

Speak out

3RD EDITION

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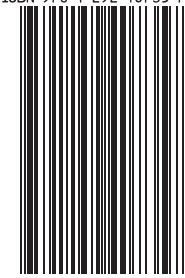
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Speak out

B2
Workbook

Helen Chilton



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B B C

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Workbook

CONTENTS

LESSON	VOCABULARY	GRAMMAR	PRONUNCIATION
1A pp4–5	personality adjectives; suffixes	present perfect simple and continuous	weak forms of <i>have</i> and <i>been</i>
1B pp6–7	collocations about memory; idioms: memory	infinitive and <i>-ing</i> forms	chunking: two-part collocations
1C 1D pp8–9	emotions and feelings	<i>while, whereas</i> and <i>whilst</i>	word stress: dependent propositions
2A pp10–11	science and technology; word families	future probability	connected speech: future probability
2B pp12–13	nature	quantifiers	connected speech: quantifiers
2C 2D pp14–15	lifestyle adjectives; extreme adjectives		stress to show certainty
REVIEW 1–2 pp16–17			
3A pp18–19	festivals; the environment	relative clauses	pitch in non-defining relative clauses
3B pp20–21	phrasal verbs: performing; phrasal verbs: communication	cleft sentences	emphatic stress
3C 3D pp22–23	film and TV	<i>do</i> and <i>did</i> for emphasis	linking and elision
4A pp24–25	health and lifestyle; illness and treatment	future continuous and future perfect	connected speech: future perfect
4B pp26–27	sleep	passives	sentence stress: content and function words
4C 4D pp28–29	exercise; sport: motivation and benefits; phrases related to time		stress in phrases for partial agreement
REVIEW 3–4 pp30–31			
5A pp32–33	time expressions	past perfect simple and continuous	connected speech: past perfect continuous
5B pp34–35	work and careers; areas of work	past plans and intentions	connected speech: intrusive /w/ sounds
5C 5D pp36–37	video conference calls	non-defining relative clauses for comments	intonation to show degrees of certainty
6A pp38–39	prefixes	necessity, prohibition and permission	word stress: prefixes
6B pp40–41	reporting verbs	reported orders, requests and advice	consonant clusters
6C 6D pp42–43	collocations with <i>get</i> and <i>take</i> ; fillers		pitch for sounding tactful
REVIEW 5–6 pp44–45			
7A pp46–47	compound adjectives; chance	past modals of deduction	connected speech: in past modals of deduction
7B pp48–49	idioms: regrets	<i>wish, if only, should have</i>	chunking in idioms
7C 7D pp50–51	phrasal verbs: explaining	adverbials of concession	stress in phrasal verbs
8A pp52–53	collocations with <i>go, have</i> and <i>make</i> ; describing homes and living conditions	participle clauses	pitch in participle clauses
8B pp54–55	world issues	conditionals with conjunctions	stress in conditional sentences
8C 8D pp56–57	prepositional phrases; phrases with <i>get</i>		sounding persuasive
REVIEW 7–8 pp58–59			

CUMULATIVE REVIEW 1–4 pp60–61	CUMULATIVE REVIEW 5–8 pp62–63	CUMULATIVE REVIEW 1–8 pp64–67
AUDIOSCRIPTS pp68–77	ANSWER KEY pp78–94	

Lesson 1A

GRAMMAR | present perfect simple and continuous

VOCABULARY | personality adjectives; suffixes

PRONUNCIATION | weak forms of *have* and *been*

VOCABULARY

personality adjectives

1 A Choose the correct word to complete the sentences.

- 1 He's so! He's planning to open two new restaurants by the end of the year.
a adventurous b ambitious c hopeful
- 2 Hilda is the most person I know. She seems to disagree with everything I say.
a argumentative b rebellious c stubborn
- 3 People often go through a stage of life, where they want to break rules.
a rebellious b curious c stubborn
- 4 I think I'm pretty I've climbed a mountain, trekked through the Amazon – that kind of thing.
a outgoing b stubborn c adventurous
- 5 My sister's very Once she's made her mind up, she won't change it.
a outgoing b stubborn c argumentative
- 6 My twin brother and I are completely different. I'm quite shy, whereas he's very
a rebellious b ambitious c outgoing

B Complete the conversation with the adjectives in the box.

adventurous ambitious argumentative
cheerful curious outgoing rebellious
stubborn

- A: Do you get on well with your brother and sister?
B: Usually, but my brother can be a bit ¹.....
Whatever my opinion is, he'll almost always tell me I'm wrong. He's quite ²....., too. He never follows rules and sometimes gets in trouble at school.
A: Oh, dear! Your sister's always very ³..... She seems to enjoy life.
B: Yeah, she does. She's quite ⁴..... and has got loads of friends. I'm quieter than her. Anyway, what about you and your brother?
A: We get on fine. He's a lot older than me, so he's working now. He's quite ⁵..... Like, he's already going for a promotion.
B: He sounds quite ⁶....., as well. Doesn't he go mountain climbing?
A: Yeah, he's very ⁷..... about the world – wants to know everything and try everything.
B: I wish my brother was more like yours!
A: Oh, he isn't perfect. He can be very ⁸..... and won't change his mind for anything!

suffixes

2 Complete the sentences with the adjective form of the words in brackets.

- 1 Our new teacher's really (help) – she sent a list of useful websites to the group.
- 2 I'm not (art) at all. I can't even draw simple objects.
- 3 Wow! That musician was so (talent)! Imagine being able to play the piano like that.
- 4 I'm quite an (emotion) person – I always cry at the end of films.
- 5 I think you need to be more (realist). Can you really be a professional footballer?
- 6 Jade isn't very (like). She says unpleasant things about people behind their backs.
- 7 Rupert is an (experience) lawyer with over 30 years in the industry.

GRAMMAR

present perfect simple and continuous

3 A Choose the correct word or phrase to complete the sentences.

- 1 I've called / been calling / 'm calling the doctor's all morning, but no one's answering.
- 2 Have you had / having / been having your hair cut? It's looks great!
- 3 Felix has been / had / been having lessons recently and is making great progress so far.
- 4 How many times have you visited / been visiting / been Canada?
- 5 I've studied / study / been studying Japanese for just over a year now.
- 6 She's raised / been raising / raising €1,000 for charity.

B Complete the blog post using the correct form of the verbs in brackets.

Something I'm working on

Ellie Behr | Fri 23 Oct | 10.27 GMT

Regular followers of my blog will know that, I ¹..... always (be) a shy, quiet person who hates conflict and walks away from any kind of argument. Recently, though, I ²..... (work) on being more assertive, by which I mean being stronger and more confident. I ³..... (have) three sessions with a life coach, who ⁴..... (help) me to finally understand that being assertive is not the same as being aggressive, and that people have more respect for you when you stand up for yourself. Recently, I ⁵..... (practise) the things we've talked about and it ⁶..... (be) a real eye-opener!

C Use the prompts to write present perfect simple or present perfect continuous sentences.

- 1 I / see / that new Wes Anderson film / five times now.
- 2 You / work / on that report / all morning!
- 3 Have / you go / anywhere interesting recently?
- 4 Ben / never try / horse-riding / because he / scared of horses!
- 5 He / take / a year off / go travelling.
- 6 I / look / for you / the last half an hour!


PRONUNCIATION

4A  **1.01 | weak forms of *have* and *been* | Listen and choose the correct words to complete the sentences.**


- 1 He's never been / She's never been to Poland.
- 2 How long have you been / have they been studying in Manchester?
- 3 What's he been / she been up to this week?
- 4 They've been / I've been trying to book flights to Mexico all morning.
- 5 She's been / He's been waiting here for the last four hours.

B  **1.01 | Listen again and repeat.**



LISTENING

5A  **1.02 | Listen to an interview about identity. Put the topics in the order they are discussed.**

- a Other factors that influence our identity
- b How to find yourself
- c The elements that form our identity
- d How we develop our sense of self
- e The importance of self-identity

B  **1.02 | Listen to the interview again. Complete the sentences with no more than three words from the recording.**

- 1 Identity is a combination of your your likes and dislikes, your moral code and what motivates you.
- 2 Without a clear sense of self, it can be difficult to
- 3 Parents provide for how their children should behave.
- 4 Your identity isn't – it develops over the course of your life.
- 5 Our relationships and experiences our sense of self.

C   **1.03 | Listen to the speaker's final advice again and write what you hear. You will hear the sentence only once.**

.....

.....

WRITING

a blog post

6A Read the blog post. How has the writer changed? Complete the summary with words from the text.

I'm not the person I once was

When I was a young kid, I was pretty adventurous. I was always out in the woods near home, climbing trees and swimming in the river. As a teenager, I was a bit of a risk-taker and didn't think twice about the stuff I did: snowboarding, sky-diving, you name it! I think I've changed considerably since then. These days I much prefer indoor activities and I've been a music teacher for the last four years. I've become a lot calmer as a result! I'm still curious about the world, but I haven't done anything 'extreme' for a long time!

I'm definitely less ¹..... and no longer a ²..... Nowadays, ³..... are more my thing, and my role as a ⁴..... has calmed me down. That doesn't mean I'm not ⁵..... about what's going on around me. I just choose not to take part in ⁶..... sports like snowboarding and sky-diving anymore!

B Read the comments. Underline examples of the present perfect simple and continuous.



Astrid94
14.07 | 2 Nov

I would say that I've actually changed very little. I've always been very close to my family and we agree on most things. You'll often find us all on the golf course, too – recently I've taken up the sport so I can join my parents and brothers for a game!



JosephER
14.22 | 2 Nov

I've changed loads! As a young child I was quiet like my mum, who brought me up on her own, but in my teenage years I was rebellious and hated school with a passion. I think I've outgrown that, and I've been channelling my energy into being ambitious instead.



I_Kara
14:39 | 2 Nov

I've always had two sides to my personality. In my work as a gym instructor, I'm patient and cheerful, but in my personal life, I'm a total stress-head, though I've been working on that! I still love nothing more than getting together with friends and debating all the issues important to us.

C Make notes about how these things have changed as you have got older. Then write a blog post. Write 100–140 words.

- your personality
- your interests
- your values

Lesson 1B

GRAMMAR | infinitive and *-ing* forms

VOCABULARY | collocations about memory; idioms: memory

PRONUNCIATION | chunking: two-part collocations

VOCABULARY

collocations about memory

1 Choose the correct word or phrase to complete the sentences.

- 1 I remember every detail / learn things by heart / brought back memories of that day – the sunlight on my pillow, the smell of my mother's cooking downstairs ...
- 2 My short-term / long-term / perfect recall memory is terrible. I can't even remember what I had for breakfast!
- 3 You need to learn your lines by recall / memory / heart when you're acting on stage.
- 4 Oh, that programme remembered every detail / brought back memories / had a good memory for me. I used to work in the building that was featured in it.
- 5 What are your earliest long-term / short-term / childhood memories?
- 6 I haven't brought / got / learned a good memory – I never remember anything!

idioms: memory

2A Match the idioms (1–6) with the sentences which have a similar meaning (a–f).

- 1 Things go in one ear and out the other.
 - 2 It slipped my mind.
 - 3 Can you refresh my memory?
 - 4 It's on the tip of my tongue.
 - 5 That rings a bell.
 - 6 My memory's playing tricks on me.
- a It sounds familiar.
b I forgot.
c I quickly forget.
d I've remembered that incorrectly.
e I can't quite remember it!
f Please remind me.

B Complete the sentences with the correct form of the idioms in the box.

in one ear and out the other
memory is playing tricks on me
on the tip of my tongue refresh my memory
rings a bell slip my mind

- 1 Now, what was it? No, don't tell me – it's
- 2 That name definitely Did she used to work here?
- 3 I thought I'd sent that already. I guess my
- 4 Now, – what time are we starting tomorrow again?
- 5 You never listen! Honestly, it all goes
- 6 I forgot the milk! Sorry, it totally

PRONUNCIATION

3A 1.04 | chunking: two-part collocations | Listen and complete the sentences.

- 1 My is better than my
- 2 I've got when it comes to phone numbers!
- 3 This song brings back a lot of

B 1.04 | Listen again and repeat.

GRAMMAR

infinitive and *-ing* forms

4A Choose the correct words to complete the sentences.

- 1 I think the plan is to meet / meeting Max outside the venue.
- 2 Annoyingly, he forgot to set / setting a timer and burnt the dinner.
- 3 I remember to get up / getting up early and watching TV.
- 4 No, he stopped to go / going to Spanish classes last month.
- 5 Mum rang – she wants to have / having dinner with you tonight.
- 6 Remember to lock / locking the door when you leave.

B Complete the anecdote with the correct form of the verbs in brackets.

As a child, my primary goal was ¹..... (climb) the really big mountain I could see from my bedroom window. I did some exercise every day – which involved running up and down the stairs – ²..... (improve) my stamina, so I could make the climb.

Then, one morning, I remember ³..... (set off) with some sandwiches in my schoolbag, announcing to my dad I'd be back in time for dinner after my day's climbing. I walked and walked, and eventually turned back so as ⁴..... (make sure) I was home before dark. I was tired and looking forward to ⁵..... (have) a big bowl of soup.

In reality, I'd only been gone an hour, with my dad trailing me from a distance. The whole family still laugh about my adventure – but I'm going to try ⁶..... (reach) the top of that mountain one day!

READING

5A Skim the article and tick the topics that are mentioned.

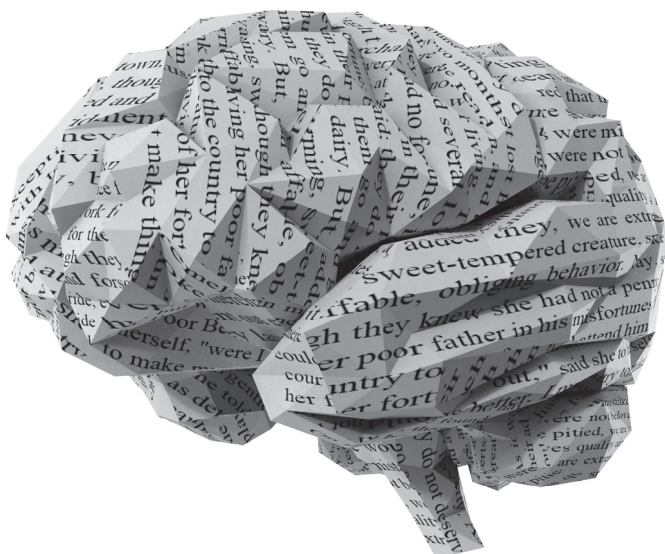
- 1 What happens in the brain
- 2 How we adapt stories to our audience
- 3 How and why we adapt stories
- 4 Why we forget things
- 5 What the research tells us
- 6 How people experience things differently

B Scan the article again and underline the following information.

- 1 Why our memories are useful to us
- 2 Why we make minor changes every time we tell a story
- 3 What we call memories that are entirely invented
- 4 The name for the process of changing our memory according to who we're talking to
- 5 What we do when we can't remember something

C Read the article again choose the correct option (a–c).

- 1 What does the writer say in the second paragraph?
 - a We often change stories that we think make us look bad.
 - b We may or may not be aware that we are adapting our stories.
 - c We usually know how someone will react to a story.
- 2 What point does the writer make in the fourth paragraph?
 - a Despite changes, memories are likely to be relatively accurate.
 - b We invent more 'facts' each time we recall a memory.
 - c A memory becomes what we last described it to be.
- 3 What would make the best alternative title for the article?
 - a How our memories change as we get older
 - b Your memory may not be as good as you think it is
 - c Why it is sometimes difficult to remember things



Why you can't trust your own memory

Ayodele Odetoyinbo | Mon 27 Jun

Have you got a good memory? If you answered 'yes', then you might want to think again. Research has shown that our memories may not be as reliable as we think. Since our memories help us recall past events, learn from our mistakes and play a part in creating our identities, this may not be the best news!

When we describe something that has happened to us, we often make tiny adjustments each time we tell it, without even realising we're doing it. The reason for this could be because we wish that what we are saying is true, or we want our listener to think in a particular way about what we're telling them. For example, we might want to make them laugh or feel sorry for us – in which case, we may make changes consciously. When we recall the story again in the future, it is likely to be rather different to what we really experienced.

And think about those times when you were with friends and you experienced something amazing, exciting or terrible together. You can be almost certain that their memory of the occasion isn't quite the same as yours, even though you experienced exactly the same thing. Sometimes we even create 'false memories' based on stories we know about ourselves that we don't remember. But because we have heard them so many times, as we imagine them, we turn them into memories.

Also, when we talk about what we remember to different people, the way we tell the story may change – and when we do that, the memory changes, too. This is known as the 'audience-tuning' effect. The way you tell a story to someone becomes your memory of what happened, whether or not it is accurate. Our memories change over time depending on our reasons for re-telling them and how we re-tell them. Even as we go over a memory in our heads, we are likely to make small changes to it. And if we can't bring to mind some of the smaller details, we will fill in the gaps over time. What's more, we tend not to question our memories once they are made. So, whatever was our most recent version of the memory becomes the memory itself.

So, next time someone asks whether you're telling the truth and you think you are – you actually may not be!

Lesson 1C

HOW TO ... | express personal preferences

VOCABULARY | emotions and feelings

PRONUNCIATION | word stress: dependent prepositions

VOCABULARY

emotions and feelings

1 A Complete the sentences with *about*, *by*, *into*, *of* or *on*.

- 1 I'm really passionate travel – I love visiting new cities!
- 2 Melania sounds fed up everything today – let's go and cheer her up.
- 3 I'm terrified flying even though I know it's the safest form of transport.
- 4 Katya was thrilled the present you gave her for her birthday.
- 5 I'm not keen going to museums. I just find them really boring.
- 6 She's really Japanese culture. We're hoping to go to Tokyo next year.
- 7 I'm quite fond my auntie – she's such a great listener.
- 8 I think she's feeling a bit nervous the journey.

B Choose the correct phrases to complete the diary.

Day 1

I'm absolutely ¹**passionate about** / **fond of** / **fed up of** Spanish food, so I've booked myself onto a cooking course here in Madrid. I felt a little bit ²**not keen on** / **thrilled by** / **nervous about** talking to people in Spanish because I haven't done it for ages, but it went well.

Day 2

We made paella today – a famous Spanish rice dish. I'm not that ³**terrified of** / **nervous about** / **keen on** rice, but this dish is delicious! Tomorrow we're learning some knife skills. To be honest, I'm really ⁴**terrified of** / **thrilled about** / **passionate about** cutting myself – I tend to have a lot of accidents and I'm getting a bit ⁵**keen on** / **fond of** / **fed up of** being so clumsy.

Day 3

Phew! Everything went well and we learned about the various ingredients to use in tapas – small snacks. I'm ⁶**fed up of** / **really into** / **not keen on** them because there's such a lot of variety and they're so tasty. Flying home tomorrow!

How to ...

express personal preferences

2 A 1.05 | Listen to a conversation between three friends. What are the speakers talking about? Do they reach a compromise?

B 1.05 | Listen again and complete the extracts with the missing words.

- 1 Backpacking's not really
- 2 Sorry, it's just that I'm camping.
- 3 go to lots of different places, but stay in some decent hotels?
- 4 Well, go to Thailand.
- 5 I'd be happy to do a bit of sunbathing, but I do it all day.
- 6 How about travelling around Europe instead? Does that?

PRONUNCIATION

3 A | word stress: dependent prepositions | Read the sentences. Underline the stress in the phrases in bold.

- 1 I'm quite **fond of** boat trips, actually. They're a great way to see the city.
- 2 The kids aren't **keen on** trying unusual foods.
- 3 Dan's **terrified of** driving in foreign countries and so am I!
- 4 I'm not **really into** visiting museums. I find a lot of them really boring.
- 5 I always feel **nervous about** getting lost when I'm in a new city.
- 6 Katie's quite **passionate about** culture and the arts.

B 1.06 | Now listen and check.

SPEAKING

4 A 1.07 | Complete the personal introduction with the phrases (a–f). Then listen and check.

Hi, I'm Jack. I'm ¹..... learning languages and ²..... them for a few years now. ³..... languages is that they give you lots of insight into new cultures. ⁴..... people shouting loudly at waiters in English when they're in another country. ⁵..... give it a go and get it wrong than not try at all. I'm ⁶..... when it comes to learning languages and I can speak three pretty fluently now!

- | | |
|----------------------|--------------------------|
| a quite ambitious | d The thing I love about |
| b I'd rather | e passionate about |
| c I've been studying | f I can't stand hearing |

B Talk about your own hobbies and interests. Use the model in Ex 4A. Record your answer if you can.



Lesson 1D

GRAMMAR | *while, whereas and whilst*
 LISTENING | personality traits

GRAMMAR

while, whereas and whilst

1 A Match the sentence beginnings (1–6) with the endings (a–f).

- 1 I've always been pretty shy,
- 2 Whilst I love musicals,
- 3 I cleaned the bathroom,
- 4 My brother loves going out,
- 5 I read an entire book
- 6 Whilst I'm usually pretty organised,
- a my partner absolutely hates them!
- b while I was waiting for my connecting flight.
- c I was a bit of a mess that day.
- d whereas my twin sister is very outgoing.
- e whereas I'm more of a stay-at-home type.
- f whilst my flatmate made dinner.

B Complete each sentence with one phrase from box A and one phrase from box B.

A

confident with friends meeting new people
 mowed the lawn my parents self-esteem
 to see you

B

cleaned the house intimidated by people at work
 not very sociable too much work to do
 very confident walking home

- 1 Whilst I'm _____, I feel _____.
- 2 Whilst I'd love _____, I've got _____.
- 3 I love _____, whereas Tom is _____.
- 4 I called _____ whilst I was _____.
- 5 Whilst Tom _____, I _____.
- 6 Dad lacks _____, whilst mum is _____.

LISTENING

2 A **1.08** | Listen to the lecture and match the personality traits (1–5) with their definitions (a–e).

- 1 openness
- 2 conscientiousness
- 3 extroversion
- 4 agreeableness
- 5 neuroticism
- a how helpful and understanding you are towards others
- b how energetic, sociable and confident you are
- c how responsible and reliable you are
- d how likely you are to feel emotions like sadness and anxiety
- e how happy you are to try new things and hear new ideas

B **1.08** | Listen again and complete each sentence with one or two words.

- 1 The lecturer says that a _____ of the five main personality traits does not exist.
- 2 A conscientious person is _____, keeps their promises and admits their mistakes.
- 3 In an _____, a conscientious person will do all their work and turn up on time.
- 4 The lecturer says that it's unlikely an extrovert will be described as a _____ person.
- 5 If you can understand the _____ of other people, you are an agreeable person.
- 6 The lecturer says that neurotic people tend to have a higher number of _____.

C **1.09** | Listen to the final sentence again and write what you hear. You will hear the sentence only once.

.....

