

Unit One

	meaning	المعنى
field	area of interest	مجال / حقل
optional	not compulsory	اختياري
on show	able to be seen	معروض
like-minded	with similar attitudes	منشابه
participate (in)	take part (in)	يشارك
get used to		يعتاد على
set	complete group	مجموعة
zone		منطقة
stuck	unable to move	عالق
excuse	untrue reason	عذر
factor	part of the reason	عامل
routine	everyday things we do	روتين
creative	good at making artistic things	إبداعي / مبدع
confident	sure	واثق
potential	possibilities for the future	إمكانية
foundation course		دورة تأسيسية

2. Read the email quickly. Then answer the questions. (4) اقرأ الإيميل بسرعة ثم أجب عن الأسئلة

1. Where do you think Mahmoud is and what is he doing there? أين تعتقد أن محمود موجود وماذا يفعل هناك؟
He is just starting his first year at a university in an English-speaking country.

هو بدأ عامه الدراسي الأول في جامعة في دولة ناطقة بالإنجليزية.

2. What words in the email helped you to decide? Make a list.

2. ما هي الكلمات الواردة في الإيميل التي ساعدتك على اتخاذ القرار؟ اعمل قائمة.

first week, hearing English all around me, lectures الأسبوع الأول، سماع اللغة الإنجليزية من حولي، محاضرات

3. Who do you think Mahmoud is writing to? إلى من تعتقد أن محمود يكتب؟

a member of his family in Palestine أحد أفراد عائلته في فلسطين

Hi everyone, مرحبًا بالجميع،

Well, the first week has nearly passed, with no real problems to tell you about so far. It hasn't been easy though. So many things are different from what I am used to. There is the language, for one thing. As you know, I have been studying English for many years, but this is like being a beginner all over again. It seems as if everyone is speaking a different language from the one I studied at school! Still, I am beginning to get used to hearing English all around me.

حسنًا، لقد مر الأسبوع الأول تقريبًا، ولا توجد مشاكل حقيقية لأخبركم عنها حتى الآن. لكن الأمر لم يكن سهلاً. الكثير من الأشياء تختلف عما اعتدت عليها. احد تلك الأشياء كانت اللغة. كما تعلمون، أنا درست اللغة الإنجليزية لسنوات عديدة، لكن الأمر يبدو وكأنني مبتدئ من جديد. يبدو وكأن الجميع يتحدث لغة مختلفة عن تلك التي تعلمتها في المدرسة! مع ذلك، أنا بدأت أعود على سماع الإنجليزية من حولي.

Lectures don't start till next week, so this week has been a time of settling in: finding my way around, meeting people on the same course, joining clubs and societies and so on. There is actually a Palestine Society (which I have joined of course). They have guest speakers and discussion groups, organise cultural events and even food evenings, so at least I will have some connection with home. I have joined two other clubs as well.

المحاضرات لن تبدأ حتى الأسبوع القادم، لذلك كان هذا الأسبوع وقتًا للاستقرار: إيجاد طريقي، ولقاء أشخاص في نفس التخصص، والانضمام إلى النوادي والجمعيات وغيرها. هناك بالفعل جمعية فلسطين (التي انضمت إليها بالطبع لأنني فلسطيني). فهم لديهم متحدثون ضيوف ومجموعات للمناقشة وهم ينظمون فعاليات ثقافية وحتى أمسيات العشاء، وهذا على الأقل يجعلني أكون على صلة وتواصل مع الوطن. وأيضًا انضمت إلى ناديين آخرين أيضًا.

I hope you are all well. I will write again soon. سأكتب لكم مرة أخرى قريبًا.

Love, مع حبي،

Mahmoud محمود

3. Read the email again. Then answer the questions. (4) اقرأ الإيميل مرة أخرى ثم أجب عن الأسئلة

1. Has Mahmoud had any problems in his new situation? هل واجه محمود أي مشاكل في وضعه الجديد؟

He hasn't had any big problems, but he is finding the language difficult

لم يواجه أي مشاكل كبيرة، لكنه يجد صعوبة في اللغة

1. What surprised him about the language at first? It sounds different to the English he learnt at school.

2. ما الذي أدهشه في اللغة في البداية؟ إنها تبدو مختلفة عن اللغة الإنجليزية التي تعلمها في المدرسة.

2. Why is this better now? He is beginning to get used to it. لماذا هذا أفضل الآن؟ لقد بدأ يعتاد على ذلك.

3. What has he been doing so far? He's been finding his way around, meeting people, and joining clubs and societies.

4. ماذا كان يفعل محمود حتى الآن؟ كان يجد طريقه ويلتقي بالناس وينضم إلى النوادي والجمعيات.

4. Why has he joined the Palestine Society? He is Palestinian, and he'll have some connection with home

5. لماذا انضم محمود إلى جمعية فلسطين؟ لأنه فلسطيني، وسيكون له بعض الارتباط بالوطن

4. Read the notice. Then complete the tasks below. (5) اقرأ الإعلان. ثم أكمل المهام أدناه

Freshers' week activities أنشطة أسبوع الطلاب الجدد

Clubs and societies are more than just an optional extra – they are a vital part of college life. They are a great way to meet like-minded people and expand your interests or participate more fully in a field you already know. So come along to the Clubs and Societies Fair in the Milton Building this Wednesday. Up to a hundred societies will be on show, from sports and outdoor activities to volunteer organisations and cultural or political groups. You are sure to find something to suit you. See you there!

النوادي والجمعيات أكثر من مجرد نشاط إضافي اختياري بل هي جزء حيوي من الحياة الجامعية. إنها طريقة رائعة لمقابلة أشخاص متشابهين في التفكير وتوسيع نطاق اهتماماتك أو المشاركة بشكل أكبر في مجال تعرفه بالفعل. لذا تعال إلى معرض النوادي والجمعيات في مبنى ميلتون هذا الأربعاء. سيكون هناك ما يصل إلى مئة جمعية معروضة، من الرياضة والأنشطة الخارجية إلى المنظمات التطوعية والمجموعات الثقافية أو السياسية. من المؤكد أنك ستجد شيئاً يناسبك. نراكم هناك!

1. Find words or phrases in the notice that have these meanings. (5) جد الكلمات التي تحمل هذه المعاني

participate	optional	field	like-minded	on show
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1. not compulsory: optional اختياري

2. with similar attitudes: like-minded متشابه في التفكير

3. take part (in): participate يشارك

4. area of interest: field حقل/مجال

5. able to be seen: on show معروض

2. Use the words and phrases in the box to complete the sentences below. (5)

استخدم الكلمات والعبارات الموجودة في المربعات لإكمال الجمل التالية.

participate	يشارك	optional	اختياري	field	حقل	like-minded	متشابه	on show	معرض
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1. There are lots of good paintings on show at the museum this week.

1. هناك الكثير من اللوحات الجيدة معرضة في المتحف هذا الأسبوع.

2. I don't know much about biology. It's not really my field.

2. أنا لا أعرف الكثير عن علم الأحياء. إنه ليس مجالي حقاً.

3. This part of the form is optional. You don't have to fill it in.

3. هذا الجزء من النموذج اختياري. لا يجب عليك تعبئته.

4. Luckily, I live in a shared house with like-minded people.

4. لحسن الحظ، أنا أعيش في منزل مشترك مع أشخاص متشابهين في التفكير.

5. Unfortunately, his English isn't good enough to participate in academic discussions.

5. لسوء الحظ، لغته الإنجليزية ليست جيدة بما يكفي ليشارك في المناقشات الأكاديمية.

2. Read the first paragraph of the text and see how close your ideas were to the writer's definition of 'comfort zone'. اقرأ الفقرة الأولى من النص وانظر إلى أي مدى كانت أفكارك قريبة من تعريف الكاتب لمصطلح منطقة الراحة (6).

Stepping outside the comfort zone الخروج من منطقة الراحة/الأمان

8/2018 V + 6/2019 +12/2020SC + 12/2021V, 12/2022, 6/2024V,

Your **comfort zone** is, as **the name** suggests, the area where you feel comfortable. We all have **one**, whether we know **it** or not: **it** is the set of routines and known abilities that make us feel safe because we are confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously staying inside your comfort zone has many benefits, especially at times when you are feeling under stress.

منطقة الأمان أو الراحة، كما يوحي اسمها، هي المساحة النفسية التي تشعر فيها بالراحة. لكل واحد منا منطقة، سواء أدركنا ذلك أم لا: وهي تتكون من مجموعة من العادات والقدرات المعروفة التي تمنحنا شعورًا بالأمان، لأننا نثق بقدرتنا على التعامل مع الأمور، ونعلم أنه من غير المرجح أن نواجه أي شيء غير متوقع أو مقلق. بالطبع البقاء داخل هذه المنطقة له فوائد عديدة، خصوصًا في الأوقات التي نشعر فيها بالتوتر والضغط.

On the other hand, we are often told in 'self-help books' that it is a good idea to do things that are outside our comfort zone. In fact, many studies have shown that an important factor in helping **people** feel positive about **themselves** is the feeling that **they** are developing and making progress in **their** lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

لكن، في المقابل، غالبًا ما ننصحنا كتب المساعدة الذاتية بأن نفعل أشياء خارج من مناطق راحتنا. في الحقيقة، أظهرت العديد من الدراسات أن الخروج من منطقة راحتنا عاملًا هامًا في مساعدة الناس وتعزيز شعورهم بالإيجابية تجاه أنفسهم، وإحساسهم بأنهم يتطورون ويحرزون تقدمًا في حياتهم. كما أنك لن تصل إلى قدراتك الكاملة إذا أنت فقط تفعل ما تعرف أنك تستطيع فعله مسبقًا. كلنا نسعى إلى تحسين أنفسنا بطرق مختلفة من خلال: تعلم مهارات جديدة، أو تنمية قدراتنا الإبداعية، أو حتى تحسين لياقتنا البدنية.

Unfortunately, **people** often **get stuck in their comfort zones** and don't feel able to try different things. There are various possible reasons for **this**. **They** may be afraid of failing or unsure how to begin. Many people think "**This is the way I am and I will never change**", using **this** as an excuse for not trying something new.

لسوء الحظ، يجد كثيرون أنفسهم عالقين في مناطق راحتهم، غير قادرين على تجربة أشياء مختلفة. وهناك أسباب متعددة لهذا العجز: الخوف من الفشل، أو غير متأكدين كيف يبدأون، أو الاعتقاد الخاطئ بأن "هذه طبيعتي ولن أغير"، متخذين منها ذريعة لتجنب القيام بأي شيء جديد.

Whatever the reason may be, it is sometimes necessary to **force yourself to do something you would rather not do**. Once you have made the effort, the door to new experiences will be open and you will probably wonder why you thought **it** was a problem.

فمهما كان السبب من الأسباب السابقة، أحيانًا يكون من الضروري أن تجبر نفسك على القيام بشيء تفضّل أن لا تقوم به. فبمجرد أن تقوم بالجهد، سيفتح الباب أمام التجارب الجديدة لتكتشف بعد ذلك أن الأمر لم يكن مشكلة كما تخيلت.

1. Answer the following questions: (6) أجب عن الأسئلة التالية

1. What do you think the phrase 'comfort zone' mean? ماذا تعني عبارة منطقة الراحة؟

1. the area where you feel comfortable 2. set of routines and known abilities that make us feel safe.

1. المنطقة التي تشعر فيها بالراحة 2. مجموعة من الروتين والقدرات المعروفة التي تجعلنا نشعر بالأمان.

2. Why are people often advised to move outside their comfort zones? helping people feel positive about themselves is the feeling that they are developing and making progress in their lives.

2. لماذا يُنصح الناس غالبًا بالتحرك خارج مناطق الراحة؟ هذا يساعد الناس على الشعور بالإيجابية تجاه أنفسهم، والشعور بأنهم يتطورون ويحرزون تقدمًا في حياتهم.

3. Read the rest of the text. Then complete the tasks below. (7) اقرأ بقية النص. ثم أكمل المهام أدناه

1. Replace the underlined parts of the sentences with words or phrases from the text.

1. استبدل الأجزاء التي تحتها خط من الجمل بكلمات أو عبارات من النص السابق.

potential	confident	factor	routine	creative	excuse	set	stuck
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1. He is very good at making artistic things. creative مبدع

2. I only need one more card to make a complete group. set مجموعة

3. We often get bored with the same everyday things we do regularly. routine روتين

4. I am not sure why she feels tired, but I think stress may be a part of the reason. **عامل** factor
5. I know a lot about the subject, so I am quite sure that I will succeed. **واثق** confident
6. She isn't a great singer yet, but she has great possibilities for the future. **إمكانية** potential
7. With its wheels in the soft ground, the car was completely unable to move. **عالق** stuck
8. I am sure he isn't really ill. I think it is just an untrue reason for not working hard. **عذر** excuse

2. Match the pronouns (highlighted in the text) with the nouns or noun phrases that they refer to. (7)

2. وصل الضمائر (المظللة في النص) مع الأسماء أو العبارات التي تعود عليها.

الضمير Pronoun	يعود على Refer to
1 <i>one</i> (d)	a doing something new القيام بشيء جديد
2 <i>they</i> (e)	b the idea that you can't change yourself فكرة أنه لا يمكنك تغيير نفسك
3 <i>this</i> (c)	c getting stuck التعثر
4 <i>this</i> (b)	d a comfort zone منطقة الراحة
5 <i>it</i> (a)	e people الناس

3. Complete the sentences with phrases from the text. (7) أكمل الجمل بعبارات من النص

1. Staying in your comfort zone is a way of avoiding an unexpected or worrying events.
1. البقاء في منطقة الراحة هو وسيلة لتجنب الأحداث غير المتوقعة أو المقلقة.
2. People often prefer to stay in their comfort zones, particularly if they are afraid of failing
2. غالبًا ما يفضل الناس البقاء في مناطق راحتهم، خاصة إذا كانوا خائفون من الفشل
3. Self-help books often recommend leaving your comfort zone. (12/2022)
3. كتب المساعدة الذاتية غالبًا ما توصي بمغادرة منطقة الراحة الخاصة بك.
4. Knowing that you are developing helps you feel positive about yourself.
4. إدراك أنك تتطور تساعدك على الشعور بالإيجابية تجاه نفسك.
5. Sometimes people don't do something different because they don't know how to begin.
5. أحيانًا لا يفعل الناس شيئًا مختلفًا لأنهم لا يعرفون كيف يبدأون.
6. You may have to force yourself to do something new, but you won't be sorry. (12/2021/2022)
6. قد تضطر إلى أن تجبر نفسك على القيام بشيء جديد، لكنك لن تندم على ذلك.

أسئلة سنوات سابقة على القطعة

1. Answer the following questions:

1. What does the phrase 'comfort zone' mean? a b 12/2020
2. What are the two definitions of comfort zone? a b 12/2022
3. Why do we feel safe inside our comfort zones? a b 12/2022
4. What is the advantage of staying inside the comfort zone? 12/2021
5. How could stepping outside your comfort zone can be helpful? 8/2018 1..... 2..... 3..... 4.....
6. Mention the advantages of leaving your comfort zone? 12/2022 1..... 2..... 3..... 4.....
7. When would people feel positive about themselves?6/2019
8. What helps people feel positive about themselves according to many studies? 12/2020
9. When couldn't people reach their own potentials? 12/2021
10. How can we improve ourselves? 6/2019 a. b c
11. Why don't people often get out of their comfort zone and do different things? 8/2018 1 2
12. What should you do if you are stuck (afraid of failing)?
13. Why do people often get stuck in their comfort zones? 12/2020/2021 a. b c
14. Why is it important to force ourselves to do new things? 12/2021

2. Decide if the statements are True or False according to the text:

1. Staying in your comfort zone is one way of avoiding unexpected or worrying things. () 8/2018
2. Staying inside your comfort zone has many benefits, especially when feeling stressed. () 12/2020
3. Staying inside our comfort zones has many benefits especially when we're worried. () 6/2019
4. Whenever you are under stress, it is preferable to step out of your comfort zone. () 8/2018
5. Self-help books recommended staying inside your comfort zone. () 12/2021
6. Stepping outside your comfort zone means more challenges and worries. () 6/2019

7. You will reach your full potential if you only do what you know you are able to do. () 12/2020
8. It's possible to reach your full potential if you only do things within your ability. () /6/2019
9. It's sometimes necessary to force yourself to do something you'd rather not do. () 12/2020
10. The writer believes that people must try to do new things whatever the case might be. () 8/2018

3. Complete the following sentences:

1. A comfort zone can be described as 6/2019
2. The phrase comfort zone can be defined as and 8/2018
3. Staying in our comfort zone make us feel safe because..... and 6/24
4. People often prefer to stay in their comfort zone because..... and 12/2022
5. According to the self-help books, people are advised to 8/18
6. Self-help books often recommend outside your comfort zone. 2019
7. Self-help books often recommend doing things your comfort zone. 6/24
8. We're often told in self-help books that it's a good idea to do 12/2020
9. and is an important factor that helps people feel positive. 6/24
10. Making progress in peoples' lives helps them feel 12/2021
11. We all want to improve ourselves, for example by , or 12/2020
12. Examples of self-improvements are and 12/2021
13. You may have to to do something new, but you won't be sorry. 6/2024

4. Complete the table with the reasons for the following statements: 2019

Statements	Reasons
1. We feel safe inside our comfort zones	1 2
2 People don't often like to try new things	1 2

5. Complete the following table with the correct information: 6/2024V

Comfort zone can be defined as	a b.
Improving ourselves can be done by	a b. c
Reasons why people may get stuck in their comfort zones	a b. c

5. Choose the best title for this text: (12/2021)

- a. Are you afraid of getting fit b. Stepping outside the comfort zone c. Stuck inside your comfort zone

أسئلة سنوات سابقة على المفردات

1. Choose words from the box and match them with their meanings.

factor - set – zone – routine - participate

1. factor..... part of reason 6/2016 2.zone..... area 8/2018 3.set..... complete group 12/2017
3. everyday things we do regularly (12/2021) 4.routine..... take part in 12/2018 participate

2. Replace the underlined parts with words from the box:

factor – potentials – confident – participate – excuse – factor – set – creative – optional

1. She is not a great artist, but she has amazing possibilities for the future. 8/2021 .. potentials.....
2. I'm not sure why she feels tired but I think stress may be a part of the reason. 8/2019 .. factor.....
3. I'm sure he isn't ill. I think it's just an untrue reason for not working hard. 6/2019 6/2022 .. excuse.....
4. Naji Al Ali was good at making artistic things. He drew many symbolic sketches. 8/2017 .. creative...
5. This part of the form is not compulsory. You don't have to fill it. 8/2016 .. optional.....
6. Feeling unsafe is a minor part of the reason to leave the country and travel abroad. 6/2021 .. factor.....
7. I know a lot about the subject, so I'm quite sure that I'll succeed. 6/2020 confident.....
8. I hope everyone will take part in this fruitful discission. 8/2021 .. participate.....
9. I only need one more card to make a complete group. 8/2021 set.....

3. Fill in the following sentences by replacing the words in brackets with words from the box

on show – routines – optional – like-minded – potential – excuse

1. His morning..... starts with a cup pf tea. (something we do regularly) 6/2022
2. Ahmad, you are late again. What’s your this time? (untrue reason) 12/22
3. The law required a detailed analysis of the..... (possibility for the future) 6/2020
4. Geography is..... for sixth-grade students. (not compulsory) 12/2020 SC
5. He joined a local activists’ group, hoping to meet people. (with similar attitude) 6/2017
6. There are lots of good paintings at the museum. (able to be seen) 6/2021

4. Complete the sentences with words from the box:

factor – confident – stuck – participates – confident

1. The players seem more relaxed and this season. 8/23
2. She rarely in any of the classroom discussions. 1/17
3. The police are..... that this new line of inquiry will lead them to the murderer. 12/22
4. We were at the airport for twelve hours because of the bad weather. 6/ 17
5. Safety is an important in car design. 8/17

foundation course – optional - field – potential – participate

1. All students should attend a in English in the first year of the university. 8/2021
2. If you study hard, there is a greater for success. 8/19
3. They will in the coming negotiations as one team. 6/21
4. She has a master degree in a special of biochemistry. 8/20
5. The price includes hotels and meals, but entertainment is 12/19

creative – fields – participates – excuse – on show

1. I’ve never known him to miss a meeting. I’m sure he will have an 6/2018
2. The artist's latest paintings were at the gallery's grand opening. 6/2024
3. As a child, he was very much an outlander, he never in the games other children played.19
4. Her book is full of.....ways to decorate your home. 8/2020
5. Dr Sami is equally famous in the of politics and science. 6/2022

like-minded – creative – stuck – set – optional

1. Attendance is for those who aren’t working on the project. 6/16
2. Cristiano Ronaldo is an football player. I cannot believe how good he is. 6/23
3. With its wheels in the soft ground, the car was completely 12/20
4. There must be one of laws for the whole country. 6/2023
5. They quickly find that they are spending time with people. 8/2022

foundation course – – participate – field –

1. To in the powerful game, you can buy a ticket for 2 dollars per hour. 6/2025
2. The University offers a to help students develop essential skills before diving into more advanced subjects. 6/2024
3. This discovery has opened up a whole new of research. 6/2024

6. Marah found comfort in being surrounded by (like-minded / like mind) individuals who share her passion for environmental concerns. 6/2024

مقدمة تأسيسية للقواعد سريعة وهامة

كيف نميز بين الفاعل المفرد والجمع

الفاعل المفرد له ثلاث حالات:

1. ضمير مفرد (he, she, it) 2. أو اسم مفرد (عادة لا ينتهي ب s) 3. أو فعل ينتهي ب ing
- Ali, Rania, child, man, woman, tooth, foot, ox, news, information, dress, family, police, playing (..)

الفاعل الجمع له اربع حالات:

1. ضمير جمع (you, we, they) 2. اسم جمع ينتهي ب s 3. أسماء الجمع الشاذة 4. اسمان بينهما and
- people, children, men, women, teeth, feet, oxen,

الضمير (I) يكون جمع ما عدا أفعال (am/is/are/was/were) be

إذا كان الاسمان بينهما (who, which, of, for, in) يكون الاسم الأول هو الفاعل

The mother of the boys, two glasses of milk, the students in my class, playing with friends, reading

إذا كان اسمين بينهما 's الملكية يكون الاسم اللى بعد (s) هو الفاعل

Ahmad's brother, Ahmad's brothers

ملاحظة: إذا كان الاسم مسبق بضمير ملكية (my, his, her, our, your, their) يكون الاسم بعدها هو الفاعل
my friend, your books, my young sister, our school

إضافة (s) للفعل المضارع:

1. pays, eats, works
2. s – ss – z – sh – ch – x – o : es
3. try-tries, tidy-tidies

إضافة (ing) للفعل المضارع المستمر:

1. working, playing, eating
2. live-living
3. running, sitting, stopping, swimming

إضافة (ed) للفعل الماضي والتصريف الثالث:

1. cleaned, pushed, wanted
2. lived, hoped, hired
3. try-tried, tidy-tidied

Exercises تدريبات

1. Underline the subject in each sentence and write "S" (singular) or "P" (plural)

1. The students in my class study hard. _____
2. Ahmad's brother lives in Nablus. _____
3. My books are on the table. _____
4. Reading English every day improves your vocabulary. _____
5. Ali and Rania watch movies together. _____
6. The mother of the boys is a doctor. _____
7. The policeman protects the community. _____
8. The child plays in the yard. _____
9. Two glasses of milk are on the tray. _____
10. Our school has a new library. _____
11. My sister reads books every evening. _____
12. The information about the exam is important. _____
13. Playing with friends makes children happy. _____
14. The tooth of the man is yellow. _____
15. The women are very kind to everyone. _____
16. Your books are on the shelf. _____
17. The new teacher is nice. _____
18. My friends enjoy football. _____
19. Some women were shopping yesterday. _____
20. The oxen need fresh water. _____
21. Playing with friends makes me happy. _____
22. You are welcome to join us. _____
23. The family lives in Jerusalem. _____
24. People walk to work every morning. _____
25. The students and the teacher are discussing the lesson. _____

Unit 1 Period 3 (8)

(be) I	am	جملة
he she it	is	
we you they	are	
(have) he she it	has	
I we you they	have	

قواعد الوحدة الأولى صفحات 8-10

القسم الأول: المضارع البسيط + المضارع المستمر

أولاً: الفعل المضارع البسيط (Present simple)

المؤشرات

always, usually, often, sometimes, every, normally, afternoons, mornings, evenings, on Mondays

{daily, weekly, monthly, generally, regularly, rarely, hardly, never, a day, in fact, in general}

2. الأفعال (يبدو look يعتقد think) مجاش حرف جر، (have لديه) مجاش (shower, breakfast, lunch, dinner)

3. إذا كانت الجملة حقائق/عادات/وضع دائم (بلا مؤشر)

4. الأفعال الخبرية لا تقبل ing (حتى لو جاء مؤشر على المضارع المستمر أو التام المستمر)

like يحب, love يحب, hate يكره, prefer يفضل, want يريد, seem يبدو, know يعرف, believe يعتقد, remember

يأمل hope, يفهم understand, يميز recognise, يدرك realize, يعني mean, يوافق agree, يفترض suppose, يتذكر

الجملة: (يكون الفعل بين قوسين أو ضمن الخيارات) ما عدا (be/have)

A. he, she, it, اسم مفرد

فعل + s

B. I, you, we, they, اسم جمع

فعل

The teacher arrives every day (arrive) / She looks very tired. (look) / She has two cars. (have)

People think they are right. (think) / He prefers to play football with friends. (prefer)

I can't understand what the writer means. (mean). Reading promotes children imagination. (promotes)

Every day, the population increases by 200,000 people. (increase) / They never watch TV in the morning

التفري: (يكون فعل و not بين قوسين أو يكون الفعل منفي ضمن الخيارات)

A. he, she, it, اسم مفرد

فعل + doesn't

B. I, you, we, they, اسم جمع

فعل + don't

I don't like parties very much. (not like) / Ben doesn't speak Arabic normally. (not speak)

I don't watch action films, but I am watching this new film. / We don't wear heavy clothes in summer.

It doesn't rain very much in summer. (not rain) / In fact, I don't enjoy parties in general. (not enjoy)

السؤال: (يكون الفعل بين قوسين ويوجد فراغين ويوجد علامة سؤال) (في حالة نادرة يكون فراغ واحد ولا يوجد فاعل/مفرد)

A. does {he, she, it, اسم مفرد} فعل

B. do {we, you, they, اسم جمع} فعل

What do you want to do this evening? (want) // How often do you go to cinema? (go)

What do you think is the reason for her success? (think)

1. He says he gloves every winter. (wear)
2. I milk in the evenings. (not drink)
3. you your brother is sick? (think)
4. Children often computer better than their parents. {use}
5. This woman any children. (not have)
6. My younger brother very tired. (look)
7. his father to go to the party? (want)
8. My grandfather the day when the dam broke. (remember)
9. Murad how much his parents love him. (not / realize)
10. She never plays with her sisters. (play)
11. she usually a taxi to work? (take)
12. My grandmother my name. (not / remember)
13. My parents scooters because they are dangerous. (not like)
14. My mother honesty is always the best policy. (believe)
15. Ali says he will go, but I with him. (not agree)
16. There is something about this photo that strange. (look)
17. He lunch with some customers. (have)
18. What you the reason for her success? (think)
19. I the answer to the question. (not know)
20. The car is making strange noise. Do you it's alright? (think)
21. We heavy clothes in summer. (not / wear)

المؤشرات:

now, at the moment, nowadays, these days, tonight, outside, Look! Listen! Don't (shout), Be careful! Watch out! Be quiet! {(Please) be quiet. Stop! Hurry up! still, at present, over there, this (party/trip), more and more}

2. الأفعال (look, think) بعدها حرف جر (have: shower/breakfast/lunch/dinner)

3. قاعدة but (بشرط أن يكون مضارع بسيط في الجملة السابقة)

الجملة: فعل بين قوسين أو ضع دائرة

1. I **am+ فعل +ing** 2. he, she, it, مفرد **is+فعل+ing** 3. We, you, they, جمع **are+فعل+ing**

Freshers **are gathering** in the hall right now. (gather)/ I **am thinking about** my future. (think)

In fact, I don't enjoy parties in general, but I **am enjoying this one**. (enjoy)

Nowadays, people **are thinking** more and more about their health. (think)

All of them seem surprised. I don't know what they **are looking at**. (look)

Listen! Can you hear these people next door? They **are shouting** at each other. (shout)

النفى: يكون الفعل ومعه not بين قوسين أو يكون ضمن الخيارات.

1. I **am not+ فعل +ing** 2. he, she, it, مفرد **isn't+فعل+ing** 3. we, you, they, جمع **aren't+فعل+ing**

He **isn't having** a shower. (not have)/ Listen! I'm **not coming** with you. (not come)

السؤال: (يكون الفعل بين قوسين ويوجد فراغين ويوجد علامة سؤال)

1. **is** {he, she, it, مفرد} **فعل +ing** 2. **are** {we, you, they, جمع} **فعل +ing**

What **are they studying now**? (study)/ Where **is she living nowadays**? (live)

Why **are you looking at** me like? Have I said something wrong? (look)

المؤشرات المشتركة بين المضارع البسيط والمضارع المستمر

هناك أفعال تستخدم في صيغة المضارع البسيط (stative verbs) أو المضارع المستمر (dynamic) حسب المعنى:

1. الفعل **think** على قاعدة المضارع البسيط إذا جاء بمعنى يعتقد، غالبا فش بعدها حرف جر (يتبعها اسم أو ضمير أو so أو this أو that)

Many people **think** they can't change their lives. (think) / What **do you think** the main cause of the problem?

I **think** Ali is the best student in the class. (think). / She **thinks** that English isn't important. (think)

We **don't think** there is a need for your help. (not think)

نستخدم المضارع المستمر إذا جاء بمعنى يفكر الآن (يدل على حدث) غالبا يأتي بعدها حرف جر (about of)

I'm really **thinking about** buying one. (think) // Ali **isn't thinking of** buying a new mobile. (not think)

She **is thinking** more and more about her job. // What **is thinking** about? He **looks** strange. (think / look)

2. نحل الفعل **look** على قاعدة المضارع البسيط إذا جاء بمعنى بيدو ويتبعها صفة، فش بعدها حرف جر (smart, strange, ugly)

Look! The girl's new dress **looks** so beautiful. (look) // These boys **look / are looking** rather strange.

He **doesn't look** upset these days. // Farah always looks in the mirror in the morning.

Why **does** Amy **look sad** now?

نستخدم المضارع المستمر إذا جاءت بمعنى ينظر الآن، غالبا يأتي بعدها حرف جر (at, up, out, after, for)

Sami **is looking at** me in a strange way. (look) // He **is looking in** the mirror and he **looks** very smart.

They **are looking for** their bags at the airport. Be careful! Ahmad's friends **aren't looking in** the window.

3. نحل الفعل **have** على قاعدة المضارع البسيط بمعنى يملك/ لديه/ عنده، فش بعدها (shower, breakfast, lunch, dinner)

We **have** three bedrooms in our house. (have) / She **doesn't have** an appointment this afternoon. (not have)

You can't talk to Mr Ali now because he doesn't have enough time. (not / have)

نستخدم (المضارع المستمر) إذا جاء بمعنى يقوم بعمل الآن، في بعدها (shower, breakfast, lunch, dinner) (party, bath,)

You can't speak to him now. He's **having** a shower. (I'm having a party / good time ...)

4. الفعل **enjoy** على قاعدة المضارع البسيط إذا جاء بعده (ing) وعلى قاعدة المضارع المستمر إذا لم يأتي بعده (ing)

I **enjoy** playing computer games. // I **am enjoying** this film. Does he enjoy listening to music?

قاعدة **but**: إذا جاءت (but) بين جملتين فان الفعل قبلها (مضارع) والفعل بعدها (مضارع مستمر) للتخصيص.

I **work** late in the evening, but I **am working** early this week.

ملاحظة 1: إذا وجد مؤشر على المضارع المستمر وكان الفعل بين الأقواس احد الأفعال الخبرية، نحل على المضارع البسيط.

ملاحظة 1: معنى الجملة يشير إلى حدث يستمر لفترة طويلة (أفعال التغيير) get better/worse, change, become, make progress, grow, rise, increase

The cost of living **is rising** very fast. (rise) / My son **is growing** quickly. (grow) / The weather **is getting** better. (get)

ملاحظة 2: مضارع مستمر لأشياء مستمرة في لحظة الحديث. Can you hear those people? What **are they talking** about? (talk)

1. Look! She to see over the top of the wall. {try}
2. Why the men at us like that? (look)
3. I about buying a new mobile. (think)
4. My friends to the party tonight. (not come)
5. Why..... you in the room now? (sleep)
6. Omar his breakfast in the kitchen? (have)
7. Omar often works but he (works / is working) late today.
8. This machine (makes / is making) a loud noise these days.
9. I (have / am having) dinner at the moment in the kitchen.
- 10 He has lost his keys and he (is looking / looks) for them.
11. You look upset. What (do you think / are you thinking) about?

Present simple or present continuous

1. He usually (dislike) cold weather, but he the snow. (enjoy)
2. you of selling your car? I'm interested in buying it. (sell)
3. she usually a taxi to work? (take)
4. Don't interrupt me! I about my exam now. (think)
5. He usually the meaning, but now he a dictionary. (understand / check)
2. She goes to the university by car but today she the train. (take)
3. The doctor it's an effective medicine. (think)
4. you a business meeting right now? (attend)
5. You 15 years old; you seem older. (not look)
1. I (am having / have) my lunch, so I'll call you later.
2. That dress fits you perfectly. You (look / are looking) great.
3. What (do you do / are you doing) on Sundays?
4. Everyone (looks / is looking) out of the window.
5. I (read / am reading) an interesting story at the moment.
6. I (believe / am believing) every moment on earth is a gift.
7. I am not playing computer game very often
8. Where does she work nowadays?

2. Circle the correct option to complete the sentences. (9) ضع دائرة حول الإجابة الصحيحة

1. I'm sorry, but **I'm not agreeing / don't agree** with what you're saying.
2. What **happens / is happening** outside?
3. **I'm not enjoying / don't enjoy** parties normally, but I **enjoy / am enjoying** this one.
4. She might be able to see you, but she **talks / is talking** to a customer and it sometimes **takes / is taking** a long time.
5. He **works / is working** in the afternoons, but he takes / is taking his son to the doctor today.
6. That man **looks / is looking** rather strange.
7. Everyone **looks / is looking** out of the window.
8. What **do you think / are you thinking** is the reason for her success?
9. You're very quiet. What **do you think / are you thinking** about?
20. I am not supposing you are wrong.

3. Complete the sentences with the verbs in the box. (9) أكمل الجمل بالأفعال الموجودة في المربع

realise	يدرك	hope	يأمل	recognise	يميز	seem	يبدو	believe	يصدق	suppose	يفترض
---------	------	------	------	-----------	------	------	------	---------	------	---------	-------

1. I suppose this is the right answer, but I'm not really sure. أنا أفترض أن هذا هو الجواب الصحيح لكنني لست متأكدًا حقًا.
2. We hope that this problem will be solved very soon. نحن نأمل أن يتم حل هذه المشكلة قريباً جداً.
3. Those people seem to be arguing, but I can't hear very clearly. يبدو ان هؤلاء الناس يتجادلون، لكن لا أستطيع أن أسمع.
4. Not many people realise how good he is at painting. قليل من الناس يدركون مدى براعته في الرسم.
5. Have we met before? I recognise your face. هل تقابلنا من قبل؟ انا أميز وجهك.
6. He says he's ill, but I'm not sure if I believe him. هو يقول إنه مريض، لكنني لست متأكدًا إذا كنت أصدق.

Unit 1 Period 4 (9)

for an hour / a week / a month / a year

لقسم الثاني: المضارع التام والمضارع التام المستمر
أولاً: الفعل المضارع التام (Present perfect)، صفحة 9

المؤشرات:

زمن + {for, since, {already, just, never,} today, ever, {yet, still,} recently, lately, so far, many, this

ملاحظات:

1. يأتي بعد **for** عدد وزمن، جملة واحدة، 2. **already, just, never** الوسط، الجملة 3. **yet** الحل منفي 4. **many times / how many**
5. **this week/month/year** 6. **still** قبل الفراغ منفي

الجملة: يكون الفعل بين قوسين (ضع دائرة)

1. **he, she, it**, مفرد **has+V3** 2. **I, we, you, they**, جمع **have+V3**

She **has lived** here for twenty years. (live) / They **have been** at the hotel since Tuesday. (be)

She is sick. She **has eaten** so much recently. (eat) / My grandfather **has felt** well so far. (feel)

They have just (**left / been leaving**). May they can catch up with you if you want.

I only started this book yesterday and I've already (**read / been reading**) 150 pages.

النفى (يكون الفعل ومعه بين قوسين أو يكون النفي ضمن الخيارات)

1. **he, she, it**, مفرد **hasn't+V3** 2. **I, we, you, they**, جمع **haven't+V3**

We **haven't seen** Ali for many years. (not see) / My sister **hasn't retired** yet. (retire).

Everything is going well. We **haven't had** any problems so far. (not have)

السؤال: (يوجد فراغين ويوجد علامة سؤال أو يكون ضمن الخيارات)

1. **has** {he, she, it, مفرد} **V3** ? 2. **have** {we, you, they, جمع} **V3** ?

Has Khaled ever **painted** the house? (paint) / How many texts **have** you **sent** today? (send)

ملاحظات:

ملاحظة 1: تأتي (for) أحيانا حرف جر وليس مؤشر (فش بعدها عدد أو كلمة لها علاقة بالزمن)

Ahmad **has studied** for the exam *recently*. (study) / I **don't think** blue is the right colour for her. (think)

You stop for a rest. You **have been driving for** four hours. / *Please be quiet!* I **am studying for** the exam.

ملاحظة 2:

إذا جاءت (still) قبل الفراغ وفعل منفي بين قوسين نحل على المضارع التام

He still **hasn't finished** his homework. (not/ finish) / We still **haven't arrived** in Jordan. (not arrive)

إذا جاءت (still) قبل الفراغ ومؤشر على المضارع البسيط نحل على المضارع البسيط

He still **works** at his shop every day. (work) / Omar still **lives** with his parents. (live)

إذا جاءت (still) في وسط الحل نحل على المضارع المستمر

He **is still working** on his homework. / I **am still cooking** dinner.

ملاحظة 3: إذا جاءت (never) قبل الفراغ نحل على المضارع البسيط (حقيقة/عادة/سلوك)، وإذا جاء في الوسط نحل على المضارع التام

He never **eats** vegetables. (eat) It never **rains** in the summer here. (rain)

He **has never eaten** in a restaurant. (eat) / They **have never visited** their neighbour. (visit)

ملاحظة 3: أحيانا يكون الحل في المضارع التام بدون مؤشرات (ترجمة الجملة) إذا كانت تدل على أثر منتهي. (عدد/سؤال عن عدد)

I **have lost** my keys. Can you help me look for them? (lose) / I can't find my pen. Where **have** you **put** it? (put)

There's a message from my sister. She **has had** an accident. / Mary is here at last. She **has run** all the way. (run)

We **have made** chicken soup. That's what everyone is eating. Would you like some? (make)

What good news! A friend of mine **has won** a prize of million dollar. (win)

My father is a builder. He **has built** many houses. (build)/ How many books **have** you **read**? (read)

1. How many times he to his family this month? (write)

2. I..... him for ten years. (know)

3. They away for three nights. (be)

4. I have talked to him, but we never (meet)

5. There's a message from your brother. She an accident. (have)

6. I started this book yesterday and I have already (read / been reading) 150 pages.

7. (Are you seeing / Have you seen) the news on TV today?

8. I (have seen / have been seeing) three films this month.

all day, all week, all morning, all night, all this time, all her life

all, long | 1

2. لا يوجد عدد مباشرة بعد (for)، أو جاء كلمة بعد (for) قبل العدد (over, many, more, ages) أو جاءت (now) بعد العدد

3. إذا جاءت (for/since/lately/recently) في جملتين (يفصل بينها نقطة أو فاصلة علامة سؤال (because /and/but):

الجملة:

1. he, she, it, مفرد **has been + فعل + ing** 2. I, we, you, they, جمع **have been + فعل + ing**Salma and her sister **have been cleaning** the house all day long. (clean)He can't play with us because he **has been running** for two hours. (run)Nadia **has been waiting** for us for a long time. (wait) / I **have been sleeping** badly for a long time. (sleep)Tamer **has been reading** (read) a book for two hours and he **has read** (read) 55 pages so far.

السؤال

1. **has** {he, she, it, مفرد} **been + فعل + ing** ? 2. **have** {we, you, they, جمع} **been + فعل + ing** ?

ملاحظات:

1. إذا جاء مؤشر على المضارع التام المستمر وكان ين قوسين فعل لا يقبل ing، نحل على المضارع التام

be, put, have, know + stative verbs + hear, see, smell, feel, taste, touch,I **have known** him for five years and we are close friends now. (know)How long **have** you **had** this mobile? (have)

2. يستخدم المضارع التام المستمر بدون مؤشرات (حسب المعنى) إذا كانت الجملة تدل على الأثر المستمر (جملتين)

You are out of breath. **Have you been running?** (run)I think someone **has been using** my phone. The battery is nearly dead. (use)

3. الجملة الأولى (المضارع التام المستمر) تدل على الجملة الثانية (المضارع التام) والعكس بالعكس

I **have been reading** (read) the magazine you lent me, but I haven't finished finish it yet. الثانية تدل ع الأولىMr Ali has been marking exams all morning, but he **hasn't read** them. (not read) 8/22 الأولى تدل على الثانية

1. I together on many projects for over ten years. (work)

2. We must wake her. She for 15 hours. (sleep)

3. she for the last fifteen minutes? (do)

4. I the book for a week now and still need more time. (read)

5. I on my communication skills for a year but still need more practice. (work)

6. It (snow) all day. I wonder when it will stop.

present perfect simple or present perfect continuous

1. I this book about health for hours and I'm still on page 6. (read)

2. Tamer (read) a book for two hours and he (read) 53 pages so far.

3. The company its financial targets for the third quarter yet. (not / meet)

4. I (call) for half an hour. Where you? (be)

5. He can't play with us because he for two hours. (run)

6. My brother in school for a long time and he is still there. (teach)

7. Omar for a long time? (sleep)

8. Shadia for us for a long time. (wait)

4. Complete the sentences with correct tense of the verbs: present perfect simple or continuous. (10)

أكمل الجمل التالية بصيغة الأفعال الصحيحة: المضارع التام البسيط أو المضارع التام المستمر

1. You should go to bed. You on the computer for over two hours. (play)

2. How many times he to his family this month? (write)

3. He with friends for too long. He needs to find a house of his own. (stay)

4. What he (do) all this time? We (wait) for more than an hour.

5. I him for ten years. (know)

6. They away for three nights. (be)

7. You were away a long time. What you ? (do)

8. I have talked to him on the phone, but we never (meet)

5. Circle the correct tense to complete the sentences. (36) ضع دائرة حول الإجابة الصحيحة

1. I **read** / **am reading** a really interesting book at the moment.
2. A lot of people think the new building **looks** / **is looking** ugly.
3. I **have** / **am having** my breakfast, so I'll call you back in ten minutes.
4. I can't understand what the writer **means** / **is meaning**.
5. You should stop for a rest. You've **driven** / **been driving** for four hours.
6. I only started this book yesterday and I've already **read** / **been reading** 150 pages.
7. His eyes are tired because he's **played** / **been playing** computer games for three hours.

1. Circle the correct tenses. (62) ضع دائرة حول الإجابة الصحيحة

1. He **doesn't like** / **isn't liking** football. He **prefers** / **is preferring** reading books.
2. **Are you seeing** / **Have you seen** the news on TV today?
3. She can't speak to you now because she **does** / **is doing** her homework.
4. There's a message from my sister. She **is having** / **has had** an accident.
5. I **have seen** / **have been seeing** three films this month.
6. How long **have you written** / **have you been** writing that letter?

4. Correct the mistakes in the sentences. (62) صحح الأخطاء في الجمل التالية

1. There is something about this photo that is looking strange.
2. I am sorry, he is not here. He has lunch with some customers.
3. I have been drinking five cups of coffee so far this morning.

أسئلة الامتحانات السابقة

الجمل مرتبة حسب الصعوبة (الأسهل إلى الأصعب) وليس حسب السنة، انتبه إلى بعض الجمل فيها مؤشرين أو الحالات الشاذة (في الآخر)

1. Complete the sentences with the correct form of the verbs in brackets.

9. Vegetarians never meat. (not / eat) 6/25
10. He usually dislikes cold weather, but he the snow on this trip. (enjoy) 6/25
11. He never sushi before, but he's curious to see if he'll like it. (try) 6/25
12. you of selling your car? I'm interested in buying it. (sell) 6/25
13. she usually a taxi to work? (take) 12/24
14. I together on many projects for over ten years. We still collaborate (work)
15. Emily her project yet. (not complete) 12/24
16. This machine a loud noise right now. Do you think it needs? (make) 12/24
17. They iPhone 15 yet. It's very expensive. (not buy) 12/24
18. My grandmother my name. She's 90 years old. (not / remember) 12/24
19. We must wake her. She for 15 hours. (sleep) 12/24
20. Don't interrupt me ! I about my exam now. (think) 12/24
21. My parents roller-skaters because they are dangerous. (not like) 12/24
22. She can't go to the movie. She her homework yet. (not do) 8/24
23. My mother honesty is always the best policy. (believe) 8/24
24. The car is making a very strange noise. you it's alright? (think) 8/24
25. Look! He to see over the top of the wall. (try) 6/24
26. Ali says he is 85 years old, but I him. (not believe) 6/24
27. I am afraid I the answer to the question. (not know) 6/24
28. She goes to the university by car but today she the train. (take) 12/23
29. The doctor it's an effective medicine. (think) 12/23
30. What she for the last fifteen minutes? (do)
31. She back from her holiday recently. (get) 8/2023
32. you a business meeting right now? (attend) 8/2023
33. I Romeo and Juliet for a week now and still need more time. (read) 8/23
34. You 15 years old; you seem older. (not look) 6/2023
35. I on my communication skills for a year but still need more practice. (work) 23

36. you about changing your job? (think) 12/22
37. The mother usually (read) fairy tale stories to her children at night. 6/2023
38. What you (do) at the moment? 8/22
39. It (snow) all day. I wonder when it will stop. 8/22
40. Listen! Someone on the door. (knock) 12/22
41. He with friends for too long. He needs to find a house of his own. (stay) 12/22
42. I for half an hour. Where have you been? (call) 12/22
43. you when Kareem is coming back? He isn't in his office. (know) 8/22
44. Nancy usually (tell) us funny stories. 6/22
45. My grandfather very well so far. (feel) 8/19
46. My son (not start) work yet. He is still at a university. 6/22
47. She (work) in the evenings, but she (take) her children on a picnic.
48. I to study for hours, but my brother keeps interrupting me. (try) 6/22
49. Amjad tea very often. (not drink) 12/2021
50. Shadi our new flat yet. (not / see) 12/2021
51. How often you to cinema? (go) 8/2021
52. Listen! Someone outside. (scream) 12/2021
53. Be careful! The snake you. (approach) 8/2021
54. I'm reading the magazine you sent me, but I it yet. (not finish)
55. You should go to bed. You on computer for over two hours.
56. I (not/ think) blue is the right colour for her. 6/2021
57. Languages (disappear) very fast these days. 6/2021
58. Ali about our new project now, he is busy thing with else. (not/think)
59. Huda normally up at 7.0 o'clock in the morning. (get) 12/2020
60. I this kind of music your are listening to. (not enjoy) 12/22
61. I've been working in the garden all day, and I yet. (finish) 12/2020
62. He German for two years, but he still can't speak it very well. (learn)
63. What he usually after school? (do) 8/2020
64. I my breakfast, so I will call you back in ten minutes. (have) 8/2020
65. He with friends for too long. He needs to find a house. (stay) 6/2020
66. Passengers (wait) for three hours, and the train yet. (arrive)
67. Listen! What language Ali's quests ? (talk) 6/2020
68. The teacher the exam is complicated. (not/think) 6/2020
69. My grandmother glasses now, so she can't read this note. (not/ wear) 12/2019
70. I the garden all day, and I yet. (work / finish)
71. My uncle (not visit) Jerusalem yet. 12/2019
72. You are very quiet. What you (think) about? 12/2019
73. Sorry you can't speak to him now. He a shower. (have) 6/2019
74. Salma and her sister the house all day long. (clean) 6/2019
75. Everything is going well. We any problems so far. (not/ have) 6/2019
76. I this book about psychology for hours and I'm still on page 6. (read) 6/2019
77. All of them seem surprised. I don't know what they at . (look) 8/2019
78. Nabeel(talk) about changing job for years, but he isn't doing thing about it.
79. I (not agree) with what he usually (say) 6/2018
80. Why you (look) at me like that? Have I said something wrong? 6/2018
81. Tamer (read) a book for two hours and he (read) 53 pages so far.
82. The company its financial targets for the third quarter yet. (not/meet) 6/25
83. I(call) for half an hour. Where you? (be)
84. I(not understand) the word. Whatit? (mean)
85. He a shower that's you can't see him now. (have) 1/2017

86. Sorry, you can't talk to him right now. He downtown. (drive) 8/2017
87. He can't play with us because he for two hours. (run) 8/2017
88. Her friend to parties normally. (not go) 12/2017
89. My brother (teach) in school for a long time and he is still there.
90. I can't talk now because I (have) dinner. Ask him what he (want)
91. Shadia for us for a long time. (wait) 6/2016
92. Manal such invitations quite often. (not accept) 6/2016
93. I badly for a long time. (sleep) 8/2016
94. Mona with her friends online at the moment. (chat) 8/2016
95. He (look) in the mirror and he looks smart.
96. What you (do) tonight? Would you like to come and watch game? 6/2021
97. They all (not/ agree) with at what he (say) now. 6/2020
98. You were away for a long time, where you? (be) 6/2020
99. What hobbies you in regularly? (engage) 6/2024
100. How many times you in the Olympic games? (participate) 6/23
101. I (read) this book for hours and I'm still on page 6. 12/2020
102. At first, I didn't like my job, but I to enjoy it now. (start) 8/2019
103. How many times your uncle Jerusalem so far? (visit)
104. Rami (work) in this company for a long time and he still there. 12/2017
105. Salma and Ruba (not prepare) for exams quite often. 12/2017
106. Her friend (not go) to parties quite often.
107. The design of the new house very beautiful. (look) 8/2016
108. Lack of job opportunities often lots of stress among young people. (cause)
109. Washing hands well (prevent) transmitting diseases. 12/21
110. Reading stories for children their brain development and imagination. (promote) 6/19
111. Sameer an exam every Tuesday, so he must study hard. (have) 6/2021
112. Don't interrupt me! I (think) about my exam now. 12/2018
113. We can't get a table right now because we a table yet. (not / book)
114. Currently, I of buying a new phone. I this old one for four years. (think / have) 6/2023
115. He usually the meaning from the text, but now he a dictionary . (understand / check) 6/2024
116. I always (enjoy) parties. But I don't like this one. I (not/enjoy) it. 8/20
117. Watch out! Everyone (look) out of window at the man that (look) strange.
118. Look! The girl's new dress so beautiful. (look) 12/2021
119. Nowadays, people about their health. (think) 6/2019
120. Suha and Ruba (study) in the next room. Don't disturb them. 12/2020
121. My grandfather still the day when the dam broke. (remember) 6/17
122. The cost of living these days. Every year things become expensive. (rise)
123. Please be quiet! I (study) for the exam. 6/22
124. Where have you been? I (look) for you for the last half an hour.
125. Suha sometimes (have) more than one exam a day. 12/2017
126. Ahmad for the English exam now, you can't talk to him. (study)
127. They diagnosed the virus, but they the right vaccination yet. (not invent)
128. She her housework since 7.30 and she hasn't finished yet. (do) 6/24
129. We about our plans for the weekend, but we yet. (talk / make) 6/24
130. All the footballers are so wet. They in the rain since the match started. (play) 6/24
131. Why don't you take some time off? You too hard lately. (work) 8/24
132. My sister who has been teaching English for 30 years yet. (retire) 6/17

133. Honey never and it has natural antibacterial properties. (spoil) 6/25
134. The number of smart phones and air pods users rapidly these days. (increase) 6/23
135. Rula since 3 O'clock. She'll take a break in an hour. (study) 6/21
136. I since this morning. I am dead. (work) 8/24
137. The house is dirty. We (not \ clean) it for weeks. 8/22
138. My father his lunch for more than an hour. (have) 12/22
139. January (be) the first month of the year. 12/20
140. Clubs and charities a vital part of the college life. (be) 8/24
141. I see Carol at the party. She (wear) a really nice dress. 12/17*
142. Asia and Africa still rapid rises in population. (show) 8/20*
143. I my keys. Can you help me look for them? (lose) 8/20*
144. Ali (mark) the exams all morning, but he them. (not read)
145. Why you my coat? I am sorry. It like mine. (wear / look) 6/24
146. The car strange noise. you it's alright? (make/ think) 8/24
147. Our teacher is happy because we better in English. (get) 8/24

2. Choose the correct answer.

148. I (am having / have) my lunch now, so I'll call you later. 6/25
149. That dress fits you perfect. You (look / are looking) great. 6/25
150. I have already (finished / been finishing) my homework. 12/24
151. What (do you do / are you doing) on Sundays? 8/24
152. Everyone looks / is looking out of the window. 8/2021
153. What (are you doing / do you do) on Thursdays? 12/2021
154. I (read / am reading) an interesting story at the moment. 8/2021
155. I (believe / am believing) every moment on earth is a gift. 6/2017+2021
156. What (happens / is happening) outside? 8/2021
157. He is looking in the mirror and he (is looking/ looks) smart. 6/2021
158. You look upset. What (do you think / are you thinking) about? 8/2021
159. I don't (enjoy/ enjoying) parties normally, but I'm enjoying this one. 6/2021
160. Sameer (has/will have) an exam every Tuesday, so he must study hard. 6/2021
161. What (are you doing/ do you do) tonight? Would you like to come and watch the game? 6/2021
162. What do you think / are you thinking is the reason for her success? 6/2020
163. She goes to work on foot normally, but today she (is taking /takes) the bus. 2020
164. I don't enjoy parties normally, but I (enjoy / am enjoying) this one. 6/2020
165. Normally I (finish / am finishing) work at 5, but this week I (work / am working) until 6. 8/2018
166. They (have / are having) good dinner here. They haven't had any problems at all. 8/2018
167. They have just (been leaving / left). Maybe you can catch up with them if you run. 8/2018
168. In fact, I don't like parties in general, but I (enjoy / am enjoying) this one. 6/2016, 6/2020
169. He (understood / does not understand) the problem right now. 8/2021
170. You can't to Mira right now. She (looks / is looking) nervous. 8/2021
171. Don't hesitate, Sami. I (think/ am thinking) you are right. 6/2021

3. Correct the mistakes

1. I am not knowing her. I have never seen her before. 6/25
2. I am thinking she's a very good person. 6/24
3. You can borrow the umbrella. I'm not needing it right now. 6/24
4. You look quiet. What do you think about? 8/23
5. My parents are going shopping on Sundays. 6/2023
6. My neighbour is looking rather strange. 6/2023
7. My little brother does not normally enjoy horror films, but he enjoys this one. 6/2023
8. You aren't looking 15 years old; you seem older. 6/2023
9. We are having three bedrooms in our house. 12/22

10. Ahmad is not looking very well. 12/22
11. You should stop for a rest. You have worked for a long time. 6/2022
12. I have my lunch right now, so I can't answer you. 12/2021
13. The tower is looking very beautiful. You should go and see it. 12/2021
14. What have you done all day long? 8/2021
15. He's having three beautiful houses. 8/2021.....
16. My father has been worked as a farmer all his life. 8/2021
17. I pay the telephone bill yet. 8/2021
18. My father is thinking that I should stop playing games. 8/2021
19. How often is he going to the cinema? 6/2021
20. I'm sorry, but I am not agree with what you are doing. 6/2021
21. Dad works in the afternoons, but today he takes my brother to the dentist. 6/2020
22. I am not understanding English when native speakers talk fast. 6/2020
23. He isn't here. He has lunch with some customers. 8/2020
24. I have been reading four stories so far this week. 8/2020
25. How many messages did you already sent? 6/2020
26. There is something strange about Sami. He is looking very pale.
27. Sorry, I'm not understanding this point.
28. What are you thinking is the reason for her success? 8/2019
29. I can't understand what the writer is meaning. 8/2019
30. We are having three bedrooms in our house. 8/2018
31. I like this dress. What are you thinking?
32. I didn't tell him about the accident yet. 8/22
33. Where does Sami and Ali work? 8/2021
34. My father is thinking that I should stop playing computer games. 8/2021
35. I've been drinking five cups of coffee so far.

القسم الأخير في القواعد: تكوين الأسئلة صفحة 10

هذا الموضوع نادر في التوجيهي (يأتي غالباً تكوين سؤال مثل الكتاب) صيغة السؤال:

اعمل سؤال (Make question) (Make complete question) (Make a full question) (Write full question)

المضارع البسيط? + الفعل + الفاعل + does / do + أداة السؤال
المضارع المستمر? + -ing -الفعل + الفاعل + is / are + أداة السؤال
المضارع التام? + V3 + الفاعل + has / have + أداة السؤال
المضارع التام المستمر? + -ing -الفعل + been + الفاعل + has / have + أداة السؤال

5. Write the full questions. (10) اكتب أسئلة كاملة

1. What kind of music / you / prefer?
2. How often / you / go to the cinema?
3. you / enjoy / playing computer games?
4. you / enjoy / this lesson? (حلين)
5. you / ever / speak in public?
6. How many text or SMS messages / you / send today?
7. How long / you / study English?
8. What / you / do / on Sundays?

أسئلة سنوات سابقة

Do as required. اعمل المطلوب بين قوسين

1. How many poems/ he/ write/ recently? (6/23V)
2. When / Rania / usually get up? (12/22)
3. How often/you/post/pictures on Facebook? 6/22
4. What /he/ do/ all this time? 12/2021
5. Where / your sister/work/nowadays? 12/2021
6. How many / English books/ read so far? 2021

7. Listen! What language/they/speak? 2021
8. You / ever/ be/ to Jerusalem? 2021
9. What kind of music/ you /prefer? 2021
10. How long / you/ work/in this company? 2021
11. you / ever / hear / of the Blue Restaurant? 2019
12. ever \ you \ ridden a camel?
13. What (do / did) you do on Sundays? 6/24
14. (How long / How often) do you visit your family? 6/2024
15. (How long / How often) do you visit your family in summer? 12/2021
16. (How long / how often) have you been studying English? Ten Years. 2021
17. (How long / how often) do you make revision on your exams? Weekly 8/2021
18. (How many / How often) do you make a revision on your plans? Monthly 8/2017+8/2021

تعبير الوحدة الأولى الأدبي

6/2018 + 8/2019 + 2019V + 6/2020 + 8/2020 + 8/2021 + 12/2021 + 6/2022V + 6/2023+ 6/2025V

APPLICATION FORM نموذج طلب

I am applying for this course because I have been interested in the subject of this field for many years, and I would like to work in this field as a career in the future. I have been reading books about this topic since I was ten years old, so I know quite a lot about the basic ideas, but I need to extend what I already know.

أتقدم بطلب للحصول على هذه الدورة لأنني مهتم بموضوع هذا المجال منذ سنوات عديدة، وأنا أود أن أعمل في هذا المجال كمهنة في المستقبل. لقد كنت أقرأ كتبًا حول هذا الموضوع منذ أن كنت في العاشرة من عمري، لذا أنا أعرف الكثير عن الأفكار الأساسية لكنني بحاجة إلى توسيع ما أعرفه بالفعل.

At the moment, I am studying English and technology as my main subjects at school. I believe these subjects will all be useful in the career I have chosen. Since I started secondary school, I have been a member of the school society and have been a member of this society for the last two years.

في الوقت الحالي، أنا أدرس اللغة الإنجليزية والتكنولوجيا كمواضيع الرئيسية في المدرسة. أنا أعتقد أن هذه المواد ستكون مفيدة في المهنة التي اخترتها. منذ أن بدأت المدرسة الثانوية، كنت عضوًا في جمعية المدرسة، وأنا عضو في هذه الجمعية منذ العامين الماضيين.

After finishing my final exams, I am going to spend a year doing this course, and I will then apply to university to study it. I believe this is one of the most important fields that can achieve my goals. I hope my application is successful, and I am looking forward to studying at your university.

بعد الانتهاء من امتحاناتي النهائية، سأقضي عامًا في دراسة هذه الدورة، ثم سأقدم إلى الجامعة لدراستها. أعتقد أن هذا أحد أهم المجالات التي يمكن أن تحقق أهدافي. أمل أن يكون طلبي ناجحًا، وأتطلع إلى الدراسة في جامعتكم.

تعابير الفرع العلمي

1. comfort zone. منطقة الراحة 12/2018 + 6/2019 + 6/2021

Stepping outside your comfort zone means doing things that feel unfamiliar or challenging. Your comfort zone is where you feel safe and familiar, like routines or activities you do every day. Staying in your comfort zone can feel secure, but stepping out of it can bring new opportunities and growth.

الخروج من منطقة الراحة يعني القيام بأشياء تبدو غير مألوفة أو صعبة. منطقة راحتك هي المكان الذي تشعر فيه بالأمان والتأقلم، مثل الروتين أو الأنشطة التي تقوم بها يوميًا. البقاء في منطقة الراحة قد يشعرك بالأمان، لكن الخروج منها قد يجلب فرصًا جديدة ونموًا.

It is good to step outside your comfort zone because it helps you grow and learn new things. When you challenge yourself, you discover your strengths and abilities. For instance, facing a fear like public speaking can improve your communication skills. Stepping outside your comfort zone also opens doors to new experiences and opportunities. For example, traveling to a new place or meeting new people can broaden your perspective and enrich your life.

من الجيد الخروج من منطقة الراحة لأنه يساعدك على النمو وتعلم أشياء جديدة. عندما تتحدى نفسك، تكتشف قواك وقدراتك. على سبيل المثال، مواجهة الخوف مثل التحدث أمام الجمهور يمكن أن يحسن مهاراتك في التواصل. الخروج من منطقة الراحة يفتح أبوابًا لتجارب وفرص جديدة أيضًا. على سبيل المثال، السفر إلى مكان جديد أو مقابلة أشخاص جدد يمكن أن يوسع آفاقك ويثري حياتك.

My advice to people is to embrace challenges and step outside their comfort zones regularly. Start with small steps, like trying a new activity or talking to someone new. Pushing yourself outside your comfort

zone can lead to personal growth and success. Remember that it is normal to feel uncomfortable at first, but you can expand your comfort zone and achieve things you never thought possible.

نصيحتي للناس هي أن يتقبلوا التحديات ويخرجوا من مناطق راحتهم بانتظام. ابدأ بخطوات صغيرة، مثل تجربة نشاط جديد أو التحدث إلى شخص جديد. دفع نفسك خارج منطقة الراحة يمكن أن يؤدي إلى نمو شخصي ونجاح. تذكر أنه من الطبيعي أن تشعر بعدم الراحة في البداية، لكن يمكنك توسيع منطقة راحتك وتحقيق أشياء لم تكن تظنها ممكنة.

2. Joining clubs and societies الانضمام للأندية والجمعيات 6/2024

When freshers join clubs and societies at the university, they can make many new friends. It helps them feel happy and not alone. Meeting people with the same hobbies makes university life more fun and easier. It is a good way to feel at home in a new place and enjoy student life more.

عندما ينضم الطلاب الجدد إلى الأندية والجمعيات في الجامعة، يمكنهم تكوين الكثير من الأصدقاء الجدد. هذا يساعدهم على الشعور بالسعادة وعدم الوحدة. مقابلة أشخاص لديهم نفس الهوايات تجعل الحياة الجامعية أكثر متعة وسهولة. إنها طريقة جيدة للشعور وكأنهم في بيتهم والاستمتاع بالحياة الطلابية أكثر.

Clubs and societies also help freshers learn many new things. They can improve their skills and try new activities. Some students learn to speak better, work in teams, or lead a group. These things help them not only in class but also in real life. It makes them stronger and more confident.

تساعد الأندية والجمعيات أيضًا الطلاب الجدد على تعلم أشياء جديدة. يمكنهم تحسين مهاراتهم وتجربة أنشطة جديدة. بعض الطلاب يتعلمون كيف يتحدثون بشكل أفضل، أو يعملون في فريق، أو يقودون مجموعة. هذه الأشياء تساعدهم ليس فقط في الدراسة، بل أيضًا في الحياة الحقيقية. إنها تجعلهم أقوى وأكثر ثقة.

Joining a club is also good for health and feelings. Sports clubs help students stay active and strong. Other clubs help them relax, smile, and feel less stressed or sad. It gives them a break from study and a happy time with others.

الانضمام إلى نادٍ مفيد أيضًا للصحة والمشاعر. تساعد الأندية الرياضية الطلاب على البقاء نشيطين وأقوياء. وتساعدهم الأندية الأخرى على الاسترخاء، والابتسام، والشعور براحة أكثر دون توتر أو حزن. إنها تمنحهم استراحة من الدراسة ووقتًا سعيدًا مع الآخرين.

1. Read the following text and answer the questions.

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know it or not: **it** is the set of routines and known abilities that make us feel safe because we are confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously staying inside your comfort zone has many benefits, especially at times when you are feeling under stress. On the other hand, we are often told in 'self-help books' that it is a good idea to do things that are outside our comfort zone. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that **they** are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit. Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think "This is the way I am and I will never change", using this as an excuse for not trying something new. Whatever the reason may be, it is sometimes necessary to force yourself to do something you would rather not do. Once you have made the effort, the door to new experiences will be open and you will probably wonder why you thought **it** was a problem.

1. Answer the following questions:

1. What are the two definitions that the text provides for the comfort zone? 1 2
2. Why do people feel safe when they are in their comfort zones? a b.
3. What is the advantage of staying inside your comfort zone?
4. When should we stay inside our comfort zones?
5. What are we often told in self-help books?
6. What's the factor that helps people feel positive about themselves?
7. Why cannot you reach your full potential (goals)?
8. How can people improve themselves? a. b. c.....
9. Why do people get stuck in their comfort zone?
10. What do people say (use) as an excuse for not trying something new?
11. What does the writer advise us at the end of the text?

2. Decide whether each of the following statements is true or false:

1. People often feel safe when they do the same routines. ()
2. People usually prefer to get out of the comfort zone when they are under stress. ()
3. Self-help books recommended staying in our comfort zone. ()
4. Staying inside your comfort zone is a way of facing unexpected and worrying events. ()
5. To improve ourselves we have to learn something new. ()

3. Complete the following sentences:

1. The phrase 'comfort zone' can be defined as and
2. Staying in our comfort zone makes us feel safe because and
3. People often stay in their comfort zone because
4. Self-help books encourage people to
5. We all want to improve ourselves, for example by, or
6. Sometimes you need to to do something new.
7. If you try new things, you may

4. Complete the table with the reasons

1. People stay in their comfort zones	1	2
2. People feel positive when	1	2
3. People avoid trying new things	1	2
4. It is important to try new things	1	2

5. What do the following words refer to?

1. **it** **they** **it**

1. Match the words in the box with their meanings below.

Like-minded	factor	stuck	field	routine	creative	participate	confident	optional	excuse
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1. : take part in 2. : good at making artistic things
 2. : unable to move 4. : with similar attitudes
 5. : untrue reason 6. : not compulsory
 7. everyday things 8. : sure 8. area of interest
 10. : part of the reason 11: : not compulsory

2. Complete the sentences with the words in the box.

like-minded	participate	factor	confident	potential
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1. I'm not sure why she feels tired, but I think stress may be a
 2. It isn't the only reason for his success, but it's certainly one
 3. Luckily, I live in a shared house with people.
 4. I know a lot about the subject, so I'm quite that I'll succeed.
 5. She isn't a great singer yet, but she has For the future.

field	excuse	on show	participate	stuck
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1. There are lots of good paintings at the museum this week.
 2. With its wheels in the soft ground, the car was completely
 3. I don't know much about biology. It's not really my
 4. I'm sure he isn't really ill. I think it's just an for not working hard.
 5. Unfortunately, his English isn't good enough to in academic discussions.

optional	creative	get used to	set	routine
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1. We often get bored with the same
 2. This part of the form is You don't have to fill it in.
 3. He's very person.
 4. I only need one more card to make a
 5. I'm beginning to hearing English all around me.

3. Correct the verb in brackets:

1. I can't understand what the writer (mean).
 2. Everyone out of the window. (look)
 3. He (not like) football. He (prefer) reading books.
 4. He with friends for too long. He needs to find a house of his own. (stay)
 5. A lot of people think the new building ugly. (look)
 6. How long you English? (study)
 7. His eyes are tired because he computer games for three hours. (play)
 8. It sometimes (take) a long time, but she (talk) to a customer.
 9. You should go to bed. You on the computer for over two hours. (play)
 10. you the news on TV today? (see)
 11. I've talked to him on the phone, but we never (meet)
 12. What you is the reason for her success? (think)
 13. There's a message from my sister. She just an accident. (have)
 14. How many times he to his family this month? (write)
 15. He (work) in the afternoons, but he (take) his son to the doctor.
 16. You were away a long time. What you ? (do)
 17. How long you that letter? (write)
 18. What you on Sundays? (do)
 19. He (look) in the mirror and he (look) very smart.
 20. you ever in public? (speak)
 21. What he (do) all this time? We (wait) for more an hour.
 22. I'm sorry, but I with what you're saying. (not / agree)

23. I only started this book yesterday and I already150 pages. (read)
24. They away for three nights. (be)
25. You're very quiet. What you about? (think)
26. That man rather strange. (look)
27. You should stop for a rest. You for four hours. (drive)
28. I'm sorry, he's not here. He lunch with some customers. (have)
29. I my breakfast, so I'll call you back in ten minutes. (have)
30. He (have) a shower because he an important appointment. (have)
31. She can't speak to you now because she her homework. (do)
32. I (not enjoy) parties normally, but I (enjoy) this one.
33. I three films this month. (see)
34. How many messages you today? (send)
35. Many people they can't change their lives. (think)
36. I him for nearly ten years. (know)
37. I a really interesting book at the moment. (read)
38. There's something about this photo that strange. (look)
39. How often you to the cinema? (go)

4. Choose the correct answer

1. People often (get / are getting) stuck in their comfort zones. (get)
2. It (seems / is seeming) everyone is speaking a different language. (seem)
3. I (think / am thinking) this bike is nice. I (think / am thinking) about buying it.
4. We (have / are having) three bedrooms in our new house. (have)
5. Not many (realise / are realising) people how good he is at painting. (realize)
6. I (have drunk / have been drinking) five cups of coffee so far. (drink)
7. She's under stress because she (has studied/ has been studying) so much.

5. Correct the mistakes

1. Look! He is looking very sad.
2. Sorry, I'm not understanding this point.
3. I don't tell him about the accident yet.
4. Where have Sami and Ali worked all day?
5. My father is thinking that I should stop playing.

6. Make complete questions:

1. How many times / you / watch / this movie?
2. How long / she / live / in this house?
3. Look! What / the children / play / outside?
4. What / you / usually / do / on weekends?

Read the following text and answer the questions below. (Boys/Sc/2020)

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know **it** or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that **they** are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things.

There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many

people think 'This is the way I am and I'll never change', using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

A) Answer these questions:

1. Why does the comfort zone make us feel safe?
2. When does staying in your comfort zone have a lot of advantages?
3. Why are people often advised to move outside their comfort zones?

4. What do the underlined pronoun that they refer to.

- a. it b. they:

6. Complete the sentences with phrases from the text.

1. often recommend leaving your comfort zone.
- 4 Knowing that you are developing helps you feel yourself.

7. Say if each of the following True or False:

1. Trying different things helps people stay in their comfort zones. ()
2. People often feel they are developing when they by leaving their comfort zones. ()
3. Some people do not have a comfort zone. ()

2. Complete the sentences from the box.

excuse – confident – creative – participate - stuck

1. I am not very about tonight's game. We may lose.
2. He got in the same position for so long, we didn't see him.
3. His for forgetting my birthday was that he lost his dairy.
4. I encourage students to in the discussion.
5. Ahmad is He always has new useful ideas.

3. Complete the following sentences with a suitable word from the list.

factor – optional – believe – routine – field

1. This part of the form is; you don't have to fill it.
2. I don't know much about history. It's not my
3. We often get bored with the same
4. He says he is ill, but I am not sure if I him.
5. I'm not sure why he feels tired, but I think stress may be a

4. Match words with their meanings:

participate – field – optional – set – potential

1. not compulsory:
2. area of interest:
3. take part:
4. possibilities for the future:
5. complete group:

5. Choose the correct answer:

1. It (seems / is seeming) everyone is speaking a different language.
2. He (has – is having) a shower.
3. Freshers (are gathering / gather) in the hall right now.
4. She's (been studying / studied) English for five years.
5. I've never (been meeting / met) her.

6. Complete the following sentences with correct form of the verbs between brackets.

1. We since 8 o'clock, but he hasn't come yet. (wait)
2. Don't make noise. I to concentrate. (try)
3. Sami always his money on clothes. (spend)
4. We for 5 hours now. Can we stop for a rest? (work)
5. Water of hydrogen and oxygen. (consist)
6. How long you English? (learn)

7. Correct the mistakes.

1. There's something about this photo that is looking strange.
 2. I'm sorry he is not here. He has lunch with some customers.
 3. I've been drinking five cups of coffee so far this morning.
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Read the text then answer the questions. (Boys, Sc, 2019)

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know **it** or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress. On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that **they** are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

A. Answer these questions:

1. What is the comfort zone?
2. Why does it make us feel safe?
3. Why are people often advised to move outside their comfort zones?

B. True or false:

1. Some people do not have a comfort zone. ()
2. If someone is under stress, staying inside his comfort zone has many benefits. ()

C. Complete:

1. Examples of self-improvement include

D. What do these pronouns refer to:

1. **it**
2. **they**

2. Match the words in the box with their meanings:

on show - routine - creative - set

1. complete group
2. good at making artistic things
3. able to be seen
4. everyday things we do regularly

3. Complete the sentences with the right word.

self-help - stuck - excuse - field - like-minded

1. I don't know much about biology. It's not really my
2. I need to think of a good for being late.
3. books often recommend leaving your comfort zone.
4. Luckily, I live in a shared house with people.
5. In the accident, there were a lot of people in their cars.

4. Complete the sentences with the correct form of the verbs in brackets:

1. Look! That man to open the door of your car (try)
2. I think someone phone. The battery nearly dead (use)
3. He sometimes football with his friends. (not / play)
4. Our neighbour the piano for the last three hours. (play)
5. Sami a lot of problems with his teacher this year. (have)
6. People team games since ancient times. (play)
7. Can you hear those people? What they about? (talk) ←
8. Can you tell me what his father about his exam results? (think) ←

B. Read the text and answer the questions below: خارجية علمي 12/2019

I remember my first day at university very clearly. I felt excited and happy. At the same time, I was very nervous because I didn't know anyone.

At first, I was confused and lost. I didn't know where to go. I had to ask a stranger where the first-year students were going to meet. This person was very polite and showed me the way. I walked through some big buildings, and when I arrived I saw many students and I felt scared. After a while, I told myself to be braver. I asked one girl what was happening, and we discovered that we were in the same group. Her name was May. We joined in with the activities for fresher students. Soon, I started feeling much better. The activities helped me feel part of a team and I was beginning to feel that I had become a university student. Later, we began our classes: However, all our classmates were quiet. I met two girls. Their names were June and Apple. Soon we became good friends and started chatting and learnt more about each other. Although we came from different provinces, we had a lot in common. I am always going to remember that day because I had the opportunity to meet many people. Most importantly, I met the best friends that I have ever had. Finally, I think that it is natural that on the first day at university we feel nervous, but often difficult experiences have happy endings. That's why I say that my first day in the university was very memorable.

A. Answer the questions:

1. Why was the student confused and lost at the first day at the university?
2. When did the student's first day start to improve?
3. What was the best thing that happened to the student on that day?

B. Decide whether the following statements are True or False:

1. It was very easy for the student to find the place where first year students were going to meet. ()
2. The first girl the student met was called June. ()
3. All the new students were calm and peaceful. ()
4. The writer believes that difficult experiences seldom end happily. ()

C. Complete the following sentences with words or phrases from the text :

1. The student found the place of the meeting by
2. The writer and his friends had a lot in common though.....

الكلمات الهامة في الوحدة الأولى

compulsory	إجباري	studying	يدرس	Palestine	فلسطين
show	يعرض	for	ل/لأجل	discussion	نقاش
participate	يشارك	but	لكن	group	مجموعة
future	المستقبل	this	هذا	organise	ينظم
read	يقرأ	like	مثل/يحب	culture	ثقافة
email	إيميل	over	فوق	cultural	ثقافي
quickly	بسرعة	again	مرة أخرى	events	فعاليات
then	ثم	if	إذا	even	حتى
answer	يجيب	school	مدرسة	food	طعام
question	سؤال	all	الجميع	evening	مساء
where	أين	round	حول	at least	على الأقل
you	أنت	me	لي	some	بعض
think	يفكر	start	يبدأ	connect	يربط
and	و	next	التالي/القادم	connection	صلة /علاقة
what	ماذا	so	لذلك	home	الوطن
he	هو	time	الوقت	two	2
there	هناك	finding	يجد	other	آخر/أخرى
his	له	my	لي	hope	يأمل
first	الأول	way	طريق	write	يكتب
year	سنة	people	الناس	soon	قريبا
at	في	on	على	any	أي
in	في	same	نفسه	new	جديد
speaking	يتكلم	actually	في الحقيقة	situation	وضع/حالة
country	دولة	which	الذي التي	big	كبير
word	كلمة	they	هم هما هن	difficult	صعب
decide	يقرر	have	له/لديه	at first	في البداية
make	يصنع	week	أسبوع	why	لماذا
list	قائمة	passed	مر	better	افضل
who	من؟	problems	مشاكل	now	الآن
to	إلى	easy	سهل	complete	يكمل
family	عائلة	different	مختلف	tasks	مهام
everyone	كل شخص	language	لغة	below	اسفل
nearly	تقريبا	beginner	مبتدأ	fresher	طالب جديد
with	مع	beginning	يبدأ	activities	أنشطة
real	حقيقي	studied	درس	more	المزيد
tell	يخبر	hearing	يسمع	than	من
about	عن	lectures	محاضرات	just	فقط
so far	حتى الآن	settling	يستقر	extra	إضافي
many	الكثير	meeting	يقابل	vital	حيوي هام
from	من	course	دورة	part	جزء
one	واحد	joining	ينضم	college	معهد
thing	شيء	clubs	نوادي	life	حياة
as	كما	societies	جمعيات	great	عظيم
know	يعرف	society	جمعية	your	لك
interests	اهتمامات	variety	تنوع	hand	يد
or	أو	every	كل	often	غالبا
come	يأتي	those	هؤلاء	told	اخبر
fair	معرض	working	يعمل	self-help	مساعدة ذاتية
building	بناء مبنى	project	مشروع	book	كتاب
Wednesday	الأربعاء	she	هي	idea	فكرة
hundred	مئة	behave	يتصرف	do	يفعل
will	سوف	way	طريقة	things	أشياء
sports	رياضة	was/were	كان	our	لنا
outdoor	خارجي	product	منتج	in fact	في الواقع
indoor	داخلي	buy	يشترى	study	دراسة
volunteer	متطوع	history	تاريخ	important	مهم
organisations	منظمات	girls	بنات	helping	يساعد

political	سياسي	we	نحن	positive	إيجابي
sure	متأكد	encourage	يشجع	themselves	انفسهم
find	يجد	students	طلاب	feeling	شعور
something	شيء	air	هواء	develop	يحسن يطور
suit	يناسب	car	سيارة	improve	يحسن يطور
see	يرى	condition	وضع حالة	their	لهم
these	هؤلاء	comfort	راحة	lives	حياة
use	يستخدم	name	اسم	won't	لن
box	صندوق	suggest	يقترح	reach	يصل
sentences	جمل	area	منطقة	full	كامل
lots/ lot	كثير	feel	يشعر	only	فقط
good	جيد	comfortable	مرتاح	able	قادر
paintings	رسومات	whether	إذا	want	يريد
museum	متحف	known	معروف	progress	تقدم
don't	لا	abilities	قدرات	ourselves	لنا
much	الكثير	safe	آمن	example	مثال
biology	أحياء	because	لان	learning	يتعلم
really	حقا	can	يقدر	something	شيء ما
form	استمارة	manage	يتدبر	already	بالفعل
fill	يملا	unlikely	غير محتمل	fit	لائق
luckily	لحسن الحظ	challenged	تحدي	try	يحاول يجرب
unfortunately	لسوء الحظ	anything	أي شيء	various	متعدد
shared	مشترك	unexpected	غير متوقع	possible	محتمل
house	منزل	worrying	قلق	reason	سبب
live	يعيش	obviously	من الواضح	may	ربما
enough	كافي	staying	يبقى	afraid	خائف
academic	أدبي	benefits	فوائد، إيجابيات، حسناً، ميزات	failing	فشل
local	محلي	advantages		unsure	غير متأكد
price	سعر	especially	خاصة	how	كيف
include	يشمل	when	عندما	begin	يبدأ
hotel	فندق	under	تحت	never	أبدا
entertainment	ترفيه	stress	توتر، ضغط، ضغوطات	change	يغير يتغير
wide	عريض	pressure		sometimes	أحيانا
necessary	ضروري	describe	يصف	sugar	سكر
force	يجبر	define	يعرف	sister	أخت
yourself	نفسك	explain	يفسر	brother	أخ
once	بمجرد	them	هم	tooth	سن
made	صنع	table	طاولة	foot	قدم
effort	جهد	choose	يختار	news	خبر
door	باب	best	أفضل	dress	فستان
experiences	خبرات	title	عنوان	information	معلومات
open	يفتح	match	يوصل	children	أطفال
probably	محتمل	artist	فنان	people	الناس
wonder	يتعجب	amazing	مدهش	men	رجال
thought	اعتقد	symbolic	رمزي	women	نساء
problem	مشكلة	leave	يغادر	feet	أقدام
following	التالي	travel	يسافر	teeth	أسنان
mean	يعني	morning	الصباح	mother	أم
move	يتحرك	cup	فنجان	father	أب
text	نص	tea	شاي	teacher	معلم
very	جدا	famous	مشهور	number	عدد
need	يحتاج	politics	السياسة	friend	صديق
bored	يشعر بالملل	science	علم	young	صغير السن
subject	موضوع	law	قانون	always	دائما
quite	جدا	required	مطلوب	usually	عادة
succeed	ينجح	detailed	تفاصيل	afternoon	بعد الظهر
singer	مغني	possibility	احتمالية	day	يوم
yet	حت الآن	geography	جغرافيا	daily	يوميًا
wheels	عجلات	sixth	السادس	general	عام

soft	ناعم	airport	مطار	generally	بشمل عام
ground	ارض	hours	ساعات	shower	حمام دش
ill	مريض	bad	سيء	breakfast	إفطار
hard	صعب	weather	طقس	lunch	غداء
tired	تعبان	safety	أمان	dinner	عشاء
avoid	يتجنب	design	يصمم	hate	يكره
prefer	يفضل	should	يجب	break	استراحة
particularly	بالتحديد	attend	يحضر	love	يجب
when	عندما	success	نجاح	seem	يبدو
according	حسب	special	خاص	remember	يتذكر
own	يخصه	team	فريق	forget	ينسى
could	استطاع	miss	يفقد	realise	يدرك
helpful	مفيد	meeting	اجتماع	recognise	يميز
out	خارج	child	طفل	suppose	يفترض
stressed	متوتر	play	يلعب	agree	يوافق
worried	قلق	her	لها	nice	جميل
step	خطوة	decorate	يدهن	understand	يفهم
must	يجب	most	معظم	football	كرة القدم
case	حالة	base	قاعدة	arrive	يصل
might	ربما	reading	يقرا/قراءة	world	العالم
watch	يشاهد	wear	يلبس	heavy	ثقيل
clothes	ملابس	summer	الصيف	rain	مطر
enjoy	يستمتع	go	يذهب	gloves	قفازات
winter	الشتاء	milk	حليب	drink	يشرب
eat	يأكل	sleep	ينام	woman	امراة
party	حفلة	grandfather	جد	parents	الوالدين
at the moment	في هذه اللحظة	nowadays	هذه الأيام	these days	هذه الأيام
tonight	الليلة	still	لا يزال	look	ينظر
listen	يستمع	careful	حذر	hurry	يسرع
hall	قاعة	gather	يجمع	health	صحة
hear	يسمع	how many	كم عدد	mistake	خطأ
each other	بعضهم البعض	main	رئيسي	cause	سبب/يسبب
smart	ذكي/أنيق	strange	غريب	photo	صورة
beautiful	جميل	send	يرسل	coffee	قهوة
ugly	بشع	shop	دكان	funny	مضحك
shout	يصرخ	lose	يخسر	exam	امتحان
scream	يصرخ	pen	قلم	picnic	نزهة
game	لعبة	at last	في النهاية	snake	حية
work	يعمل/عمل	run	يركض	approach	يقترّب
late	متأخر	soup	شورية	cost	تكلفة/يكلف
early	مبكر	repair	يصلح	invent	يخترع
rise	يرتفع	clean	ينظف	finish	ينهي/ينتهي
circle	دائرة	wait	ينتظر	expensive	غالي
correct	صحيح	sleep	ينام	colour	لون
option	خيار	pollution	تلوث	disappear	يختفي
window	شباك	page	صفحة	fast	سريع
happen	يحدث	smell	يشم	garden	حديقة
man	رجل	taste	يذوق	train	قطار
quiet	هادئ	touch	يلمس	grandmother	جدة
long	طويل (زمن)	breath	يتنفس	table	طاولة
appointment	موعد	someone	شخص	glasses	نظارات
customer	زبون	dead	ميت	note	ملاحظة
son	ابن	magazine	مجلة	everything	كل شيء
right	صحيح	bed	سرير	half	نصف
clearly	واضح	away	مسافر	job	وظيفة
face	وجه/يواجه	phone	تلفون	say	يقول
before	قبل	interesting	ممتع	room	غرفة
since	منذ	call	يتصل	teach	يعلم
today	اليوم	minutes	دقائق	chat	يدرّش

ever	سبق	stop	يقف/يتوقف	mirror	مرآة
recently	مؤخرا	rest	استراحة	among	بين
put	يضع	drive	يسوق	prepare	يحضر
retired	يتقاعد	eye	عين	prevent	يمنع
month	شهر	message	رسالة	disease	مرض
key	مفتاح	letter	رسالة	brain	دماغ
paint	يلون/يدهن	homework	واجب	clock	ساعة