

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 3

adept *adjective* having a natural ability to do something that needs skill She's very adept at dealing with the media.

attention span *noun* the length of time that someone can keep their thoughts and interest fixed on something Young children have a quite short attention span.

come to terms with *phrase* to gradually accept a situation You're going to have to come to terms with the fact that you'll never make much money as an artist.

cultivate *verb* to try to develop or improve something She has cultivated an image as a tough negotiator.

digital technology *phrase* equipment that uses a computer Digital technology has transformed the way we communicate with each other.

discourage someone from doing sth *phrase* to try to persuade someone not to do something The government launched a campaign to discourage people from smoking.

exert control *phrase* to use your power to control someone or something The teacher was unable to exert control over the class.

feel valued *phrase* to feel that people appreciate things that you do It's important to make your staff feel valued.

get things into perspective *phrase* to think about a situation in a reasonable way that does not make it seem worse than it is It really isn't that bad! You need to get things into perspective and stop complaining.

have an aptitude for *phrase* to have a natural ability to do something Sarah really has an aptitude for maths.

have a flair for *phrase* to have a natural ability to do something Marco has a flair for drawing.

instil values *phrase* to influence someone so that they share your beliefs I hope to instil the values of tolerance and generosity in my children.

lose your temper *phrase* to suddenly become very angry I really lost my temper when the neighbours broke my fence.

peer group *noun* a group of people of about the same age, social position, etc He was the first of his peer group to get married.

physical characteristics *phrase* the appearance of someone's body Sasha is very different from his father, but they share many of the same physical characteristics.

the animal kingdom *noun* the group of all living creatures that are animals This type of behaviour is common in the animal kingdom.

update your status *phrase* to bring people up to date what you are doing, usually on a social network Now that I'm at university, I'm going to have to update my status to let all my friends know.

vicious circle *phrase* a continuing bad situation, created when one problem causes another problem which then makes the first problem worse When Frederick started borrowing money to pay his debts, it started a vicious circle.

work-life balance *noun* the amount of time you spend doing your job compared with the amount of time you spend away from work It can be difficult to get the right work-life balance.