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Oxford Discover Futures



Lewis Lansford

Workbook

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1 Look at the photos on page 5. Can you guess what each person is using music for?

- A

 B

 C

2 Study the reading strategy. Then read the article and match paragraphs 1–5 with topics a–e below.



Reading strategy

Identifying paragraph topics

When you read a long text, it's useful to break up the text into smaller chunks. As you read each paragraph, identify the main message of the paragraph (what is the writer saying about the topic?). This will help you identify the different ideas in the text and “map out” how they develop.

- a physical health d advertising
 b sleep e concentration
 c emotions

3 Read the article again and choose the correct answers.

- 1 Upbeat music can improve our mood if we ...
 a also listen to slow music.
 b aren't passively listening to it.
 c are also making an effort to feel happier.
 d listen to it every day.
- 2 Music can help ...
 a heal the body as well as the mind.
 b stop people from getting certain diseases.
 c reduce stress for doctors.
 d cure certain cancers.
- 3 Listening to certain types of music can ...
 a be a distraction while you study.
 b keep you awake when you're concentrating.
 c help us learn unconsciously.
 d make studying more efficient.

- 4 ... can help you fall asleep as long as the sound doesn't change suddenly.
 a Classical music
 b Music with a rhythm similar to your heartbeat
 c Music that you really love
 d Special music composed by researchers
- 5 Music makes a powerful connection with memory and emotions, so companies can use it to ...
 a encourage teamwork.
 b inspire new product ideas.
 c help workers concentrate.
 d sell products.

4 Which idea (a–c) can be inferred from the article?

- a The power of music comes from our body's natural understanding of rhythm – a heartbeat or the ticking of a clock.
 b People invented music as a way of sharing thoughts, ideas and emotions with other people. Music's main purpose is bringing people together.
 c Music is powerful because it makes a connection with our hearts and minds, expressing thoughts and feelings more directly than words can.

5 Answer the questions. Refer back to the article.

- 1 Do you have any music that you listen to for a specific purpose, for example, to cheer yourself up or to remember a person or place?

.....

- 2 What song best describes your feelings right now? Explain why.

.....

- 3 Can you think of a piece of music that's been used in an advertisement? Does the music make you think of a product?

.....



POWER OF MUSIC

Sometimes it makes us get up and move and other times it makes us cry. It can be an important part of our personal identity, and also a key to unlock memories. So, what's the science behind the music?



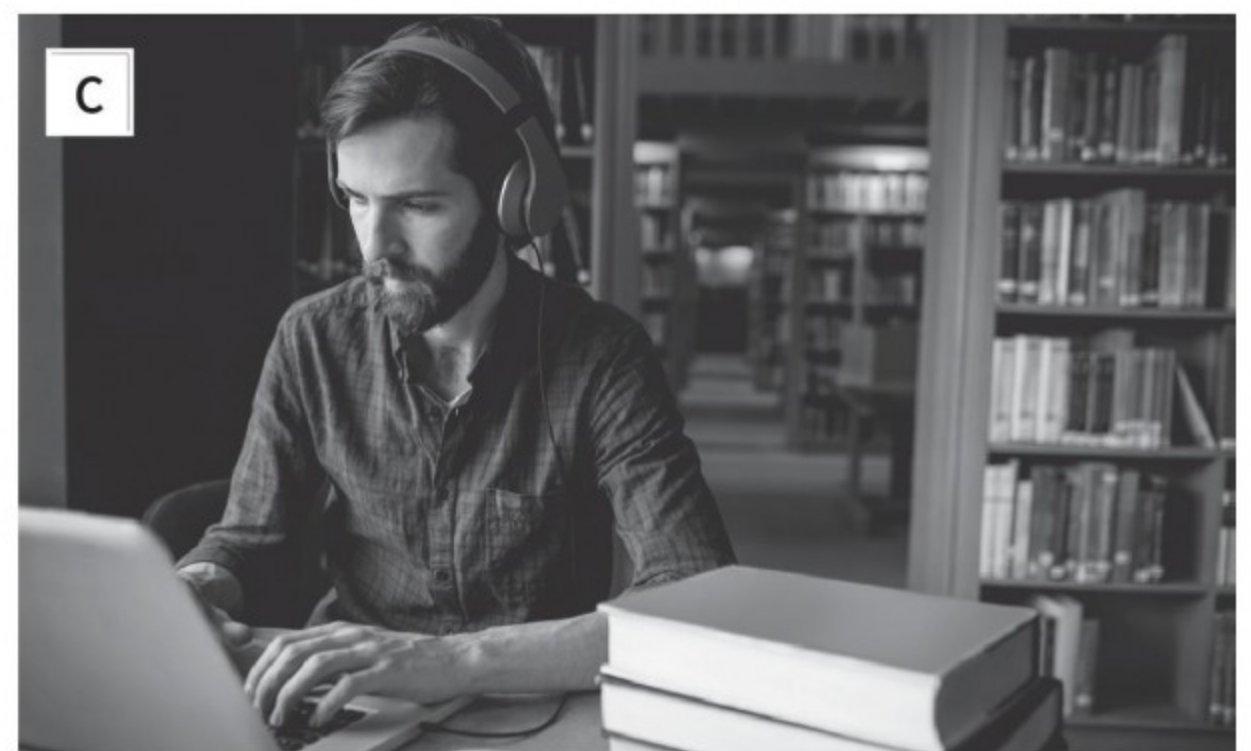
A

1 Have you ever listened to music to cheer yourself up? It's something people often do – and now science has proven that it actually works. Researchers at the University of Missouri found that if people listened to upbeat music while trying to improve their mood, they reported feeling happier after two weeks. However, people who just listened to the music without actively trying to feel happier didn't manage to improve their mood. And listening to slower, more serious music didn't help them feel any happier either. The magic combination is trying to feel happier while listening to upbeat music. Try it next time you have the blues.

2 Music can be medicine not only for mental health, but for physical healing as well. Music therapists are medical professionals who use the power of music to help reduce pain, discomfort and stress during certain medical procedures. They also use music to help people learn to speak again after losing the ability because of a brain trauma. Listening to music can also reduce stomach problems associated with cancer treatment.



3 The power of music doesn't stop there. Researchers at Stanford University found that listening to certain classical music improves your brain's ability to focus and deal with information – exactly what you need to do when you're studying. And many people report that other types of music – often music with a simple, steady beat – helps them concentrate. The reason? The brain has two types of attention – conscious and unconscious. While the conscious attention may be focused on work, the unconscious may be wandering around, looking for distractions. Having music on in the background gives the unconscious attention something to focus on, which improves overall concentration.



C

4 And there's more! Everyone has trouble falling asleep from time to time, and when you have this problem, music can help. Research shows that the best music for this purpose has about sixty beats per minute – roughly the same as a healthy, resting heart. Classical music is often in this range, but any music that is fairly steady – no sudden loud parts – may be effective. People with serious insomnia may need several nights in a row of falling asleep to music before they notice results.

5 As I've already discussed, science has shown that music can have an effect on our emotions, and also on our learning and memory. As a result, we often associate a song with a person or a place, and every time we hear the song, memories will flood into our mind. This makes music the perfect tool for selling. Music touches people deeply. By using the right music in their advertising, companies can create positive feelings and even an emotional connection between customers and products. That's the power of music!



Music

- 1 Complete the forum posts with the words below.

Songwriters' workshop: *Ask an expert*

beat lyrics melody pitch track

What's the most important element of a song?

Great question. When someone says, "I love Ariana Grande's new song" and you ask how it goes, do they clap their hands to show you the ¹? Or do they say, "It's the ² where she sings harmony with two other people?" Probably not. They're more likely to say, "It goes like this" and they sing the ³ The tune of the song – its movement from low to high ⁴ and back again – is what makes people notice and remember it. They may also sing the ⁵, because after the tune, the words that go with it are also super important.

genre hit lyrics rhythm

I want to write a ⁶ – a song that will be really popular. But I don't know whether to write a folk song, a pop song, or something else. How do I choose a ⁷

Another excellent question. If you like more than one style of music, I suggest you try writing more than one song. Every musical style has its own rules for melody, ⁸, themes for ⁹, and so on. If you try writing in different styles, you may find you like one more than the others.

genre playlist soundtrack tempo track

My friend has made a movie and wants me to create a ¹⁰ for it. What's the best way to get started?

Great question. First, remember that it needs to be more than just a ¹¹ of great songs. Movie music should support the feeling the director is trying to communicate. Each ¹² should help with the story that the director is trying to tell. The musical ¹³ you choose should match the style of the movie – for example jazz for a movie set in New York in the 1950s. If you have a fast-paced scene like a car chase, the ¹⁴ of the music should be fast. Good luck!

- 2 Which words a–g could go in each blank?

Things you should know about

MUSIC

- ♪ The drum – which usually gives music its ¹ [] [] [] – is one of the simplest and oldest musical instruments in the world.
- ♪ The oldest musical 'instrument' in the world is the human voice, which can be used to sing the ² [] [] of a song.
- ♪ People often remember the lyrics of a ³ [] [] they listened to at a special time in their life, because the brain tends to store information that has a strong emotional connection.

- | | | |
|----------|--------|----------|
| a tempo | d hit | f lyrics |
| b melody | e beat | g rhythm |
| c track | | |

Abstract nouns

- 3 Match each description 1–3 to two abstract nouns a–f.

Three things you didn't know about the Beatles

- The Beatles got the idea for the song "A Hard Day's Night" after drummer Ringo Starr said, after a long recording session that started in the day but ended late at night, "It's been a hard day ... [um] ... night."
- Joyful fans at Beatles' concerts often screamed and applauded so loudly that no one could hear the music.
- According to one newspaper, when Beatle Paul McCartney married Linda Eastman in 1969, the streets were wet with the tears of young women who would never marry Paul McCartney.



- | | |
|--------------|---------------|
| a sadness | d excitement |
| b love | e inspiration |
| c creativity | f happiness |

4 Complete the text with the words below.

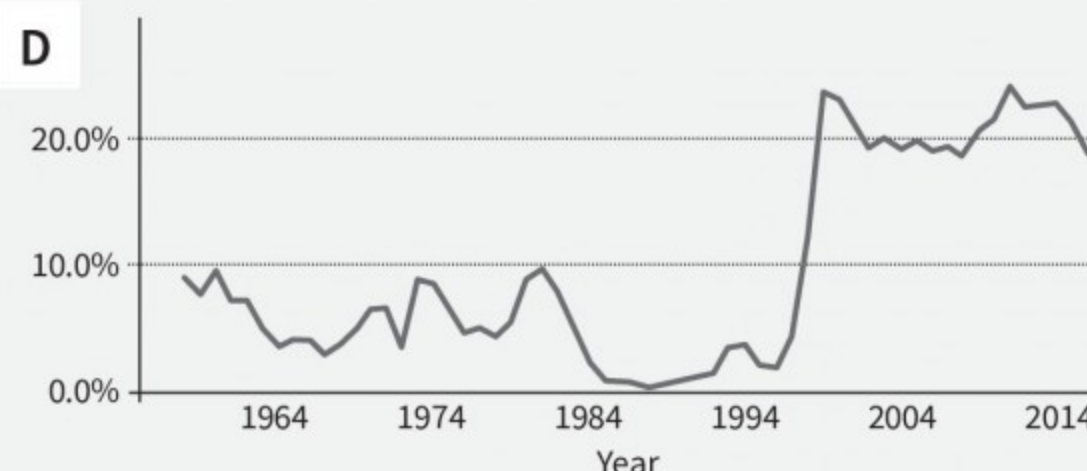
beauty creativity excitement harmony
inspiration love sadness the truth

CAN COMPUTERS WRITE LOVE SONGS?

We think of ¹ – the ability to invent new things – as a human quality. But computers have been analyzing music for decades – its ², rhythm, repeating melodies, and structure – and using the data as a kind of ³ to write their own songs. At the moment, it seems that people are probably better than computers at capturing the ⁴ of a sunset in lyrics, writing about the ⁵ of a broken heart, or simply telling ⁶ about their own feelings. Even if they can copy humans' musical ideas, computers have never felt ⁷ Nor has a computer felt the ⁸ of hearing a favorite song played live.

6 Complete the description of graph D using the verbs in parentheses in the correct tense, and the adverbs below.

dramatically rapidly slightly (x2) steadily



In the early 1960s, country music's popularity ¹ (fall). Then between 1964 and 1984, it ² (go up) and then went down again three times. Then, after 1994, it ³ (rise). After that, it ⁴ (decline) before going up again. Since hitting the top around 2010, it's ⁵ (decrease).

Describing trends

5 Match graphs A–C with the correct explanation 1–3.

1

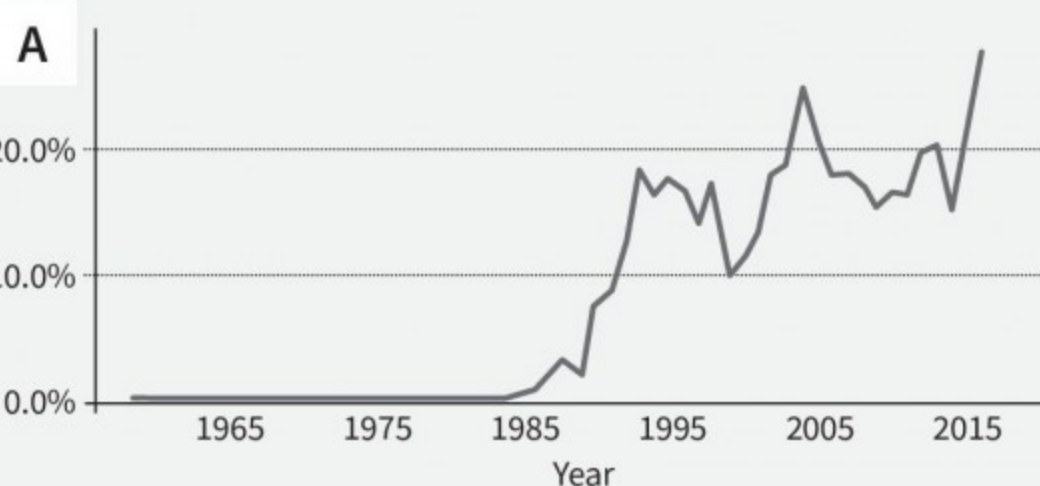
Since increasing slightly in the early 1960s, the popularity of jazz has steadily decreased. There have been no popular jazz songs in recent years.

2

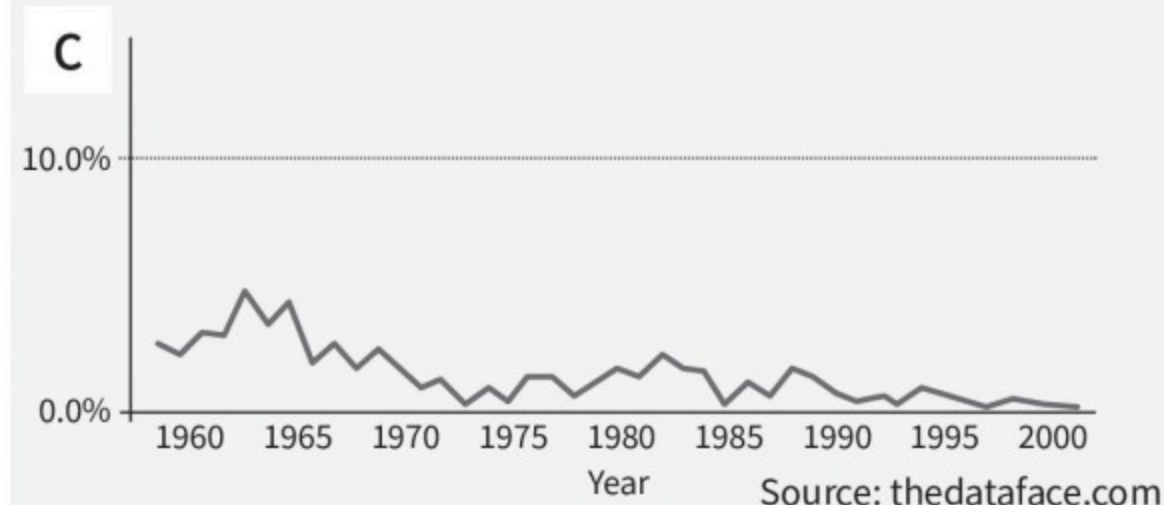
The popularity of hip-hop rose sharply in the late 1980s and early 1990s, then fell again in the mid-1990s. However, in the late 1990s, it jumped, before declining rapidly around 2005. Since about 2015, it's been going up quickly.

3

Rock's popularity climbed dramatically in the 1960s and then again in the 1980s, but after reaching a peak in the mid 1980s, it has been steadily going down though increasing slightly in 2014.



% of Billboard Hot 100 Spots

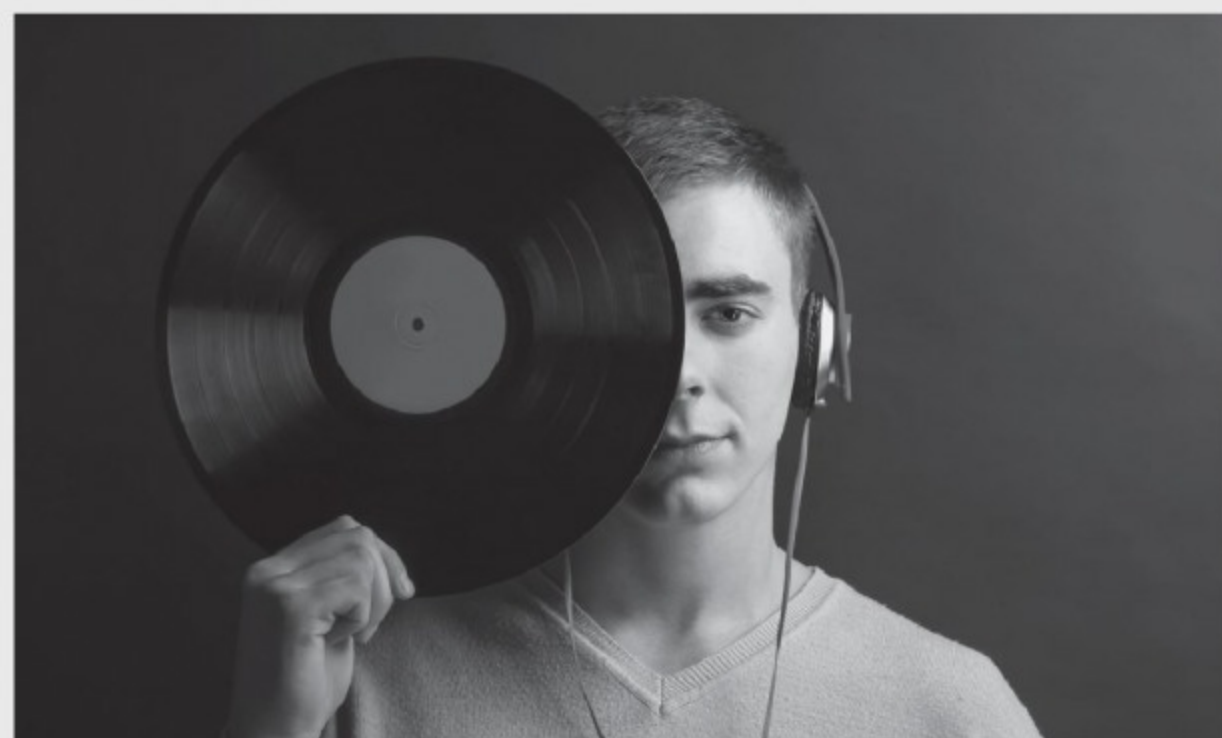




Verbs that can be used as nouns

7 Rewrite the sentences using nouns.

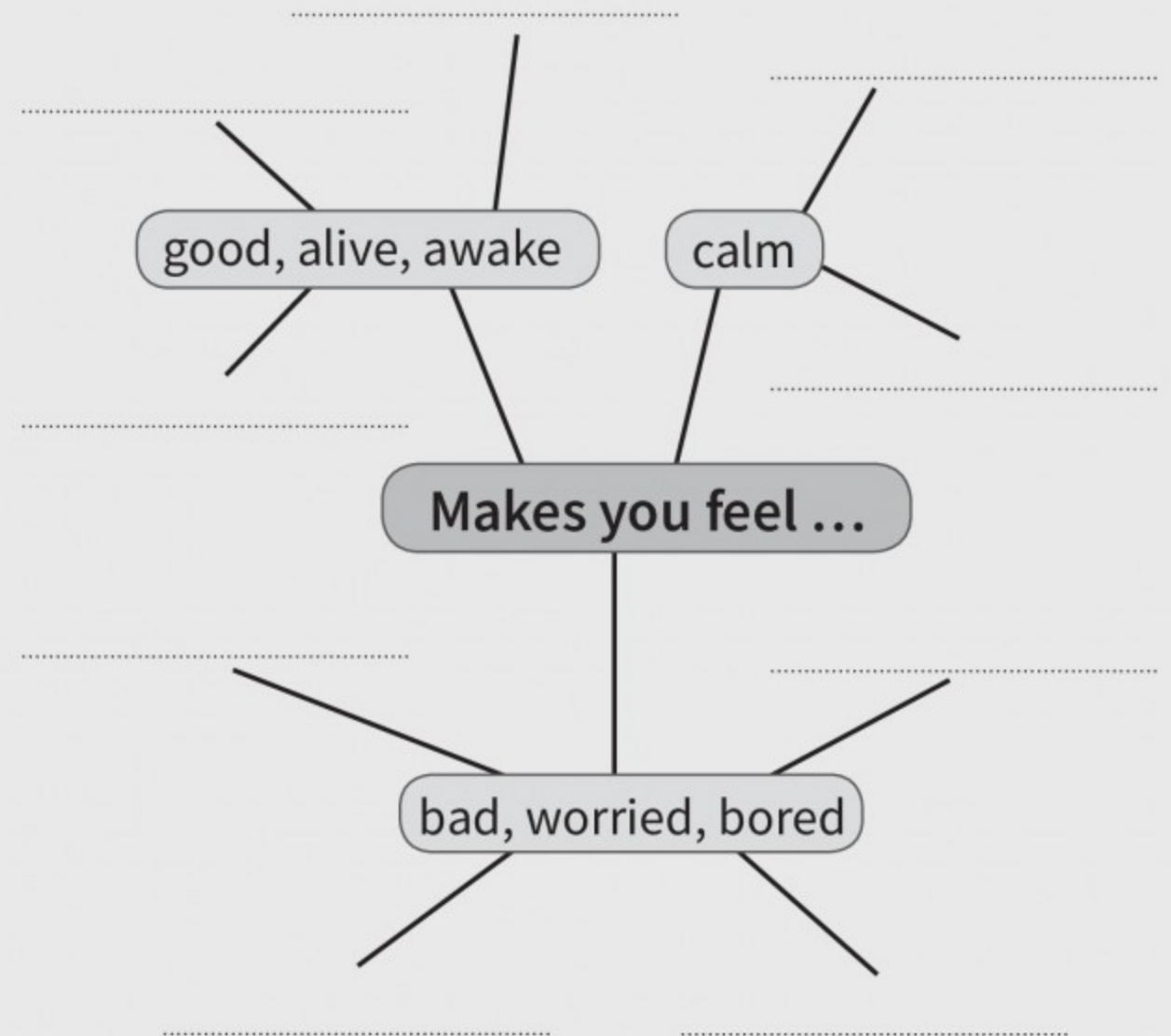
- The number of music downloads has increased steadily in the past ten years.
.....
.....
- The number of hip-hop downloads jumped sharply in the 1990s.
.....
.....
- From 1950 to 1960, the average length of pop songs gradually decreased.
.....
.....
- With their hit song "Macarena" in 1995, the popularity of the band Los Del Rio suddenly jumped.
.....
.....
- After the 1984 hit "99 Red Balloons", the popularity of German band Nena fell slowly.
.....
.....
- The number of Spotify users climbed significantly from 18 million in 2015 to 100 million in 2019.
.....
.....
- After steadily dropping, sales of vinyl records have been gradually rising.
.....
.....



Adjectives to describe sounds

8 Complete the mind map with the words below.

confusing distracting energizing relaxing
soothing stimulating stressful tedious
upbeat



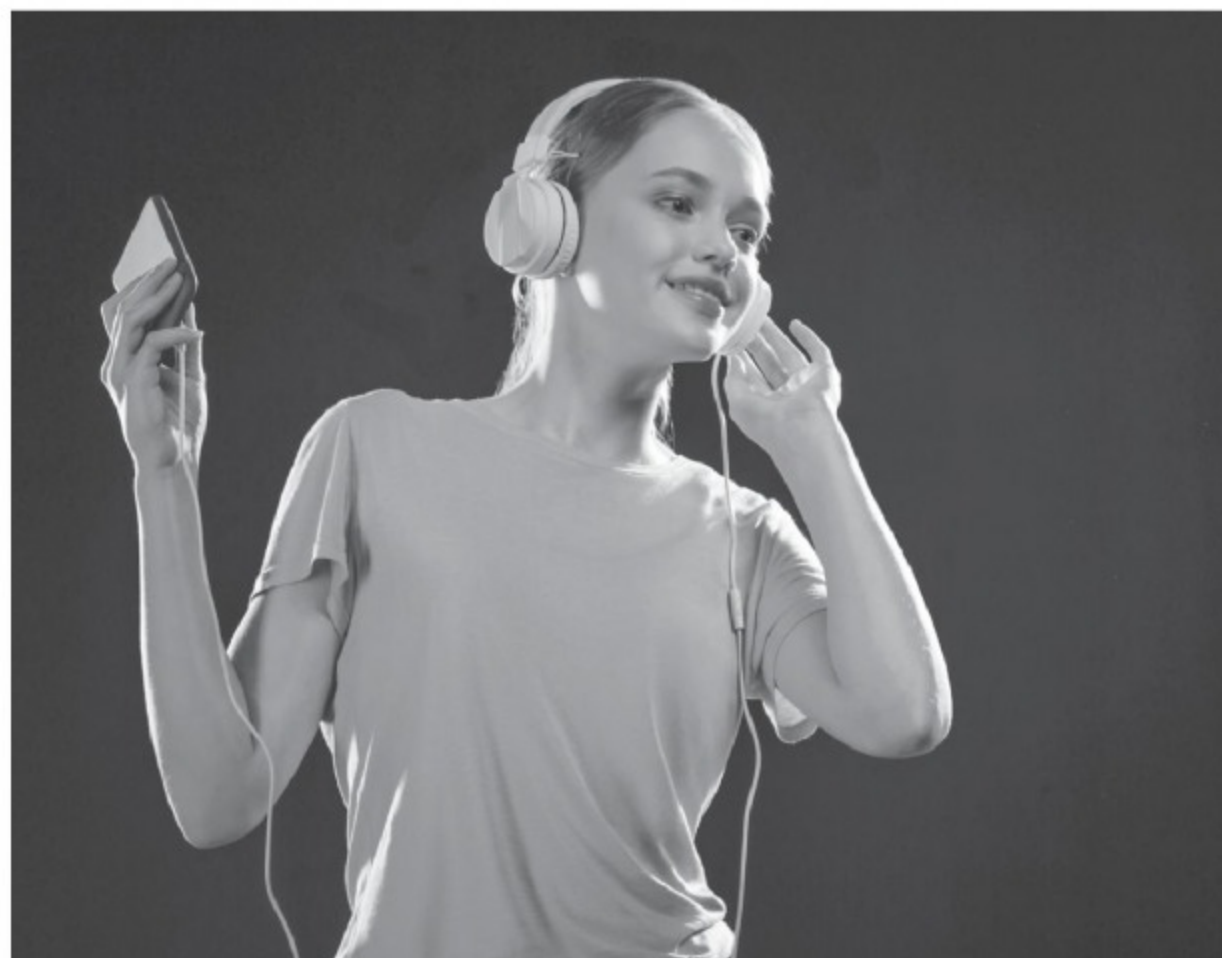
9 Match each sound 1–5 with the best description a–e.

- | | |
|---------------------------|---------------|
| 1 a fire alarm | a relaxing |
| 2 ocean waves | b soothing |
| 3 birdsong | c stressful |
| 4 a noisy classroom | d energizing |
| 5 upbeat music | e distracting |

10 CONSOLIDATION Answer the questions with your own ideas. Write complete sentences.

- Why is music so powerful? Use examples from your personal experience.
.....
.....
- Do you think computers will ever be able to write songs as well as people do? Why? / Why not?
.....
.....
- Why do you think the popularity of vinyl records is increasing?
.....
.....
- What sounds can you hear right now? How would you describe each one?
.....
.....

Listening



- 1** A group of students is preparing a presentation about how some people can “see” music. What do you think this means?

.....

.....

.....

- 2** 1.01 Listen to the students and answer the questions.

- 1 What is sound synesthesia?

.....

.....

- 2 What do some people see when they hear music?

.....

.....

- 3 What two outcomes do the students want their presentation to achieve?

.....

.....

- 4 How will they achieve the second outcome?

.....

.....

- 5 What colors will they show for lower notes and higher notes?

.....

.....

- 6 At the end, what result do they predict?

.....

.....

- 3** 1.01 Listen again and check your answers. What do you think about sound synesthesia?

.....

Speaking

- 4** Complete the dialogue with the words below.

about convinced expect likely propose
recommend surprised

Art How should we organize our presentation?

Ros I'd ¹..... that we explain sound synesthesia first. That way, people can understand what we're talking about before we show the video.

Fran Yes, good idea. But how ²..... if we start with the video? It's ³..... that will get people's attention – people will want to know why we're showing a video of musical notes and colors.

Art I ⁴..... that showing the video first would get their attention.

Ros Actually, I wouldn't be ⁵..... if it confused them. Won't they wonder what it's about?

Fran I see what you mean, Ros. But I'm ⁶..... that it will work to show the video first because it will get their attention.

Art I agree. I ⁷..... that we start by showing the video with the sounds and colors, and then explain sound synesthesia.

- 5** Study the speaking strategy. Then choose one of these situations and write a dialogue.



Speaking strategy

Making a recommendation

Making a recommendation is about offering good solutions. Whatever situation you are discussing, make sure you:

- make your recommendation positively and confidently.
- justify your recommendation: can you predict the outcomes?
- listen and consider other opinions.
- Deciding what sort of music to play at a class party.
- Deciding how to organize a presentation about the effect of birdsong on groups of people.
- Deciding what sound- or music-related topic to give a presentation on.

A competition entry

- 1 Look at the title of the essay. Have you ever heard this song?
- 2 Read the essay and answer the questions.
 - 1 What is the simple, positive message of "Don't Worry, Be Happy"?
 - 2 How many musicians sing or play an instrument on the song?
 - 3 What three things does the writer say people love about the song?

A SONG I LOVE: "Don't Worry, Be Happy"

"Don't Worry, Be Happy" by Bobby McFerrin is the best song ever written. It has a positive message and shows us that a simple idea and an upbeat tune can be incredibly powerful.

McFerrin describes the title as "a neat philosophy in four words." According to one story, he first saw the saying on a poster in a friend's apartment and soon after, wrote the song and ultimately recorded it. It's about problems – no girlfriend, no money, late rent – but always returns to "Don't worry, Be happy." The message? No matter how bad things are, we can always find happiness. We hear many voices on the song – a low bass, a high harmony, and even a drum-like rhythm. Impressively, they're all McFerrin. To begin with, he recorded just one part. Next, he added more, one on top of the others until finally, the song was complete. How many artists do that?

Soon after the song was released in September, 1988 it was an instant hit around the world – clearly everyone loved it. In fact, it was the very first voice-only song to become number one in the USA. And, it's still hugely popular nowadays.

In conclusion, we love "Don't Worry, Be Happy" not only because of its beautiful harmony and upbeat tempo, but also because it's a great philosophy of life.

LANGUAGE POINT Words for ordering events

- 3 What order did these steps take place? Numbers the sentences 1–5.

Recording "Don't Worry, Be Happy"

- a To begin with, he recorded one part.
- b Finally, the last part was recorded, and the song was complete.
- c That was in 1988, but the song is still popular today.
- d Following that, he added more parts.
- e It was recording day. McFerrin had written the lyrics earlier, so he was ready to record.

- 4 Complete the chart with the words below.

at first meanwhile previously recently
soon after ultimately

BEFORE	earlier, ¹
FIRST	², to begin with
NEXT	following this, ³, later
AT THE SAME TIME	while, during, ⁴
LAST	in the end, finally, ⁵
NOW	⁶, today, nowadays



- 5** Study the writing strategy. Then find an example for each bullet point in the essay in exercise 2.



Writing strategy

Writing persuasively

If you want to persuade or encourage your reader to adopt your point of view:

- express your opinion strongly.
.....
.....
- support your opinion with interesting facts.
.....
.....
.....
.....
.....
- use evaluative adverbs such as “impressively”, to encourage the reader to think in the same way as you.
.....
.....
.....
- ask rhetorical questions (questions that make a point without requiring an answer) that involve the reader and make them think.
.....
.....

Task A competition entry

- 6** A magazine you enjoy reading has a competition to write about a song that demonstrates true songwriting talent. Think of a song you love that you want to write about. Write down the name of the song.
-
.....

Think and plan

- 7** Make notes about the song. Search online for information, if necessary.

- 1** What's your opinion about the song? Why do you like it? What's its message?
-
.....

- 2** What are some facts about the song – who wrote it, when or where it was written, what inspired it, how it was recorded?
-
.....

- 8** Look at the paragraph plan. Make notes.

Paragraph 1: Introduce the song and summarize why you have chosen it.

Paragraph 2: Give background information about the song – when and where it was written and what it's about

Paragraph 3: Say how successful the song was. Give examples.

Paragraph 4: Summarize why you chose the song.

Write a first draft

- 9** Write a first draft of your competition entry. Write about 200 words. Use your answers from exercises 6–8 to help you.

Review and edit

- 10** Read your first draft. How can you improve it? Use the checklist to help you.



Writing checklist

Content

- Have you clearly stated your opinion? ☐
- Have you included facts to support your opinion? ☐
- Have you given background information about the song? ☐

Language

- Is your spelling correct? ☐
- Is your grammar correct? ☐
- Did you use evaluative adverbs? ☐
- Did you ask a rhetorical question? ☐
- Did you use suitable phrases for ordering events? ☐

- 11** Now write a final draft of your competition entry.

Reading to learn

1 Look back at the essay on page 10. What is the topic of each paragraph in the essay?

- 1
- 2
- 3
- 4

2 What is the writer saying about each topic in exercise 1?

- 1
- 2
- 3
- 4

Vocabulary and Grammar

Music

3 Answer the questions.

- 1 If you wanted to make a playlist for this year, what tracks would you put on it?
.....
.....
- 2 What three songs would you include in the soundtrack of a movie about your life?
.....
.....
- 3 Think of a recent hit or another song you know. Explain why it is popular (is it the lyrics, the beat, the melody, something else?). What genre is it?
.....
.....

Abstract nouns

4 Think of a song about each of these topics.

- 1 sadness
- 2 love
- 3 happiness

5 Answer the questions.

- 1 What school subject requires the most creativity? Why?
.....
- 2 What event at school always causes a lot of excitement? Why?
.....
- 3 When you need inspiration or a good idea for a project, what do you do?
.....

Describing trends

6 Answer the question.

How would you describe your own learning of English? Have you improved steadily? Was there a time when your ability increased dramatically? Does it decrease slightly during school vacations?

-
-
-

Verbs that can be used as nouns

7 Write five sentences about recent trends in your school. Use the words below.

steady	rise	fall
sharp	increase	decrease
sudden	climb	decline
slow	jump	drop
gradual		

There's been a steady increase in the number of boys getting very short haircuts.

- 1
- 2
- 3
- 4
- 5

Adjectives to describe sounds

8 Think of a sound for 1–8. Say where you hear them.

- 1 energizing
cheering – I hear it at a soccer game
- 2 stimulating
- 3 upbeat
- 4 soothing
- 5 relaxing
- 6 tedious
- 7 stressful
- 8 distracting