

حفظيات الوحدة الأولى

High Note 11

توجيهي 2009

الأستاذ

عمر ملكاوي



01

Get the message

Vocabulary

Collocations with contact, message and touch

مفردات

صفحة 4

متلازمات التواصل و إيصال الرسالة

كتاب الطالب

Word الكلمة	Examples مثال للتوضيح	Arabic المعنى بالعربي
carry a message	The ancient historical sites carry a message across generations, preserving the wisdom of the past.	يحمل رسالة
convey a message	Her facial expression conveyed a message of disapproval, even though she didn't say a word.	يوصل رسالة / ينقل رسالة (بمعناها أو مغزاها)
deliver a message	He arrived just in time to deliver the message before the meeting started.	يسلم الرسالة (بشكل مباشر)
lose contact / touch with somebody	After moving to a new city, I lost touch with many of my old friends.	يفقد التواصل / ينقطع الاتصال مع شخص ما
make contact with somebody	The sales team managed to make contact with a potential client	يتواصل مع شخص ما
pass on a message	Could you pass on the message to your brother that I'll be arriving late?	ينقل رسالة / يبلغ شخصاً آخر برسالة
Spread the message	The organization used social media to spread the message about the importance of recycling.	ينشر رسالة / يعمم الفكرة
Stay in touch	Even though we live far apart now, we try to stay in touch .	يبقى على تواصل



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Vocabulary

مفردات

Phrasal Verbs أفعال مركبة

صفحة 6

كتاب الطالب

Word الكلمة	Meaning in English المعنى بالانجليزي (مطلوب)	Arabic المعنى بالعربي
bring about	To cause something to happen	يسبب في حدوث شيء
Figure out	To solve or understand something	يحل / يفهم
get across	To successfully communicate a message / an idea	توصل الفكرة للآخرين
make out	To see something with difficulty	يميز أو يرى بصعوبة
pick up	To receive sounds, phone signals, etc.	يلتقط / يأخذ
point out	To tell someone something you think they don't know	يخبر شخص عن شيء لا يعرفه / يشير إلى
Spell out	To explain something very clearly	يوضح / يشرح بالتفصيل
Wipe out	To destroy something completely	يزيل أو يدمر
Come across	To meet or find something or someone	يعثر أو يصادف / يقابل
Take in	To understand and remember something you are told	يفهم / يتذكر

**دوسية
الوحدة
2 + 1**

توجيهي 2009

الأستاذ عمر ملكاوي

متوفرة عن طريق منصة أدرس جو التعليمية

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Vocabulary

Phrases related to communication

مفردات

صفحة 8

عبارات متعلقة بالتواصل

كتاب الطالب

Word الكلمة	Meaning in English المعنى بالانجليزي (مطلوب)	Arabic المعنى بالعربي
struck up a conversation	To start talking	يبدأ محادثة
came across as	To give an impression	يعطي انطباع
paid him a compliment	To make a comment about something	يعلق على/ يمدح
took to him	To immediately like him	ينجذب نحوه
had a laugh	To find something really funny	يجد أمر ما مضحكاً
hit it off	To like something or someone	ينسجم مع

Vocabulary

Idioms related to communication

مفردات

صفحة 8

مصطلحات متعلقة التواصل

كتاب الطالب

Word الكلمة	Meaning in English المعنى بالانجليزي (مطلوب)	Arabic المعنى بالعربي
jump down somebody's throat	To react angrily to something	الرد بغضب على شيء ما
put somebody on the spot	To embarrass someone by forcing them to answer a difficult question	يخرج شخص ما
fire questions at someone	To ask someone a lot of questions quickly	يسأل أسئلة بسرعة
refuse to let something drop	To not stop talking about something	عدم التوقف عن التحدث عن شيء ما
insist on having the last word	To have to make the final point	يصر أن تكون له الكلمة الأخيرة في النقاش
not get a word in edgeways	To be unable to say anything because someone else is talking all the time	عدم المقدرة على التحدث لأن شخصاً آخر يتكلم طيلة الوقت



Vocabulary

Emotion adjectives

مفردات

صفحة 10

صفات المشاعر

كتاب الطالب

Word الكلمة	Meaning in English المعنى بالانجليزي (مطلوب)	Arabic المعنى بالعربي
astonished	very surprised	مندهش / متفاجئ
bewildered	very Confused	حائر
devastated	very unhappy about something / sad	حزين / مدمر
ecstatic	very happy about something / thrilled	مسرور جداً
exasperated	very annoyed about something	مستاء / منزعج جداً
livid	very angry about something / furious	غاضب جداً
tense	unable to relax because you feel nervous	قلق / متوتر
terrified	very frightened	مرعوب

طلاب
جيل 2009
للاضمام لقروبات
التأسيس المجانية

من خلال الرقم التالي
0796714010

الأستاذ عمر ملكاوي
اللغة الانجليزية
أقوى
تأسيس
مجاني

الأستاذ عمر ملكاوي
لغة انجليزية - توجيهي

إذا غامرت في شرف مروم
فلا تقنّع بما دون النجوم



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Speaking

Speaking Skills – مهارات التحدث

محادثة

صفحة 11

Expressing emotions – التعبير عن المشاعر

كتاب الطالب

Situation - الموقف	Expression or term - المصطلح	المعنى بالعربي
Expressing anxiety التعبير عن القلق	1. It's been keeping me up at night. 2. I'm worried sick about	جعلني مستيقظاً طول الليل أنا قلق جداً حيال
Expressing relief التعبير عن الارتياح	1. I can breathe a sigh of relief now. 2. That's a weight of my mind.	أستطيع أن ارتاح الآن انزاح الهم
Expressing annoyance and frustration التعبير عن الانزعاج والإحباط	1. is driving me up the wall! 2. really gets on my nerves 3. I've had it up to here with	أغضبني جداً يجعلني على أعصابي اكتفيت من الأمر
Expressing surprise or disbelief التعبير عن الدهشة أو عدم التصديق	1. You've got to be kidding me! 2. Get out of here! 3. Who would have thought it?	لا بد انك تمزح معي أخرج من هنا! من كان يتوقع ذلك؟
Expressing sadness التعبير عن الحزن	1. I'm feeling a bit down in the dumps. 2. I'm feeling a bit blue. 3. I'm heartbroken	أنا حزين جداً أنا حزين جداً حزين
Expressing enjoyment or happiness التعبير عن المتعة أو السعادة	1. I'm walking on air! 2. I can't stop smiling!	أطير من الفرح لا أستطيع التوقف عن التمسيم



أسئلة مقترحة - Suggested questions

1. If you want to give someone a message in person, you -----.
a) Deliver a message b) Stay in touch c) Lose contact d) make contact
2. Which phrase is used to indicate **successfully communicating with someone for the first time**?
a) Make contact b) Stay in touch c) Deliver a message d) Pass on a message
3. What does it mean to **maintain communication over time**?
a) Convey a message b) Lose contact c) Stay in touch d) Pass on a message
4. Which collocation means **to distribute information to others**?
a) Spread a message b) Carry a message c) Lose contact d) Stay in touch
5. Which of the following means **to give a message to someone else**?
a) To create b) To lose c) To pass on d) To store
6. The postman will ----- early in the morning.
a) Deliver a message b) Pass on a message c) Spread the message d) convey a message
7. After moving to a new country, it's important to ----- with old friends.
a) lose contact b) carry a message c) Stay in touch d) make contact
8. In the chaos of the battle, they ----- with their commander.
a) lose contact b) make contact c) Stay in touch d) convey a message
9. The ambassador was there to----- of satisfaction from the president.
a) Spread the message b) deliver a message c) pass on a message d) convey a message
10. Which phrase means **to send out information to many people**?
a) To stay connected b) To lose touch c) To deliver d) To spread information



11. Scientists are working hard to -----the climate change.
a) make out b) figure out c) wipe out d) pick up
12. He tried to -----his ideas during the meeting, but no one seemed to understand.
a) get across b) take in c) bring about d) figure out
13. I can't -----the handwriting on this old letter.
a) came across b) spell out c) make out d) wipe out
14. She quickly -----the new language after moving to Spain.
a) bring about b) picked up c) wipe out d) point out
15. During his speech, he -----several flaws in the current system.
a) spell out b) make out c) came across d) pointed out
16. Could you ----- the instructions for me? I'm not sure I understand.
a) spell out b) bring about c) take in d) came across
17. The disease has the potential to -----entire populations if not controlled.
a) make out b) figure out c) wipe out d) get across
18. I -----an interesting article while browsing the internet.
a) take in b) came across c) picked up d) bring about
19. It was hard to -----all the information given during the lecture.
a) figure out b) came across c) take in d) make out
20. The new policies were designed to----- positive changes in the community.
a) spell out b) figure out c) wipe out d) bring about



21. What can help **create a bond** between people during a conversation?
- A) Sharing personal secrets
B) Making fun of others
C) Having a laugh about the situation
D) Discussing financial matters
22. What does it mean to **"strike up a conversation"** with someone?
- A) To end a conversation
B) To start a conversation
C) To have an argument
D) To speak in a loud voice
23. If someone **"came across as"** friendly, how did they seem to others?
- A) They were actually unfriendly
B) They seemed friendly to others
C) They ignored everyone
D) They were shy
24. What does it mean to **"pay someone a compliment"**?
- A) To criticize them
B) To give them a gift
C) To praise them
D) To give them money
25. If someone **"took to him"** quickly, what does that imply?
- A) He disliked him immediately
B) He ignored him
C) He started liking him immediately
D) He left him alone
26. What does it mean if a group of people **"had a laugh"** together?
- A) They argued
B) They worked hard
C) They enjoyed a joke together
D) They cried
27. If two people **"hit it off,"** what does that mean?
- A) They argued
B) They became friends quickly
C) They competed against each other
D) They ignored each other
28. What does the idiom **"jump down somebody's throat"** mean?
- A) To agree with someone immediately
B) To respond angrily to someone
C) To ignore someone
D) To ask someone politely



29. When someone is "**put on the spot**," they are:

- | | |
|-------------------------------------|------------------------------------|
| A) Given a comfortable place to sit | C) Placed in a difficult situation |
| B) Asked to leave a situation | D) Praised for their achievements |

30. The idiom "**fire questions at someone**" means:

- | | |
|----------------------------------|-------------------------------|
| A) To ask many questions quickly | C) To answer questions slowly |
| B) To ignore someone completely | D) To give a speech |

31. If someone "**refuses to let something drop**," they:

- | | |
|--------------------------------|---------------------------------------|
| A) Keep talking about an issue | C) Apologize for bringing up an issue |
| B) Forget about an issue | D) Change the topic immediately |

32. To "**insist on having the last word**" means:

- | | |
|----------------------------------|--|
| A) To apologize first | C) To make the final comment in a discussion |
| B) To walk away from an argument | D) To listen quietly |

33. If someone "**can't get a word in edgeways**," he is:

- A) Speaking too much
- B) Unable to speak because someone else is talking too much
- C) Speaking very slowly
- D) Unable to understand what is being said

34. Which of the following best describes someone who is **astonished**?

- | | |
|-----------------------------------|---------------------------|
| A) Unimpressed and careless | C) interested and curious |
| B) Extremely surprised and amazed | D) Annoyed and irritated |

35. If someone is **bewildered**, how are they most likely feeling?

- | | |
|-------------------------|------------------------|
| A) Confused and puzzled | C) Angry and resentful |
| B) Happy and content | D) Relaxed and calm |



36. How would you describe a person who is **devastated**?

- A) Slightly upset
B) Deeply distressed and overwhelmed
C) Joyful and happy
D) Calm and collected

37. Which word best matches the feeling of being **ecstatic**?

- A) Careless
B) Extremely happy and excited
C) worried and anxious
D) Angry and resentful

38. If someone feels **exasperated**, they are most likely:

- A) Calm and relaxed
B) Extremely annoyed and frustrated
C) Joyful and pleased
D) anxious and worried

39. What does it mean to be **livid**?

- A) Extremely happy
B) Very angry
C) Slightly annoyed
D) Deeply confused

40. When a person is described as **tense**, they are:

- A) Calm and relaxed
B) Very stressed and anxious
C) Happy and pleased
D) annoyed and frustrated

41. How would you describe someone who is **terrified**?

- A) Extremely scared
B) Slightly worried
C) stressed and worried
D) very bored

42. Which scenario best illustrates a person feeling **astonished**?

- A) Maria calmly reads through her emails, seeing nothing out of the ordinary.
B) John receives a surprise party from friends. He hasn't seen them for years.
C) Lisa finishes her routine morning walk and enjoys a quiet breakfast.
D) Mark feels interested in a new book he picked up at the store.

43. In which situation is someone likely to feel **bewildered**?

- A) Sarah breezes through a familiar exam with confidence.
B) Kevin travelled to a foreign country with no knowledge of the language.



- C) Emily enjoys a relaxing day at the beach with friends.
- D) James follows a well-known recipe to cook his favorite meal.
44. What reaction might someone have if they are **devastated**?
- A) Jane smiles broadly after receiving excellent news about a job offer.
- B) Tom breaks down in tears upon hearing about the unexpected loss of a loved one.
- C) Emma feels slightly annoyed after a minor inconvenience at work.
- D) David feels mildly surprised by a friend's unexpected visit.
45. Which of the following experiences might lead to an **ecstatic** reaction?
- A) Receiving a promotion at work
- C) Losing a favorite piece of jewelry
- B) Missing an important deadline
- D) Watching a documentary
46. How might someone behave if they are **exasperated**?
- A) Kelly remains calm during a heated argument.
- B) Jason sighs heavily and rolls his eyes after trying to fix a malfunctioning device.
- C) Laura laughs joyfully at a joke her friend told.
- D) Greg feels careless about the results of a casual game.
47. What might cause a person to become **livid**?
- A) Missing a bus and calmly waiting for the next one
- B) Discovering they have been unfairly blamed for a mistake at work
- C) Receiving a thoughtful gift from a friend
- D) Completing a challenging task with ease
48. Which situation would most likely make someone feel **tense**?
- A) Preparing to give an important presentation in front of a large audience
- B) Relaxing on a sunny day in the park
- C) Enjoying a casual conversation with a close friend
- D) Completing a simple and routine task at work



49. In which of the following scenarios would a person feel **terrified**?
- A) Hearing a loud noise while watching a horror movie alone at night
 - B) Eating their favorite meal at a fancy restaurant
 - C) Reading a light-hearted comic book before bed
 - D) Walking their dog on a familiar trail in the afternoon
50. Which phrase expresses the idea of being **unable to sleep due to worry**?
- A) It's been keeping me up at night.
 - B) I can breathe a sigh of relief now.
 - C) I'm heartbroken.
 - D) Get out of here!
51. What phrase would you use **to convey extreme worry**?
- A) I'm heartbroken.
 - B) I'm worried sick about
 - C) I'm walking on air!
 - D) Who would have thought it?
52. Which expression indicates **feeling relieved**?
- A) That's a weight off my mind.
 - B) I'm feeling a bit blue.
 - C) I've had it up to here with
 - D) Get out of here!
53. Which phrase is used **to show gratitude**?
- A) Who would have thought it?
 - B) Thank goodness.
 - C) You've got to be kidding me!
 - D) I'm feeling a bit down in the dumps.



54. What phrase would you use **to indicate extreme irritation**?

- A) I'm feeling a bit blue.
- B) I can't stop smiling!
- C) is driving me up the wall!
- D) I'm walking on air!

55. Which expression means **something is annoying you greatly**?

- A) really gets on my nerves
- B) I'm feeling a bit down in the dumps.
- C) I can breathe a sigh of relief now.
- D) Thank goodness.

56. What phrase would you use to express **frustration at reaching your limit**?

- A) I can't stop smiling!
- B) I'm heartbroken.
- C) I'm walking on air!
- D) I've had it up to here with

57. Which phrase expresses **disbelief**?

- A) I'm feeling a bit blue.
- B) Who would have thought it?
- C) I'm walking on air!
- D) Thank goodness.

58. What phrase expresses **astonishment**?

- A) I can't stop smiling!
- B) I'm heartbroken.
- C) I can breathe a sigh of relief now.
- D) Who would have thought it?



59. Which phrase would you use to express **feeling very sad**?

- A) I'm walking on air!
- B) I can't stop smiling!
- C) I'm feeling a bit down in the dumps.
- D) I can breathe a sigh of relief now.

60. Which phrase means **feeling joyful and extremely happy**?

- A) I'm walking on air!
- B) I'm worried sick about
- C) I've had it up to here with
- D) Get out of here!

الاجابات - Answers

1	2	3	4	5	6	7	8	9	10
A	A	C	A	C	A	C	A	D	D
11	12	13	14	15	16	17	18	19	20
B	A	C	C	D	A	C	B	C	D
21	22	23	24	25	26	27	28	29	30
C	B	B	C	C	C	B	B	C	A
31	32	33	34	35	36	37	38	39	40
A	C	B	B	A	B	B	B	B	B
41	42	43	44	45	46	47	48	49	50
A	B	B	B	A	B	B	A	A	A
51	52	53	54	55	56	57	58	59	60
B	A	B	C	A	D	B	D	C	A

