

⇒ ELTE Getting back in the mood quiz 213

1. After three months of relaxing by the beach, I'm definitely suffering from the **back-to-school** _____ and wish the summer holidays could last forever.

- ☐ (A) blues
- ☐ (B) mood
- ☐ (C) feelings
- ☐ (D) sadness

2. It took me almost a week to **get back into the** _____ of things after spending the whole summer doing absolutely nothing.

- ☐ (A) rhythm
- ☐ (B) routine
- ☐ (C) swing
- ☐ (D) movement

3. After a few days of struggling to concentrate, I'm finally **getting back into the** _____ at work.

- ☐ (A) line
- ☐ (B) groove
- ☐ (C) track
- ☐ (D) flow

4. I spent the first two days checking my emails and reviewing my projects because I needed to **get my** _____ **back in the game.**

- ☐ (A) brain
- ☐ (B) thoughts
- ☐ (C) mind
- ☐ (D) head

5. I'm trying **to shake** _____ **the holiday blues** by making plans for the new school year.

- ☐ (A) away
- ☐ (B) over
- ☐ (C) off
- ☐ (D) out

6. Rather than giving everyone a huge workload on the first day, the manager decided **to** _____ **back** into the normal routine.

- ☐ (A) ease
- ☐ (B) soften
- ☐ (C) slow
- ☐ (D) relax

7. I've been _____ **my feet** about going back to university because I know I'll have to give up my free time.

- ☐ (A) pulling
- ☐ (B) dragging
- ☐ (C) pushing
- ☐ (D) moving

8. After falling behind with my assignments during the first month, I've finally **got back on** _____ and am meeting all my deadlines again.

- ☐ (A) road
- ☐ (B) way
- ☐ (C) route
- ☐ (D) track

9. The new students **were** _____ **to go** on their first day and couldn't wait to start their new course.

- ☐ (A) eager
- ☐ (B) willing
- ☐ (C) raring
- ☐ (D) excited

10. After achieving such good results last year, I'm really _____ **up** about starting the new academic year.

- ☐ (A) burned
- ☐ (B) heated
- ☐ (C) powered
- ☐ (D) fired

11. I've **got so much** _____ **my plate** this week that I'm not sure when I'll have time to relax.

- ☐ (A) on
- ☐ (B) over
- ☐ (C) at
- ☐ (D) in

12. I'm actually **looking** _____ **to** going back to school because I'll finally get to see all my friends again.

- ☐ (A) after
- ☐ (B) forward
- ☐ (C) ahead
- ☐ (D) towards

13. I'm _____ going back to work on Monday; I've got three major projects waiting for me.

- ☐ (A) fearing
- ☐ (B) worrying
- ☐ (C) dreading
- ☐ (D) avoiding

14. After a relaxing summer, it's hard to get motivated when you suddenly have **to get back to the** _____ and work from nine to five again.

- ☐ (A) routine
- ☐ (B) labour
- ☐ (C) effort
- ☐ (D) grind

15. After such a long, carefree summer, I keep _____ going back to school and getting into my normal work routine.

- ☐ **A** taking off
- ☐ **B** putting off
- ☐ **C** carrying on
- ☐ **D** bringing up

⇒ ELTE Getting back in the mood quiz 213□

1. After three months of relaxing by the beach, I'm definitely suffering from the **back-to-school** _____ and wish the summer holidays could last forever.

- ✓ A blues
- B mood
- C feelings
- D sadness

i Have the back-to-school blues means to feel sad, unenthusiastic, or low because you have to return to school after a holiday. The phrase wish the summer holidays could last forever makes the negative mood clear.

2. It took me almost a week to **get back into the** _____ of things after spending the whole summer doing absolutely nothing.

- A rhythm
- B routine
- ✓ C swing
- D movement

i Get back into the swing of things means to gradually become comfortable with your normal routine again after a break. The reference to doing nothing all summer shows why it took time to readjust.

3. After a few days of struggling to concentrate, I'm finally **getting back into the** _____ at work.

- A line
- ✓ B groove
- C track
- D flow

i Get back into the groove means to recover your usual rhythm, concentration, and productivity. The phrase finally suggests that the speaker is becoming comfortable and productive again.

4. I spent the first two days checking my emails and reviewing my projects because I needed **to get my _____ back in the game.**

- ☐ A brain
- ☐ B thoughts
- ☐ C mind
- ☒ D head

i Get your head back in the game means to become mentally focused and engaged again. After a break, the speaker needs to concentrate on work again.

5. I'm trying **to shake _____ the holiday blues** by making plans for the new school year.

- ☐ A away
- ☐ B over
- ☒ C off
- ☐ D out

i Shake off the holiday blues means to get rid of feelings of sadness or low motivation after a holiday. Shake off means to get rid of an unpleasant feeling or mood.

6. Rather than giving everyone a huge workload on the first day, the manager decided **to _____ back** into the normal routine.

- ☒ A ease
- ☐ B soften
- ☐ C slow
- ☐ D relax

i Ease back into the routine means to return to your normal activities gradually instead of doing everything at full speed immediately. The manager gives employees a lighter start.

7. I've been _____ **my feet** about going back to university because I know I'll have to give up my free time.

- ☐ A pulling
- ☒ B dragging
- ☐ C pushing
- ☐ D moving

i Drag your feet means to be reluctant or slow to do something because you don't really want to do it. The speaker doesn't want to give up their free time, so they are reluctant to return to university.

8. After falling behind with my assignments during the first month, I've finally **got back on** _____ and am meeting all my deadlines again.

- ☐ A road
- ☐ B way
- ☐ C route
- ☒ D track

i Get back on track means to return to making progress after experiencing problems or falling behind. The fact that the speaker is now meeting all their deadlines shows that they have recovered.

9. The new students **were** _____ **to go** on their first day and couldn't wait to start their new course.

- ☐ A eager
- ☐ B willing
- ☒ C raring
- ☐ D excited

i Be raring to go means to be extremely enthusiastic and ready to start something. Couldn't wait to start makes the meaning particularly clear.

10. After achieving such good results last year, I'm really _____ **up** about starting the new academic year.

- ☐ A burned
- ☐ B heated
- ☐ C powered
- ☒ D fired

i Be fired up means to feel very enthusiastic, motivated, and determined. The speaker's excitement about starting the new academic year shows this positive attitude.

11. I've **got so much** _____ **my plate** this week that I'm not sure when I'll have time to relax.

- ☒ A on
- ☐ B over
- ☐ C at
- ☐ D in

i Have a lot on your plate means to have many responsibilities, tasks, or problems to deal with. The speaker has so many things to do that they don't have time to relax.

12. I'm actually **looking** _____ **to** going back to school because I'll finally get to see all my friends again.

- A after
- ✓ B forward
- C ahead
- D towards

i Look forward to something means to feel happy and excited about something that will happen in the future. Seeing friends again is something the speaker is happy about.

13. I'm _____ going back to work on Monday; I've got three major projects waiting for me.

- A fearing
- B worrying
- ✓ C dreading
- D avoiding

i Dread something means to feel very anxious, worried, or unhappy about something that is going to happen. The three major projects explain why the speaker feels negative about returning to work.

14. After a relaxing summer, it's hard to get motivated when you suddenly have **to get back to the** _____ and work from nine to five again.

- A routine
- B labour
- C effort
- ✓ D grind

i Get back to the grind means to return to regular, often tiring or repetitive work after a break. The nine-to-five schedule helps make the meaning clear.

15. After such a long, carefree summer, I keep _____ going back to school and getting into my normal work routine.

- A taking off
- ✓ B putting off
- C carrying on
- D bringing up

i To put off means to delay or postpone doing something because you don't really want to do it. The phrase such a long, carefree summer suggests that the speaker is reluctant to return to school and work, so they keep delaying it.