



Pearson

# Putting the 'X' Factor into Exam Preparation

Rob Dean

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# What is the 'X' Factor?

A set of exceptional qualities that make someone or something **special**.



# Exams are sometimes ‘special’:

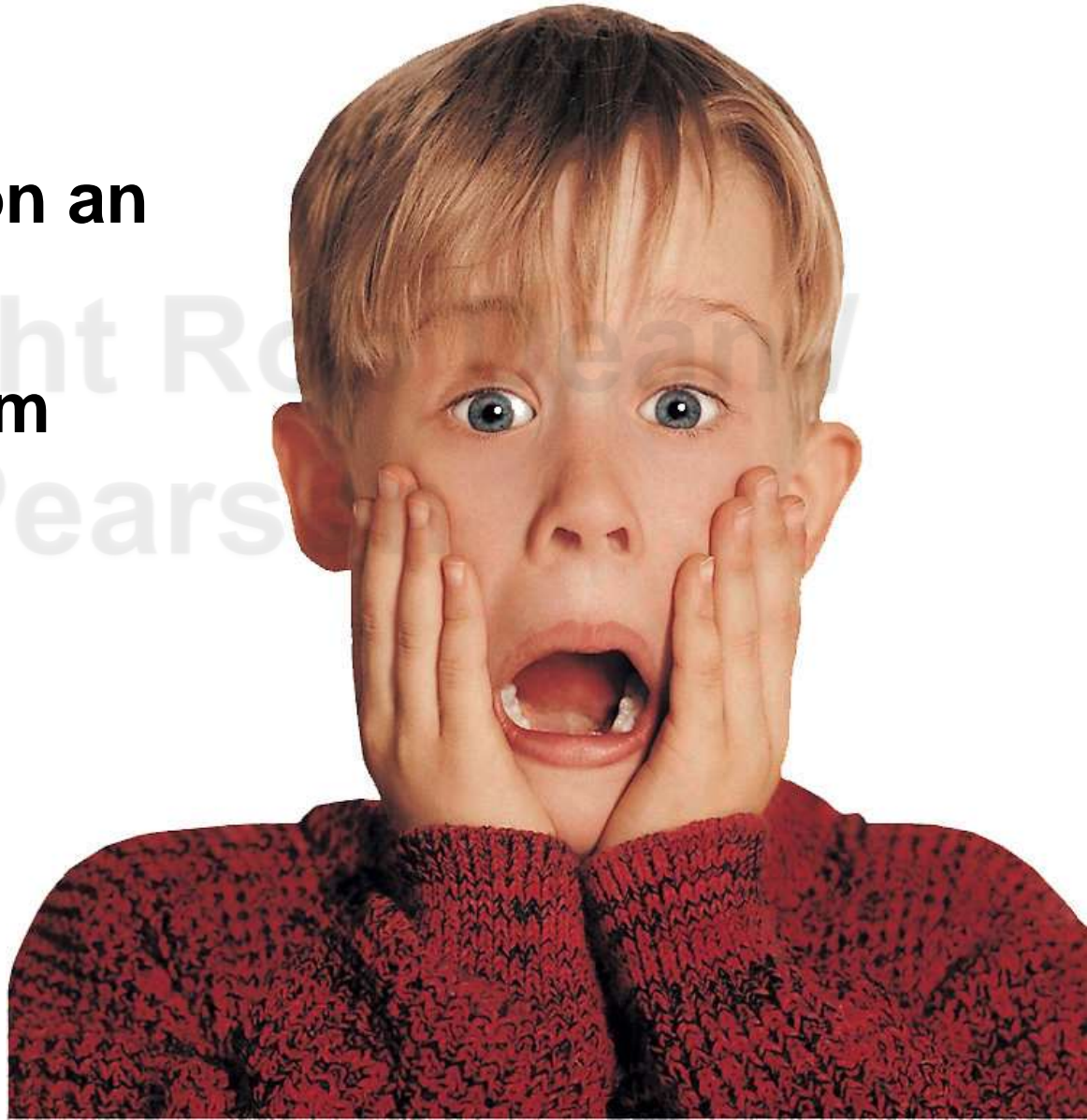
The unknown...

A lot can depend on an exam

Pressure to perform

**FEAR**

**EXTRINSIC  
MOTIVATION**



# Agenda

**Motivation**

**'X-Factor':**

**Topics**

**Reading**

**Language**

**Listening**

**Speaking**

**Practice makes perfect...**



# Intrinsic Motivation

**”Intrinsic motivation is the willingness and desire of a person to exert high levels of effort to satisfy some individual need.”**

(Robbins & Coulter, 1996).

# Fostering Intrinsic Motivation



# Fostering Intrinsic Motivation

**T H E**

**Interesting topics**

**Enjoyable activities**

**Achievement and satisfaction**

**Personalisation, autonomy and inclusion**

**Meaning and relevance**

**F A C T O R**

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## **The Right Topics**



# A Quiz

What is 'hygge'?

- a) A Danish philosophy of living
- b) A Thai fruit
- c) An IKEA chair
- d) A rare breed of beetle

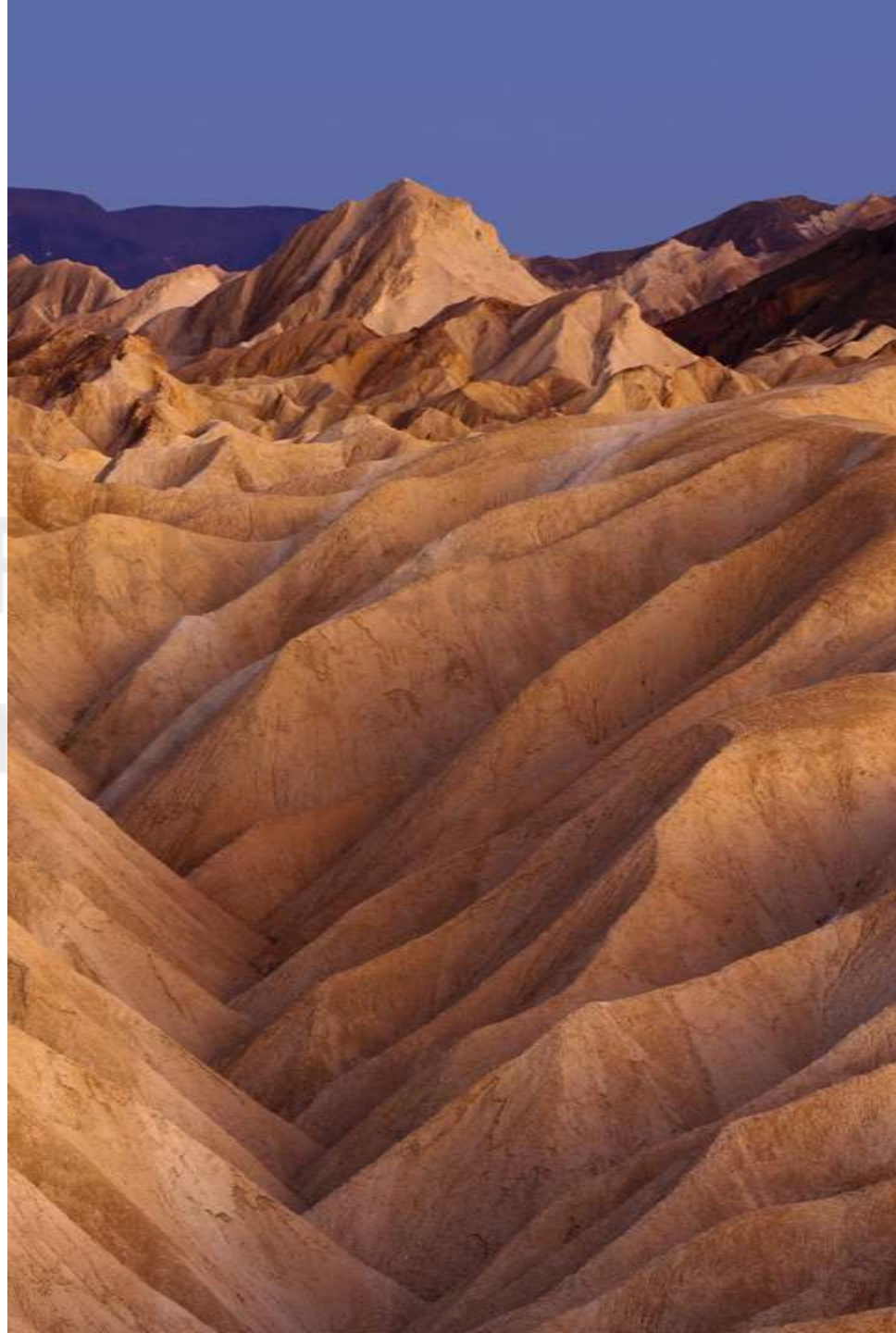


# A Quiz

True or **False?**

**Temperatures in Death Valley California can reach 55 degrees Celcius.**

**48 degrees**



# A Quiz

**Explorer Ed Stafford walked the entire length of the Amazon. How long did it take?**

- a) 503 days
- b) 675 days
- c) 859 days**
- d) 1021 days



# A Quiz

True or false?

The average budget for writing, recording and marketing a pop song is about 40 million US dollars

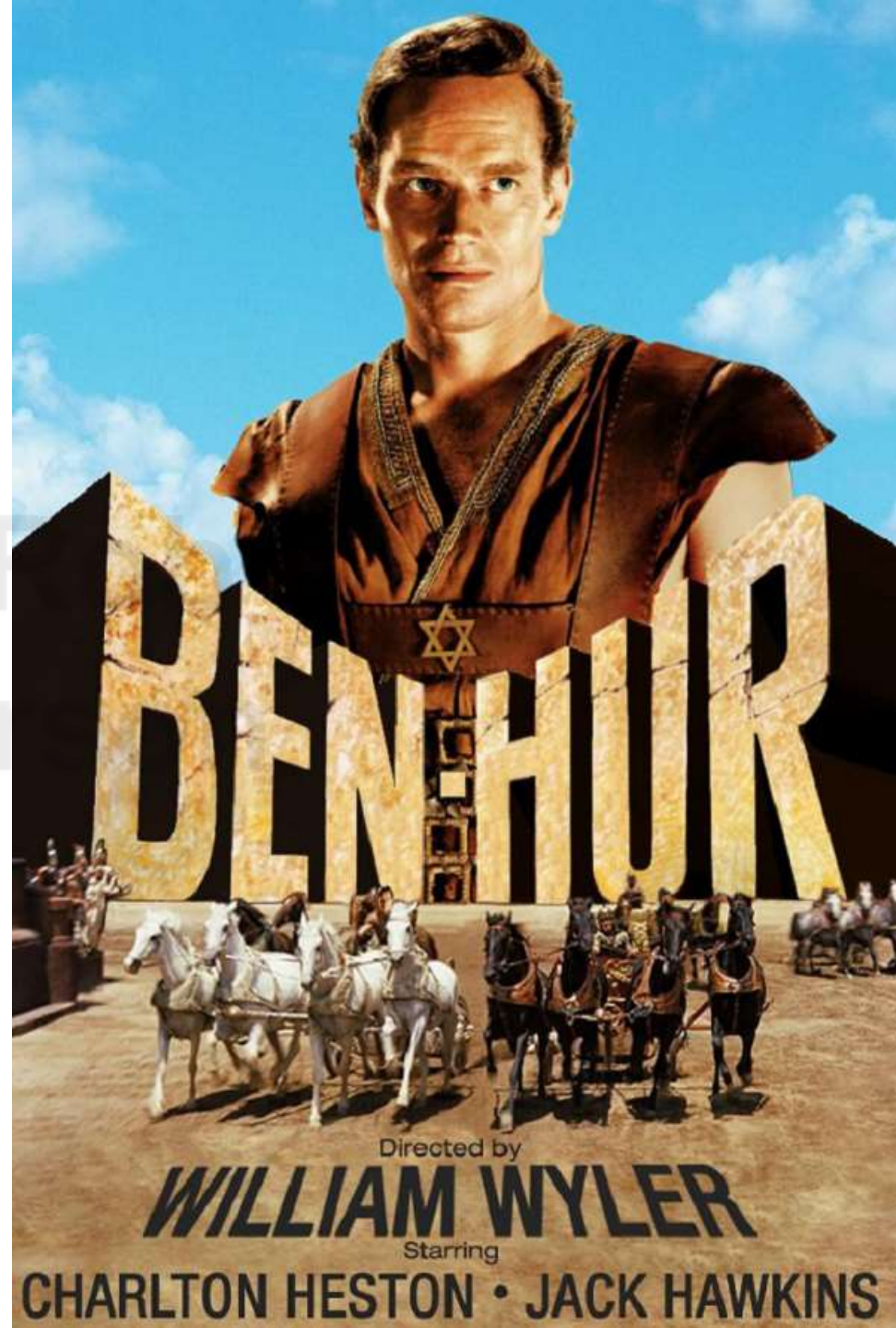
**100 million**



# A Quiz

**What problem occurred in the production of the 1959 Roman epic Ben Hur?**

- a) The chariots had the incorrect number of wheels
- b) One of the cast can be seen wearing a wristwatch
- c) The set collapsed
- d) One of the lead actors fell ill during the filming



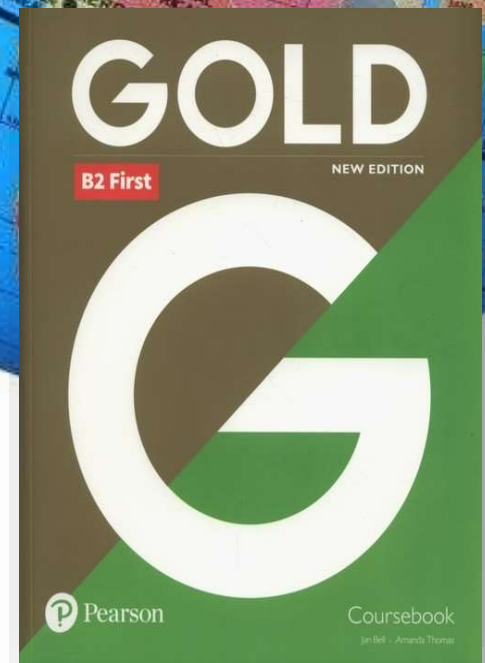
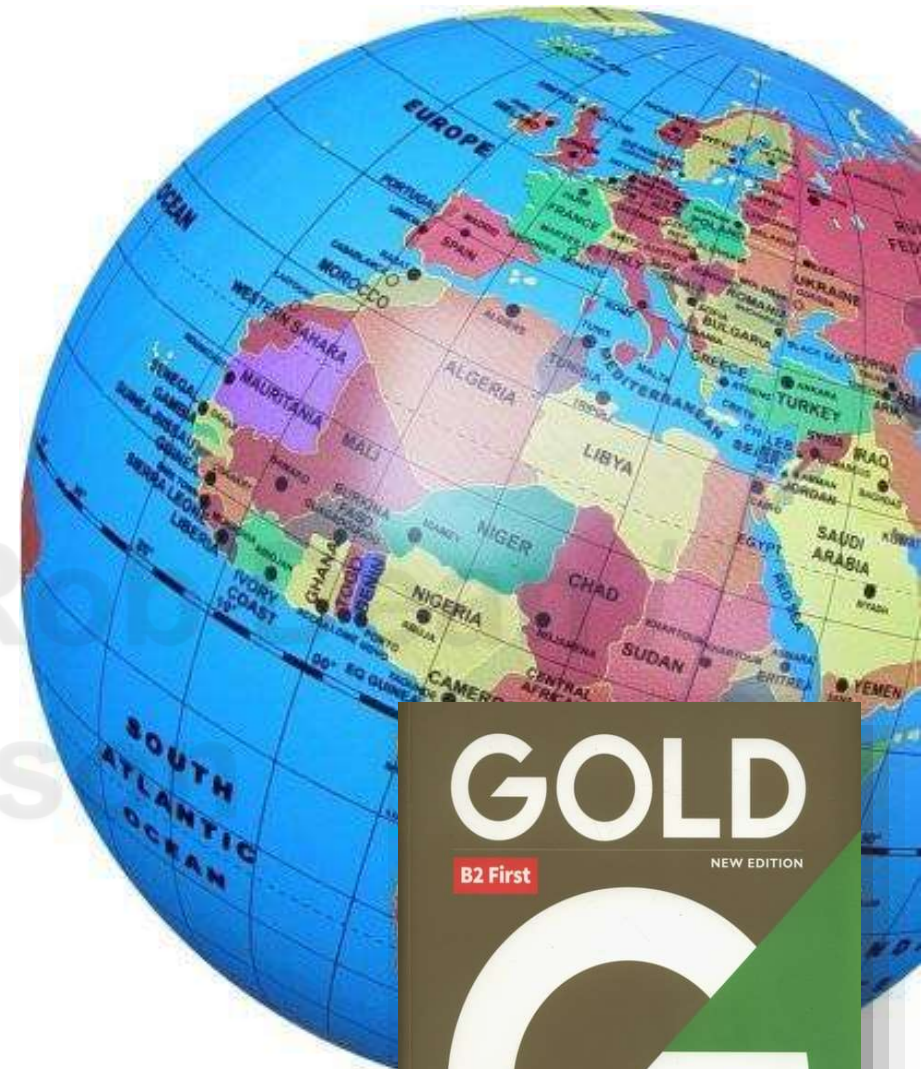
# ‘CLIL’

(Content and Language  
Integrated Learning)

Developing world  
knowledge and sparking  
curiosity

Developing language  
skills

Providing context for  
exam skills practice



## Open class

## ▶ EXAM FOCUS

## 1 Work in pairs

- 1 What do you do when you're depressed?
- 2 What makes you feel better?

## 2 Read the text

- 1 What is 'hygge'?
- 2 How can it be used?

## 3 Look at the text. What is it? Now do you need a noun/verb?

## 4 Complete

## EXAM TIP

Read the whole text and after each paragraph write a missing word (e.g. a ...).

## 5 Work in pairs. Why do you ...

## Word for

## ▶ EXAM FOCUS

## 1 Look at the

below. What is the word for the Valley is? How is it used?

## 2 Look at each

speech is missing. What is the word surrounding it?

## 3 Use the word

some of the words in the gap in the text. What is the negative prefix?

## EXAM TIP

You may need to use the word to another word or a prefix (e.g. *unlucky* - *unlucky*).

## Death Valley

Death Valley got its name because of a group of (0) *unlucky* miners who made the mistake of passing through the valley to California. Temperatures can reach 120 degrees Fahrenheit here, and in the past, many miners nearly died of heatstroke.

Despite its name, more than 200 people (2) still go there every year. However, that many of them have no idea how (3) the climate can be. (4) don't drink nearly enough water, and (5) wear clothes that don't protect them from extreme heat.

Heatstroke often occurs when you are unable to control your temperature. Signs of this are high body temperature, dry skin, very bad headache, dizziness. All this is also often accompanied by (7) . If you have these signs, a person should get out of the sun and receive urgent medical attention, otherwise they have a very small chance of surviving.

## 1 Complete the text or - (no article)



After (1) ..... inches, British explorer (2) ..... first man to reach the length of (4) ..... Atlantic in (5) ..... a half year after he had been in (7) ..... jungles.

The final leg proved to be challenging, with (9) ..... few hours to reach the destination.

Mr Stafford fell out with his walking partner and instructor Luke Collyer in (11) ..... months. Mr Collyer is now in (12) ..... UK. Mr Stafford's new walking partner is (13) ..... Rivera. (14) ..... Living off (15) ..... made their way through Brazil. Mr Stafford's new partner now is (15) ..... position. (16) ..... nice cold.



## Reading

Gapped text  
▶ CB page 8

## About the extra

In the Reading and Gapped text exercises you read a text with gaps. You decide where to put the words. Always one extra is provided.

## Strategy:

- Read the whole text first to understand it.
- Look at the words in the gaps. Are they adjectives (*her, it*) or nouns (*what*)? Have they been removed from a sentence? When you have a choice of words, read the sentence with the word in the gap. It all makes sense.

## 1 You are going to write an article about the article and 1 or 2 summaries.

- 1 The science of film
- 2 How writing works

## 2 Six sentences from the article. Choose the one which is one extra sentence.

- A Even though he can't act, but it certainly is his chance to have to be a man on a committee.
- B One way to record a song is by using a recording studio.
- C But somewhere in the world, there are still people who are involved in it.
- D You will see that it is often involved in it.
- E Instead of getting together to collaborate through the music industry, it rarely involves writing lyrics, the industry then took the role of writing the song.

## LIFE AS A FILM EXTRA:

## HOLLYWOOD'S LEAST POWERFUL PEOPLE

The chariot race in the 1959 Roman epic *Ben Hur* will go down in history for two reasons. First, because 263 feet of film was shot for every one foot that made it into the final movie, making it the least economically shot section of any film. The second reason is that it features a trumpet-playing extra who forgot to take his watch off. The film won 11 Oscars, but 50 years later we still can't get past that one mistake. [1] Nobody notices you unless you do something wrong.

Little has changed since *Ben Hur*, apart from the fact that extras are now called 'supporting artists' but their 'artistry' begins and ends with walking, standing and sitting. It's rare for an extra to get to say anything so there are no lines to memorise and they seldom even see the script. [2] A week earlier, the assistant director of the film told me to turn up in a car park at 7 a.m., looking 'smart casual' and that in the scene in which I was supposed to act I should look 'happy'.

When I got there I saw production trailers, handing everything from wardrobe to catering and make-up. I was directed to a bus where extras wait until a member of the crew comes on board to choose people for particular scenes. The bus wasn't full of would-be actors as I had imagined. [3] They liked the idea of sitting on the bus and relaxing on their day off while earning a bit of extra cash.

The cost of extras is one of the reasons why epics such as *Ben Hur* are a thing of the past. Nowadays, where possible, crowds are digitised in. In *Gladiator*, they used 2,000 live

actors to create a digital crowd of about 35,000 people. But for some of the crowd scenes, in addition to the real-life extras and the digital ones, they also used cut-outs made of cardboard. [4] Inflatable extras are more rounded and have the added advantage of being easy to deflate, store and reuse.

Even so, for the best human extras, there is still a wide variety of work. 'A casting director could be looking for five Spanish-speaking fire eaters in a circus scene, or 500 people to play zombies taking over a city,' says Jamie Howell, of extras agency Star Now. [5] The advent of the internet has made the whole casting process a lot easier.

It doesn't matter how old you are and it doesn't matter what you look like. In fact, the more ordinary you look, the better. Having George Clooney or Angelina Jolie in the background is too distracting. Though there may be nothing distinctive about them, today's extras are real professionals and know their worth. [6] The extras I spoke to said this was the best way to get book bookings.

Finally, we were called on to the set for a fight scene. Our emotion as extras was 'surprise'. I was convinced that I was about to play my role brilliantly. Unfortunately, the scene didn't involve any extras in the end. We just had to watch them shooting it. But then tea trolley arrived. Suddenly, I got it. All this, and biscuits too. The extra's life was starting to make sense.



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**'X' Factor Reading**  
Pearson



**Before Reading**

**Raise Interest:**

**Make learners**

**WANT to read!**

**What's the text  
about?**



# Before Reading

**Raise Interest:**

**Make learners WANT to read!**

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**?gnikoocfohtaedeht**

**The death of cooking?**

**What's the text about?**

# THE DEATH OF COOKING?

Rob Rhinehart's idea for Soylent (the name is a hybrid of *soybeans* and *lentils*) dates back to when he was living on his own in San Francisco and struggling to build a wireless networking business. Desperate to preserve his rapidly declining funds, he identified food as one of his biggest costs and hit upon a novel way to economise. After researching the essential nutrients required for maintaining human health, he ordered the ingredients from the internet and blended them together to make a liquid concoction that would do away with the bother of cooking.

In a blog post entitled *How I Stopped Eating Food*, he wrote about how the idea of food was outdated. The posting went viral and, when his original wi-fi business finally reached the end of the line, Rhinehart decided to put all his energies into making Soylent a success. He raised money by getting small sums from hundreds of online investors. This enabled him to start producing Soylent on a large scale. Last year the company was said to be valued at \$100m. Now, the ready-to-drink version – Soylent 2.0 – is packaged in attractive white bottles and shipped across the USA and Canada and to other markets. More than 25m servings have been shipped since May 2014.

The public reaction which greeted Soylent was a little surprising, given that the idea of liquid food is nothing new. In hospitals it has been used for decades to feed patients that are too weak to digest solid food. Liquid meal replacements are also a regular feature of the diet industry and have been sold to people hoping to lose weight as a miraculous way of both satisfying hunger and minimising calorie intake. The concept of liquid food first caught the public imagination following the early expeditions into space when



astronauts survived on packets of powdered dried food, which had to be dissolved in hot water. These days, liquid meal replacements are no longer considered rocket science but what is new is the suggestion that these products should become a normal part of our everyday diet.

Rhinehart is convinced that we will start to abandon three meals a day and instead rely on meal replacement drinks which meet our dietary requirements. 'We don't work on farms, we don't work on assembly lines and I don't think we should eat like we do. I think people will switch to eating when hungry rather than eating on a schedule.' He stresses this does not mean the end of cooking or eating for pleasure; people will only cook when they have time or are in the mood, and will continue to enjoy socialising with friends in restaurants.

One of the ingredients for Soylent is oil from seaweed, which Rhinehart considers a wonder plant because it is both extremely nutritious and fast-growing. He believes that one day we will all cultivate seaweed or other forms of algae in our gardens. The main ingredients for Soylent are extracts from soya, lentils and

beetroot, plants which are known to be beneficial for health. Despite this, Rhinehart's product has drawn plenty of criticism from nutritionists, who say something is lost when giving up eating food in its natural state. Soylent's creator is having none of it. He argues that humans have always interfered with nature and that all of the crops that we produce have gradually been modified and adapted for human consumption over time.

Another objection to Rhinehart's theory about the future of food is that its appeal may be confined to single young people. The idea of families sitting around drinking from their individual Soylent bottles seems quite chilling as it reduces the traditional shared meal to a cold functional experience. But there are others who argue that meal replacement drinks like Soylent could be used in the battle against childhood obesity. According to Rhinehart, children love Soylent and he is considering bringing out flavoured versions which would appeal to them. Perhaps an unintended benefit of products like Soylent is that they could, with any luck, be a way to control our ever-increasing addiction to salt and sugar.

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# Initial Reading Tasks

- Predict from headline
- Predict from picture
- Predict from key words
- Identify the genre of the text
- Identify the purpose of the text
- Identify the attitudes of the writer...

- 1 Discuss the questions and give reasons for your answers.
  - 1 If you lived on your own, would you bother cooking?
  - 2 Would you ever replace a meal with an energy drink or smoothie?
- 2 Read the article quickly to find out three pieces of information about a food product called Soylent. Then compare with a partner.

# Detailed Reading Tasks

- True / false
- Multiple choice
- Gapfill
- Ordering
- Matching headings to paragraphs / sections
- Non-verbal stimuli
- Comprehension questions...

- 3** For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.
- 1 Why did Rob Rhinehart initially create Soylent?
    - A He saw it as a way of earning money to support his new company.
    - B He felt that cooking was taking up too much of his time.
    - C He wanted to live on a diet of nutritious food.
    - D He thought that he would be able to live more cheaply.
  - 2 Following the interest in his blog, Rhinehart
    - A couldn't keep up with the demand for Soylent.
    - B had to choose which of his businesses to close.
    - C improved the recipe for Soylent.
    - D started producing big quantities of Soylent.
  - 3 The writer was surprised by the public reaction to Soylent because
    - A liquid food has always been associated with ill health.
    - B people were already familiar with the idea of liquid meal replacements.
    - C there are lots of similar products available.
    - D astronauts stopped using liquid food a long time ago.
  - 4 What does Rhinehart say about people's eating habits in the future?
    - A They will feel less hungry at meal times.

# Reading comprehension – the traditional way?



# THE DEATH OF COOKING?

Rob Rhinehart's idea for Soylent (the name is a hybrid of soybeans and lentils) dates back to when he was living on his own in San Francisco and struggling to build a wireless networking business. Desperate to preserve his rapidly declining funds, he identified food as one of his biggest costs and hit upon a novel way to economise. After researching the essential nutrients required for maintaining human health, he ordered the ingredients from the internet and blended them together to make a liquid concoction that would do away with the bother of cooking.

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  - He felt that cooking was taking up too much of his time.
  - He wanted to live on a diet of nutritious food.
  - He thought that he would be able to live more cheaply.
- Following the interest in his blog, Rhinehart
  - couldn't keep up with the demand for Soylent.
  - had to choose which of his businesses to close.
  - improved the recipe for Soylent.
  - started producing big quantities of Soylent.
- The writer was surprised by the public reaction to Soylent because
  - liquid food has always been associated with ill health.
  - people were already familiar with the idea of liquid meal replacements.
  - there are lots of similar products available.
  - astronauts stopped using liquid food a long time ago.
- What does Rhinehart say about people's eating

## Developing the reading skill through collaboration and interactivity

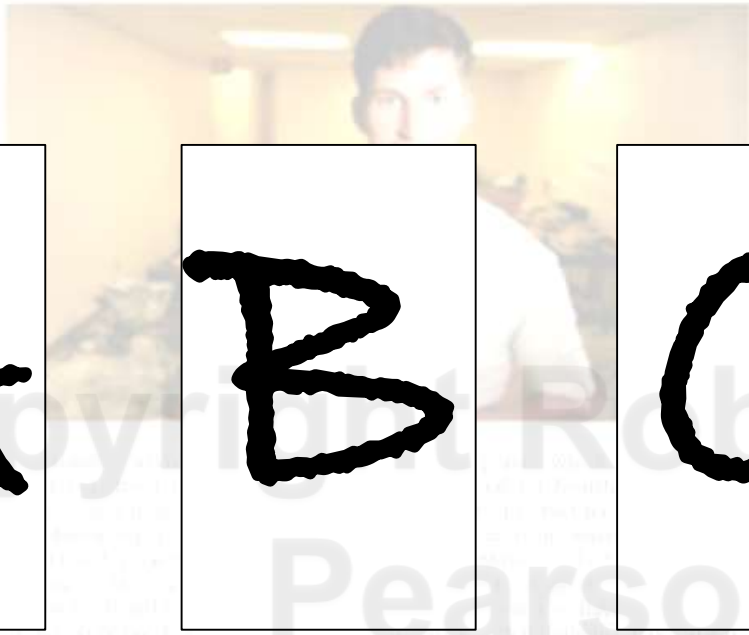
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other forms of algae in our gardens. The main ingredients for Soylent are extracts from soya, lentils and

they could, with any luck, be a way to control our ever-increasing addiction to salt and sugar.

# THE DEATH OF COOKING?

Read the text and choose the answer (A, B, C or D) which you think fits best according to the text.



A

B

C

D

- For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.
- 1 Who did Redmond start the website about?  
A the new food website that had helped support his company  
B his daughter who had started the website about the same
  - 2 What was the website about?  
A people who were interested in the history of food  
B people who were interested in the history of food  
C people who were interested in the history of food  
D a group of people who were interested in the history of food
  - 4 What is the author's opinion of the website?

**Developing the reading skill through collaboration and interactivity**



# Skills Follow Up

## What could you do next?

### Speaking:

- Debate pros and cons of living on soylent
- Talk about different eating experiences
- Talk about what food items you couldn't live without

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**You are going on a diet of soylent...  
...but for a weekend treat you can have  
THREE of the following:**

**steak      burgers      pizza      salad**

**wine      dumplings      cabbage soup**

**curry      chocolate      bananas**

**cake      fried cheese      chicken**

**oranges      apples      beer**

# Skills Follow Up

## What could you do next?

### Speaking:

- Debate pros and cons of living on soylent
- Talk about different eating experiences
- Talk about what food items you couldn't live without

- 5** Work in pairs and discuss the questions.
- 1 Would you consider trying Soylent? What do you think are its advantages and disadvantages?
  - 2 What would you give up if you wanted to save money?  
A buying snacks      D your phone  
B going out          E your car  
C buying presents    F something else?

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**'X' Factor Language**

# Death Valley

Death Valley got its name in 1849 when a group of (0) **unlucky** miners made the mistake of passing through it on their way to California. Temperatures can rise above 120 degrees Fahrenheit in Death Valley, but having no (1) ..... of conditions there, the miners nearly died of heatstroke.

Despite its name, more than 1.3 million (2) ..... still go there every year. It is likely, however, that many of them have absolutely no idea how (3) ..... such a hot, dry climate can be. (4) ..... walkers often do not drink nearly enough water or wear the (5) ..... clothes that are required in this extreme heat.

Heatstroke often occurs when the body is unable to control its temperature. (6) ..... signs of this are high body temperature, red dry skin, very bad headaches and feeling dizzy. All this is also often accompanied by (7) ..... If heatstroke is suspected, the person should get out of the sun at once and receive urgent medical (8) ..... otherwise they have only a 20 percent chance of surviving.

LUCK

KNOW

VISIT

DANGER  
EXPERIENCE

SENSE

WARN

SICK

ASSIST

## Word Building

**unhappy, impatient,  
unregular, unlogical,  
unsensitive...**

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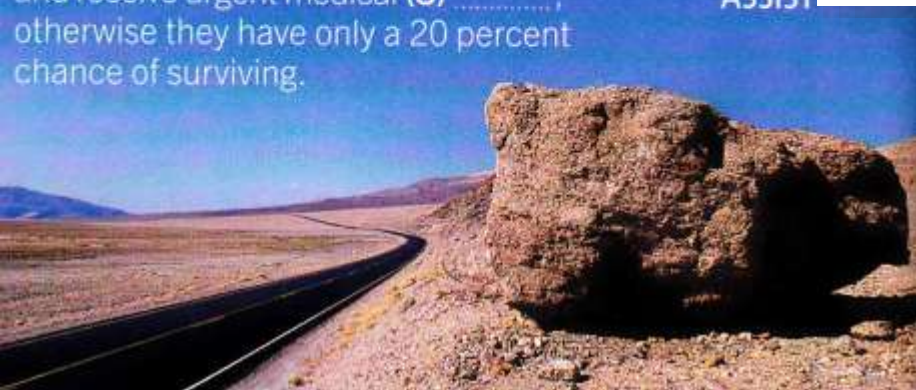
**teacher,  
mathematician,  
violinist, accountant,  
actor...**

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## EXAM TIP

## LANGUAGE TIP

### 6 Add a negative prefix to the underlined adjectives.

- 1 One advantage of winter is how much we spend on heating our homes.
- 2 I think it is legal to speak on a hands-free mobile while driving.
- 3 It's likely that we'll be able to have a barbecue unless it gets much warmer.
- 4 I've noticed that people get patient when they're driving during hot weather.
- 5 It was a great job despite the regular working hours.
- 6 I'd be capable of surviving in low temperatures even if I had the right equipment.

### 7 Work in pairs. Discuss something

- 1 which is unusual about you.
- 2 which has made you indecisive.
- 3 which makes you impatient.

**-(r)ess**

**-er**

**-ian**

**-ist**

**-or**

**-ant**

50	150	200	100
100	75	250	150
200	150	50	100
250	150	100	75



**-(r)ess**

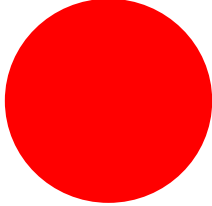
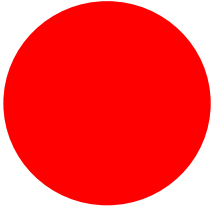
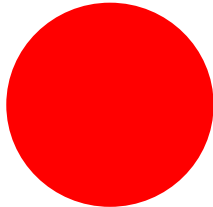
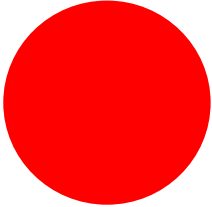
**-er**

**-ian**

**-ist**

**-or**

**-ant**

mathematic-	compos-		cartoon-
account-		bank-	philosoph-
illustrat-	novel-	violin-	
	astronom-	navigat-	explor-

# Games in the classroom?

**Provide natural opportunities for repetition of language**

**Develop strategy / critical thinking skills**

**Are motivating**





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**'X' Factor Listening**  
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**In the  
classroom...**

**...how is the  
listening skill  
different from the  
reading skill?**



**More stressful!.... Why?**

# The Trouble with Listening

**Perceived as 'testing'**  
**Pace dictated by recording**  
**Speed of delivery**  
**Lack of interactivity**  
**Background noise**  
**Regional accents**  
**Lack of visual cues (paralinguistics)**

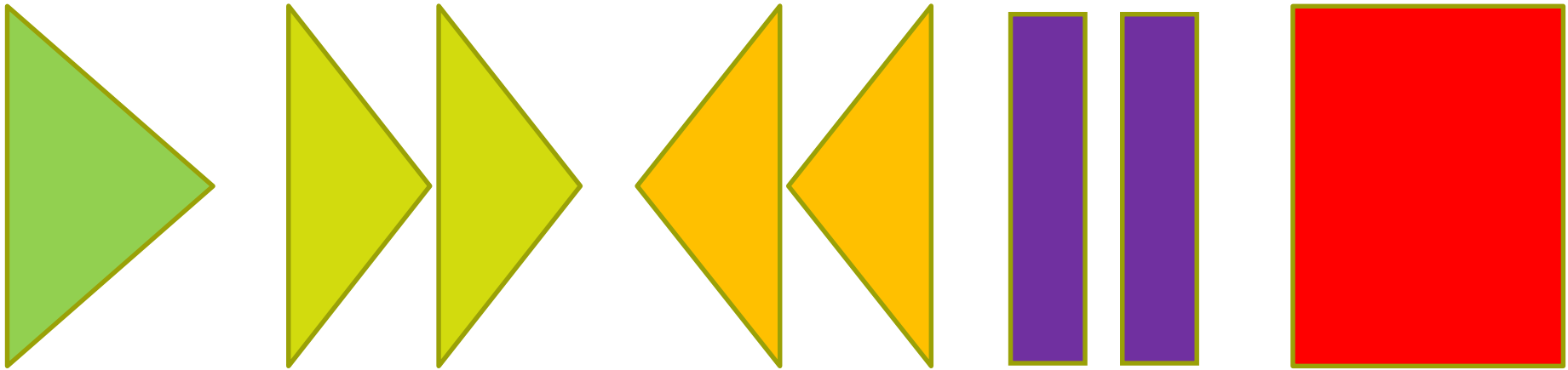


# Ways of helping learners with listening

1. **Use an effective receptive skills procedure (gist task first then detailed)**
2. **Gear the TASK to the level of the students.**
3. **Pause the recording during the activity**
4. **Allow students to control the recording**

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# Ways of helping learners with listening



# Ways of helping learners with listening

1. Use an effective receptive skills procedure (gist task first then detailed)
2. Gear the TASK to the level of the students.
3. Pause the recording during the activity
4. Allow students to control the recording
5. Allow students to confer – encourage peer support
6. Keep task responses simple – avoid turning a listening activity into one focussing on writing.
7. Get the students to think like an examiner



1



**18** You will hear people talking in eight different situations. First, underline the key words in question 1. Then listen and choose the best answer, A, B or C.

1 You hear a woman talking about a play. What did she dislike about it?

**A** the lighting

**B** the music

**C** the costumes

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It's one of my favourite plays so I was really excited about seeing it again. But I have to warn you – it's probably quite different from any other production you may have seen by this company. On the whole, I think it works. The futuristic set is stunning, very cleverly contrasted with the present-day jeans and hoodies the cast have on. The specially composed music is a welcome addition and really helps to create a threatening atmosphere. But for some reason most of the action takes place in semi-darkness, so I just wish I'd been able to see everything a bit more clearly.

**18** You will hear people talking in eight different situations. First, underline the key words in question 1. Then listen and choose the best answer, A, B or C.

1 You hear a woman talking about a play she dislikes.  
A the lighting

**2** Work in pairs and answer the questions to check. Then listen to question 1 again.

- 1 Was the information in the recording in the same order as options A, B and C?
- 2 Did you hear any of the key words in options A, B or C?
- 3 Does the woman make negative comments about all the options, A, B or C?
- 4 Which words did you hear that refer to lighting, music and costumes?
- 5 Which words signal what the woman disliked about the play?

helps to create a threatening atmosphere. But for some reason most of the action takes place in semi-darkness, so I just wish I'd been able to see everything a bit more clearly.

Next up, information about another popular actor – for all you Josh Willard fans, we have some exciting news. **Josh's new film**, set in nineteenth-century Scotland, has its premiere next week and Josh will be here in London to attend. This is the first time he's appeared on the silver screen for quite a while, and the action-packed movie might well be a contender for all the awards going, if the critics are to be believed. Josh, who famously doesn't do **many interviews**, will appear on Channel 3's *Live Tonight*, so make sure you don't miss him talking to Ned Bryan. Then it's back to New York where he'll be starring alongside Natasha Reynolds in *The Holly Tree* at the District Theatre from the end of April ...

You hear part of a radio programme. What kind of programme is it?

**A**

**B**

**C** a news show

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# **'X' Factor Speaking**

Pearson

# Language teaching, language learning: Why?

**To fulfil the needs of the curriculum**

**For students to learn the grammar rules of a second language**

**To pass exams**

**Because we have no choice**

**To help students to COMMUNICATE!**

- A your personal relationships
- B your home town
- C your job or studies
- D your free-time activities
- E your travel plans
- F your future plans

Choose one question from each topic  
and ask your partner.

**Language**

**Ideas**


**Time**

**A model /  
demo of the  
task**

**What preparation will students need to  
successfully complete the task?**

**8** In Part 1 of the Speaking test, you have two minutes to answer some questions in which you give personal information and opinions. Match questions 1–6 to typical topics A–F.

- 1 How important is music to you?
- 2 Tell us about your closest friend.
- 3 What do you like about the place where you were brought up?
- 4 What subject did you enjoy most at school?
- 5 What do you think you'll be doing in five years' time?

6 When **10**  **03 Listen to Julia and Stefan and answer the questions.**

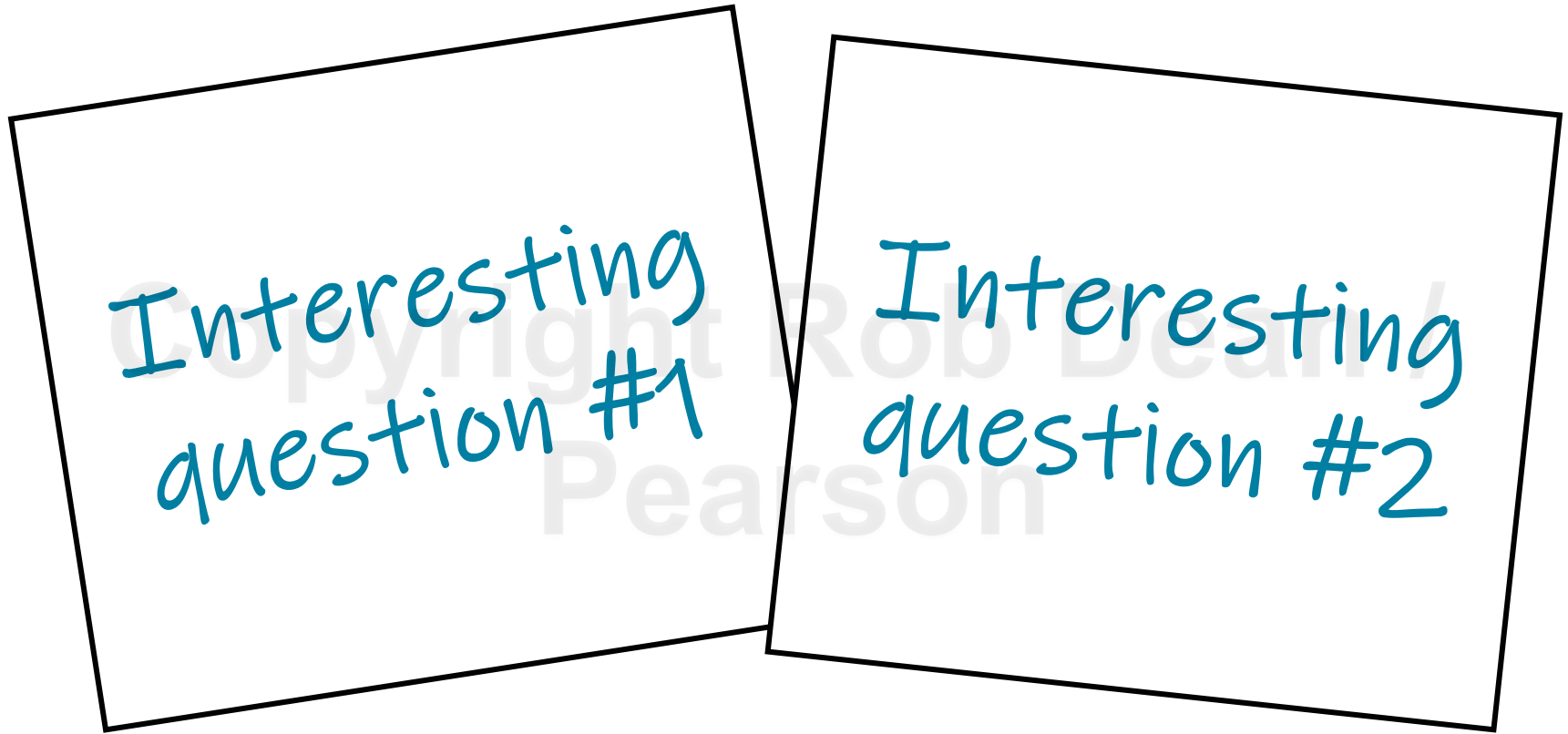
- A** your **1** Which of the questions in Activity 8 were they each asked?  
**B** your **2** What did Stefan say when he didn't understand the question?  
**C** your **3** What could Julia have said when she didn't know the word for *marks*?

**D** your  
**E** your **11** **How well did they both answer the questions? Use a number between 1 (lowest) and 5 (highest) to give your opinion on the areas assessed in the Speaking test.**  
**F** your

- range of grammar and vocabulary
- developing an answer without too much hesitation
- pronunciation

## Step-by-Step preparation

## 2 scraps of paper – 1 question\* on each



\* A question you could ask to anybody in the room



## LANGUAGE TIP

Adverbs of frequency (*usually, never, hardly ever, etc.*) come before a main verb and after auxiliary verbs such as *be*.

*I **hardly ever** go shopping.  
I'm **always** busy.*

Longer adverbials (*from time to time, every day, now and again, etc.*) can come at the beginning or end of a sentence.

*I go running **every evening**.  
**Now and again** I play squash.*

## Support where it's needed

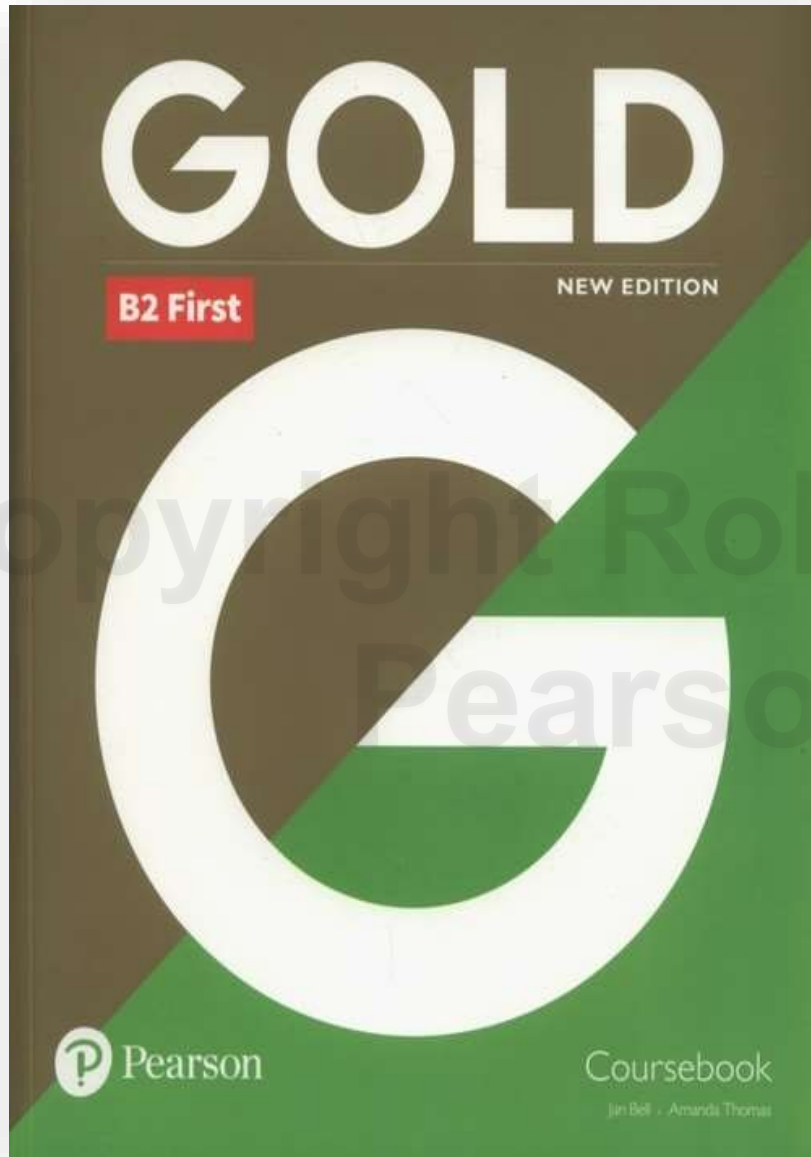
## EXAM TIP

Answer in full, giving reasons. Avoid one-word answers and don't move away from the question to talk about something else.

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**The Materials**  
Pearson

# The Materials



**New reading and  
listening texts**

**Student e-Text**

**MyEnglishLab  
online workbook**

**Digital Teach  
resources**

**Active Teach  
including Interactive  
whiteboard  
software.**

# Fostering Intrinsic Motivation

**T H E**

**Interesting topics**

**Enjoyable activities**

**Achievement and satisfaction**

**Personalisation, autonomy and inclusion**

**Meaning and relevance**

**F A C T O R**



**Practice Makes  
Perfect...**





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Thank you

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