

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Seeing and hearing</b>					
hear	verb	hɪə(r)	hɪr	to realize that someone or something is making a sound	He listened but didn't <b>hear</b> anything else.
listen	verb	'lɪs(ə)n		to pay attention to a sound, or to try to hear a sound	When he speaks, everybody <b>listens</b> .
look	verb	lʊk		to direct your eyes towards someone or something so that you can see them	<b>Looking</b> closely you could see drops of water on the window.
notice	verb	'nəʊtɪs	'noʊtɪs	to become conscious of someone or something by seeing, hearing, or feeling them	I <b>noticed</b> that the door was open.
observe	verb	əb'zɜ:(r)v	əb'zɜrv	to notice someone doing something, or to notice something happening	Similar trends may be <b>observed</b> in most modern societies.
recognise	verb	'rekəɡnaɪz	'rekəɡ,naɪz	to know who the person is or what the thing is that you are seeing, hearing etc. because you have seen, heard etc. them before	I hardly <b>recognized</b> you with a beard!
see	verb	si:	si	to notice someone or something using your eyes	She laughed when she <b>saw</b> the expression on his face.
sound	verb	saʊnd	saʊnd	something that you can hear	My car is making strange <b>sounds</b> .
spot	verb	spɒt	spɑt	to notice someone or something	Hugh was <b>spotted</b> by local police and had to leave quickly.
stare	verb	steə(r)	ster	to look at someone or something very directly for a long time	It's rude to <b>stare</b> .
watch	verb	wɒtʃ	wɑtʃ	to look at someone or something for a period of time	Have you been <b>watching</b> the election campaign?
<b>Languages</b>					
accent	noun	'æks(ə)nt	'æksənt	a way of saying words that shows what country, region, or social class someone comes from	Tom hasn't lost his Irish <b>accent</b> .
accurately	adverb	'ækjʊrətli	'ækjərətli	in a way that is correct or true in every detail	Have I described the situation <b>accurately</b> ?
bilingual	adjective	bai'ɪŋɡwəl		someone who is bilingual is able to speak two languages extremely well	She speaks French and Spanish so she is <b>bilingual</b> .
fluently	adverb	'flu:(t)əntli	'fluəntli	spoken well and without difficulty	He speaks English <b>fluently</b> .
idiom	noun	'ɪdiəm		an expression whose meaning is different from the meaning of the individual words	'To have your feet on the ground' is an <b>idiom</b> meaning 'to be sensible'.
monolingual	adjective	ˌmɒnəʊ'lɪŋɡwəl	ˌmɑnoʊ'lɪŋɡwəl	speaking, writing, or using only one language	She only speaks French so she is <b>monolingual</b> .
phrase	noun	freɪz		a group of words that are used together in a fixed expression	Several of those interviewed used the <b>phrase</b> 'being my own boss'.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Collocations: making big decisions</b>					
lose heart	phrase	lu:z hɑ:(r)t	luz hart	to stop believing that you can succeed	He never <b>lost heart</b> , even though his rival was way ahead.
make the break/change	phrase	meɪk ðə breɪk/tʃeɪndʒ		to make a decision to change something in your life, usually something significant	I decided to <b>make the break</b> and buy my own place.
make a decision	phrase	meɪk ə dɪ'sɪʒ(ə)n		a choice that you make after thinking carefully	The committee should <b>make a decision</b> later this week.
put a plan into action	phrase	pʊt ə plæn ɪn'tu: 'ækj(ə)n	pʊt ə plæn ɪn'tu 'ækj(ə)n	to start using an idea to succeed in doing something	We are ready to <b>put our plan into action</b> .
set short-term and long-term goals	phrase	set ʃɔ:(r)t tɜ:(r)m ænd lɔŋ tɜ:(r)m gəʊls	set ʃɔrt tɜrm ænd lɔŋ tɜrm gəʊls	to decide what you want to achieve in the near future and for the future generally	It's important to <b>set short-term and long-term goals</b> for your career.
stay motivated	phrase	steɪ 'məʊtɪveɪtɪd	steɪ 'mouɪveɪtəd	to keep enthusiastic and determined to achieve success	Athletes must <b>stay motivated</b> in order to reach the top.
take the next step	phrase	teɪk ðə nekst step		to perform a particular action, usually something significant	They decided to <b>take the next step</b> and get married.
turn a dream into reality	phrase	tɜ:(r)n ə dri:m ɪn'tu: ə rɪ'æləti	tɜrn ə drɪm ɪn'tu ə rɪ'æləti	to make something happen that you have always hoped for	She <b>turned</b> her <b>dream</b> of living in Paris <b>into a reality</b> .
work towards a goal	phrase	wɜ:(r)k tə'wɔ:(r)dz ə gəʊl	wɜrk tə'wɔrdz ə gəʊl	to do things that help you to make progress towards something that you want to achieve	Daniel is <b>working towards</b> his <b>goal</b> of becoming a chef.
<b>Dependent prepositions (verb/adjective + for/of)</b>					
ask for	phrasal verb	ɑ:sk fɔ:	æsk fɔr	to speak or write to someone because you want them to give you something	You could <b>ask for</b> part-time work.
aware of	phrasal verb	ə'weər ɒv	ə'wer əv	knowing about a situation or a fact	We are <b>aware of</b> this problem.
look for	phrasal verb	lʊk fɔ:	lʊk fɔr	to hope to get something that you want or need	Mike is <b>looking for</b> work.
prepare for	phrasal verb	pri'peə fɔ:	pri'per fɔr	to make plans for a future event so that you will be ready for it	Mary is <b>prepared for</b> retirement.
proud of	phrasal verb	praʊd ɒv	praʊd əv	feeling happy about your achievements, your possessions, or people who you are connected with	He was very <b>proud of</b> himself for winning.
suitable for	phrasal verb	'su:təb(ə)l fɔ:	'sutəbəl fɔr	right for a particular purpose, person, or situation	The film wasn't <b>suitable for</b> a younger person.
typical of	phrasal verb	'tɪpɪk(ə)l ɒv	'tɪpɪk(ə)l əv	used for saying that someone is behaving in the way that they usually behave	The story is <b>typical of</b> this newspaper.
work for	phrasal verb	wɜ:(r)k fɔ:	wɜrk fɔr	to have a job, usually one that you are paid to do	Sara could <b>work for</b> a café.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Problems and solutions</b>					
agree on	phrasal verb	ə'gri: ɒn	ə'gri ɒn	to have the same opinion as somebody else about something	The committee members all <b>agree on</b> the need for more information.
analyse	verb	'ænləɪz		to study or examine something in detail in order to understand or explain it	You need the ability to <b>analyse</b> and evaluate information.
cause	verb	kɔ:z	kɔz	an event, thing, or person that makes something happen	The major <b>cause</b> of these accidents is drivers going too fast.
come up with	phrasal verb	kʌm ʌp wɪð		to think of something such as an idea or a plan	Is that the best you can <b>come up with</b> ?
deal with	phrasal verb	di:l wɪð	dil wɪð	to take action to do something, especially to solve a problem	The government must now <b>deal with</b> the problem of high unemployment.
solve	verb	sɒlv	sɒlv	to find a solution to something that is causing difficulties	We can help you <b>solve</b> your financial problems.
suggest	verb	sə'dʒest	səg'dʒest	to offer an idea or a plan for someone to consider	The report <b>suggested</b> various ways in which the service could be improved.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Collocations: travel information</b>					
cancel a train	phrase	'kænsəl ə treɪn		to decide that a scheduled train will no longer run	Keith was late because they had <b>cancelled a train</b> .
good service	phrase	ɡʊd 'sɜ:(r)vɪs	ɡʊd 'sɜrvɪs	positive work or duties done for a person or an organization	Kate was impressed by the <b>good service</b> at the restaurant.
heavy traffic	phrase	'hevi 'træfɪk		a lot of vehicles that are travelling in an area at a particular time	Sorry I'm late – I was stuck in <b>heavy traffic</b> .
overcrowded	adjective	ˌəʊvə(r)'kraʊdɪd	ˌoʊvər'kraʊdəd	containing too many people	This train is <b>overcrowded</b> – I can't find a seat.
road works	phrase	rəʊd wɜ:(r)ks	rəʊd wɜrks	repairs that are done to the surface of a road	There are <b>road works</b> here because they are changing the road.
rush hour	phrase	rʌʃ 'aʊə(r)	rʌʃ 'aʊr	the time of day when there are a lot of cars on the road because most people are travelling to or from work	I hate travelling in <b>rush hour</b> because everything is so slow.
severe delay	phrase	sɪ'vɪə dɪ'leɪ	sɪ'vɪr dɪ'leɪ	a situation in which a plane, train etc. leaves or arrives very late	There is a <b>severe delay</b> on the motorway due to an accident.
slight delay	phrase	slaɪt dɪ'leɪ		a situation in which a plane, train etc. leaves or arrives a little bit late	There is a <b>slight delay</b> to the flight.
traffic jam	noun	'træfɪk dʒæm		a line of vehicles waiting behind something that is blocking the road	We were stuck in a <b>traffic jam</b> .
underground line	noun	'ʌndə(r),graʊnd laɪn	'ʌndər,graʊnd laɪn	the route for a method of transport which runs under the surface of the ground	You have to take the <b>underground line</b> to get there.
<b>Nouns ending in -ion</b>					
communication	noun	kə,mju:nɪ'keɪʃ(ə)n	kə,mjunɪ'keɪʃ(ə)n	the process of giving information or of making emotions or ideas known to someone	There was a breakdown in <b>communication</b> .
connection	noun	kə'nekʃ(ə)n		a relationship between things or events	I fail to see a <b>connection</b> between the two cases.
decision	noun	dɪ'sɪʒ(ə)n		a choice that you make after thinking carefully	The committee should make its <b>decision</b> later this week.
expectation	noun	ˌekspek'teɪʃ(ə)n		the belief that something will happen	The team set off without any <b>expectation</b> of success.
expression	noun	ɪks'preʃən		a look on someone's face that shows what their thoughts or feelings are	You should have seen the <b>expression</b> on his face!
inspiration	noun	ˌɪnspə'reɪʃ(ə)n	ˌɪnspɪ'reɪʃ(ə)n	a sudden feeling of enthusiasm, or a new idea that helps you to do or create something	She was the <b>inspiration</b> for his new book.
reaction	noun	rɪ'ækʃ(ə)n		the way that you feel or behave as a result of something that happens	My mother's initial <b>reaction</b> was quite unexpected.
situation	noun	ˌsɪtʃu'eɪʃ(ə)n		the set of conditions that exist at a particular time in a particular place	If the <b>situation</b> had been different, their plan might have succeeded.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Gradable and ungradable adjectives</b>					
angry	adjective	'æŋɡri		very annoyed	He is very <b>angry</b> about the way he's been treated.
awful	adjective	'ɔ:f(ə)l	'ɔf(ə)l	used for emphasizing how unpleasant someone or something is	This wine tastes <b>awful</b> .
big	adjective	bɪɡ		large in size	That bag is too <b>big</b> to take on the plane.
brilliant	adjective	'brɪljənt		very intelligent	She is a <b>brilliant</b> scientist.
dirty	adjective	'dɜ:(r)ti	'dɜrti	not clean	I felt <b>dirty</b> , hungry and cold.
enormous	adjective	ɪ'nɔ:(r)məs	ɪ'nɔrməs	very large in size or quantity	We couldn't finish the <b>enormous</b> birthday cake.
excellent	adjective	'eksələnt		extremely good	It's quite an old bike, but in <b>excellent</b> condition.
fantastic	adjective	fæn'tæstɪk		extremely good or pleasant	It's a <b>fantastic</b> view from up here.
filthy	adjective	'fɪlθi		very dirty	The kitchen was <b>filthy</b> after he had cooked.
furious	adjective	'fjʊəriəs		extremely angry	Roberts' comments provoked a <b>furious</b> public response.
good	adjective	ɡʊd		of a high quality or standard	We saw a really <b>good</b> film last night.
hilarious	adjective	hɪ'leəriəs		extremely funny	For some reason, she finds his jokes <b>hilarious</b> .
huge	adjective	hju:dʒ	hjudʒ	extremely large in size	She arrived at the airport carrying two <b>huge</b> suitcases.
impossible	adjective	ɪm'pɒsəb(ə)l	ɪm'pasəb(ə)l	if something is impossible, no one can do it or it cannot happen	We were faced with an <b>impossible</b> task.
massive	adjective	'mæsɪv		very large or heavy	There are the <b>massive</b> columns at Luxor.
small	adjective	smɔ:l	smɔl	not large in size, amount, or number	These shoes are too <b>small</b> for me.
superb	adjective	sʊ'pɜ:(r)b	su'pɜrb	of the highest quality	The Hotel Gardesana offers <b>superb</b> views of the lake.
terrible	adjective	'terəb(ə)l		making you feel very upset or afraid	The test came as a <b>terrible</b> shock to the class.
tiny	adjective	'taɪni		extremely small	The floor was covered in <b>tiny</b> bits of paper.
wonderful	adjective	'wʌndə(r)f(ə)l	'wʌndərfəl	extremely good	There was a <b>wonderful</b> view from the window.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Collocations: goals and resolutions</b>					
keep a resolution	phrase	ki:p ə ,rezə'lʊ:f(ə)n	kip ə ,rezə'lʊf(ə)n	to stick to a plan	I hope you <b>keep your resolution</b> to stop smoking.
break a resolution	phrase	breɪk ə ,rezə'lʊ:f(ə)n	breɪk ə ,rezə'lʊf(ə)n	to not do what you promised	I <b>broke a resolution</b> not to eat meat when I went to the restaurant yesterday.
cut down on	phrase	kʌt daʊn ɒn	kʌt daʊn ɑn	to do less of something	She wants to <b>cut down on</b> the amount of chocolate she eats.
make a resolution	phrase	meɪk ə ,rezə'lʊ:f(ə)n	meɪk ə ,rezə'lʊf(ə)n	to set (yourself) a goal	Are you going to <b>make a resolution</b> this year?
quit a bad habit	phrase	kwɪt ə bæd 'hæbɪt		to stop doing something that is not good for you	You should <b>quit</b> biting your nails.
reach a target	phrase	ri:tʃ ə 'tɑ:(r)ɡɪt	ri:tʃ ə 'tɑrgət	to achieve something	I aim to <b>reach the target</b> by March.
<b>Prefixes: dis-, mis-, over-, re-, under-</b>					
disagree	verb	ˌdɪsə'ɡri:z		to have an opinion that is different from the opinion that another person has	I totally <b>disagree</b> with every word that you say.
disappear	verb	ˌdɪsə'piə	ˌdɪsə'piɹ	to no longer happen or exist	Many public libraries in the city are <b>disappearing</b> .
dislike	verb	dɪs'laɪk		to not like someone or something	Philip thoroughly <b>disliked</b> her.
misplace	verb	ˌmɪs'pleɪs		to put something in the wrong place and lose it, especially temporarily	I <b>misplaced</b> my umbrella and now I'm really wet!
misunderstand	verb	ˌmɪsʌndə(r)'stænd	ˌmɪsʌndər'stænd	to not understand someone or something correctly	I think he has <b>misunderstood</b> the problem.
overpopulated	adjective	ˌəʊvə(r)'pɒpjʊˌleɪtɪd	ˌəʊvər'pɑpjəˌleɪtəd	a place that has too many people living in it	This city is <b>overpopulated</b> .
overwork	verb	'əʊvəwɜ:k	ˌəʊvər'wɜrk	to work harder than you should	I think people in that company are always <b>overworked</b> .
rebuild	verb	ri:'bɪld		to build something again after it has been damaged or destroyed	They had to <b>rebuild</b> the theatre after the fire.
rethink	verb	ˌri:'θɪŋk	ˌri'θɪŋk	to consider something such as an idea, plan, or system again in order to change it	Competitive pressures are forcing managers to <b>rethink</b> their strategies.
underpaid	adjective	ˌʌndə(r)'peɪd	ˌʌndər'peɪd	not earning enough money for work that you do	He works very hard but is <b>underpaid</b> .

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Employment skills and qualities</b>					
be able to work well under pressure	phrase	bi: "eɪb(ə)l tu: wɜ:k wel 'ʌndə 'preʃə(r)	bi "eɪb(ə)l tu wɜ:rk wel 'ʌndər 'preʃər	to perform duties or tasks to a good standard despite difficult circumstances	The role requires you <b>to be able to work well under pressure</b> .
be good at team work	phrase	bi: ɡʊd æt ti:m wɜ:k	bi ɡʊd æt tim wɜ:rk	to work well with other people to achieve a result	You need <b>to be good at team work</b> in this job.
be reliable	phrase	bi: rɪ'laɪəb(ə)l	bi rɪ'laɪəb(ə)l	to be someone who you can trust to behave well, work hard, or do what you expect them to do	Hannah <b>is</b> very <b>reliable</b> .
have creative thinking skills	phrase	hæv kri'eɪtɪv 'θɪŋkɪŋ skɪlz		to have a lot of imagination and new ideas	Children <b>have</b> better <b>creative thinking skills</b> than some adults.
be good at time management	phrase	bi: ɡʊd æt taɪm 'mænɪdʒmənt	bi ɡʊd æt taɪm 'mænɪdʒmənt	to be someone who completes tasks on time	My manager <b>is good at time management</b> .
have good communication skills	phrase	hæv ɡʊd kəmju:nɪ'keɪʃən skɪlz	hæv ɡʊd kəmjunə'keɪʃən skɪlz	to be able to give information clearly or make emotions or ideas known to others	To work as a teacher you need to <b>have good communication skills</b> .
have good digital technology skills	phrase	hæv ɡʊd 'dɪdʒɪt(ə)l tek'nɒlədʒi skɪlz	hæv ɡʊd 'dɪdʒətəl tek'nɒlədʒi skɪlz	to be able to use technology such as computers to a good standard	The people in the marketing team <b>have good digital technology skills</b> .
have good people skills	phrase	hæv ɡʊd 'pi:p(ə)l skɪlz	hæv ɡʊd 'pip(ə)l skɪlz	to be able to interact with others well	You will need to work as part of a team so it is important to <b>have good people skills</b> .
<b>Verbs of influence</b>					
advise	verb	əd'vaɪz		to give your opinion to someone about the best thing to do in a particular situation	I'm afraid I'm not able to <b>advise</b> you.
allow	verb	ə'laʊ		to give someone permission to do or have something	I'm sorry, sir, but smoking is <b>not allowed</b> .
encourage	verb	ɪn'kʌrɪdʒ		to suggest that someone does something that you believe would be good	We <b>encourage</b> student participation in our classes.
let	verb	let		to allow something to happen	I stepped back and <b>let</b> him pass.
make	verb	meɪk		to cause someone or something to be in a particular state or to change to another state	This film always <b>makes</b> me cry.
persuade	verb	pə(r)'sweɪd	pər'sweɪd	to make someone agree to do something by giving them reasons why they should	He did finally come with us, although it took a long time to <b>persuade</b> him.
tell	verb	tel		to give information to someone	If you see anything suspicious, <b>tell</b> the police.
want	verb	wɒnt	wʌnt	to feel that you would like someone to do something or would like something to happen	She <b>wanted</b> him to make dinner.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Business collocations</b>					
attract new customers	phrase	ə'trækt nju: 'kʌstəməz	ə'trækt nu 'kʌstəmərz	make people interested in a product or idea	The social media campaign will hopefully <b>attract new customers</b> .
attract new investors	phrase	ə'trækt nju: ɪn'vestəz	ə'trækt nu ɪn'vestərz	make people interested in a product or idea so they will invest money in it	We are attending conferences to <b>attract new investors</b> .
build a brand	phrase	bɪld ə brænd		make or develop a product or group of products that has its own name and is made by one particular company	We need the team to work together to <b>build a brand</b> .
build a reputation	phrase	bɪld ə ,repjʊ'teɪʃ(ə)n	bɪld ə ,repjə'teɪʃ(ə)n	make or develop the opinion that people have about how good something is	It may take a while to <b>build a reputation</b> .
launch a new marketing campaign	phrase	lɔ:ntʃ ə nju: 'mɑ:kɪtɪŋ kæm'peɪn	lɔntʃ ə nu 'mɑrkətɪŋ kæm'peɪn	to start a series of things such as television advertisements or posters that try to persuade people to buy a product	The company plans to <b>launch a new marketing campaign</b> next month.
launch a new product	phrase	lɔ:ntʃ ə nju: 'prɒdʌkt	lɔntʃ ə nu 'prədəkt	to start selling a new item	We aim to <b>launch a new product</b> every year.
make a profit	phrase	meɪk ə 'prɒfɪt	meɪk ə 'prəfɪt	to have money remaining after you have paid all your business costs	Investors have <b>made</b> a 14% <b>profit</b> in just 3 months.
make money	phrase	meɪk 'mʌni		to receive money from selling something	This is the only way we will <b>make money</b> .
run a business	phrase	rʌn ə 'bɪznəs		to manage a small organization	You need to be dedicated to <b>run a business</b> .
run a company	phrase	rʌn ə 'kʌmpəni		to manage a large organization	I would love to <b>run a company</b> one day.



Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Adjectives ending in -ive</b>					
active	adjective	'æktɪv		someone who is active does a lot of different activities and has a lot of energy and interests	People are remaining <b>active</b> into later life.
aggressive	adjective	ə'grɛsɪv		behaving in an angry or rude way that shows you want to fight, attack, or argue with someone	Bailey became increasingly <b>aggressive</b> when they disagreed with him.
attractive	adjective	ə'træktɪv		something that is attractive is pleasant in some way	A pretty village set in <b>attractive</b> countryside.
competitive	adjective	kəm'petətɪv		a competitive activity is one in which companies or teams are competing against each other	He gave up playing <b>competitive</b> football at the age of 24.
creative	adjective	kri'eɪtɪv		involving a lot of imagination and new ideas	Painting is a <b>creative</b> process.
decisive	adjective	dɪ'saɪsɪv		able to make choices or decide what to do quickly and confidently	It's best to ask her because she's very <b>decisive</b> .
effective	adjective	ɪ'fektɪv		someone or something that is effective works well and produces the result that was intended	Humour is often far more <b>effective</b> than shouting.
impressive	adjective	ɪm'presɪv		if something is impressive, you admire it	The list of their achievements is pretty <b>impressive</b> .
inexpensive	adjective	ɪnɪk'spensɪv		something that is inexpensive does not cost much money	It was an <b>inexpensive</b> hotel.
massive	adjective	'mæsɪv		very large or heavy	The new shopping centre is <b>massive</b> .
<b>Sport</b>					
champion	noun	'tʃæmpɪən		someone who has won an important competition, especially in sport	He is the world heavyweight boxing <b>champion</b> .
coach	noun	kəʊtʃ		someone who trains a sports player or team	Nadal has a new <b>coach</b> .
final	noun	'faɪn(ə)l		the last game, race etc. in a competition	Last year the team made it all the way to the <b>final</b> .
league	noun	li:g	li:g	a group of teams or players who regularly compete against one another, put in order according to how many points they have won	The Italian first-division football <b>league</b> .
spectator	noun	spek'tetə(r)	'spek'tetər	someone who watches a public activity or event, especially a sports event	The final game attracted a crowd of over 50,000 <b>spectators</b> .
stadium	noun	'stɛdɪəm		a large building, usually without a roof, where people watch sports events such as football matches or races	The <b>stadium</b> was completely full.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
supporter	noun	sə'pɔ:(r)tə(r)	sə'pɔrtər	someone who likes to watch a particular sports team and wants that team to win	The Barcelona <b>supporters</b> were very loud.
top player	noun	tɒp 'pleɪə(r)	tɒp 'pleɪər	highest player in status, degree, or importance	He is the <b>top player</b> in our team.
tournament	noun	'tʊə(r)nəmənt	'tɜrnəmənt	a series of games in which the winner of each game plays in the next game until there is one player or team left	She plays in a <b>tournament</b> every month.
trophy	noun	'trɒʃi		a large silver cup or similar object given as a prize to the winner of a competition, especially a sports event	Mexico has not lifted the <b>trophy</b> since 1975.
<b>Hobbies and free time activities</b>					
be a fan of something/somebody	phrase	bi: ə fæn ɒv 'sʌmθɪŋ/'sʌmbədi	bi ə fæn əv 'sʌmθɪŋ/'sʌmɒdi	someone who likes watching or listening to something such as a sport, films, or music very much, or who admires a famous or important person very much	I <b>am a fan of</b> football.
be a member of a fan club	phrase	bi: ə 'membə(r) ɒv ə fæn klʌb	bi ə 'membər əv ə fæn klʌb	someone who belongs to a club, organization, or group which admires someone or something	He <b>is a member of</b> the Manchester United <b>fan club</b> .
be into something	phrase	bi: ɪn'tu: 'sʌmθɪŋ	bi ɪn'tu 'sʌmθɪŋ	to be interested in something	She <b>is</b> really <b>into</b> sewing.
be your thing	phrase	bi: jɔ: θɪŋ	bi jɔr θɪŋ	something that you are good at and/or like doing	I'm afraid baking <b>is</b> not <b>my thing</b> .
be relaxing	phrase	bi: rɪ'læksɪŋ	bi rɪ'læksɪŋ	to be pleasant and making you feel relaxed	Swimming <b>is</b> very <b>relaxing</b> .
collect	verb	kə'lekt		to get things and keep them together for a particular reason	My grandfather <b>collects</b> rare coins.
escape from daily stress	phrase	ɪ'skeɪp frɒm 'deɪli stres	ɪ'skeɪp frəm 'deɪli stres	to move away from things which make you feel stressed	I like to do yoga to <b>escape from daily stress</b> .
get you out of the house	phrase	get ju: aʊt ɒv ðə haʊs	get ju aʊt əv ðə haʊs	something which you do which is out of the house	Hiking is good as it <b>gets you out of the house</b> .
join a society	phrase	dʒɔɪn ə sə'saɪəti		to become a member of an organization or club for people who have a particular interest or who take part in a particular activity	I am hoping to <b>join a society</b> at university so I can meet more people.
keep you fit	phrase	ki:p ju: fɪt	kip ju fɪt	something which involves exercise to keep you healthy	I enjoy swimming because it <b>keeps you fit</b> .
lose interest in something	phrase	lʊz ɪn'trəst ɪn 'sʌmθɪŋ	luz ɪn'trəst ɪn 'sʌmθɪŋ	to stop being interested in something	I used to do yoga but I <b>lost interest in</b> it.
take up a hobby	phrase	teɪk ʌp ə 'hɒbi	teɪk ʌp ə 'hɒbi	to start doing something you enjoy when you are not working	My brother is always bored so I suggested he <b>take up a hobby</b> .

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Phrasal verbs</b>					
carry on	phrasal verb	'kæri ɒn	'keri ɑn	to continue without stopping	He moved to London to <b>carry on</b> his work.
clear up	phrasal verb	klɪər ʌp	klɪr ʌp	to make everything clean and tidy again after making a mess	I'll <b>clear up</b> if you want to go to bed.
dish up	phrasal verb	dɪʃ ʌp		to put food into dishes so that it is ready to be eaten	Can you <b>dish up</b> the food while it's hot?
give up	phrasal verb	ɡɪv ʌp		to lose something, especially something you want to keep, to get something else or help someone	We <b>gave up</b> on the idea of walking and took the bus instead.
keep up	phrasal verb	ki:p ʌp	kip ʌp	to continue at the same high level	<b>Keep up</b> the good work.
let down	phrasal verb	let daʊn		to make someone disappointed by not doing something that they are expecting you to do	The families of the victims feel that the justice system has <b>let</b> them <b>down</b> .
put away	phrasal verb	pʊt ə'weɪ		to put something in the place where you usually keep it when you are not using it	He <b>put</b> the notebook <b>away</b> and stood up.
put off	phrasal verb	pʊt ɒf	pʊt ɔf	to decide to do something later, not now	You can't <b>put</b> the decision <b>off</b> any longer.
set up	phrasal verb	set ʌp		to organize or plan something such as an event or system	A film night would be very easy to <b>set up</b> .
start off	phrasal verb	stɑ:t ɒf	start ɔf	to begin, especially in a particular way or by doing a particular thing	Many store managers <b>started off</b> as sales assistants.
stay in	phrasal verb	steɪ ɪn		to remain in your home for a period of time	I think I'd rather <b>stay in</b> tonight.
take off	phrasal verb	teɪk ɒf	teɪk ɔf	to become successful or popular very fast	Her business has really <b>taken off</b> .
try out	phrasal verb	traɪ aʊt		to test someone or something to see what they are like or whether they are suitable or effective	John hopes to <b>try out</b> his new running shoes this weekend.
turn down	phrasal verb	tɜ:(r)n daʊn	tɜrn daʊn	make something lower/ colder/quieter	Can you <b>turn</b> the music <b>down</b> a bit?
turn up	phrasal verb	tɜ:(r)n ʌp	tɜrn ʌp	arrive without making an appointment	There is no need to book – just <b>turn up</b> on the night.
work out	phrasal verb	wɜ:(r)k aʊt	wɜrk aʊt	find the answer by thinking carefully	I can't <b>work out</b> what to do.
<b>Adjectives to describe food</b>					
buttery	adjective	'bʌtəri		buttery food has a lot of butter in it, or tastes as if it has butter in it	The biscuits she made were delicious and <b>buttery</b> .
cheesy	adjective	'tʃi:zi		tasting like cheese	It has a very strong <b>cheesy</b> flavour to it.
chocolatey	adjective	'tʃɒkləti	'tʃakləti	chocolatey food has a lot of chocolate in it, or tastes like chocolate	The cake is a bit too <b>chocolatey</b> for me.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
creamy	adjective	'krɪmi		a creamy substance is thick, soft, and smooth and does not flow easily	This sauce is so <b>creamy</b> .
delicious	adjective	dɪ'lɪʃəs		with a very pleasant taste or smell	This sauce is <b>delicious</b> with fish or vegetables.
disgusting	adjective	dɪs'gʌstɪŋ		extremely unpleasant	Those boxes of fish smelt absolutely <b>disgusting</b> .
fatty	adjective	'fæti		containing a lot of fat	<b>Fatty</b> foods are bad for you.
filling	adjective	'fɪlɪŋ		food that is filling makes you feel full quickly	This pie I ordered is very <b>filling</b> .
fruity	adjective	'fru:ti	'fruti	tasting or smelling like fruit	It is a <b>fruity</b> red drink.
meaty	adjective	'mi:ti	'miti	containing a lot of meat	That dish is very <b>meaty</b> .
mild	adjective	mɑɪld		does not have a strong taste	The curry is actually quite <b>mild</b> .
milky	adjective	'mɪlki		something that is milky is the colour of milk	She has <b>milky</b> skin.
nutty	adjective	'nʌti		containing nuts, or having the taste of nuts	The biscuits were <b>nutty</b> .
oily	adjective	'ɔɪli		covered with oil, or containing oil	<b>Oily</b> fish such as mackerel or herring is good for you.
peppery	adjective	'pepəri		flavoured with or tasting like pepper	There is a <b>peppery</b> taste to this.
runny	adjective	'rʌni		like a liquid	Do you like your eggs cooked hard or <b>runny</b> ?
salty	adjective	'sɔ:lti	'sɔlti	containing salt, or tasting like salt	The soup's a bit <b>salty</b> .
savoury	adjective	'seɪvəri		tasting of salt or spices and not sweet	I bought some <b>savoury</b> snacks.
sour	adjective	'saʊə(r)	saur	with a taste like a lemon	The milk tasted slightly <b>sour</b> .
sticky	adjective	'stɪki		a sticky substance sticks to other things	This honey is very <b>sticky</b> .
watery	adjective	'wɔ:t(ə)ri	'wɔt(ə)ri	watery food or drink contains a lot of water and has a weak taste	They sell very <b>watery</b> coffee.
<b>Waste</b>					
bin	noun	bɪn		a container for putting rubbish in	It's time you threw those shoes in the <b>bin</b> .
cut down	phrasal verb	kʌt daʊn		to reduce an amount of something	These improvements will <b>cut down</b> on traffic noise.
get rid of	phrasal verb	get rɪd ɒv	get rɪd əv	to throw away, give away, or sell a possession that you no longer want or need	We're moving, so we have to <b>get rid of</b> a lot of our furniture.
recycle	verb	ri:'saɪk(ə)l		to change waste materials such as newspapers and bottles so that they can be used again	Japan <b>recycles</b> 40% of its waste.
reduce	verb	rɪ'dju:s	rɪ'dʌs	to make something smaller or less in size, amount, importance etc.	Try to <b>reduce</b> the amount of fat in your diet.
reuse	verb	ri:'ju:z	,ri'ju:z	to use something again, sometimes for a different purpose	My daughter <b>reuses</b> envelopes.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
rubbish	noun	'rʌbɪʃ		things that you throw away because they are no longer useful	The streets were littered with <b>rubbish</b> .
throw away	phrasal verb	θrəʊ ə'weɪ	θroʊ ə'weɪ	to get rid of something that you no longer want, for example by putting it in a dustbin	Have you <b>thrown</b> the papers <b>away</b> ?
use up	phrasal verb	juːz ʌp	juːz ʌp	to use all of a supply of something	We have <b>used up</b> all the sugar so you will need to get some more.
waste	noun	weɪst		failure to use something valuable in an effective way, so that it does not produce the benefits that it could	All this uneaten food – what a <b>waste</b> !

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Word families</b>					
design	noun	dɪ'zaɪn		a drawing that shows what something will look like when it is made	We looked at several different <b>designs</b> for the new bridge.
design	verb	dɪ'zaɪn		to decide how something will be made, including how it will work and what it will look like, and often to make drawings of it	The bride wore a cream silk dress that she <b>designed</b> herself.
designer	noun	dɪ'zaɪnə(r)	dɪ'zaɪnər	someone whose job is to decide how to make things or to decide their shape or appearance	Calvin Klein is a famous fashion <b>designer</b> .
engineer	noun	,endʒɪ'nɪə(r)	,endʒɪ'nɪr	someone who designs or builds things such as roads, railways, bridges, or machines	Tom is studying to become an <b>engineer</b> .
engineer	verb	,endʒɪ'nɪə(r)	,endʒɪ'nɪr	to design things such as roads, railroads, bridges, or machines	This car is beautifully <b>engineered</b> .
engineering	noun	,endʒɪ'nɪərɪŋ	,endʒɪ'nɪrɪŋ	the activity of designing things such as roads, railways, bridges, or machines	Sandra is really interested in <b>engineering</b> .
invent	verb	ɪn'vent		to design or create something such as a machine or process that did not exist before	Alfred Nobel <b>invented</b> dynamite.
invention	noun	ɪn'venf(ə)n		a machine, tool, or system that someone has made, designed, or thought of for the first time	<b>Inventions</b> like the electric light bulb changed the way people lived.
inventive	adjective	ɪn'ventɪv		good at thinking of new and original ideas or methods	Ronaldo is a versatile and <b>inventive</b> player.
inventor	noun	ɪn'ventə(r)	ɪn'ventər	someone who has invented something or whose job is to invent things	Thomas Edison was an <b>inventor</b> .
produce	verb	prə'djuːs	prə'dʊs	to make or grow something, especially in large quantities and in order to be sold OR to organise the work and money involved in making a film, play, television programme, CD etc.	Steve McQueen <b>produced</b> and starred in the film.
producer	noun	prə'djuːsə(r)	prə'dʊsər	a person or company that grows food or makes goods to be sold OR someone whose job is to organize the work and money involved in making a movie, play, television program, CD, etc.	The <b>producer</b> was really angry with the director.
product	noun	'prɒdʌkt	'prɒdʌkt	something that is made, grown, or obtained in large quantities so that it can be sold	Consumers are becoming more suspicious of advertising claims about <b>products</b> that they buy.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
productive	adjective	prə'dʌktɪv		working hard and producing or achieving a lot	Samuel is more <b>productive</b> in the morning.
science	noun	'saɪəns		the study and knowledge of the physical world and its behaviour that is based on experiments and facts that can be proved, and is organized into a system	Chris is studying <b>science</b> at school.
scientific	adjective	,saɪən'tɪfɪk		relating to science, or based on its methods	Newton made an important <b>scientific</b> discovery.
scientist	noun	'saɪəntɪst		someone who is trained in science, especially someone whose job is to do scientific research	Maria wants to be a <b>scientist</b> when she grows up.
succeed	verb	sək'sɪd	sək'sɪd	to achieve something that you planned to do or attempted to do	I finally <b>succeeded</b> in passing my driving test.
success	noun	sək'ses		the achievement of something that you planned to do or attempted to do	The school has had a lot of <b>success</b> with its literacy programme.
success	noun	sək'ses		someone who achieves a lot, especially by becoming rich, famous, respected, etc.	She turned out to be a <b>success</b> at marketing.
successful	adjective	sək'sesf(ə)l	sək'sesfəl	used about someone who does well in their career or business	Her children have all been <b>successful</b> in their chosen careers.
<b>Creative thinking phrases</b>					
block your creativity	phrase	blɒk jɔː ,kriːtɪvəti	blæk jɔr ,kriɪ'tɪvəti	something stops creative thoughts	Writing in the same space every day may <b>block your creativity</b> .
boost your creativity	phrase	bʊst jɔː ,kriːtɪvəti	bʊst jɔr ,kriɪ'tɪvəti	something helps creative thoughts	Being outdoors may <b>boost your creativity</b> .
come up with new ideas	phrase	kʌm ʌp wɪð njuː aɪ'diːz	kʌm ʌp wɪð nu aɪ'diːz	to think of something new	We can form a group to <b>come up with new ideas</b> .
generate new ideas	phrase	'dʒenəreɪt njuː aɪ'diːz	'dʒenə'reɪt nu aɪ'diːz	to think of something new	When we <b>generate new ideas</b> , we need to make sure we write them down.
let your mind wander freely	phrase	let jɔː maɪnd 'wɒndə 'friːli	let jɔr maɪnd 'wɒndə 'friːli	to allow your thoughts to be free and not restricted to one thing	Relax, close your eyes and <b>let your mind wander freely</b> .
look at a problem from the outside	phrase	lʊk æt ə 'prɒbləm frɒm ði ,aʊt'saɪd	lʊk æt ə 'prɒbləm frəm ði 'aʊt'saɪd	to consider a situation from different perspectives	It's important <b>to look at a problem from the outside</b> if you want a good solution.
my mind's gone blank	phrase	maɪ maɪndz ɡɒn blæŋk	maɪ maɪndz ɡɒn blæŋk	to not remember something or be able to think of something	I can't remember his name – <b>my mind's gone blank</b> .
switch off completely	phrase	swɪtʃ ɒf kəm'pliːtli	swɪtʃ ɔf kəm'plɪtli	to stop thinking about something	I went on holiday to <b>switch off completely</b> from writing the book.
think outside the box	phrase	θɪŋk ,aʊt'saɪd ðə bɒks	θɪŋk 'aʊt'saɪd ðə baks	to think of an unusual idea	We are getting nowhere, we need to <b>think outside the box</b> .

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
use your imagination	phrase	ju:z jɔ:r ɪ,mædʒɪ'neɪʃən	ju:z jɔr ɪ,mædʒɪ'neɪʃ(ə)n	to be creative with your ideas	Children <b>use</b> their <b>imagination</b> better than adults.
<b>Positive adjectives</b>					
fascinating	adjective	'fæsɪ'neɪtɪŋ	'fæsɪ'neɪtɪŋ	making you very interested or attracted	He told me a <b>fascinating</b> story.
gorgeous	adjective	'gɔ:(r)dʒəs	'gɔrdʒəs	very beautiful	She had a <b>gorgeous</b> red and gold silk sari.
impressive	adjective	ɪm'presɪv		you admire it because it is very good, large or shows great skill	The list of their achievements is <b>impressive</b> .
incredible	adjective	ɪn'kredəb(ə)l		surprising, or difficult to believe	They all have <b>incredible</b> stories to tell.
practical	adjective	'præktɪk(ə)l	'præktəkəl	intended to be useful	Despite their wealth, they were always <b>practical</b> about money.
sensible	adjective	'sensəb(ə)l		reasonable and practical	This seems to be a <b>sensible</b> way of dealing with the problem.
sophisticated	adjective	sə'fɪstɪ'keɪtɪd	sə'fɪstɪ'keɪtəd	complicated and advanced	There is highly <b>sophisticated</b> surveillance equipment.
suitable	adjective	'su:təb(ə)l	'sutəb(ə)l	right for a particular purpose, person or situation	The nearest <b>suitable</b> alternative was two miles away.
unforgettable	adjective	ʌnfə(r)'getəb(ə)l	ʌnfər'getəb(ə)l	something that will be remembered for a very long time	The holiday was an <b>unforgettable</b> experience.
unique	adjective	ju:'hɪk		not the same as anything or anyone else	They have a totally <b>unique</b> approach to staff training.



Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>The arts</b>					
audience	noun	'ɔ:diəns	'ɔ:diəns	a group of people who have come to a place to see or hear a film, performance, speech etc.	She would be addressing an <b>audience</b> of three thousand teachers.
choir	noun	kwaɪə(r)	kwaɪr	a group of singers who perform together, for example in a church or school	Jack was a member of the school <b>choir</b> .
display	noun	dɪ'spleɪ		an arrangement of things for people to look at	Max put up the window <b>display</b> .
exhibition	noun	ˌeksɪ'bɪʃ(ə)n		a public show where art or other interesting things are put so that people can go and look at them	There is an <b>exhibition</b> of paintings by Henri Matisse.
gallery	noun	'gæləri	'gæl(ə)ri	a public building where you can look at paintings and other works of art	They looked around the National Portrait <b>Gallery</b> .
instrument	noun	'ɪnstɹʊmənt	'ɪnstɹəmənt	a tool or piece of equipment used in science, medicine, or technology	The team used scientific <b>instruments</b> such as microscopes.
live concert	noun	lɪv 'kɒnsə:t	lɪv 'kɒnsərt	an event at which an orchestra, band, or musician plays or sings in front of an audience	We went to a <b>live concert</b> in the stadium last week.
musician	noun	mjuːzɪʃ(ə)n	mjuːzɪʃ(ə)n	someone who performs or writes music, especially as their job	He wanted to become a jazz <b>musician</b> .
orchestra	noun	'ɔ:(r)kɪstrə	'ɔrkəstrə	a large group of musicians using many different instruments to play mostly classical music	The performance from the <b>orchestra</b> was brilliant.
perform	verb	pə'fɔ:m	pə'fɔ:rm	to do something in front of an audience in order to entertain them	He's a terrible actor because he can't <b>perform</b> on stage at all.
performance	noun	pə(r)'fɔ:(r)məns	pə'fɔ:rməns	the act of performing a play, dance, or other form of entertainment	The first <b>performance</b> of the opera was in 1936.
recording studio	noun	rɪ'kɔ:(r)dɪŋ 'stju:dɪəʊ	rə'kɔrdɪŋ 'stju:di,əʊ	a place where music or speech can be recorded	They were in the <b>recording studio</b> all day.
rehearsal room	noun	rɪ'hɜ:səl ru:m	rɪ'hɜ:rsəl rum	a place to practise for a performance of a play, concert, opera etc.	We need to find a <b>rehearsal room</b> to practise.
rehearse	verb	rɪ'hɜ:(r)s	rɪ'hɜ:rs	to practise a play, concert, opera etc. before giving a performance	We've been <b>rehearsing</b> for weeks.
scene	noun	si:n	sin	a part of a play, book, film etc. in which events happen in the same place or period of time	They watched the opening <b>scene</b> of Macbeth.
spectator	noun	spek'teɪtə(r)	'spek,tetər	someone who watches a public activity or event, especially a sports event	The final game attracted a crowd of over 50,000 <b>spectators</b> .
stage	noun	steɪdʒ		the part of a theatre where the actors or musicians perform	They had been on <b>stage</b> for over four hours.

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Verbal idioms</b>					
come true	phrase	kʌm truː	kʌm tru	if something that you have hoped for or expected comes true, it really happens	I hope your dreams <b>come true</b> .
draw attention to somebody/something	phrase	drɔː ə'tenʃ(ə)n tuː 'sʌmbədi/'sʌmθɪŋ	drɔ ə'tenʃ(ə)n tu 'sʌmθɪŋ/'sʌm,bədi	to make people notice somebody/something	We have to try and get in without <b>drawing attention to</b> ourselves.
fall flat	phrase	fɔːl flæt	fɔl flæt	to not succeed in entertaining someone or making them laugh	My attempt at a joke <b>fell flat</b> .
get rid of something	phrase	ɡet rɪd ɒv 'sʌmθɪŋ/'sʌmbədi	ɡet rɪd əv 'sʌmθɪŋ/'sʌm,bədi	to throw away, give away, or sell a possession that you no longer want or need	We're moving, so we have to <b>get rid of</b> a lot of our furniture.
go wrong	phrase	ɡəʊ rɒŋ	ɡoʊ rɔŋ	used when something stops working or a problem happens	Everything at work <b>went wrong</b> today!
keep track of	phrase	kiːp træk ɒv	kip træk əv	to have all the information that you need about something	We need a system to <b>keep track of</b> all our expenses.
make friends with somebody	phrase	meɪk frendz wɪð 'sʌmbədi	meɪk frendz wɪð 'sʌm,bədi	to become friends	They <b>made friends with</b> the children next door.
make fun of something/somebody	phrase	meɪk fʌn ɒv 'sʌmθɪŋ/'sʌmbədi	meɪk fʌn əv 'sʌmθɪŋ/'sʌm,bədi	to make jokes about someone or something in an unkind way	The other children <b>made fun of</b> her because she was always so serious.
make sure	phrase	meɪk ʃʊː(r)	meɪk ʃʊr	to check something so that you can be sure about it	I think I locked it but we'd better <b>make sure</b> .
make use of something	phrase	meɪk juːz ɒv 'sʌmθɪŋ	meɪk juːz əv 'sʌmθɪŋ	to use someone or something for a particular purpose, especially one that brings a benefit to you	Why doesn't she <b>make use of</b> her singing talent?
pay attention to	phrase	peɪ ə'tenʃ(ə)n tuː	peɪ ə'tenʃ(ə)n tu	to listen to, watch, or consider something or someone very carefully	<b>Pay attention to</b> the warnings printed on the label.
take advantage of	phrase	teɪk əd'vɑːntɪdʒ ɒv	teɪk əd'væntɪdʒ əv	to unfairly get what you want from someone who is easily persuaded to help you, trust you, or do things for you	It's terrible when salesmen <b>take advantage of</b> customers.
take note of (something)	phrase	teɪk nəʊt ɒv	teɪk noʊt əv	to notice something and try to remember it because you think it is important	I <b>took note of</b> what she said.
take part (in something)	phrase	teɪk pɑːt	teɪk pɑrt	to be involved in an activity with other people	He refuses to <b>take part</b> in it at all.
take place	phrase	teɪk pleɪs		to happen	The Olympics <b>take place</b> every four years.
tell the difference between	phrase	tel ðə 'dɪfrəns bɪ'twiːn		to notice what is different between similar people or things	How do you <b>tell the difference between</b> the kittens?
<b>Reporting verbs</b>					
add	verb	æd		to say something more that is related to what has been said already	'Don't worry,' Jenny <b>added</b> .
admit	verb	əd'mɪt		to agree that something is true, especially when you are unhappy, sorry, or surprised about it	'I can't sing at all,' he <b>admitted</b> .

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
advise	verb	əd'vaɪz		to give your opinion to someone about the best thing to do in a particular situation	I'm afraid I'm not able to <b>advise</b> you.
agree	verb	ə'gri:		to have the same opinion as someone else	Doreen thought that the house was too small, and Jim <b>agreed</b> .
argue	verb	'ɑ:(r)gju	'ɑ:rgju	to give reasons why you believe that something is right or true	Successful economies, she <b>argues</b> , are those with the lowest taxes.
ask	verb	ɑ:sk	æsk	to speak or write to someone in order to get information from them	I wondered who had given her the ring but was afraid to <b>ask</b> .
explain	verb	ɪk'spleɪn		to tell someone something in a way that helps them understand it better	'My full name is Juliet Avery,' Juliet <b>explained</b> patiently.
insist	verb	ɪn'sɪst		to say very firmly that something must happen or must be done	You must see a doctor immediately – I <b>insist</b> .
mention	verb	'menʃ(ə)n		to say something during a conversation, but not discuss it much or give many details	He didn't <b>mention</b> her all evening.
persuade	verb	pə(r)'sweɪd	pə'r'sweɪd	to make someone agree to do something by giving them reasons why they should	He did finally come with us, although it took a long time to <b>persuade</b> him.
predict	verb	prɪ'dɪkt		to say what you think will happen in the future	They're <b>predicting</b> heavy rain for tomorrow.
promise	verb	'prɒmɪs	'prɑmɪs	to tell someone that you will definitely do something	The police chief <b>promised</b> tougher action against young criminals.
refuse	verb	rɪ'fju:z	rɪ'fjuz	to say you will not do something that someone has asked you to do	Mum asked him to apologize, but he <b>refused</b> .
remind	verb	rɪ'maɪnd		to tell someone again about an event from the past or about a fact that they used to know	I can't think of his name – can you <b>remind</b> me?
repeat	verb	rɪ'pi:t	rɪ'pit	to say or write something again	Can you <b>repeat</b> what you just said, please?
reply	verb	rɪ'plɑɪ		to say, write, or do something as an answer	'I know,' Corbett <b>replied</b> quietly.
say	verb	seɪ		to express something using words	'Pleased to meet you,' he <b>said</b> with a smile.
shout	verb	ʃaʊt		to say something in a loud voice	'Stop!' he <b>shouted</b> .
tell	verb	tel		to give information to someone	If you see anything suspicious, <b>tell</b> the police.
warn	verb	wɔ:(r)n	wɔrn	to tell someone that they will be punished or that something bad will happen if they do something	I <b>warned</b> you not to go to that party last night.
whisper	verb	'wɪspə(r)	'wɪspər	to say something very quietly so that other people cannot hear you	'When can I see you again?' he <b>whispered</b> softly.
wonder	verb	'wʌndə(r)	'wʌndər	to think about something because you want to know more facts or details about it	'How did they find out?' she <b>wondered</b> .

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Psychology verbs</b>					
affect	verb	ə'fekt		to change or influence something	It is known that poor grades can <b>affect</b> university entrance.
assume	verb	ə'sju:m	ə'sʌm	to believe that something is true, even though no one has told you or even though you have no proof	You can't <b>assume</b> that because he's good at this job he will know everything.
attract	verb	ə'trækt		to make someone interested in something so that they do it or come to see or hear it	The show <b>attracts</b> viewers from all walks of life.
avoid	verb	ə'vɔɪd		to try to prevent something from happening	Try to <b>avoid</b> confrontation.
encourage	verb	ɪn'kʌrɪdʒ		to suggest that someone does something that you believe would be good	We <b>encourage</b> student participation in our classes.
influence	verb	'ɪnfluəns		to affect the way that someone thinks or behaves, or to affect the way that something happens	Research has shown that the weather can <b>influence</b> people's behaviour.
persuade	verb	pə(r)'sweɪd	pər'sweɪd	to make someone agree to do something by giving them reasons why they should	He did finally come with us, although it took a long time to <b>persuade</b> him.
regret	verb	rɪ'ɡret		to feel sorry or sad that something has happened	We <b>regret</b> any inconvenience caused by the delay.
tempt	verb	tempt		to make you want to do or to have something, especially something that is not good for you	The shop windows were lit, <b>tempting</b> the late shoppers.
trick	verb	trɪk		to make someone believe something that is not true	I suddenly realized that I'd been <b>tricked</b> .
<b>Expressions with mind</b>					
all in the mind	phrase	ɔ:l ɪn ðə maɪnd	ɔl ɪn ðə maɪnd	used for saying that something is not real and is just being imagined	He's not really ill; it's <b>all in the mind</b> .
bear in mind	phrase	beər ɪn maɪnd	ber ɪn maɪnd	reminding or warning a person about something important which they should remember	<b>Bear in mind</b> that the deadline is approaching.
change my mind	phrase	tʃeɪndʒ maɪ maɪnd		to adopt a different opinion or plan.	I've <b>changed my mind</b> – I'll have a coffee.
in two minds	phrase	ɪn tu: maɪndz	ɪn tu maɪndz	to be unable to decide about something	I was <b>in two minds</b> whether or not to come this morning.
make up my mind	phrase	meɪk ʌp maɪ maɪnd		to make a decision	He <b>made up his mind</b> to attend the meeting.
never mind	phrase	'nevə maɪnd	'nevər maɪnd	used to urge someone not to worry	<b>Never mind</b> – it's all right now.
put my mind to	phrase	pʊt maɪ maɪnd tu:	pʊt maɪ maɪnd tu	to direct all one's attention to achieving something	She'd have made an excellent dancer, if she'd <b>put her mind to</b> it.
would you mind if	phrase	wʊd ju: maɪnd ɪf	wʊd ju maɪnd ɪf	a polite request for permission	<b>Would you mind if</b> I opened the window?

Word/Phrase	Part of speech	IPA (UK)	IPA (USA)	Definition	Sample sentence
<b>Reflexive verbs</b>					
blame yourself	verb	bleɪm		to say or think that you are responsible for an accident, problem, or bad situation	If it all goes wrong, don't <b>blame yourself</b> .
control yourself	verb	kən'trəʊl	kən'troʊl	to have the power to make decisions and decide what will happen to something	When I see chocolate I can't <b>control myself</b> .
get yourself	verb	get		to obtain, receive, or be given something	I <b>got myself</b> a coffee from the canteen.
help yourself	verb	help		used for giving someone permission to do or use something	<b>Help yourself</b> to some paella.
make yourself	verb	meɪk		to create or produce something by working	Jane <b>made herself</b> a drink while she waited.
reward yourself	verb	rɪ'wɔ:(r)d	rɪ'wɔrd	to give yourself something as a reward, for example praise, success, or money	He liked to <b>reward himself</b> with a short break every two hours.
set yourself	verb	set		to give something to yourself to do or to achieve	I like to <b>set myself</b> exercise targets for the week.
treat yourself	verb	tri:t	trit	to behave towards yourself in a particular way	Why don't you <b>treat yourself</b> to a holiday.
<b>Staying organised</b>					
action point	noun	'ækj(ə)n pɔɪnt		a small thing that you're going to do	Let's move to the second <b>action point</b> .
keep a record	phrase	ki:p ə 'rekɔ:(r)d	kip ə 'rekərd	to write something down	Can you <b>keep a record</b> of what we have spent?
objective	noun	əb'dʒektɪv		a large thing that you want to achieve	I'm not sure I understand the <b>objective</b> of this exercise.
schedule	noun/verb	'ʃedju:l		to plan exactly when you will do something	What's on your <b>schedule</b> today?
sort	verb	sɔ:(r)t	sɔrt	to arrange things in groups or in a particular order, for example by date, importance, size, or colour	Once the data is collected, the computer will <b>sort</b> it by date.
store	verb	stɔ:(r)	stɔr	to keep something in a particular place	Nuclear waste is currently being <b>stored</b> close to the town.
task	noun	tɑ:sk		a job that you need to do	My first real <b>task</b> was to prepare for the meeting.
tidy up	phrasal verb	'taɪdi ʌp		to put things back in the right places	Could you help me <b>tidy up</b> ?