to rough it with no electricity or gas for several weeks

scene /si:n/ Noun

a *scene* is a loud or angry argument, especially one in front of other people, which causes embarrassment to the people involved and the people who see it

Collocates: make a scene

he was very aggressive, and there was a bit of a scene | don't make a scene here, please | there was a terrible scene when he realised she had left the present at home

setback /'set,bæk/ Noun

a *setback* is a sudden problem that temporarily stops you making progress in what you are trying to achieve

Collocates: suffer a setback | overcome a setback

hopefully this is just a setback rather than an end to his career prospects | I wouldn't say it's a disaster – just a slight setback | her preparations for the World Cup suffered a serious setback when she broke her leg in training | within days she had overcome this setback and astonished doctors with the speed of her recovery

Phrasal verb: *set back*

the project was well on schedule, but then the floods set us back by two weeks | it won't stop progress altogether, but it will set them back slightly

terms /tɜ:(r)mz/ Noun plural

if you are *on speaking terms* with someone, you are able to talk to them in a friendly way. If two people are *not on speaking terms*, they are angry with each other and refuse to speak to each other. If you say you are *on first name terms* with someone, you mean that you know them quite well and use their first name when you speak to them

they're not on speaking terms at the moment | I don't want to boast, but I'm on first name terms with Paul McCartney | we had a big argument last year, but we're back on speaking terms now

the straight and narrow /ðə 'streɪt ən 'nærəʊ/ Phrase

some people talk about *the straight and narrow* to mean a morally good and honest way of life

I hope they get him back on the straight and narrow | a few of my schoolfriends strayed from the straight and narrow for a while | they need help if they're to stay on the straight and narrow

toddler /'tɒdlə(r)/ Noun

if small children *toddle* somewhere, they walk there in a rather unsteady way taking short steps. Young children who are just starting to walk are called *toddlers* because of the unsteady way in which they walk

when Jack was a toddler, I did the childcare most days | I sat down on the bus opposite a young man and his toddler son | I go to a mother and toddler group on Tuesday mornings | these toys have been designed by parents for toddlers and young kids

Verb: *toddle*

the child toddled across the field towards her grandmother | she's only 14 months old and she's already started toddling

unsteady /ʌn'stedi/ Adjective

someone who is *unsteady* has difficulty keeping their balance when they walk. An *unsteady* action is one that is done uncertainly because someone has difficulty in controlling their movements

Collocates: be unsteady on your feet

as I've got older I've become a bit unsteady on my feet | his father was very frail and unsteady | she sighed heavily and took an unsteady step back | he poured the tea with a rather unsteady hand

Adverb: *unsteadily* || Opposite – Adjective: *steady* |

Adverb: *steadily*

Collocates: a steady hand

Mrs Cary rose unsteadily to her feet | he was very pale and walked rather unsteadily | you need a steady hand to paint round the door handle | she walked steadily towards the door

weight /weɪt/ Noun uncount

your *weight* is how heavy you are. If you say that someone isn't *pulling their weight*, you mean that they are not making as much effort as they should and are therefore not contributing properly to the work of a team

he doesn't tend to pull his weight, which causes some friction in the office | it was good to see him pulling his

weight at last | you'll have to pull your weight if you want to stay in the team | the whole project will fail unless everyone pulls their weight

PAGES 22–23

adjacent /ə'dʒeɪs(ə)nt/ Adjective

if something is *adjacent* to something else, it is next to or very close to the other thing

the design took account of the need to protect adjacent buildings | the village consists of 40 houses closely adjacent to the church | his grave lies immediately adjacent to that of Alfred Tennyson | parking is available adjacent to the old cinema building | plenty of the adjacent land is available for building houses

assemble /ə'semb(ə)l/ Verb

to *assemble* people or things means to bring them together in one place. To *assemble* a building, machine, or other object means to build it by putting lots of different parts together

they assemble the parts in a central plant | increasingly, cars are being assembled by robots rather than humans | the parts are imported from China and assembled in a factory in Leicester | the family assembled at the front door to greet the visitors | I want you to assemble your best singers in the hall this evening | with 600,000 troops, it was the largest military force ever assembled prior to World War I

Noun: *assembly*

Collocates: an assembly line

mass production of cars became possible with the introduction of the assembly line (a system where workers do a particular job on a product before it moves down the line to the next worker) | the company has assembly plants in 12 countries

blast /bla:st/ Verb

to *blast* something means to use explosives to make holes in rock or to break rock into pieces, usually as part of the work involved in building something there

builders were getting ready to blast the hole for the foundations | large areas of rock were blasted away with explosives | more than 200 labourers worked on the tunnel, drilling and blasting through rock

foundations /faʊn'deɪʃ(ə)nz/ Noun plural

the *foundations* of a building are the layer of concrete, bricks or other solid material that sits under the building and supports it

Collocates: lay the foundations

builders were getting ready to blast the hole for the foundations | they will start to lay the foundations next week | the foundations were too weak, and the north wall started to crack | the shed was built on concrete foundations

PHRASES WITH EYE(S)

keep an eye on: if you *keep your eye on* someone or on a situation, you make sure you know what is happening so that you can provide help when it is needed

I keep an eye on her as she's quite frail and has no relatives nearby | can you keep an eye on the baby while I go and have a shower?

see eye to eye: people who *see eye to eye* or *see eye to eye on* something agree with each other

my sister and I see eye to eye on most things / we just couldn't see eye to eye on political issues / they're not talking to each other as they just can't see eye to eye

in the public eye: someone who is *in the public eye* is famous and is often seen on television or in the newspapers and on the internet

as a popular actor, he is always in the public eye / the princess lived her whole life in the public eye

EXERCISES

PREPOSITIONS

- A Complete the sentences with the correct preposition. Look up the word in bold if you need help.**
- I don't think she's **bothered** going to the party.
 - You should always **stand up** your principles.
 - He was always **prone** accidents.
 - She was always calm and took things her **stride**.
 - As a child, he was always **sucking up** our parents.
 - They **collaborated** on the project students from another college.

WORD FAMILIES

- B Complete the sentences on the right with the correct form of the word in bold.**
- that's a bit **cynical** a lot of
in journalism
 - an **incompetent** doctor accused of professional
 - an **intense** young woman the great
..... of their conversation
 - a **thorough** investigation the of
the investigation
 - they are old and **frail** shocked by their
 - an **unsteady** walk walk very

- C Tick the words in the unit that are both a verb and a noun.**
- conserve
 - assemble
 - charm
 - discharge

PHRASES

- D Match phrases from the unit (1–5) with the meanings (a–e).**
- Will you **keep an eye on** the children while I'm out?
 - Actors and politicians are always **in the public eye**.
 - I'm going to stay **on the straight and narrow** from now on.
 - They just don't **see eye to eye**.
 - I introduced them and they immediately **hit it off**.
- a become good friends
b be in agreement
c be famous
d take care of someone
e be well behaved

COLLOCATIONS

- E Match the two halves of the collocations.**
- | | |
|---------------|-------------|
| 1 a fake | a) patch |
| 2 a cynical | b) search |
| 3 a rough | c) passport |
| 4 an unsteady | d) view |
| 5 a thorough | e) damage |
| 6 wilful | f) hand |

PHRASAL VERBS

- F Complete the sentences with the correct form of the phrasal verbs in the box. Look up the phrasal verbs if you need help.**

sound out	lighten up	stand up
answer back	blow over	give away
take over	suck up	

- We had an argument but it's all now.
- If she when her parents told her to do something, she was sent to her room.
- Alec wanted to my views on the new proposal.
- They're a free newspaper with every sandwich you buy.
- He the kitchen all day yesterday so he could bake some cakes.
- Don't try to to him – he's not going to change his mind.
- He was determined to for what he believed was right.
- She should stop being so serious and a bit.