

UNIT 1 LANGUAGE SUMMARY

Adjectives

Describing personality

brave
cheerful
easygoing
generous
helpful
honest
intelligent
nervous
reliable
selfish
serious
sociable

Verbs

Giving personal information

be born
be into
be married
be raised
be single
celebrate
live alone
live with my family
retire

Insider English

hold on a sec

Asking and answering questions about people

Whose class are you in?
Which neighborhood do you live in?
What are you doing these days?
Where did you go to school?
How can I help?
Can you tell me where he was born and raised?
Do you know if he likes broccoli?
I'd like to know what sports or hobbies he's into.
Do you have any idea ...?
I want to find out ...
I wonder ...

Making introductions

Hello, I'm Nina.
I'm Mia, Jodi's sister.
This is Rafe, my husband.
This is Nina, Jodi's coworker.

Saying how you know someone

How do you know Jodi?
I work with her.
I'm her sister/friend/coworker.

Ending a conversation

I should let you go.
Sorry, I have to go now.
It was really nice to meet you.
It was nice talking to you.

Meeting someone you've heard about

It's great to meet you, Mia. I've heard good things about you.
Oh, that's nice.
I've heard a lot about you. Good things, I hope.

Useful phrases

Do you know who this is?
Which one is he/she?
I think this is ...
He/She is the ...
Who did you learn about?
This person is a good leader because he/she is ...
Who is the best one?
So, do we all agree?
We decided that ... should be our president, because ...
We chose him/her because ...

UNIT 2 LANGUAGE SUMMARY

Nouns

Tech features

device
folder
home screen
model
storage

Adjectives

Describing possessions

brand new
common
damaged
fancy
in good condition
modern
outdated
plain
special
used
useful
useless

Verbs

Tech features

delete
set up
sync
try
work

Insider English

now

Glossary

collect
legal

Talking about things you've had for a while

Have you ever felt that way?
I've never played computer games.
Our car has been outside for two years.
We haven't ridden these bikes for years.
I've had my comic books since I was 12.

Talking about things you own

I've already downloaded a lot of apps.
I haven't tried many of them yet.
Have you tried the camera yet?
Yes, I have.

Introducing new topics

So, you know I'm interested in old toys.
And guess what? I just bought two more online.

Changing the subject

By the way, have you heard that Tori is in town?
Oh, before I forget, ...

Staying on track

Anyway, they looked good in the photos.

Using short questions to show interest

I just bought two more online.
You did? Cool!
Tori is in town.
She is? I haven't seen her since she moved.

Useful phrases

I think ... is/are essential because ...
I think ... isn't essential because ...
I think they are bringing this because ...
I think we should bring ... because ...
How long have you had your special item?
I've had it for/since ...
We chose ... because ...
We also chose ...

UNIT 3 LANGUAGE SUMMARY

Nouns

City features

bridge
clinic
embassy
ferry
fire station
highway
hostel
monument
parking lot
sculpture
sidewalk
tunnel

Public transportation

arrival
departure
fare
lines
reservation
route
schedule
terminal

Adjectives

direct

Verbs

book

Insider English

Sorry, one more question.

Glossary

cast

Asking and answering questions about your city

Is there a ferry in your city?
What time does the first ferry run?
I'm studying to be an engineer.
Where can I find the most unusual sculptures?
Hostels are usually cheap.
Where can I play music?

Talking about how to get from one place to another

What should I do?
You should ask a New Yorker. You shouldn't look at those maps.
You could get the AirTrain.
I wouldn't take the subway. I'd get a taxi.
Could I take a train?
Yes, you could. No, you couldn't.

Asking for directions

Can you tell me how to get to meeting room C?
How do I get to the stairs?
Which way is the elevator?
Do you know which floor the cafeteria is on?
Which floor are the restrooms on?

Giving directions

It's upstairs on the fifth floor.
Go down that hallway, and they're on your right.
Go through the lobby, and it's on the left.
It's downstairs in the basement.
Take the elevator to the third floor.

Repeating details to show you understand

Can you tell me how to get to meeting room C?
Meeting room C ... Uh, it's upstairs on the fifth floor.
How do I get to the stairs?
The stairs? Go down that hallway, and they're on your right.

Useful phrases

I think ...
I don't think ...
In my opinion ...
... isn't very well known.
... is a good choice because ...
I think we should include ...
Let's say ... first.
Then we can talk about ...
Next, we should ...
Finally, we can tell the class about ...

UNIT 4 LANGUAGE SUMMARY

Adjectives

Describing opinions and reactions

amused
amusing
annoyed
annoying
disappointed
disappointing
embarrassed
embarrassing
fascinated
fascinating
frightened
frightening
shocked
shocking
surprised
surprising

Verbs

Making decisions and plans

arrange
check
deal with
forget
get in touch with
let (someone) know
look into
meet up
remind
think about

Insider English

ASAP (as soon as possible)

Glossary

lyrics
professional

Describing opinions and reactions

It's going to be embarrassing for her.
This costume is awful! It's going to scare her.
She'll be shocked.
She won't like it.
I think she'll laugh.

Making plans for a trip

I'll deal with renting tents, OK?
OK, and I'll check places to stay.
Are we staying with your cousin?
They're staying with Leo's cousin.
They're not hiring a guide.

Offering reassurance

It'll be fine.
These things happen sometimes.
There's no need to worry.
You'll be fine.
Don't worry about it.
It's no problem.

Responding to reassurance

I hope so.
I really appreciate it.
Thanks, but I feel so bad.

Using *at least* to point out the good side of a situation

Maybe I'll text my parents and cancel ...
No, don't do that. It's no problem. At least you're not missing your main class today.

Useful phrases

We can ...
Here's a good idea.
We need ...
I (don't) think ... will like ...
They're going to ... They'll also ...
We/I think they'll be ...
We/I don't think they'll ...
This is our best idea.
We think it's perfect for ...

UNIT 5 LANGUAGE SUMMARY

Verbs

Losing and finding things

appear
disappear
discover
drop
fall off
get (something) back
leave (something) behind
locate
return
search (for)

Talking about lost and found things

Agustín Aliaga lost his wedding ring.
He didn't find it in the water.
She looked everywhere.
She couldn't locate it.

Talking about needing and giving help

While I was looking at some art, the train came.
The train came while I was looking at some art.
When the train came, I was looking at some art.
When I looked up, the doors were closing.

Giving surprising news

I had a real surprise this morning.
You'll never guess who was standing behind me.
You're not going to believe this.
I can't believe it.

Reacting with surprise

Are you serious?
Is that true?
You're kidding!
Seriously?

Needing and giving help

be grateful (to someone)
be in trouble
break down
feel sorry (for someone)
figure out what to do
get lost
give (someone) a ride
show (someone) where to go
take care (of someone)
warn (someone) that ...

Insider English

subway
train

Glossary

monster
narrow down

Repeating words to express surprise

You'll never guess who was standing behind me.
Who?
An old school friend from Seoul.
From Seoul? Are you serious?

Useful phrases

A few weeks/months/years ago ...
When/While I was ...
Then suddenly ...
Later ...
Seriously?
You're kidding!
That's a great story!
They won't believe that.
Let's say that ...
I think it's true.
It's not true.
No way!
I (can't) believe that ...

UNIT 6 LANGUAGE SUMMARY

Nouns

Urban problems

air
concrete
graffiti
land
noise
pollution
smoke
space
traffic
traffic jam
trash

Adverbs

Adverbs of manner

angrily
beautifully
calmly
clearly
completely
correctly
dangerously
loudly
politely
quietly
safely

Insider English

think twice

Glossary

creepy
steal

Talking about urban problems

Almost all of the land is concrete.
There's so much traffic.
I love living close to so many people.
I expected a lot of noise.
If you talk to them calmly and politely, they'll probably listen.
I wake up several times a night.
I see a little grass here and there.
I see a few trees.
There's very little space.
In Alaska, there's almost none.

Talking about problems and solutions

If there is a lot of garbage in the street, people often leave more trash there.
When you speak angrily to noisy neighbors, they just keep making noise.
If you explain your feelings clearly, they will understand.
They will understand if you explain your feelings clearly.
If you make a special area for graffiti, people won't paint on other buildings.

Expressing concern

Are you all right?
I was really worried!
Is/Was everyone OK?
Is anything wrong?

Expressing relief

I'm so relieved
I'm glad to hear that.
What a relief!
That's such a relief.

Using *though* to give a contrasting idea

Was everyone OK?
Yes. No one was hurt. It was a dangerous situation, though.

Useful phrases

It looks amazing/strange/real.
It's a great idea.
I'm not sure about it.
That's true, but ...
Well, it also ...
So, you're saying ...
But then ...
If we ..., we'll have to ...
People will/won't ...
I (don't) think ... will ...
I (don't) think it will work.
I (don't) think we can ...
We'll need to ...
It will be too ...

UNIT 7 LANGUAGE SUMMARY

Nouns

Music

classical
country
EDM
folk
heavy metal
hip-hop
jazz
pop
reggae
rock

TV shows and movies

animated movie
comedy
documentary
drama
game show
horror
musical
reality show
romantic comedy
science fiction
soap opera
talk show
thriller

Insider English

thanks to + something or someone

Glossary

dramatic

Discussing your changing tastes in music

What did you use to listen to then?
I used to like country music.
I didn't use to buy much music.

Talking about TV shows and movies

Many viewers think that personal devices are as good as TVs.
Nothing is as much fun as watching reality shows with your friends.
Watching a horror movie at home isn't as frightening as watching it in a dark theater.
Do you like watching on your device as much as watching on a big screen?

Refusing invitations

Maybe after that. / Maybe later.
I'd love to, but ...
But thanks for asking.
I'm sorry. Unfortunately, ...

Responding to a refusal

Oh, that's too bad.
I understand.
Let me know if your plans change.
Let me know if you change your mind.

Softening comments

Are you free on Saturday?
I'm sorry. Unfortunately, I'm going to be kind of busy all weekend.

Useful phrases

I used to like ..., but now I don't like it so much.
I've always liked ...
My favorite ... is/was ...
I think everyone / most people / some people ...
I don't think many people / anyone ...
I think this is true.
I disagree.
I think this is partly true.
I agree that ..., but I disagree that ...

UNIT 8 LANGUAGE SUMMARY

Nouns

Describing experiences

achievement
challenge
change
chore
job
opportunity
process
project
success

Verbs

Describing progress

concentrate on something
do your best
get nowhere
have a chance to do something
have problems with something
have time to do something
have trouble with something
make good progress
save (a lot of) time
spend (a lot of) time doing something
take it easy
waste (a lot of) time

Insider English

It's worth it.
It'll be worth it.

Talking about what you've been doing

What have you been doing?
I've been painting pictures of nature.
I haven't been going out at all.
Have you been going out?
Yes, I have. / No, I haven't.

Talking about progress

I've been making good progress.
I've been getting nowhere.
I've been having problems with that.
I've been having trouble with that.
I haven't had time to do that.
I haven't had a chance to do that.
I've been doing my best.
I've been taking it easy.
I've been spending a lot of time doing that.
I've been concentrating on that.
I've wasted a lot of time.
I've saved a lot of time.

Saying how long it's been

It's been a long time.
I haven't seen you since last spring / for a long time.

Asking about someone's news

What have you been up to?
What have you been doing?
What's going on with him?
How have you been?

Answering

The same as usual.
I've been (really) busy.
Not much.

Using *that would be* to comment on something

Why don't we go and have lunch together? I know a great Chinese restaurant.
Really? That would be great! I love Chinese food.

Useful phrases

... makes me happy.
I enjoy ...
I don't really like ...
I'm not interested in ...
I've been spending a lot of time ...
I haven't had (much) time to ...
I want to spend more/less time ...
You could ... Or you could ...
What about ...ing ...?

UNIT 9 LANGUAGE SUMMARY

Nouns

College subjects

architecture
biology
business
chemistry
computer science
economics
education
engineering
law
medicine
physics
political science

Employment

career
contract
employer
profession
retirement
salary
wage
working hours

Verbs

Employment

apply
fire
hire
manage

Insider English

See how it goes.

Glossary

applicant
deadline
degree
major
qualifications

Talking about college subjects

I have to get a degree first.
I don't have to choose a job yet.
Applicants must take 120 credits of any subject to get a degree.
Why do you need to get a degree?
Don't you have to choose a major?

Discussing rules for working and studying at home

You can't waste time.
You must not miss your deadlines.
You can take short breaks.
May I email you?

Expressing confidence

That won't be a problem.
That doesn't bother me.
I think I can handle that.

Expressing lack of confidence

I'm not sure I can handle that.
I don't think I'm strong enough.
That concerns me a little.

Focusing on reasons

Me, doing jujitsu? I'm not sure I can handle that! The thing is, I'm not very strong.

Useful phrases

You have to be good at ...
You need to know a lot about ...
You have to be interested in ...
You could make/help/sell/design ...
You could be a / work in a ...
My partner's job is ...
It would be perfect for him/her because ...

UNIT 10 LANGUAGE SUMMARY

Nouns

Describing materials

cotton
glass
leather
metal
plastic
polyester
stone
wood
wool

Adjectives

Describing materials

artificial
fragile
hard
heavy
light
natural
soft
strong
warm
waterproof

Verbs

Production and distribution

catch
deliver
design
export
freeze
grow
import
manufacture
pick
produce
ship
store
transport

Insider English

-friendly

Glossary

brand
eco-friendly
feedback
green
otherwise

Saying what things are made of

Cotton is taken from plants.
Large amounts of water are needed.
A lot of chemicals are used by cotton farmers.

Talking about where things come from

The tuna was caught weeks ago.
The coffee beans were imported.
My laptop wasn't made in the US.
The beans weren't grown in Canada.
The coffee was exported from Brazil.

Questioning someone's choices

Why would you want to buy/get that?
Do you really need a sofa bed?
Are you sure you want to get that?

Approving of someone's choices

Now that's a good idea.
That's what I would do.
I think you made the right choice.

Changing your mind

Ok, you convinced me. I'll get an air mattress.
That's what I would do. But, now that I think about it, if you get the sofa bed, you could give me your couch!
Are you sure you want to get that? It's really spicy.
On second thought, I'll have the soup.

Useful phrases

... are bought for / because / in order to ...
You see a (person/thing). They (do something).
And then ... At the end, ...

UNIT 11 LANGUAGE SUMMARY

Nouns

Opportunities and risks

advantage
disadvantage
effect
goal
option
purpose
research
result
reward
risk
situation

Verbs

Succeeding

figure something out
get over something
give something up
give up
keep something up
set something up
stand out
work at something
work out

Opportunities and risks

consider
effect
research
result
reward
risk

Insider English

I'm moving on.

Glossary

benefit

Talking about how to succeed

If that doesn't work out, I hope failure is good for me.
They set up a company. They set it up.
I figured out the answer. I figured it out.
They got over the failure. They got over it.
I don't want to give up my job. I don't want to give it up.
You have a good job. Don't give it up.
Keep trying. Don't give up.

Talking about imaginary situations

Would you swim across a river full of crocodiles if I offered you a million dollars?
If I succeeded, the reward would be fantastic.
If I spent \$100,000 on a "crocodile-proof" suit, I'd still make \$900,000!
I wouldn't be able to spend a million dollars if I ended up inside a crocodile!

Asking for agreement

Don't you think?
..., right?
..., you know?
Don't you agree?

Agreeing

Yeah, especially when it pays so well.
Yeah, I agree with you.
Good point.
I see what you mean.

Softening an opinion

I guess it's hard to give up a good job.
I feel like it's hard to give up a good job.

Useful phrases

I know him/her!
He/She is ...
I would want ... to ... because ...
That would be ...
I'd put ... on the cover because ...
... is a good choice because ...
I wouldn't choose ... because ...
We chose ... because ...
We felt that ...
We admire ... for his/her ...

UNIT 12 LANGUAGE SUMMARY

Adjectives

Describing extremes

boiling
enormous
exhausted
freezing
huge
magnificent
miserable
starving
terrific
terrified
thrilled
tiny

Verbs

Describing accidents

be mad at
blame
damage
destroy
fall out
feel bad (about)
knock off
leave on
leave open
pick up
pull out
shake
slip
spill

Insider English

You've never seen anything like it!

Talking about accidents

Ketchup spilled everywhere.
Everyone was mad at me.
I knocked something off my plate.
I was in a restaurant somewhere.
You've never seen anything like it!
She said nothing.

Talking about extreme experiences

"It's difficult."
She said (that) it was difficult.
"They're doing well."
She said (that) they were doing well.
"They did well."
She said (that) they had done well.
"They've done well."
She said (that) they had done well.
"They can do it."
She said (that) they could do it.
"It will be difficult."
She said (that) it would be difficult.
"It's going to be easy."
She said (that) it was going to be easy.

Describing your feelings

Actually, I was shocked.
What a nightmare!
I couldn't stop smiling.
It was a horrible/fantastic experience.

Asking about or guessing others' feelings

You must have been furious.
I bet that made you feel good.
I bet that made you feel bad.
How did that make you feel?

Ending a story

Yeah. I couldn't stop smiling. In the end, / After all that,
it turned into a dream vacation!

Useful phrases

Once, I went/did/tried ...
It was terrific!
At first, I was terrified, but then ...
... told me that ...
He/She said that ...
I think it sounds fun.
I'd like to try it.
Nobody else wants to ...
... said he/she was terrified of ...
Most of us would like to ...