*Vocabulary Unit 1*

*Pages 8 and 9.*

*EI 20A/4205*

**- Defeated:** Feeling that you cannot deal with something.

**- To face:** To confront, to encounter. To deal with a problem or difficult situation.

**- Challenged:** Feeling encouraged to try or do something new.

**- Hopeful:** Believing that something you want will happen.

**- Confident:** Feeling certain that something will happen in the way that you want.

**- Cynical:** Believing that people only do things to help themselves rather than for good or honest reasons / Pessimistic. Do not confuse it with “hypocrite” who is someone who pretends to have some moral standards or opinions that they do not actually have.

**- Painful:** Causing you pain.

**- To give up:** To stop trying to do something.

**- To look on the bright side:** To be hopeful about a bad situation.

**- Uplifting:** Making you feel happy and more hopeful.

**- Wise:** Someone who is able to make sensible decisions and give good advice because of the experience and knowledge he/she has.

**- In the face of hard times:** In spite of the problems or difficulties.

**- Goodness:** The quality of being good.

**- It figures:** When something happens in a way that you expected, but do not like.

**- To warm up:** To become more friendly with someone.

**- To become:** To start to be something.

**- A raise:** An increase in the money you are paid for the work you do.

**- To drop by:** To pay an informal visit to a person or place.

*Vocabulary Unit 1*

*Pages 10, 11 and 13.*

*EI 20A/4205*

**- Eye-opener:** An event, experience, etc. that is surprising and shows you something that you did not already know.

**- It hit me:** To come suddenly into your mind.

**- To regret:** To feel sorry about something you have done.

**- Rewarding:** Satisfying, fulfilling.

**- Handy:** Useful, easy to use or to do.

**- Beyond your control:** Something is not possible, it does not depend on you.

**- To move on:** To start doing something new.

**- In time:** Not late.

**- Dumb:** Stupid.

**- Don’t let it get to you! :** Don’t get caught! / Ignore it.

**- To catch up on:** To spend time doing something because you have not done it earlier/before.

**- To keep up with:** To continue.