



Students' Book



Upper Intermediate



2

UNIT

Behavior and Psychology

Upper Intermediate
Students' Book



1. Listen to the fixed phrases with *out of* and write them down.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

2. Translate the sentences using the correct fixed phrases with *out of*.

- ¿Soy yo o la impresora está descompuesta? Necesito imprimir unos documentos urgentemente para la reunión de esta tarde.

- Si se supone que debo estar aquí, entonces, ¿por qué rayos me siento tan fuera de lugar?

- Desde que Laura se convirtió en adolescente, su vida se ha salido de control.

- Esta situación se ha salido de proporción. No hay necesidad de exagerar.

- Firmar un contrato sin revisarlo antes es inusual. ¿Por qué no llamas a tu abogado antes de tomar cualquier decisión?

- No quiero que piense que estoy haciendo esto por despecho. Solo quiero recuperar mis cosas.

- Es loco pensar lo rápido que el conocimiento médico se ha vuelto obsoleto en años recientes.

- Todo lo que hago, lo hago por amor. Juro que no quise lastimar tus sentimientos.

- Vender la compañía está fuera de discusión. No lo permitiré.

- ¿No notaste nada fuera de lo común en su comportamiento?

3. Complete the sentences with the fixed phrases with *out of* in exercise 1.

1. In the past, being a stay-at-home dad was considered _____.
2. There's no denying that Einstein's mind was _____. His IQ has been estimated to sit anywhere between 160 and 180.
3. Why are we even having this discussion? It is _____ for a 16-year-old to go to a nightclub!
4. Some legal experts say an inquest is an _____ and inappropriate way of investigating the deaths.
5. There's no need to blow this _____. Let's all take a deep breath and try to come up with feasible solutions.
6. This is not a matter of doing stuff _____. You need to use your head and make assertive decisions.
7. If this situation goes _____, you'll need a very good excuse to defend yourself to the very CEO of the company.
8. Doing things _____ just goes to show you still care. You need to have some pride, it's been three months, and it's pretty clear you're not getting back together. Ever.
9. Why is this machine still _____? Didn't you say the technician was going to stop by yesterday?
10. Maybe if you had made an effort to be a part of the team when the project started, you wouldn't feel so inadequate and _____ now.

4. Read the definitions and write the corresponding fixed phrase with *out of* next to each of them.

- 1. Not working properly, not able to be used. _____
- 2. No longer useful or acceptable, not modern or current. _____
- 3. To do something based on your feelings for someone. _____
- 4. Too impracticable or unlikely to merit discussion. _____
- 5. Something that might be perceived different or unusual. _____
- 6. In a setting where you are or feel inappropriate. _____
- 7. Sth you do to hurt or annoy sb because they've hurt you. _____
- 8. Beyond or outside of one's normal expectations. _____
- 9. No longer possible to manage. _____
- 10. In the wrong relation to the size, shape, or position of other things; wrongly or unrealistically regarded in terms of relative importance or seriousness. _____

5. Listen to the regular verbs in past and place them under the corresponding column according to their pronunciation.

	/ t /	/ d /	/ Id /
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____

6. Listen to the regular verbs in their present form and write them down in the order you hear them.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

7. Translate the sentences.

1. No, eso es trampa. Solo puedes escoger uno.

2. Por favor, compórtate. No me avergüences frente a mis compañeros de trabajo.

3. Sabes cargar un arma, pero no sabes cargar un lavaplatos. Increíble.

4. ¿Cómo se llama ese deporte donde saltas de un puente?

5. ¿Está bien? Lo/la escuché sollozando mientras hablaba por teléfono.

6. Me gustaría regresar estos jeans. No me di cuenta que había una rotura en la entrepierna.

7. ¿Podrías repetir tu pregunta, por favor? No entendí la última parte.

8. Ayúdame a secar los platos con esta toalla.

9. El juez le concedió el derecho de ver a sus hijos sin supervisión dos veces a la semana.

10. El ejército comenzó a contraatacar contra los civiles. Lanzaron algunas bombas lacrimógenas en medio de la multitud. Fue horrible.

8. Complete the sentences with the verbs in the box.

done	known	spoken	snowed	tampered	left	refurbished
		driven	paid	taken		

1. Don't get me wrong, I'm not defending her. I understand why she's mad, though. I mean, her comments have been completely _____ out of context.
2. Where's Doctor Geller? Is he aware that someone's _____ with the results of the experiment?
3. Dad has _____ the unit upstairs since we decided to rent it, but I think it still needs some painting.
4. Thank God you're here! The kids have _____ me crazy all week. I can't handle them on my own.
5. Jenny? This is Doug. Lynn says you've _____ the front desk unattended several times and some customers just left. Is that true?
6. That can't be true. I've _____ that family for years. They wouldn't be capable of such atrocity.
7. Mom has _____ the math, and it's not feasible for us to live with her and Dad anymore. We have to move out.
8. Have you _____ to Lily these days? She's so distant. I wonder if something's up with her.
9. We still haven't _____ for the tickets, so if you wanna back out, this is your chance.
10. It's _____ nonstop for days. The roads are blocked and the schools are closed. The whole city's a mess.

10. Listen and answer the questions.

1. Why is Jamie upset?

2. Why hasn't he made it to the meeting yet?

3. How many times has Jared been married?

4. How much money has Phil made off his latest contract?

5. Who has arrived at Kelly and Jimmy's wedding reception?

6. How much of the population has been vaccinated?

7. How long have you and Vanessa worked together?

8. Why hasn't the match started?

9. What has the man done several times?

10. What has Senator Kelly been accused of?

11. How many times has Johnny been to the US this year?

12. Why is Stephany selling her New York apartment?

11. Listen to the sentences and write them down.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

12. Translate the sentences using *used to* or *would*.

1. Solía gustarme *The Walking Dead*, pero luego se volvió aburrida y algunos de los personajes principales se fueron del programa.

2. Cuando era niño (a), siempre veía televisión después de la escuela.

3. Mi hermana participaba en concursos de belleza y siempre ganaba.

4. Solíamos ser amigos, pero algo cambió después de graduarnos.

5. Peleábamos demasiado. Finalmente entendí que era una relación tóxica.

6. No solía quedarme despierto (a) hasta tarde, pero ahora me gusta.

7. En el pasado, la gente tenía alrededor de ocho hijos o más.

8. ¿Eso no solía ser un restaurante? Venía con mi familia todo el tiempo.

9. Yo la recuerdo. Pasaba por aquí todas las tardes.

10. Solíamos pasar la navidad juntos en la casa donde crecimos.

13. Listen and complete the sentences: *15 Common Things That Were Used for Different Reasons in the Past*.

1. **Listerine:** Listerine mouthwash used to be advertised as a _____.
2. **Groomsmen:** A best man at a wedding used to have a more practical purpose: he was a swordsman, usually the best the groom could afford, someone who'd fight anyone who _____.
3. **Paintball Guns:** Paintball guns, before they were used for fun, were originally called paintball markers and were invented to help mark _____.

_____ that needed to be trimmed or chopped down.

4. **Nalgene Bottles:** Nalgene bottles, those plastic water bottles used by hikers, were originally created to serve as _____, as a safer version of glass bottles.
5. **Kleenex:** Kleenex was originally designed to act as insulation for a gas mask during _____.
6. **Soda:** A lot of popular sodas, like Coca-Cola and Dr. Pepper were originally marketed as _____.
7. **The Dashboard:** Before there were cars, carriages and coaches helped people get around and set the groundwork for future vehicles. The dashboard was originally a literal board of wood used to _____ for when the horses started to trot too fast.
8. **Cheese Grater:** Nowadays, when people see a cheese grater, they see a _____, but it was originally used as a wood rasp.
9. **Superglue:** Superglue got its start as an instant suture in medical kits during _____.
10. **Microwaves:** Before being used to _____, microwave transmitters were originally created to transmit radar signals in World War II. But food was still important to its history: a worker noticed that a candy bar in his pocket melted when it was near the transmitter.
11. **High-heeled Shoes:** Today, you mostly see women wearing high-heeled shoes, but they were originally men's shoes and were used for _____, helping to secure their heels in the stirrups.
12. **IQ Tests:** People might brag about their IQ test scores today, but they're kind of missing the original point of the tests: they were actually created to identify students who may need _____.

- 13. Duct Tape:** Duct tape is still known for being versatile, but its original intention was to fix ammo box holes, to protect the insides from _____.
- 14. Benadryl:** Benadryl is usually taken today to treat _____, but it was originally created to be a sleep aid. In the end, however, its antihistamine properties became its selling point.
- 15. Menstrual Pads:** Menstrual pads were created to soak up the blood in bullet wounds for soldiers. That being said, its modern use came right around the corner: nurses were already using them as _____.

14. Read the definitions and write the word for each behavior.

1. _____: feels or shows sympathy or concern for others.
2. _____: not being careful; rushing into things.
3. _____: hurting others because you didn't get what you want.
4. _____: keeps thoughts and feelings to himself.
5. _____: able to convince others to do or believe something.
6. _____: strongly wants to succeed.
7. _____: shows selfless concern for others.
8. _____: always trying to influence other people.
9. _____: treating people badly; breaking social rules.
10. _____: quiet and submissive.
11. _____: doing things without thinking first.
12. _____: having strong opinions.
13. _____: someone who is faithful and stands by you.
14. _____: not considering other people or their feelings
15. _____: fond of making conversation with others.
16. _____: someone who wants perfection.
17. _____: telling people what to do all the time.
18. _____: dealing with one's affairs efficiently.

15. Read the situations and decide what adjective better reflects each behavior.

1. Monica loves telling people what to do. That's why she's a chef, because she can constantly tell people to do stuff. _____
2. He only wants to do that to get back at me, but I mean, that just goes to show what kind of person he really is. _____
3. It's like they have no manners. Everywhere they go, they have to start something, and they complain about everything. _____
4. It's difficult to have a normal conversation with him. He always wants to be right. It's exhausting. _____
5. She's an incredible friend. No matter what you need, she'll be there, and you know she means it. _____
6. He never talks about his personal stuff. You almost need a spoon to get the words out of his mouth. _____
7. Don't let Kelly get into your head. She'll always try to get you to do what she wants and make you feel bad for her and stuff. _____
8. You're gonna love my cousin. He's so cool and he can talk about pretty much anything with anyone. _____
9. I love Manny, but he really needs to think things true before he acts. He's always getting in trouble for rushing into everything. _____
10. Don't worry, I'll talk to Dad. Start getting ready 'cause we're so going to that party.

11. Amy has no regard for other people's feelings. As long as she has her way, that's all she cares about. _____
12. My grandpa was the kindest man I've ever known. He loved helping people and he never asked for anything in return. _____

16. Translate the sentences using the second conditional.

1. Yo no sé, pero si yo estuviera en tus zapatos, tomaría ese trabajo sin pensarlo dos veces.

2. Si ese tipo ganara las elecciones, la economía del país y las mejoras que hemos hecho podrían estar en peligro.

3. ¿Qué harías si tu papá te pidiera que vinieras a trabajar para él?

4. Si todas las abejas murieran, esto alteraría los ecosistemas.

5. Él nunca me robaría, aún si necesitara dinero desesperadamente.

6. Si el presidente aprobará el proyecto de ley, la clase trabajadora sería la más afectada, así que crucemos los dedos.

7. Si todo el hielo cubriendo Antártica y otros lugares se derritiera, el nivel del mar subiría unos 70 metros (230 pies).

8. Si yo estuviera celoso, eso querría decir que me importa, y no (me importa).

9. ¿Qué pasaría si él/ella confesara el crimen? ¿Eso reduciría su sentencia o no haría ninguna diferencia?

10. Si llevara el carro al taller, probablemente tendría que dejarlo allí un par de días.

17. Listen and answer: *What if...?*

1. What would happen if you only ate meat?

2. What would happen if you opened the door of a plane while it was in flight?

3. What would happen if the moon suddenly disappeared?

4. What would happen if the Earth lost oxygen for 5 seconds?

5. What would happen if all of the Earth's insects vanished?

6. What would happen if the world started spinning twice as fast?

7. What would happen if you shot a gun in space?

8. What would happen if you didn't shower for a year?

9. What would happen if you fell into a volcano?

10. What would happen if you only ate bread or pasta?

11. What if humans were twice as intelligent?

12. What would happen if you only ate one type of fruit or vegetable?

19. Read the definitions and write the correct psychology terminology.

1. _____ : an anxiety disorder characterized by irrational fear.
2. _____ : a feeling of pride in yourself.
3. _____ : mood disorder marked by lack of motivation, energy, and joy.
4. _____ : the mental inability to take responsibility for one's actions.
5. _____ : sb who believes they have a serious illness or disease.
6. _____ : based on assumption rather than fact or reality.
7. _____ : a period in which a person has uncomfortable and frightening physical and psychological symptoms, including heart palpitations, trembling, fear of dying, and a perceived loss of control.
8. _____ : condition in which one experiences significant cognitive decline.
9. _____ : the experience of thinking a new situation already occurred.
10. _____ : one of the most common childhood disorders, characterized by inattentiveness, hyperactivity and impulsivity.
11. _____ : a drug prescribed for treating bipolar disorders.
12. _____ : a defense mechanism that involves refusing to acknowledge something that is obvious to others.
13. _____ : a condition in which individuals suffer from extreme shifts in mood, leading to periodic episodes of depression and mania which can have a detrimental effect on their ability to conduct and cope with everyday life.
14. _____ : partial or total loss of memory.
15. _____ : the treatment of a physical problem or an illness.
16. _____ : condition in which an environmental trigger causes a person to re-experience the stress or trauma of a traumatic event.
17. _____ : it usually manifests itself as a feeling of profound agitation and unease about an imminent unpleasant experience, often accompanied by physical symptoms such as breathlessness, sweating, and a racing heartbeat.
18. _____ : it can occur when an individual undergoes some sort of severely distressing or disturbing experience (whether it is an accident, the sudden loss of a loved one, physical or emotional abuse, etc) that they are unable to process in a healthy manner.
19. _____ : an eating disorder where an individual purposefully starves or under-eats in the false belief that they are overweight and/or have an unattractive body shape.
20. _____ : strategy used in the face of stress and/or trauma to help manage painful or difficult emotions.

20. Read and answer: *Munchausen Syndrome by Proxy.*

Munchausen syndrome by proxy (MSBP), also, factitious disorder by proxy, is a mental illness and a form of child abuse. The caretaker of a child, most often a mother, either makes up fake symptoms or causes real symptoms to make it look like the child is sick. However, cases have been reported of adult victims, especially the disabled or elderly. The term “by proxy” means “through a substitute.”



As health care providers strive to identify what's causing the child's symptoms, the deliberate actions of the parent or caretaker can often make the symptoms worse. People who have MSBP have an overwhelming need for attention and go to great lengths to achieve it, even if it means risking a child's life. According to the Cleveland Clinic, approximately 1,000 of the 2.5 million cases of child abuse reported each year may be related to MSBP.

Since a parent or caretaker with MSBP often appears to be caring and attentive, doctors usually don't suspect any wrongdoing. Diagnosis can also be difficult due to the person's ability to manipulate doctors and induce symptoms in the child. As a result, MSBP goes undetected in many cases. Doctors may begin to suspect child abuse when a child frequently experiences illnesses and injuries. They may also become suspicious if a child's symptoms worsen when home alone with the caretaker and improve when under medical care.

The caretaker can do extreme things to fake symptoms of illness in the child. For example, the caretaker may:

- Lie about the child's symptoms
- Add blood to the child's urine or stool
- Withhold food so the child looks like they can't gain weight
- Heat up thermometers so it looks like the child has a fever
- Falsify medical records or change test results to make the child appear to be ill
- Give the child drugs to make them throw up or have diarrhea
- Infect an intravenous (IV) line to make the child sick
- Physically harm the child to produce symptoms

The exact cause of MSBP is unknown. Researchers theorize that both psychological and biological factors are involved. Many people diagnosed with MSBP were physically, emotionally, or sexually abused when they were children. Some grew up in families in which being sick or injured was a way to receive love or care. It's also believed that stress may play a role in the development of MSBP. This stress could be due to a previous traumatic event, marital problems, or perhaps a serious illness.

The attention that caregivers get from having a sick child may encourage their behavior. Caregivers may get attention not only from doctors and nurses but also from others in their community. For example, neighbors may try to help the family in many ways—such as by doing chores, bringing meals, or giving money.

The warning signs of MSBP in the caretaker include:

- attention-seeking behavior
- striving to appear self-sacrificing and devoted
- becoming overly involved with doctors and medical staff
- refusing to leave the child's side
- exaggerating the child's symptoms or speaking for the child
- appearing to enjoy the hospital environment and the attention the child receives

For a caretaker to be diagnosed with MSBP, they'll need to admit to the abuse and submit to psychiatric treatment. However, people with MSBP are prone to dishonesty, so diagnosing the condition can be extremely difficult. Additionally, with attention focused on a sick or injured child, it's easy for doctors and family members to overlook the possibility of MSBP.

The first concern in MSBP is to ensure the safety and protection of any real or potential victims. This may require that the child be placed in the care of another. In fact, managing a case involving MSBP often requires a team that includes a social worker, foster care organizations, and law enforcement, as well as doctors. The person accused of child abuse will likely face criminal charges. If MSBP is suspected, psychiatric counseling will be recommended.

Children who are abused by caretakers with MSBP can develop multiple illnesses or injuries, some of which may be life-threatening or result in death. They can also be subjected to painful and frightening medical procedures. As a result, some children may experience depression and anxiety for many years. They're also at an increased risk for Munchausen syndrome (psychological disorder where someone pretends to be ill or deliberately produces symptoms of illness in themselves) themselves.

21. Listen and answer: *Postpartum Depression*.

Part A - Answer the questions.

1. What is another name for Postpartum depression?

2. Whose lives are at risk?

3. Up to 70% of all new mothers experience a short-lasting condition that does not interfere with daily activities and does not require medical attention. What is it called?

4. How long does this short-lasting condition take to go away?

5. How is PPD different from the “baby blues”?

Part B - Decide if the statements are true or false.

- | | | |
|--|---|---|
| 6. PPD causes women to lose interest in stuff they used to like. | T | F |
| 7. There can be overeating or loss of appetite. | T | F |
| 8. Sharp thinking and good decision-making. | T | F |
| 9. Being around the baby does not feel right. | T | F |
| 10. The mother considers herself unable to hurt her baby. | T | F |

Part C - Choose the correct option.

11. To be diagnosed with postpartum depression, symptoms must begin:
 - a) during pregnancy or within three weeks following delivery
 - b) during pregnancy or within six weeks following delivery
 - c) during pregnancy or within four weeks following delivery
 - d) during pregnancy or within eight weeks following delivery

12. What test needs to be taken to diagnose PPD?

- a) The PPD test.
- b) There is no specific test.
- c) The PPD diagnostic test.
- d) The “baby blues” tests

13. Any pregnant woman or new mother who experiences the symptoms of PPD should:

- a) seek evaluation by a professional
- b) seek evaluation by their friends and family
- c) wait and see what happens
- d) self-evaluate

14. Assessment should include:

- a) a check-up
- b) an interview
- c) therapy
- d) a psychiatric evaluation and a medical evaluation

15. With this (14), it is sought to rule out physical problems that may have symptoms similar to depression, such as:

- a) pulmonary problems or vitamin deficiencies
- b) coronary problems or vitamin deficiencies
- c) thyroid problems or vitamin deficiencies
- d) liver problems or vitamin deficiencies

Part D - Complete the paragraph.

If you're feeling depressed after your baby's birth, you may be **16.** _____
_____ to admit it. But if you experience any symptoms of postpartum
baby blues or postpartum depression, call your doctor and **17.** _____
_____. If you have symptoms that suggest you may have postpartum
psychosis, **18.** _____.

It's important to call your doctor as soon as possible if the signs and symptoms of depression have any of these features:

- Don't fade after two weeks
- Are getting worse
- Make it hard for you to **19.** _____
- Make it hard to complete **20.** _____
- Include thoughts of harming yourself or your baby

22. Translate the collocations into English.

1. Reputación de _____
2. Apto para; apropiado para _____
3. Conocido (a) por _____
4. Espacio para _____
5. Preparado (a) para _____
6. Disculparse por _____
7. Famoso (a) por _____
8. Destinado (a) a/para _____
9. Cura para _____
10. Calificar para _____
(porque cumple con los requisitos)

23. Translate the sentences with the collocations with *for* in exercise 23.

1. No tienes que disculparte por el comportamiento de tu esposo (a).

2. Yo no estaba preparado (a) para esto. Me siento atacado (a).

3. Aún no hay cura para el SIDA. Con suerte, eso cambiará algún día.

4. Jaime tiene reputación de ponerle los cuernos a sus parejas.

5. Esta ropa está destinada para personas sin hogar y niños huérfanos.

6. Lamentablemente, no calificamos para un subsidio de desempleo.

7. No hay espacio para pensamientos negativos aquí.

8. Toronto es famosa por sus muchos rascacielos.

9. Esa película no es apta para niños pequeños. Es demasiado violenta.

10. Isaac Newton es conocido por haber formulado la ley de gravitación universal.

24. Complete the sentences with the collocations with *for* in exercise 23.

1. I really thought there would be _____ more guests, but I don't think it will be possible after all.
2. Honey, never ever _____ something you didn't do.
3. New York is _____ many reasons like amazing culture, beautiful architecture, appetizing food and drink, festivals and gorgeous beaches. It has to be one of the most famous cities in the world.
4. The bank called. They said we're _____ for a loan with a very low interest rate. Should we take it?
5. Canada is _____ its beautiful scenery, ice hockey, extreme politeness and high standard of living and quality of life, among other things.
6. Cali has a _____ being a dangerous city, but there's so much more to it than that.
7. That toy isn't _____ children below the age of six. They could easily swallow one of the parts.
8. Sarah is not _____ another loss. It'll be a while before she recovers from this.
9. From the moment they met, it was clear they were _____ each other.
10. It's a rare disease. Despite many years of research, they still haven't found a _____ it.

25. Listen and answer the questions.

1. Why did Jamie apologize to Jim for?

2. Who is the program suitable for?

3. What are his parents eligible for?

4. What does Danny have a reputation for?

5. What weren't the islanders prepared for?

6. What movies is James Cameron famous for?

7. What doesn't Tom have room for?

8. What isn't meant for human consumption?

9. What are some diseases or conditions there's still no cure for?

10. What doesn't Amy want to be known for?

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