

Day 1 - Education & School Life

Name: _____ Class: 10 ____ Date: _____

50 high-frequency words and expressions (B1-C1). Read each item, study the Uzbek equivalent and the example sentence, then complete the exercises that follow.

A. Key terms (nouns)

#	English	Uzbek	Example sentence
1	curriculum	o'quv dasturi	The new curriculum includes coding lessons from grade 5.
2	syllabus	fan dasturi	Our history syllabus covers the 20th century this term.
3	compulsory education	majburiy ta'lim	Compulsory education in Uzbekistan lasts eleven years.
4	higher / tertiary education	oliy ta'lim	She hopes to continue her higher education abroad.
5	vocational training	kasbiy ta'lim	Vocational training prepares students for a specific trade.
6	tuition fees	o'qish uchun to'lov (kontrakt)	Tuition fees have doubled in the last five years.
7	scholarship	stipendiya, grant	He won a scholarship to study engineering in Korea.
8	peer pressure	tengdoshlar bosimi	Peer pressure can push teenagers into skipping classes.
9	rote learning	mexanik yodlash	Rote learning helps with dates, but not with understanding.
10	critical thinking	tanqidiy fikrlash	Good teachers develop students' critical thinking, not just memory.
11	extracurricular activities	darsdan tashqari mashg'ulotlar	Debate club is my favourite extracurricular activity.
12	lifelong learning	umrbod ta'lim olish	In a changing world, lifelong learning is essential.

B. Verb + noun collocations

#	English	Uzbek	Example sentence
13	acquire knowledge / skills	bilim / ko'nikma egallamoq	You acquire real skills by practising, not by watching.
14	meet a deadline	muddatga ulgurmoq	I stayed up late to meet the essay deadline.
15	sit / take an exam	imtihon topshirmoq	We sit our final exams in June.
16	pass / fail an exam	imtihondan o'tmoq / yiqilmoq	She passed every exam except chemistry.
17	get a degree	diplom (daraja) olmoq	My brother got a degree in economics last year.
18	attend classes / lectures	darslarga qatnashmoq	Students must attend at least 80% of classes.
19	do research	tadqiqot o'tkazmoq	We did research on water pollution for our project.
20	broaden your horizons	dunyoqarashni kengaytirmoq	Studying abroad really broadens your horizons.
21	play truant / skip school	darsdan qochmoq	He was punished for playing truant on Friday.
22	learn something by heart	yod olmoq	We had to learn the poem by heart.

C. Phrasal verbs

#	English	Uzbek	Example sentence
23	drop out (of school)	o'qishni tashlab ketmoq	Many students drop out because of money problems.
24	fall behind	orqada qolmoq	If you miss a week, you quickly fall behind in maths.
25	catch up (with / on)	yetib olmoq, o'zlashtirib olmoq	I need to catch up on the lessons I missed.
26	keep up (with)	tenglashib bormoq	It's hard to keep up with the fast pace of this course.
27	hand in	topshirmoq (ish)	Hand in your homework by Monday.
28	go over / run through	ko'rib chiqmoq, takrorlamoq	Let's go over the main points before the test.
29	look up	(lug'atdan) qarab topmoq	Look up any words you don't know in the dictionary.
30	get through	o'tmoq (qiyin narsadan)	I finally got through all my exams.
31	take up (a subject)	(fanni) o'rganishni boshlamoq	She took up Chinese in grade 9.
32	figure out / work out	tushunib olmoq, yechmoq	I can't figure out this physics problem.
33	sign up for / enrol in	(kursga) yozilmoq	I signed up for the IELTS preparation course.
34	brush up on	(bilimni) yangilamoq	I need to brush up on my grammar before the test.

D. Adjectives and adjective phrases

#	English	Uzbek	Example sentence
35	hard-working / diligent	mehnatsevar / tirishqoq	Diligent students revise a little every day.
36	well-rounded (education)	har tomonlama (ta'lim)	Sport and art give children a well-rounded education.
37	academic (performance)	akademik (ko'rsatkich)	Lack of sleep harms academic performance.
38	gifted / talented	iqtidorli / iste'dodli	Gifted students need extra challenges in class.
39	strict / lenient	qattiqqo'l / yumshoq	Our maths teacher is strict but fair.
40	motivated / eager to learn	ishtiyqli, o'rganishga intiluvchan	Motivated students ask questions without being told to.
41	overwhelmed (by work)	(ishdan) bosilib ketgan	I feel overwhelmed by the amount of homework.
42	prone to procrastination	paysalga solishga moyil	He's prone to procrastination and starts essays the night before.

E. Idioms and expressions (informal - for speaking)

#	English	Uzbek	Example sentence
43	hit the books	jiddiy o'qishga kirishmoq	I can't come out tonight - I have to hit the books.
44	pass with flying colours	a'lo baho bilan o'tmoq	She passed her driving test with flying colours.
45	pull an all-nighter	tun bo'yi uxlamay o'qimoq	We pulled an all-nighter to finish the project.
46	learn the ropes	ish tartibini o'rganmoq	The first month at university is all about learning the ropes.
47	teacher's pet	o'qituvchining erkatoyi	Everyone called him the teacher's pet.
48	a bookworm	kitob jinnisi, kitobxon	My sister is a real bookworm - she reads two novels a week.
49	cram (for an exam)	imtihon oldidan shoshib yodlamoq	Cramming the night before rarely works.
50	the school of hard knocks	hayot maktabi	He never went to college; he learned in the school of hard knocks.

Exercise 1 - Gap fill

Complete each sentence with a word or expression from the box. Change the form of the verb where necessary. Each item is used once.

hit the books	go over	critical	prone	with flying colours
drop out of	brush up on	extracurricular	look up	hand in
fall behind	rote	broaden	scholarship	by heart

1. If you miss too many lessons, you will quickly _____ in every subject.
2. Please _____ your essays before Friday.
3. She won a _____ to study medicine in Germany.
4. I'm not going out tonight - I need to _____.
5. My cousin _____ university after one year to start a business.
6. We had to learn the whole poem _____.
7. Living in another country really _____ your horizons.
8. He is _____ to procrastination and always starts his homework late.
9. The teacher asked us to _____ the difficult words in a dictionary.
10. Our school offers many _____ activities, such as chess and drama.
11. Students who rely on _____ learning often forget everything after the exam.
12. She passed her driving test _____.
13. We _____ the main points together before the test.
14. I'm going to _____ my French before the trip to Paris.
15. Teachers should encourage _____ thinking, not just memorising.

Exercise 2 - Reading

Read the text carefully. The target vocabulary is shown in bold.

Learning the Ropes

When Madina moved from a small village school to an academic lyceum in the city, the first month was all about **learning the ropes**. The **curriculum** was far more demanding than she was used to, and the **syllabus** for each subject seemed twice as long. Within two weeks she had **fallen behind** in physics, and for the first time in her life she felt **overwhelmed** by the amount of homework.

Her new physics teacher, Mr Karimov, was **strict** but fair. Instead of encouraging **rote learning**, he wanted his students to develop **critical thinking** and to **acquire knowledge** through projects and discussion. "**Cramming** the night before an exam might help you pass," he told the class, "but it will not help you understand." Madina decided to **hit the books** seriously. Every evening she **went over** her notes, **looked up** unfamiliar words and slowly **caught up with** her classmates.

Madina also **signed up for** the debate club, one of the many **extracurricular activities** the lyceum offered. At first she worried it would take time away from studying, but she soon realised that it **broadened her horizons** and improved her confidence in speaking. Some classmates called her a **bookworm** because she spent lunch breaks in the library, but she did not mind.

By the end of the year, Madina had **passed her exams with flying colours**. Her **diligent** work was noticed, and the lyceum recommended her for a **scholarship** to attend a summer programme abroad. Her parents could not have afforded the **tuition fees** on their own, so the news meant a great deal to the family. Madina now hopes to go on to **higher education** and study international law. "The most important lesson I learned this year was not in any textbook," she says. "I learned that falling behind is not the end - it is simply a reason to **catch up**."

Exercise 2 - Questions

Part A - True / False / Not Given

Write *TRUE* if the statement agrees with the text, *FALSE* if it contradicts the text, or *NOT GIVEN* if there is no information about it.

1. Madina studied at a city school before she joined the lyceum. _____
2. Madina fell behind in physics during her first month at the lyceum. _____
3. Mr Karimov believes that cramming helps students understand a subject. _____
4. Mr Karimov has taught at the lyceum for more than ten years. _____
5. Madina joined the debate club. _____
6. Madina's parents were unhappy that she spent so much time in the library. _____

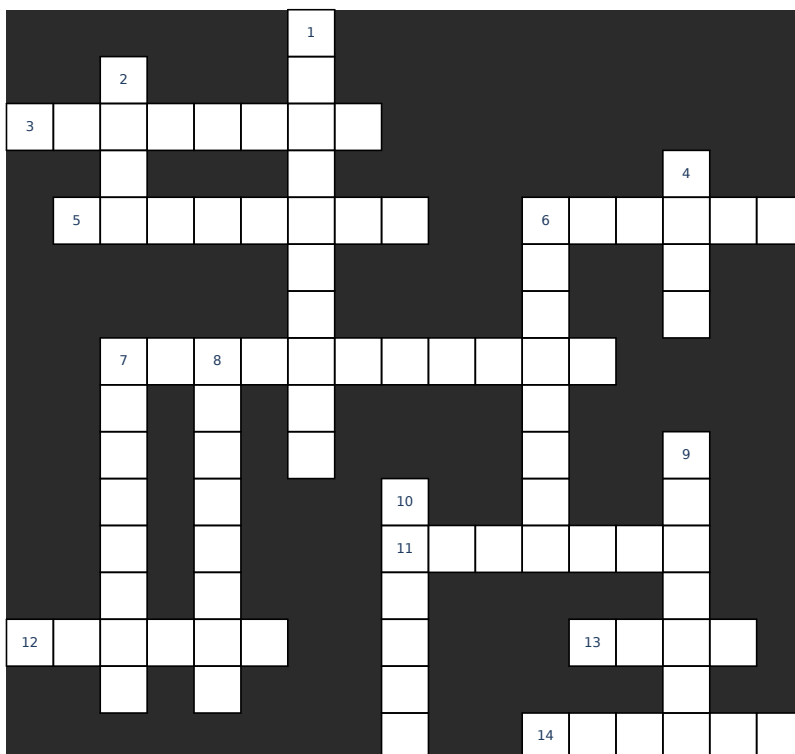
Part B - Multiple choice

Choose the correct letter, A, B, C or D.

7. What made Madina feel overwhelmed?
 - A) the size of the city
 - B) the amount of homework
 - C) her new classmates
 - D) the debate club
8. According to Mr Karimov, what does cramming NOT help students to do?
 - A) pass an exam
 - B) sleep well
 - C) understand the subject
 - D) make friends
9. What did Madina worry about before joining the debate club?
 - A) that she would feel nervous
 - B) that her classmates would tease her
 - C) that it would cost money
 - D) that it would take time away from studying
10. Why was the scholarship so important to Madina's family?
 - A) They wanted to move abroad.
 - B) Her parents had no free time.
 - C) They could not afford the fees themselves.
 - D) Her brother had also received one.

Exercise 3 - Crossword

Solve the clues and write one letter in each white square. All answers are from the Day 1 list.



Across

3. A person who loves reading (8)
5. The latest time by which work must be handed in (8)
6. The qualification you get when you finish university (6)
7. Money given to a student to pay for their studies (11)
11. ... fees: money paid for teaching (7)
12. A pupil who stays away from school without permission (6)
13. ... pressure: influence from people of your own age (4)
14. Having natural talent or ability (6)

Down

1. All the subjects taught at a school (10)
2. ... learning: memorising by repetition (4)
4. To study a lot in a short time just before an exam (4)
6. Hard-working and careful (8)
7. The list of topics covered in one subject or course (8)
8. Travel and study can broaden your ... (8)
9. Not strict; the opposite of severe (7)
10. Demanding that rules are obeyed (6)

Homework & memory tasks

Choose the tasks that suit your class. Research on vocabulary learning shows that students need to meet a word 5-7 times, in different contexts, before it is really learned - so these tasks spread the 50 items across the week rather than testing them all once.

1. Personal sentences (tonight)

Write 10 sentences about your own school life using items from at least three different sections (A-E). Underline the target word. Sentences must be true for you.

2. Vocabulary notebook / flashcards

Make a card for each item: English on the front; Uzbek, the example sentence and a small drawing or symbol on the back. Test yourself in both directions: English > Uzbek and Uzbek > English.

3. Mini-story (150 words)

Write a short story about a student's first week at a new school. Use at least 8 phrasal verbs from section C and 3 idioms from section E. Idioms should appear in dialogue, since they are informal.

4. Speaking: two-minute talk

Prepare a two-minute talk on 'A teacher who influenced me' or 'My study habits'. Use at least 10 items from the list. Partners tick the items they hear.

5. Word families

For 10 items, find the other forms: e.g. diligent > diligence, diligently; motivate > motivated, motivation. Write one sentence for each new form.

6. Odd one out / matching

Make a matching exercise for a partner: 10 English items on the left, Uzbek equivalents mixed up on the right. Swap and complete each other's exercise.

7. Dictation and back-translation

In class, the teacher reads 10 sentences from the list in Uzbek; students write them in English. Alternatively, students translate the English example sentences into Uzbek and, the next day, back into English without looking.

8. Weekly recycling

On Days 2-5, start each lesson with a 5-minute warm-up on Day 1 words: a quick gap-fill, a 'say it in a sentence' round, or a crossword clue race. Give a 15-item test on Friday covering all five days.

Answer key (teacher's copy)

Exercise 1 - Gap fill

1. fall behind; 2. hand in; 3. scholarship; 4. hit the books; 5. dropped out of; 6. by heart; 7. broadens; 8. prone; 9. look up; 10. extracurricular; 11. rote; 12. with flying colours; 13. went over; 14. brush up on; 15. critical

Exercise 2 - Reading

Part A: 1. FALSE; 2. TRUE; 3. FALSE; 4. NOT GIVEN; 5. TRUE; 6. NOT GIVEN

Part B: 7. B; 8. C; 9. D; 10. C

Exercise 3 - Crossword

Across: 3. BOOKWORM; 5. DEADLINE; 6. DEGREE; 7. SCHOLARSHIP; 11. TUITION; 12. TRUANT; 13. PEER; 14. GIFTED

Down: 1. CURRICULUM; 2. ROTE; 4. CRAM; 6. DILIGENT; 7. SYLLABUS; 8. HORIZONS; 9. LENIENT; 10. STRICT

