

5 Have you seen the news?

Glossary

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- 5.1 **(the) press** (n) /('dʌ) pres/
newspapers and magazines • *The news of the flood was reported in the press.* ❖ صحافة
- 5.2 **press conference** (n) /pres 'kɒnfərəns/
interview with journalists • *The actor announced at a press conference that she would do one last film.* ❖ مؤتمر صحفي
📖 Syn: news conference
- 5.3 **soundbite** (n) /'saʊndbaɪt/
a short phrase or sentence, which is easily remembered, taken from a speech, especially by a politician, which makes a point and is repeated in the media • *Most politicians have speeches carefully written to include soundbites so their message will be remembered.* ❖ اقتباس (بيان قصير)
- 5.4 **memorable** (adj) /'memərəbl/
which can be remembered easily; unforgettable • *The first time I sang in public was a memorable experience.* > memory (n)
❖ بَارِز

Reading Pages 54–55

- 5.5 **(the) media** (n pl) /('dʌ) 'mi:diə/
all the ways of spreading news and entertainment, e.g. TV, radio, newspapers, internet sites • *TV and radio used to be the most popular media till the internet took over.* ❖ وسائل الاعلام 📖 NB: singular: medium
- 5.6 **disinformation** (n) /,dɪs,ɪnfə'meɪʃn/
false information about sth • *The videos online were carefully designed to spread disinformation denying the country's social problems.* ❖ معلومات مضللة
- 5.7 **false** (n) /fɔ:ls/
not real or true • *Check your facts carefully because there's so much false information around on social media.* ❖ غير صحيح (باطل)
- 5.8 **misleading** (adj) /,mɪs'li:dɪŋ/
not true, but appearing to be • *The advertisement gives the misleading impression that the sugary breakfast cereal is a healthy choice.* > mislead (v) ❖ إيهام (تضليل)
📖 Opp: factual

- 5.9 **spread** (v) /spred/
tell or be told to a large number of people
• *News of the celebrity couple's separation spread quickly.* > spread (n) ❖ نَشَرَ (نَشْرًا)
📖 Also: spread the news, spread gossip/rumours
- 5.10 **deliberately** (adv) /dɪ'lɪbərətli/
on purpose, not by chance • *She deliberately switches off her phone at night so it won't distract her from sleeping.* > deliberate (adj)
❖ عَمْدًا
- 5.11 **fiction** (n) /'fɪkʃn/
an untrue report or statement • *The statement she made to the police was a complete fiction.* > fictional (adj) ❖ خيال (غير صحيح)
📖 Opp: fact
- 5.12 **crevasse** (n) /krə'væs/
deep crack in a rock or ice • *The climber broke his arm when he fell into a crevasse on the mountain.* ❖ أخْذُود (فَلَق)
- 5.13 **overtake** (v) /,əʊvə'teɪk/
go past sb/sth moving in front of you because you are moving faster • *She overtook all the other cyclists and won the race.* ❖ لَحِقَ بـ
- 5.14 **instinct** (n) /'ɪnstɪŋkt/
natural reaction without thinking • *Following its instincts, the cat caught the bird and brought it into the house.* > instinctive (adj)
❖ غَرِيْزَة
- 5.15 **rational** (adj) /'ræʃənl/
based on logic • *Screaming loudly wasn't a helpful or rational reaction to seeing the snake in the woods.* > rationality (n), rationally (adv)
❖ عَقْلَانِيّ (مُتَزِن) 📖 Opp: irrational
- 5.16 **cognitive** (adj) /'kɒgnətɪv/
connected with thinking and understanding
• *It's fascinating to observe children's cognitive development as they come to understand the world around them.* ❖ مَعْرِفِيّ (إِدْرَاكِي)
- 5.17 **tend to** (v) /tend tu:z/
often do a particular thing • *People tend to waste a lot of time chatting on social media.* > tendency (n) ❖ يَمِيلُ إِلَى
- 5.18 **logically** (adv) /'lɒdʒɪkli/
in a way that is sensible and logical • *It can be difficult to remain calm and think logically when you're under too much pressure.* > logic (n), logical (adj) ❖ منطقيًا 📖 Opp: illogically

- 5.19 psychologist** (n) /saɪˈkɒlədʒɪst/
a scientist trained in the study of the mind and behaviour • *He's seeing a psychologist to overcome his fear of speaking in public.*
> psychology (n), psychological (adj)
❖ العالم النفسي
- 5.20 logic** (n) /ˈlɒdʒɪk/
a reasonable way of thinking • *There's no logic in your decision to leave your job.* > logical (adj), logically (adv) ❖ منطقي
- 5.21 skim read** (expr) /skɪm ri:d/
read sth quickly to get the general meaning • *She skim reads the headlines to catch up with the news.* ❖ قراءة عابرة
- 5.22 come to a decision** (expr) /kʌm tu ə dɪˈsɪʒn/
reach a decision; decide • *Have you come to a decision about what career you'd like to follow?* ❖ يصل لقرار
- 5.23 unlimited** (adj) /ʌnˈlɪmɪtɪd/
without limits • *Situated near the mountain streams, the village has an unlimited water supply.* ❖ غير محدود Opp: limited
- 5.24 distribute** (v) /dɪˈstrɪbjʊt/
share things among people • *The restaurant had advertising leaflets distributed to attract more customers.* > distribution (n) ❖ يوزع
- 5.25 platform** (n) /ˈplætfɔ:m/
a place for people to express their opinions and share information in public • *He shared the photos on several social media platforms.* ❖ منصة
- 5.26 democratise** (v) /dɪˈmɒkrətaɪz/
make sth (e.g. country, group) more democratic i.e. controlled by elected representatives • *The French Revolution was intended to democratise the country, ending the rule of the royal family.* > democracy (n), democratic (adj), democratically (adv)
❖ يجعله ديمقراطياً
- 5.27 implication** (n) /ɪˈmplɪˈkeɪʃn/
possible effects or results of sth • *The construction of a new road will have implications for the residents on the outskirts of town.* > implicate, imply (v) ❖ تداعيات (نتائج)
- 5.28 nutrition** (n) /nju:ˈtrɪʃn/
the things in the food you eat that keep you healthy • *Children need a proper diet that ensures good nutrition to grow well.*
> nutritious (adj) ❖ تغذية
- 5.29 reinforce** (v) /rɪːnˈfɔ:s/
make sth stronger • *The timing of the incident reinforced his belief that the fire had been started deliberately.* > reinforced (adj), reinforcement (n) ❖ حَصَّنَ (عَزَّزَ)
- 5.30 bias** (n) /ˈbaɪəs/
favouring one thing over another • *The referee's decision showed an unfair bias towards the home team.* > biased (adj)
❖ تَحَامَل Syn: prejudice
- 5.31 intellectual** (adj) /ɪˌntəˈlektʃuəl/
related to the ability to think logically and understand • *Children should be encouraged to develop both artistic and intellectual skills.*
> intellect (n) ❖ مُتَّفَك (مُفَكِّر)
- 5.32 persuasive** (adj) /pəˈsweɪsɪv/
able to talk sb into doing or believing sth • *The estate agent was very persuasive, so we were convinced that the house was a bargain.*
> persuade (v), persuasion (n) ❖ مُفَنِّع
- 5.33 psychological** (adj) /saɪkəˈlɒdʒɪkl/
to do with your mind and thoughts • *He has suffered from psychological problems since the accident.* > psychologically (adv), psychologist, psychology (n)
❖ سيكولوجي (نَفْسَانِي)
- 5.34 misinformation** (n) /ˌmɪsˌɪnfəˈmeɪʃn/
wrong information about sth presented as fact • *There is so much misinformation around about environmental issues.* > misinform (v)
❖ معلومات خاطئة
- 5.35 likelihood** (n) /ˈlaɪklihood/
possibility • *In all likelihood, driverless buses will soon be a common sight in our cities.*
> likely (adj) ❖ تَرْجِيح، احتمال قوي
- 5.36 source** (n) /sɔ:s/
the place or thing which sth originates from • *Living in poverty is a source of unhappiness for many people.* ❖ مصدر
- 5.37 regularly** (adv) /ˈregjələli/
at regular intervals • *She goes jogging regularly – at least three times a week.*
> regular (adj) ❖ بانتظام، بشكل منتظم
- 5.38 widely** (adv) /ˈwaɪdli/
a lot; to a large extent • *Her books are now distributed widely in several languages.*
> wide (adj), widen (v), width (n)
❖ على نطاق واسع
- 5.39 in depth** (expr) /ɪn depθ/
in detail • *In the podcast, she explains her theory in depth.* > deep (adj), deepen (v)
❖ في العمق
- 5.40 stand out** (phr v) /stænd aʊt/
be noticeable • *This blogger stands out from the rest as he appears to back up his ideas with facts.* ❖ تَبَيَّنَ، بَرَزَ
- 5.41 put pressure on sb/sth** (expr) /pʊt ˈpreʃər ɒn ˈsʌmbədi/ˈsʌmθɪŋ/
force sb/sth to do sth • *Local groups are putting pressure on the council to create safe play areas for children.* > pressure, pressurise (v) ❖ بحث بقوة
- 5.42 guidance** (n) /ˈgɑ:dnɪs/
help or advice • *I found some videos giving guidance on how to fix the software error.*
> guide (n, v) ❖ تَوْجِيه

- 5.43 journalism** (n) /'dʒɜːnəlɪzəm/
the work of identifying and writing new stories for the media • *She studied journalism and made a successful career writing for a major newspaper.* > journalist (n)
❖ صحافة (كتابة صحفية)
- 5.44 human interest** (n) /ˌhjuːmən ˈɪntrəst/
information or a story that is interesting because it describes personal lives or feelings • *The film was a human interest story about a man's search for his natural mother.*
❖ قصة حياة
- 5.45 breaking news** (n) /'breɪkɪŋ ˈnjuːz/
new information about an event that is currently happening • *The programme was interrupted to present breaking news about the earthquake.* ❖ أخبار عاجلة
- 5.46 current affairs** (n pl) /'kʌrənt ə'feəz/
important political or other events that are happening now • *It is important to keep informed about current affairs so you know what is happening in the world.*
❖ الظروف الراهنة
- 5.47 political analysis** (n) /pə'ɪtɪkl ə'næləsɪs/
the study of what's happening in government and political organisations • *The news report gave a complete political analysis of the possible outcomes of the election.*
❖ تحليلات سياسية
- 5.48 inspection** (n) /ɪn'spekʃn/
the act of checking sth closely, especially to see that rules are being followed • *After the editor's inspection, the magazine was published online.* > inspect (v), inspector (n)
❖ فحص (تفتيش)
- 5.49 anonymous** (adj) /ə'nɒnɪməs/
unknown or not wishing to be known in public • *The police have received information about the case from an anonymous caller.*
> anonymity (n) ❖ مجهول
- 5.50 press release** (n) /'pres rɪ'lɪːs/
a news update or short report • *The government press release outlines their financial plans for the next year.*
❖ بيان صحفي
- 5.51 assessment** (n) /ə'sesmənt/
a measure of the extent or quality of sth • *The emergency services made an in-depth assessment of the storm damage.* > assess (v) ❖ تقدير (تقييم)
- 5.52 official** (adj) /ə'fɪʃl/
which is said or done with authority • *The report came from an official government source.* > official (n), officially (adv)
❖ رسمي Opp: unofficial
- 5.53 broadcast** (v) /'brɔːdkɑːst/
transmit a radio or TV programme • *The news is broadcast every evening at 10 p.m.*
> broadcast, broadcaster (n) ❖ بث (أذاع)
- 5.54 call in** (phr v) /kɔːl ɪn/
phone • *A few listeners called in during the live TV programme to give information about the missing person.* ❖ اتصل
- 5.55 circulation** (n) /sɜːkjʊ'leɪʃn/
the number of copies that each issue of a newspaper or magazine sells • *The magazine had a circulation of over 100,000.*
> circulate (v) ❖ انتشار الصحيفة
- 5.56 panel** (n) /'pænl/
a group of specialists who discuss opinions about sth • *The discussion panel consisted of representatives from each political party.*
❖ لجنة
- 5.57 subscriber** (n) /səb'skraɪbə(r)/
sb who supports or pays to receive information from a magazine, newspaper or online service • *Her YouTube channel has attracted thousands of subscribers.* > subscribe (v)
❖ مشترك في صحيفة او غيره
- 5.58 trustworthy** (adj) /'trʌstwɜːði/
that can be trusted and depended on • *I'd never tell Marcus any secrets as he isn't trustworthy.* > trust (v), trustworthiness (n)
❖ جدير بالثقة
- 5.59 activist** (n) /'æktɪvɪst/
a person who works towards social change, often collectively • *A group of environmental activists prevented the loggers from destroying the forest.* > activism (n), active (adj), actively (adv) ❖ ناشط
- 5.60 electorate** (n) /ɪ'lektərət/
all the people who can vote in an election • *The opposition's campaign was aimed at attracting votes from the younger members of the electorate.* > elect (v), election (n)
❖ ناخبون، جمهور الناخبين
- 5.61 manifesto** (n) /ˌmænɪ'festəʊ/
the written aims of a group, especially a political party • *The party's election manifesto includes a promise to increase the minimum wage.* ❖ مانيفستو (بيان رسمي)
- 5.62 councillor** (n) /'kaʊnsələ(r)/
a member of a council, the group elected to govern a local area • *We've written to our local councillor about the traffic problem.*
❖ عضو مجلس
- 5.63 diplomat** (n) /'dɪpləmət/
a government representative who travels abroad to represent their country • *The statement was made by a US diplomat in Saudi Arabia.* > diplomacy (n), diplomatic (adj)
❖ دبلوماسي

Grammar Page 57

- 5.64 proposed** (adj) /prə'pəʊzd/
planned or suggested • *The council held a press conference to present the plans for the proposed new bridge.* > proposal (n), propose (v) ❖ مُقْتَرَح
- 5.65 immigration** (n) /ˌɪmɪ'greɪʃn/
the act of coming to live in a country from a different one • *In the 1950s, there was a high level of immigration to Australia from Europe when people came in search of better lives.* > immigrate (v), immigrant (n)
❖ هجرة
- 5.66 opposition** (n) /ˌɒpə'zɪʃn/
resistance to a decision • *The government faced opposition from environmental groups who didn't want wind turbines to be built in a conservation area.* ❖ مُعَارَضَة
- 5.67 mislead** (v) /ˌmɪs'liːd/
give sb incorrect information to make them believe sth that isn't true • *The voters were completely misled by the government's false promises to cut taxes.* > misleading (adj)
❖ يُضِلُّ
- 5.68 dictator** (n) /dɪk'teɪtə(r)/
a leader who has absolute control of a country, often obtained by force • *The country was ruled by a cruel dictator.* > dictate (v), dictatorship (n) ❖ دِيكْتَاتُور
- 5.69 propaganda** (n) /ˌprɒpə'gændə/
one-sided arguments and promises used to win support for an idea or political party • *The prime minister's sudden interest in the environment is nothing but pre-election propaganda.* ❖ دَعَايَة
- 5.70 constitution** (n) /ˌkɒnstɪ'tjuːʃn/
the system of laws and beliefs that controls a country or organisation • *The president proposed some changes to the constitution to suit his own political plans.* ❖ دُسْتُور
- 5.71 referendum** (n) /ˌrefə'rendəm/
a public vote on an important matter • *The government refused to accept the result of the region's referendum on independence.* ❖ اِسْتِفْتَاء
- 5.72 anger** (v) /'æŋɡə(r)/
make sb angry • *The politician's statement angered everybody, even her own party members.* > anger (n), angry (adj), angrily (adv)
❖ عَضَبَ
- 5.73 demand** (v) /dɪ'mɑːnd/
insist on • *When the shop sent me a second faulty tablet, I returned it and demanded a refund.* > demand (n), demanding (adj)
❖ طَلَبَ

- 5.74 protestor** (n) /prə'testə(r)/
sb who takes part in a public protest
• *Thousands of protestors took part in the demonstration.* > protest (n, v) ❖ مُحْتَج
✎ Also: protester ✎ Syn: demonstrator
- 5.75 speech** (n) /spi:tʃ/
a talk for a group of people to hear
• *We watched the prime minister make his speech about unemployment on TV.*
❖ كَلَام، حَدِيث (خِطَاب)

Listening Page 58

- 5.76 conventional** (adj) /kən'venʃənəl/
normal, typical • *News spreads faster online than it does with conventional newspapers.* > conventionally (adv) ❖ تَقْلِيدِي (عُرْفِي)
✎ Opp: unconventional
- 5.77 fanbase** (n) /'fæn beɪs/
the group of followers who admire a particular performer, writer or other celebrity • *The band's fanbase consists mainly of teenagers.* ❖ قَاعِدَة الْمُعْجِبِينَ
- 5.78 generate** (v) /'dʒenəreɪt/
produce • *Do you think they will generate enough support to win the election?* > generator, generation (n) ❖ جِيل
- 5.79 engagement** (n) /ɪn'geɪdʒmənt/
involvement and interest in sth • *The blog post aimed to generate engagement in the band's new album.* > engage (v), engaging (adj)
❖ اَلتِّزَام
- 5.80 tweet** (v) /twi:t/
send a message or image on the social media app, Twitter • *Participants tweeted their photos directly from the demonstration.* > tweet (n)
❖ تَغْرِيدَة
- 5.81 distract** (v) /dɪs'trækt/
prevent sb from concentrating on sth
• *I need to study in a place where nothing can distract me.* > distraction (n) ❖ صَرَفَ عَن

Speaking Page 59

- 5.82 front page** (n) /frʌnt 'peɪdʒ/
the first page of a newspaper which gives the main news headlines • *The story made the front page of most major newspapers.* ❖ الصَّفْحَة الرَّئِيسِيَّة
- 5.83 gossip columnist** (n) /'gɒsɪp 'kɒləmnɪst/
a journalist who writes about the private lives of celebrities • *The news of their divorce was mentioned by a gossip columnist in a popular newspaper.* ❖ كَاتِبْ أَخْبَارِ الْمُشَاهِيرِ

- 5.84 negotiate** (v) /nɪ'gəʊʃieɪt/
discuss sth to reach an agreement or make a deal • *A diplomat's job involves negotiating with leaders of other countries.* > negotiation, negotiator (n), negotiable (adj)
❖ فَاوَضَ

People: individuals

| | |
|------------|------------------|
| activist | gossip columnist |
| councillor | protestor |
| dictator | psychologist |
| diplomat | subscriber |

Grammar Page 60

- 5.85 publish** (v) /pʌblɪʃ/
to print sth in a newspaper, magazine or book, etc. • *My article was published in the school magazine.* > publisher (n) ❖ نَشَرَ (أَدَاعَ)
- 5.86 column** (n) /'kɒləm/
a regular newspaper or magazine article on a particular subject or by a particular journalist • *She writes a column on book reviews for a national newspaper.* ❖ عمود في صحيفة
- 5.87 accuse** (v) /ə'kju:z/
say sb has done sth wrong • *The politician was accused of hiding information from the public before the election.* ❖ يتهم
- 5.88 elect** (v) /ɪ'lekt/
choose a person to represent a group or serve a particular role by voting. • *Jamie was elected as our class president.* > election, electorate (n) ❖ ينتخب
- 5.89 lie** (v) /laɪ/
deliberately say sth which isn't true • *He lied to his manager and said he was ill to cover his absence from work.* > lie, liar (n)
❖ يكذب
- 5.90 enquire** (v) /ɪn'kwaɪə(r)/
ask • *He enquired at the hotel reception about his missing key.* > enquiry (n) ❖ اسْتَفْسَرَ
- 5.91 go viral** (expr) /gəʊ 'vaɪrəl/
spread rapidly over the internet • *News of the fire went viral within minutes on Twitter.*
❖ ينتشر بسرعة
- 5.92 threaten** (v) /'θreɪn/
say you will cause harm or damage to sb/sth if you don't get what you want • *The boss threatened to fire her if she made any more mistakes at work.* > threat (n), threatening (adj) ❖ تَوَعَّدَ، هَدَّدَ
- 5.93 admit** (v) /əd'mɪt/
agree that you did sth bad or that sth bad is true • *The meteorologist admitted that they had not forecast the weather correctly.*
❖ يعترف

People: groups

| | |
|------------|-----------|
| electorate | panel |
| fanbase | the press |
| opposition | union |

Use your English Page 61

- 5.94 break the (bad) news** (expr) /breɪk ðə (bæd) nju:z/
be the first to tell sb about sth (bad) that has happened • *I didn't want to be the one to break the bad news to him about the accident.*
❖ ينذر بالأخبار السيئة
- 5.95 old news** (expr) /ɔːld nju:z/
information that people have already heard about • *By the time I met up with Harry for lunch, his trip to Bali was already old news.*
❖ أخبار قديمة
- 5.96 that's news to me** (expr) /ðætɪz nju:z tʊ mi:/
that's sth I didn't know • *That's news to me that they're getting a divorce. I didn't even know they were married!*
❖ هذه أخبار جديدة بالنسبة لي
- 5.97 welcome news** (expr) /welkʌm nju:z/
news you are happy to receive • *The announcement of his promotion came as welcome news.* ❖ أخبار مُبهِجَة
- 5.98 union** (n) /'ju:niən/
a formal organisation of workers to protect their rights and improve working conditions • *The transport workers' union has objected to the proposed change in working hours.*
❖ إتحاد
- 5.99 crash-land** (v) /'kræʃ lænd/
make an emergency landing • *The plane had run out of fuel, so the pilot crash-landed in a field.* ❖ هبط بالطائرة أو أهبطها متحطما
- 5.100 postpone** (v) /pəʊs'təʊn/
delay until a later date • *The chat show has been postponed to six thirty because of the emergency news broadcast.* ❖ يؤجل
📖 Syn: put off
- 5.101 make sense** (phr) /meɪk sens/
be logical or a good thing to do • *Diane didn't enjoy that film because the ending didn't make sense.* ❖ يكون معقول (يكون منطقي)
- 5.102 come up with** (phr v) /kʌm ʌp wɪð/
think of • *The Romans came up with the brilliant idea of building roads straight across England.* ❖ اسْتَنْبَطَ (وَجَدَ)
- 5.103 get (sth) across** (phr v) /get ('sʌmθɪŋ) ə'krɒs/
make sth understood • *He's a little shy, which makes it hard for him to get his ideas across.*
❖ يُفهم الرسالة

- 5.104 have a word (with)** (phr v) /hæv ə wɜːd (wɪθ)/
discuss sth with sb • *Mandy had a word with her son's teacher to discuss his progress.*
❖ ناقش أمراً
- 5.105 call for** (phr v) /kɔːl fɔː/
require • *Dealing with immigration issues calls for action from governments worldwide.*
❖ دعوة إلى شيء
- 5.106 clear up sth** (phr v) /kliə ʌp 'sʌmθɪŋ/
deal with a problem or explain sth • *She spoke to her employees to clear up any doubts about the future of the company.* ❖ وَصَّحَ
- 5.107 briefly** (adv) /'brɪːfli/
for a short time • *We only discussed the matter briefly* > brief (adj) ❖ بِإِقْتِصَابٍ (بِاخْتِصَار)
- 5.108 misunderstanding** (n) /ˌmɪsʌndə'stændɪŋ/
a situation where sb does not understand sth correctly • *Through some misunderstanding, the parcel was delivered to the wrong address.*
> misunderstand (v) ❖ سوء فهم، سوء تفاهم
- 5.109 depressing** (adj) /dɪ'presɪŋ/
which makes you feel very unhappy • *The story was so depressing because it had a sad ending.* > depress (v), depression (n), depressed (adj) ❖ قَابِضٌ (كَتِيب)
- 5.110 poverty** (n) /'pɒvəti/
the state of being very poor • *Jenny is cycling around the world to raise money to fight child poverty.* > poor (adj), the poor (n pl)
❖ فَقْرٌ

Expressions with news

| | |
|----------------------|-------------------|
| break the (bad) news | that's news to me |
| breaking news | welcome news |
| old news | |

Expressions and phrasal verbs

| | |
|--------------------|--------------------|
| call for | get (sth) across |
| call in | go viral |
| clear up sth | have a word (with) |
| come to a decision | make sense |
| come up with | stand out |

Writing Pages 62–63

- 5.111 updated** (adj) /ˌʌp'detɪd/
revised to the latest version • *Unfortunately, the updated app doesn't work on my phone.*
> update (n, v) ❖ مُحَدَّثٌ
- 5.112 consciously** (adv) /'kɒnʃəsli/
intentionally; with full awareness • *Did you consciously decide to tell him or was it a slip?* > consciousness (n), conscious (adj) ❖ شعورياً ❖ Opp: unconsciously, subconsciously

- 5.113 undoubtedly** (adv) /ʌn'daʊtɪdli/
without a doubt • *He undoubtedly had good reasons for refusing the job offer.* > undoubted (adj) ❖ يَقِينًا (بِلا شَكِّ) ❖ Syn: definitely
- 5.114 integral** (adj) /'ɪntɪgrəl/
essential; which can't be removed • *Emails and instant messaging have become integral parts of everyday communication.*
> integrate (v) ❖ مُتَكَامِلٌ
- 5.115 consumption** (n) /kən'sʌmpʃn/
using, eating or drinking sth • *We must cut down on our consumption of the earth's resources.* > consume (v), consumer, consumerism (n) ❖ اِسْتِهْلَاكٌ
- 5.116 effective** (adj) /ɪ'fektɪv/
which achieves what is intended • *Video chats are a fast and effective form of communication.*
> effectiveness (n), effectively (adv)
❖ فَعَّالٌ ❖ Opp: ineffective
- 5.117 isolated** (adj) /'aɪsəleɪtɪd/
not seeing or being in touch with other people • *Working online from home can cause people to feel isolated from the real world.* > isolate (v), isolation (n) ❖ مَعْرُودٌ
- 5.118 mental** (adj) /'mentl/
relating to the mind and thinking • *Socialising with friends is important for our mental health.*
> mentality (n) ❖ عَقْلِيٌّ
- 5.119 alarming** (adj) /ə'lɑːmɪŋ/
frightening or worrying • *There has been an alarming increase in unemployment in recent years.* > alarm (n, v), alarmingly (adv)
❖ مُفْرَعٌ

Live well, study well

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- 5.120 nerves** (n pl) /nɜːvz/
feeling of stress and worry • *He always suffers from nerves in job interviews.* > nervous (adj), nervously (adv) ❖ عَصَبِيَّةٌ
- 5.121 assignment** (n) /ə'saɪnmənt/
a piece of work that sb is given to do, often as part of their studies • *I managed to hand in my class assignment on time.* ❖ مُهِمَّةٌ
- 5.122 recap** (v) /'ri:kæp/
repeat or summarise • *Let me recap the main points of our discussion before we make a decision.* ❖ مُلَخَّصٌ
- 5.123 alternatively** (adv) /ɔː'l'tɜːnətɪvli/
as a second possibility • *We could write to our councillor about the problem. Alternatively, we could go to the press.* > alternative (adj)
❖ كَبَدِيلٌ

- 5.124 eye contact** (n) /aɪ 'kɒntækt/
looking directly at sb's eyes • *I'm sure he was lying from the way he avoided eye contact.*
❖ تواصل بصري
- 5.125 sip** (n) /sɪp/
a very small amount of a drink • *He stopped regularly to take sips of water on his long walk.*
> sip (v) ❖ رَشْفَة

Compound nouns

| | |
|------------------|--------------------|
| current affairs | human interest |
| eye contact | political analysis |
| fanbase | press conference |
| front page | press release |
| gossip columnist | soundbite |