

# MINDS

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STUDENT'S BOOK

C1/  
C2



express  
PUBLISHING

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### Symbols



think



groupwork



flipped video



find examples



audio



Vocabulary from text



Culture



pairwork



video



mediation



ICT research



Values



Debate

# CLOTHES MAKE THE MAN?

## OBJECTIVES

- Vocabulary:** personality, trends & fashion  
**Reading:** an article about fashion (4-option multiple choice)  
**Grammar:** present tenses/stative verbs; past tenses, *used to/would*, *be/get used to*  
**Listening:** an interview about psychology and fashion (4-option multiple choice)  
**Spoken English:** expressing opinions & agreeing/disagreeing  
**Writing:** an essay based on prompts  
**Culture:** Makeover shows  
**Mediation:** create & conduct a survey  
**Values:** the impact of fashion  
**Life Skills:** How can we understand and resist influences?

1



Watch the video. Which time periods do these words/phrases refer to?

- headbands • subculture
- innovative materials
- fancy • disco • hippy style
- funky music • fashion icon
- self-expression
- elegant clothing



Watch the video. Make a list of the adjectives and noun collocations used to describe clothes mentioned in each decade. Write them in random order and ask your classmates to match the items to the correct decade.





Which current trends in fashion and style do you like? Do they have anything in common with any of the trends mentioned in the video?

# 1a READING



Watch the video. Make notes about the five stages of a trend. Create a short summary explaining them and tell the class. Has anything you've owned gone out of fashion and become popular again?

1  Watch the video. What benefits did the lifecycle of a trend offer consumers and fashion brands in the past? How has new technology impacted that and made things different?

2 a)  You are going to read an article about modern fashion. Read the question at the end of the first paragraph. Can you think of an answer?

b)  Now listen to and read the text to see if any of your ideas from Ex. 2a are mentioned.

## HAS FASHION 'GIVEN UP'?



It's often said that fashion is an indicator of society and culture at large and that it reflects the trends of the time as well as the personalities and interests of the wearer. People reference the different decades of the twentieth century as proof of this and point to the strong differences in styles for each era. Think about, for example, the flared trousers of the 60s, the embroidered dresses of the 70s, and the **shabby** chic of the 1990s with its **torn** denim. However, if that's true, and fashion really is such an important marker for culture, why has it changed so little in the last twenty years?

Look at photos, films or TV shows from 2004, 2014 or 2024 and, surprisingly, a lot of the clothes and styles aren't all that different: bootcut or **skinny** jeans, **baggy** sweatshirts, casual T-shirts, **fitted** shirts and of course ... **trendy** trainers. In fact, you might even have a hard time working out which year the outfits are from exactly. Don't believe me? Stop reading for a moment, and take a look at your own clothes. Chances are they're something that has been a stable fashion item since the late 1990s. But, if so many other things in our lives have changed so drastically since then, such as smartphones and the Internet, why haven't our clothes done the same, like science-fiction films predicted they would?

There are lots of theories as to why this is the case. But first of all, we should think about a term in fashion that plays a huge part in trends. That term is silhouette. Basically, a design silhouette is the outline and shape of a garment that usually matches to a body ideal or size. In past decades, these body ideals were more pronounced and, as a result, both men's and women's fashion changed to suit them. However, nowadays, there is a lot more diversity in body shapes and sizes and there isn't one 'single' body ideal anymore. Our media shows people that are muscular, slim or curvy and young people, especially, are much more aware that what is considered beautiful is a wide spectrum. Bearing this in mind, it seems that the biggest problem with picking a twenty-first century silhouette is that there are so many different body types to consider. As a result, the 'safest' option for brands is to offer tried and tested options from the recent past.

Another point is that, since the turn of the century, we have seen massive changes in technology that have occurred at lightning speed. However, these technological changes haven't transferred to changes in our fashion choices and we seem less likely to envisage anything different. Instead, we have turned to the nostalgia of past trends as a kind of 'comfort blanket' to deal with the turmoil of this rapid change. Also, there seems to be an unspoken realisation that modern culture, with its preference for instant gratification through short videos and soundbites, can't hold a candle to the more wholesome cultural trends of the past, including past fashion trends.

Social media has also opened up fashion and made it more accessible than ever before leading to a mix-and-match approach to clothing. This isn't necessarily a bad thing as we now have more choice and countless ways to express ourselves. It used to be that your **personal** style and beauty choices depended on where you lived or what community you belonged to. Now, thankfully, those barriers have been lifted and we can enjoy everything, everywhere all at once. In the twenty-first century **second-hand** vintage, classic looks and down-to-earth options make the well-known trends of the past, the new contemporary. After all, what could be more modern than mixing the past, present and future all together at the same time?

### CHECK THESE WORDS

reflect, flared, chic, bootcut, outline, garment, pronounced, diversity, curvy, tried and tested, gratification, mix-and-match





**Multiple choice questions**

- For detail items, read the question stems and underline relevant parts of the text so as to choose the correct answer (the correct answer will be paraphrased).
- For reference items, check if the pronoun in the question stem is singular or plural. (Remember: all of the options exist in the text close to the pronouns, but only the correct answer agrees with it.)
- For main purpose items, look for the option that covers the reason for writing the text as a whole, not just part of it.

**3 Read the text in Ex. 2 again. For questions 1-6, choose the answer (A, B, C or D) which you think fits best according to the text.**

- What was a characteristic of women's style in the 1970s?
  - A clothing with stitched patterns
  - B tight jeans with a straight cut
  - C trousers that got wider by the ankles
  - D items that were deliberately damaged
- According to the 2nd paragraph, what did science-fiction films predict?
  - A rapid progress in consumer technology
  - B extreme developments in clothing
  - C little change in the way people dressed
  - D the abundance of fashion advertising in everyday life
- What does 'them' refer to in the 3rd paragraph?
  - A design silhouettes
  - B past decades
  - C men and women's fashions
  - D body ideals
- According to the 3rd paragraph, young people are
  - A more critical of the media.
  - B less willing to try new style options.
  - C more accepting of different types of beauty.
  - D more interested in building muscle.
- The author explains that nostalgia
  - A is the main cause for a lack of original ideas online.
  - B makes old fashions seem less boring than they actually were.
  - C gives people reassurance during uncertain times.
  - D is a concept often used in fashion advertising.
- What is the main purpose of this passage?
  - A to defend fashion in the twenty-first century
  - B to examine the reasons why fashion seems repetitive
  - C to argue which era had the best fashion trends
  - D to highlight the importance of films on style

4



**Which of these factors do you consider most important when buying clothes? Why? Discuss.**

- comfort • cost • practicality • quality • durability
- material • style • brand/label

**VOCABULARY**

5

**Read the text and replace the words in bold with those below that have a similar meaning.**

- used • loose-fitting • ripped • tailored • fashionable
- scruffy • individual • slim-fit

6

**Fill the gaps with: *nostalgia, ideal, spectrum, outfit, silhouette.***

- Nowadays, designers can find it difficult to pick the best fashion \_\_\_\_\_ when making clothes to match people's shape.
- In the twenty-first century, media doesn't promote a single 'perfect' body \_\_\_\_\_ like in the past.
- The idea of beauty is a wide \_\_\_\_\_ that changes from country to country.
- Fashion labels often use \_\_\_\_\_ of the past when choosing styles.
- Is the \_\_\_\_\_ that you're wearing today really that different from ones in the early 2000s?

7

**Complete the gaps with the correct word. Then tick (✓) the sentences that are correct according to the text in Ex. 2.**

- A lot of people say that fashion doesn't mirror the trends \_\_\_\_\_ the time.
- It isn't difficult to guess which decade fashions are \_\_\_\_\_ when we look at old clothes.
- Modern clothes only match \_\_\_\_\_ a single body shape.
- The best option \_\_\_\_\_ labels these days is to sell garments from the past.
- Cultural changes in recent decades have occurred \_\_\_\_\_ lightning speed.
- Social media has led \_\_\_\_\_ a mix-and-match approach to personal style.



**VALUES**  
 'Clothes aren't going to change the world. The women who wear them will.' Anne Klein  
 Discuss.

# 1b VOCABULARY

## PERSONALITY, TRENDS & FASHION

- 1 Read the quiz below and choose the correct items. Then do the quiz and check your answers (A-D) for each question against the table.

### What's in an OUTFIT?

Things like colour and style can tell us a lot about our personality. Take the quiz to find out how you match your style!



- 1 Do you like your outfits to be
- A **traditional/cutting-edge** using more old-fashioned and established designs?
  - B **unimaginative/creative** with lots of exciting new features and ideas?
  - C **understated/excessive** and not trying too hard to impress people?
  - D **outdoor/urban** using styles that reflect youth culture and city life?
- 2 How would you describe yourself?
- A A **free-spirited/conscientious** person who does what they want and loves having fun.
  - B A **flamboyant/conservative** person who doesn't like new things or change.
  - C A **rebellious/conformist** person who likes to challenge the style norms.
  - D A **down-to-earth/unreasonable** person who likes sensible practical things.
- 3 Do you enjoy clothes that are
- A **simple/decorative** without patterns?
  - B **dated/contemporary** with the newest styles?
  - C **stylish/modest** and super fashionable?
  - D **formal/casual** and very relaxed?
- 4 Are you usually
- A **laid-back/headstrong** and calm?
  - B **idle/energetic** and lively?
  - C **optimistic/pessimistic** and cheerful?
  - D **unrefined/sophisticated** and classy?


Styles (Questions 1-3)	Colours (Question 4)
C, D, A → Classic	A = Blue
B, A, D → Bohemian	B = Red
A, B, C → Preppy	C = Yellow
D, C, B → Hip-hop	D = Black

If your answers don't match these groups, you're a TRENDSETTER!

Your style is: \_\_\_\_\_

Your colour is: \_\_\_\_\_

- 2   Do you agree with your result from the quiz? Can clothes and colours really match your personality? Discuss.

- 3  Replace the words in bold in sentences 1-5 with their synonyms in the list. Which statement do you agree with the most? Why?

- fulfilment • individuality • resentment
- self-control • empathy

- 1 It's a good idea to practise **self-discipline** when shopping for clothes online so you don't end up overspending. \_\_\_\_\_
- 2 Fashion helps us express our own **identity** and what makes us unique in the world. \_\_\_\_\_
- 3 It's important to show **compassion** to those who can't afford to replace their old or tattered clothes. \_\_\_\_\_
- 4 Some new trends have led to **hostility** from older generations who feel they are inappropriate. \_\_\_\_\_
- 5 Wearing the latest fashions can give people a deep sense of **satisfaction** and happiness. \_\_\_\_\_

- 4 Complete the text with the correct form of the verbs in the list.

- consider • idolise • rejuvenate
- underestimate • bear
- get • complement • convey

### The Power of a Haircut



Cutting our hair is often a great way to assert ourselves in front of others and show our confidence as it helps us 1) \_\_\_\_\_ things to others about our personality. A good haircut can 2) \_\_\_\_\_ us and make us feel more energised and full of life again, especially if it 3) \_\_\_\_\_ our style.

However, a haircut can also be very emotional and we shouldn't 4) \_\_\_\_\_ the impact it can have on us psychologically. After all, it can be upsetting if a haircut goes wrong and doesn't flatter us as much as we hoped. In fact, few other things connected to our personal style can

5) \_\_\_\_\_ to people and bother them as much as a haircut. In one survey in the USA, 20% of women even admitted to crying over a haircut they didn't like. People are also inclined to cut their hair when they're experiencing strong emotions. That's because big changes to our hair mean more than copying a style that we 6) \_\_\_\_\_ and are a big fan of. It can also feel like a way to take control when life isn't going well. We should always be careful, though. Because those quick decisions could become something we can't 7) \_\_\_\_\_ after we have done them. So, the next time you feel like totally changing your style, be sure to 8) \_\_\_\_\_ the impact it could have on you. Don't forget that you don't always need a new look for a new YOU!



## Have microtrends gone too far?

It's a Saturday morning, you **1) are sitting (sit)** on the sofa and you **2) \_\_\_\_\_ (turn on)** your tablet and **3) \_\_\_\_\_ (check)** your social media. Chances are if you **4) \_\_\_\_\_ (log on)** to your favourite app, you'll see posts all about fashion. After all, social media **5) \_\_\_\_\_ (play)** a huge role in trends and especially specialised interests such as microtrends, thanks to hashtags. One term you often see in hashtags is the word 'core'. In fact, it feels like you see it in every style post now! However, what is this term and why is it that so many people **6) \_\_\_\_\_ (recently/add)** it to things? Basically, more and more people **7) \_\_\_\_\_ (put)** -core on the end of words these days to describe styles. You see it in buzzwords like 'blokecore' for men's fashions inspired by football or 'regencycore' to describe clothes influenced by costume from the 1800s! Believe it or not, fashion experts **8) \_\_\_\_\_ (use)** this suffix since 2013 to explain trends, but now it **9) \_\_\_\_\_ (become)** super popular with social media users who **10) \_\_\_\_\_ (usually/include)** it to be hyper specific. Unfortunately, influencers **11) \_\_\_\_\_ (not/have)** enough yet and these terms **12) \_\_\_\_\_ (constantly/show up)** on social media! **It looks like microtrends are here to stay but do you think they're really necessary?** After all, what's more important: the outfits we wear or the ways we express them online?

- 1  Read the text. In your own words explain what microtrends are.
- 2  Put the verbs in brackets into the correct present tense. Identify the tenses. Explain their use. What other uses of these tenses do you know? Give examples.
- 3 How do the sentences in each pair differ in meaning?
  - 1 a Julia **is searching** for a sophisticated outfit.  
b Julia **has been searching** for a sophisticated outfit for hours.
  - 2 a They **have been** to the new urban boutique.  
b They **have gone** to the new urban boutique.
  - 3 a Jason **has been watching** a documentary about how fashion conveys our personality.  
b Jason **has watched** a documentary about how fashion conveys our personality.
  - 4 a My sister **always wears** my clothes when she needs something stylish.  
b My sister **is always wearing** my clothes without asking!
- 4  Read the highlighted sentence from the text in Ex. 1. Then answer the questions below. Give reasons for your answers.
  - 1 Would it be correct to use 'it's looking like' instead of 'it looks like'?
  - 2 Would it be correct to use 'are you thinking' instead of 'do you think'?
  - 3 Can you find other examples of stative verbs in the text?

- 5 Choose the correct item. Explain the meaning of the correct tense.
  - 1 Julian **is/is being** a free-spirited person who loves being creative. (*character – permanent state*)
  - 2 This shirt **is feeling/feels** like silk; it must be expensive!  
\_\_\_\_\_
  - 3 Kathy **appears/is appearing** as a model in a fashion show this weekend. \_\_\_\_\_
  - 4 Those jeans **are fitting/fit** you really nicely!  
\_\_\_\_\_
  - 5 The designer **is thinking/think** of amending the outfit.  
\_\_\_\_\_
- 6 Choose the correct option.
  - 1 First you \_\_\_\_ the jumper by hand and then you stretch it.
 


A wash	C 've washed
B 're washing	D 've been washing
  - 2 I \_\_\_\_ to find a nice tailor, but nothing's definite.
 

A 've been hoping	C hope
B 'm hoping	D 've hoped
  - 3 Here \_\_\_\_ the catwalk models!
 

A are coming	C come
B have come	D have been coming
  - 4 Ellen has lots of sketches because she \_\_\_\_ for months.
 

A has designed	C is designing
B designs	D has been designing

## SPEAKING

- 7  Talk about your personal style using present tenses and vocabulary in section 1b.

A: *My style is classic as I like understated clothes. I've been wearing this style since I was young ...*


# 1d GRAMMAR IN USE


PAST TENSES, USED TO/WOULD, BE/GET USED TO (pp. GR5-GR7)




## When being **SUPER COOL** STOPS being **COOL**

As soon as you saw the must-have item of the season, it caught your eye. You don't remember who **had told** you about it before you spotted it on your social media feed, but you felt you needed it immediately. Celebrities and influencers were wearing it, and everyone was rushing to get it! **1)** Finally, you bought it and started wondering how you used to live without it. **2)** You got used to wearing it all the time: at school and even at special events. But then something strange happened. That desirable item that you **loved** when it first came out stopped being so special. People **had been wearing it** so much that it was now boring. **3)** In fact, it became something that you would only wear at home behind closed doors. You even started to think that if you had known how popular it might get, you wouldn't have bought it at all. **4)** Unfortunately, this is a story we are used to hearing. The things people **were enjoying** just last week become unappealing the next. To make things worse, the bigger the hype the faster something becomes unfashionable! So next time, go shopping for timeless styles. Your wallet AND your wardrobe will thank you for it!

**1**  Read the text. Explain to your partner what the text means and give personal examples.


**2** a)  Read the text again and answer the questions.

- Which verb in bold shows an action which **was in progress** at a **stated time** in the past?
- Which verb in bold shows an action that **happened** at a **definite time** in the past?
- Which verb in bold shows an action which **lasted for some time** in the past with **visible results** in the past?
- Which verb in bold shows an action that **finished** in the past with **visible results** at a **later point** in the past?

b)  Find the other past tenses in the text and identify them.

**3** Explain the meaning of each sentence depending on which tense is used.

- Jane **took/was taking** a sip of coffee and **thought/was thinking** about the outfit she would wear at the photo shoot.
- I felt better after I **rejuvenated/had rejuvenated** myself with a nice makeover.
- Mary **had been working/had worked** as a model since 2018.
- I **expected/was expecting** to talk to the designer in person, but never got the chance.
- The trainers **were selling/had been selling** very well when the company closed.
- The shirts **arrived/did arrive** before the shop opened.

**4**  Look at the highlighted sentences (1-4) in the text. Which expresses: a past habit that no longer happens? a past state? Which means: to be accustomed to something? to become accustomed to something?

**5** Fill in each gap with the correct form of *be/get used to* or *used to*. Where can we use *would*?

- Jack *used to/would* take part in fashion shows.
- Terri found it difficult to \_\_\_\_\_ the pressure of working in the fashion industry.
- Larry is an experienced designer, so he \_\_\_\_\_ thinking up new ideas.
- At first, Jim found working with models hard, but gradually he \_\_\_\_\_ it.
- In college, I \_\_\_\_\_ run a style blog.

## TRANSFORMATIONS (Review)

**6** Complete the second sentence so that it means the same as the first, using the word in capitals. Use between three and six words.

- Henry realised that his shirt was damaged as soon as he smelt the material burning. **AWARE**  
Henry became *aware that he had damaged* his shirt as soon as he smelt the material burning.
- I started studying fashion six months ago. **BEEN**  
I \_\_\_\_\_ six months.
- Wearing the bright colours is quite unusual for Tim. **USED**  
Tim \_\_\_\_\_ bright colours.
- After an hour searching, Kate found a suitable outfit for the interview. **FOR**  
Kate \_\_\_\_\_ before she found a suitable outfit for the interview.
- The company hasn't produced a new garment for ages. **TIME**  
It \_\_\_\_\_ the company produced a new garment.
- He's been making ties for nearly five years. **STARTED**  
It is nearly \_\_\_\_\_ ties.

## PHRASAL VERBS (related to fashion/trends)

**fit in:** to feel that you are part of a group and are accepted by it  
**stand out:** to be easily noticeable  
**blend into (sth):** to appear the same as the people/things around you  
**pick out (sth):** to select sth from a group of things  
**keep up with:** to do whatever is needed to be equal with sth/sb  
**get into (sth):** to develop an interest in sth

1 Complete the gaps with a phrasal verb from the box in the correct form. Are you like/not like any of the people in the sentences? Discuss.

- 1 Jim's really \_\_\_\_\_ preppy clothing; he totally loves the style!
- 2 Mica \_\_\_\_\_ because she loves flamboyant outfits with lots of bright colours.
- 3 It takes Amy ages to \_\_\_\_\_ an outfit!
- 4 Tom developed an interest in streetwear because he wanted to \_\_\_\_\_ and be a part of the group.
- 5 Helen likes to \_\_\_\_\_ the crowd and not be noticed, so she wears clothes with plain patterns.
- 6 Lewis spends a lot of money to \_\_\_\_\_ the latest fashions and be as cool as everyone else.

## PREPOSITIONS

2 Fill in: *of* (x2), *on*, *with* (x2). Check in your dictionary.

- 1 Why don't we ask Angela if she has a take \_\_\_\_\_ the new fashion range?
- 2 Jane was flooded \_\_\_\_\_ emotion when she saw her prom dress.
- 3 Influencers shouldn't be so full \_\_\_\_\_ themselves; they're not even real celebrities.
- 4 Tina's bursting \_\_\_\_\_ confidence in her new outfit!
- 5 If you're feeling unsure \_\_\_\_\_ yourself you could try a new haircut to feel better.

## WORDS OFTEN CONFUSED

3 Choose the correct option.

- 1 Jane asked her mum to **convert/alter/mend/adapt** her dress and make the waist smaller.
- 2 In the fashion industry, a **designer/stylist/dresser/dressmaker** is responsible for sketching the drawings of a garment and choosing the fabrics for it.
- 3 This season's entire **line/collection/couture/costume** includes a large range of men's and women's styles.
- 4 Jane likes **knitted/crocheted/appliquéd/embroidered** jackets with lots of sewn patterns and sequins.
- 5 This suit is **hand-stitched/hand-finished/hand-tailored/hand-washed** to exact measurements to make sure it's the perfect fit for the client.

## WORD FORMATION

4 Read the text below. Use the word given in capitals to form a word that fits in the gap.

### FASHION & Identity

Few things have the same power to 0) **describe** our identity as fashion. In fact, when we first encounter someone we often make an instant

1) \_\_\_\_\_ about them based on their clothes. That's because our fashion choices don't just look good; they also reflect our personality, beliefs, and the 2) \_\_\_\_\_ of our choices. In this sense, we can use clothes 3) \_\_\_\_\_ to portray who we are and express our 4) \_\_\_\_\_. Each item we choose paints a picture about ourselves. 5) \_\_\_\_\_, we can guess a lot about a person from the clothes they're wearing, although we can never be 100% accurate.

SCRIBE

JUDGE

ORIGIN

CONSTRUCT

INDIVIDUAL

SAME



## IDIOMS ABOUT CLOTHES

5 Choose the correct word. Then check the meaning of the idioms in your dictionary.

- 1 I'm spending too much. I need to tighten my **belt/scarf**.
- 2 Roll up your **trousers/sleeves** and get to work!
- 3 Those jeans look great; they fit you like a **glove/sock**!
- 4 I have to take my **cap/hat** off to Tony; he did a great job.
- 5 You always know how Maria feels because she wears her heart on her **collar/sleeve**.

## SUMMING UP

Choose the correct option.

Beauty is in the eye of the ... software?

These days technology 1) **is having/has/has had/has been having** a bigger influence on beauty and how we express our unique sense of 2) **self-discipline/individuality/fulfilment/compassion** than ever before. From basic graphics software and filters to more advanced tools like AI, our digital world is full of 3) **traditional/dated/contemporary/cutting-edge** technology that can 4) **complement/idolise/consider/bear** our style and make it easy for us to stand 5) **up/in/out/into** from the crowd. However, there are some people who would rather things 6) **had been staying/had stayed/were staying/stayed** as they were before all these tools were created. They feel that social media users who enhance their photos are too full 7) **with/over/on/of** themselves and need to display more 8) **empathy/hostility/self-control/fulfilment** over their ego. After all, shouldn't we just leave beauty to the eye of the beholder?



# If LISTENING SKILLS

## MULTIPLE CHOICE

### Preparing for the task

- 1 **Read the question. What does it ask for: detail? main idea? feelings? opinion? What words helped you decide?**

What was speaker B's main reason for choosing the blue shirt?

- 2 **Read the extract. Use the underlined phrases to answer the question in Ex. 1.**



A: *That's a lovely blue shirt. What made you pick it for work today?*

B: *Well, blue is a very flexible colour that goes with anything, plus it was the first shirt I saw when I opened my wardrobe, but I really picked it because of an article I had read that said blue makes others feel confident in you. The fact it's in fashion at the moment is just a bonus!*

- 3 **Read options A-D and underline the key words. Which is closest to your answer in Ex.2? Why might the other options be confusing?**

- A to find something that goes with other colours
- B to influence the opinions of others about his abilities
- C to find an item of clothing as quickly as possible
- D to appear fashionable and stylish in the office



#### Predicting content

- This task tests *gist, opinion, attitude, purpose, feelings, main idea or detail*.
- Pay attention to question words to determine the type of question.
- Beware of words in the options that are repeated in the recording. They usually lead to the incorrect answer.
- The correct answers are paraphrased.
- Don't use general knowledge or personal opinion to answer.
- All distractors are mentioned, but there is only one correct answer.



- 4 **Read the questions (1-6) below. Which are testing opinion, feeling, main idea, or specific detail?**

- 1 What is the main reason why Sandra asks Jeff to give her an example?
  - A to check how much he enjoys fashion
  - B to prove her point about the impact of fashion
  - C to criticise how people judge others' clothes choices
  - D to explore his state of mind and personal happiness
- 2 What does Sandra say about daily tasks?
  - A They can form habits that allow people to combat negative emotions.
  - B They can cause people to stop caring about how they look.
  - C They can lead to people feeling upset and anxious.
  - D They can be applied to all aspects of our personal and working lives.
- 3 Sandra feels that fashion is beneficial because it
  - A allows us to talk to others about our passions.
  - B asks important questions about our self-identity.
  - C acts as a secret language within certain groups.
  - D enables us to gain control and self-belief.
- 4 How did Sandra feel when she read Minaa B's quote?
  - A shocked at the importance she places on clothes
  - B unsure of its relevance to the field of psychology
  - C fascinated at how similar her own opinion was
  - D puzzled by why a wellness coach cares about fashion
- 5 According to Sandra, what happens at work when people wear smart clothes?
  - A They put less effort into their work because they feel sure about their abilities.
  - B They look down on others in the office who don't dress as well.
  - C They achieve more at work than they would wearing other clothes.
  - D They behave in a more formal way to their colleagues.
- 6 What is the main topic of the interview?
  - A the best clothes to choose for productivity
  - B the sources that shaped Sandra MacReady's ideas
  - C the most effective ways to treat mental health
  - D the far-reaching impacts of clothing choices



- 5 **Listen to an interview with a psychologist. For questions 1-6 in Ex. 4 choose the answer (A, B, C or D) which fits best according to what you hear. Follow the advice in the Study Skills.**



- 6 **In your own words, tell a friend or family member the different ways that fashion can affect our well-being and mental health.**

## Expressing opinions & Agreeing/Disagreeing

**Amy:** Just look at these comments on social media. These days, people are being way too positive about those plus-size models. What's that all about?

**Larry:** **a) No offence**, Amy, **but** I don't really think I can agree with you. Honestly, **b) if you ask me**, the fashion industry should be more inclusive and acknowledge 'real' people.

**Amy:** **c) Sorry, but** I think we have to be responsible. Don't get me wrong: I'm not trying to shame anyone, but shouldn't we be thinking more about health? I mean we should be encouraging people to live a healthy lifestyle.

**Larry:** **d) That's totally what I'm saying!** I mean, let's not kid ourselves, slim models can have just as many health issues. Any kind of extreme isn't great.

**Amy:** **e) You're absolutely right.** I think it's definitely a case of listening to medical advice and using a little common sense.

**Larry:** Well, I guess that the takeaway is we should aim for a balance that celebrates all types of beauty, without overlooking things that could be harmful, whatever form those take.

**Amy:** Totally!



1 Read the first and last exchanges. What do you think the dialogue is about? Listen and check.

2 Use the underlined words/phrases in exchanges of your own.

3 Look at the phrases (a-e) in bold in the dialogue in Ex. 1 and complete the gaps in the language box.

### Giving an opinion

- 1) \_\_\_\_\_ • It's my belief (that) ...
- I just feel (that) ... • To tell you the truth, ...
- The way I see it, ... • Today, people ...

### Agreeing

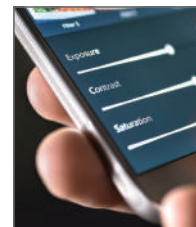
- You've got a point there. • 2) \_\_\_\_\_
- That's entirely true. • Most certainly.
- I couldn't agree more. • 3) \_\_\_\_\_

### Disagreeing (gently)

- 4) \_\_\_\_\_ • Oh, I don't know.
- With all due respect, ...
- I'm afraid (that) I have to say, ... • 5) \_\_\_\_\_
- I appreciate where you're coming from, but ...

4 Take turns to compare two of the following pictures. Student A: say why you think the people might be doing these things to their photos.

Student B: Comment about what problems people might encounter as a result of editing photos like this.



5 Act out a similar dialogue to the one in Ex. 1 about editing photos and its effect on our perception of beauty. Use expressions from the language box and ideas from Ex. 4. Follow the diagram.

A

- Draw B's attention to the issue and express an opinion.
- Disagree with B and explain your position on the issue in more detail.
- Agree with B and respond to their point.
- Confirm your agreement.

B

- Gently disagree with A and present your own opinion on the issue.
- Respond to A and give your opinion on their point.
- Summarise what you have both agreed on.



In the UK, *What Not to Wear* was a well-known TV fashion makeover show that gave style advice to people and helped them change their look. It lasted for five seasons and was even nominated for a BAFTA Award! Is/Was there a makeover show like this in your country?

### RUBRIC ANALYSIS

#### 1 Read the rubric and underline the key words. Then answer the questions.



WRITING TIP

**An essay based on prompts** is a formal piece of writing that requires you to make an argument based on notes, with subsidiary points, reasons, results and/or examples, as appropriate, while using ideas from the opinions given and/or your own ideas.

Such essays are written in a **formal style** with a variety of advanced vocabulary and grammatical forms, as well as formal linking words and phrases. The opinions should be paraphrased by:

- changing the sentence structure
- using synonyms or synonymous phrases to rephrase key points



WRITING TIP

#### Thesis statement – Topic sentences

- A thesis statement is usually the last sentence in the introduction. It gives a concise summary of the main point of the essay.
- A topic sentence is the first sentence of a main body paragraph. It gives the main idea of the paragraph and is followed by supporting sentences that further expand on it.

Your class has listened to a radio discussion about beauty and what influences our opinion of it. You have made the notes below.

#### Factors which influence people's opinion of beauty

- social media
- individual preference
- cultural norms

Some opinions expressed in the discussion:

'Social media dictates beauty standards around the world.'

'Perception of beauty is unique to each person and shaped by their own tastes.'

'Beauty ideals vary from country to country and what's admired in one place might not be in another.'

Write an essay for your tutor discussing **two** of the factors in your notes. You should **explain which factor you think most influences** opinions of beauty, **giving reasons** in support of your answer.

You may, if you wish, make use of the opinions expressed in the discussion, but you should use your words as far as possible. Write your essay in 220-260 words in an appropriate style.

- 1 What are you going to write?
- 2 Who is the target reader?
- 3 How many points will you use?
- 4 Do you have to use the opinions given?
- 5 Do you have to give your own opinion?
- 6 What style should you write in?

### MODEL ANALYSIS

#### 2 a) Read the essay answering the rubric in Ex. 1. Find the thesis statement and the topic sentences in it.

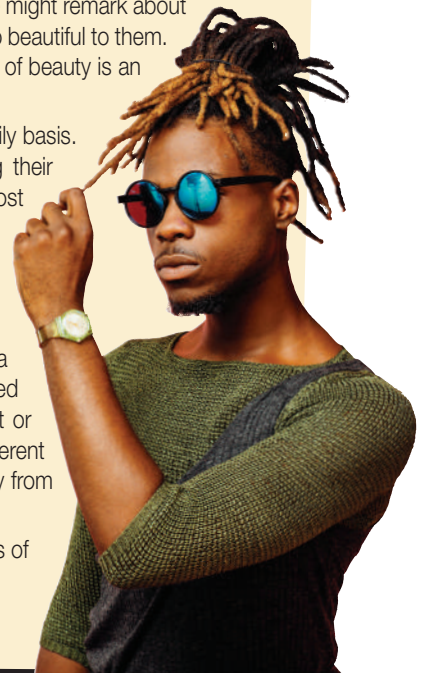
Have you ever seen a model and admired how beautiful they are? Many people might remark about a person's looks but not so many stop and wonder why that person appears so beautiful to them. We should not overlook the question, however, as what influences our opinion of beauty is an important issue that is shaped by several factors.

**Firstly**, social media presents us with ideal images of 'perfect' people on a daily basis.

**For example**, pictures of models and attractive influencers, always looking their best, flood our feeds making the beauty ideals that social media promotes almost inescapable. Let us not forget also that all these platforms have an international reach and, therefore, a unique ability to enforce a vision of beauty across borders. **As a result**, social media is extremely powerful in presenting and maintaining the benchmark by which beauty is judged globally.

It is also important to remember that society and cultural norms at large play a role in the issue. **In particular**, concepts of attractiveness often appreciated differ depending on one's location. **For instance**, certain features like height or hairstyles might be more important in one nation than in another due to their different traditions and cultures. **For this reason**, beauty ideals often vary considerably from country to country.

All in all, I believe that although culture has a far-reaching impact on our notions of beauty, social media has greater potential to influence due to its international reach. After all, these days few things impact our lives as much as our smartphones.



#### b) Underline the examples and highlight the reasons/results the writer uses to support the topic sentences.

#### 3 Which opinions from the rubric in Ex. 1 have been used in the model in Ex. 2a. How have they been paraphrased?

USEFUL LANGUAGE

To introduce & add points

- Firstly,/First of all,/In the first place/instance,
- Secondly,/In addition,/Moreover,/Furthermore,
- Besides,/Apart from/Not to mention the fact that

To introduce examples/reasons/results

- For example,/For instance,
- such as/like
- In particular,
- Specifically,
- For this reason,
- Therefore,
- Consequently,
- As a result,
- (In) this way,
- By doing so,

To express opinions

- I (strongly/firmly) believe/feel/think that
- To my mind,/The way I see it,
- In my opinion/view,
- I am of the opinion that
- As far as I am concerned

CHECKLIST

When you have finished your essay, check that you have:

- included all the points asked for in the rubric.
- used a thesis statement and topic sentences to introduce main body paragraphs.
- included examples/reasons & results to support each point.
- included appropriate linkers and used a formal style.
- given a summary of the points and your opinion in the conclusion.
- no spelling, grammar or punctuation mistakes.
- written the correct number of words.

4 Look at the linking words/phrases in bold in Ex. 2a. Which: *introduce and add points? introduce examples/reasons & results?* Replace them with appropriate ones from the Useful Language.

5 Which expression for giving opinions has been used in the model in Ex. 2a? Replace it with a suitable alternative from the Useful Language.

YOUR TURN

6 Read the rubric and underline the key words. Decide which two reasons you are going to choose and which you think is most important. Then answer the questions in Ex. 1.

Your class has just attended a talk on the reasons why people follow fashion trends. You have made the notes below.



Reasons people follow fashion trends

- peer acceptance
- personal satisfaction
- social status

Some opinions expressed in the discussion:

'Others are more likely to accept you if you try to blend in.'

'Wearing stylish clothes makes people feel good about themselves.'

'Buying fashionable clothes is a good way to show wealth and social standing.'

Write an essay for your tutor discussing **two** of the reasons in your notes. You should **explain which reason is more important** for people following fashion trends, **giving reasons** in support of your answer.

You may, if you wish, make use of the opinions expressed in the discussion, but you should use your words as far as possible. Write your essay in 220-260 words in an appropriate style.

7 Expand the prompts into full sentences to paraphrase the opinions of the rubric in Ex. 6.

- 1 higher chance – peers liking you – look/same/them  
*There is a higher chance of peers liking you if you attempt to look the same as them.*
- 2 people's – personal happiness – improve – dress nicely
- 3 purchase stylish clothing – indicate – success/status

8 Use the ideas in Ex. 7 and phrases from the Useful Language to write your essay for Ex. 6. Follow the plan.



Introduction

(Para 1) give an outline of the topic (ending with a thesis statement)

Main Body

(Para 2) first point with examples/reasons and/or results


(Para 3) second point with examples/reasons and/or results


Conclusion


(Para 4) summarise points giving your opinion about which is more important with reason(s)

# 1 LIFE SKILLS

HOW CAN WE UNDERSTAND AND RESIST INFLUENCES?

1  Listen to the podcast. Why is recognising sources of influence important? Do you believe that we have a responsibility to be good influences ourselves?

2 a)  Discuss the image with your partner. What title would you give it?

b)  Read about resisting influences. Put the tips in order of importance for you. Why did you choose this order? Tell your partner.

## Top tips for saying NO to pressure

Questioning influences is an important life skill and helps us develop our self-esteem and confidence. If someone is trying to influence or persuade you to do something, but you're not sure, consider our tips!

A  Don't be afraid to say 'no' and stand by your principles! If you insist, people will back off and they might even reconsider their own actions as well!


B  Try to think about what your parents, teachers and the authorities have told you. What would they do in your position?

C  Don't be embarrassed! Be proud of yourself and the position you're taking. It's hard to stand up for your beliefs under pressure. It takes a lot of courage.


D  If your friends are trying to force you to do something, are they really friends? Maybe it's time to find new friends who will show you more respect.

### CHECK THESE WORDS


question (sth), self-esteem, confidence, persuade, stand by (sth), principles, back off, stand up for, courage, respect

3  Look at the table below and tick the boxes that are true about you. Compare your results with your partner.

	Parents	Friends	Teachers	Social media	The community
<b>Who influences:</b>					
how you dress?					
how you do your hair?					
what media you watch/read?					
what you buy?					
what hobbies you do?					

4  Discuss these questions. What do these situations show us about the way we behave around other people?

- 1 Have you ever been in a situation in class/with friends where you wanted to say that you liked a trend/style but nobody else said that they did, so you decided not to say anything?
- 2 Have you ever taken a chance and said that you liked a trend/style in class/with friends, and noticed that other people admitted that they also liked it after you said that?

5  Use the questions below to create a questionnaire and do a survey in your school/among your friends and family. Display the results in a graph and tell the class what it reveals about people of your age and older people.

- Are your opinions and tastes the same or different from most other people's?
- Do you prefer being the same or different to others?
- Have you ever done something just because others were doing it?
- Is it easier being different from people if someone else is also taking the same position you are?

When you present information, you can use charts and graphs to focus on important numbers, trends and processes. Using visual aids like charts and graphs makes important information more understandable.

The four most common graphs and charts are:

- Diagrams
- Bar graphs
- Line graphs
- Pie charts

# MINDS

**4MINDS** is a multi-level course that turns language learning into an opportunity for learners to explore the world and their potential, preparing them for the real world outside class. The series fosters 21st century skills developing learners' creativity, collaboration, critical thinking, public speaking and digital literacy skills and provides a multimodal learning experience and self-directed learning with theme-related grammar and writing videos. It promotes an inclusive use of the language with Mediation tasks and generates contexts within which learners use ethical principles to resolve issues of common concern (Life skills) while encouraging experiential and holistic learning with STEAM activities.



## For the Student

- **STUDENT'S BOOK**  
WITH DIGI APP
- **WORKBOOK & GRAMMAR BOOK**  
(WITH STEAM ACTIVITIES)  
**STUDENT'S**  
WITH DIGI APP



## For the Teacher

- **TEACHER'S BOOK**
- **WORKBOOK & GRAMMAR BOOK**  
(WITH STEAM ACTIVITIES) **TEACHER'S**  
WITH DIGI APP
- **AUDIO** (DOWNLOADABLE)
- **TESTS & TEACHER'S RESOURCE**  
**MATERIAL** (DOWNLOADABLE)
- **DIWB**



<b>CEFR Level</b>	<b>A1</b>	<b>A2</b>	<b>A2+</b>	<b>B1</b>	<b>B1+</b>	<b>B2</b>	<b>B2+</b>	<b>C1/C2</b>
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