

Advanced Vocabulary Made Simple

Phrasal Verbs With "Get"

Proven
learning
techniques.

Practical,
step by
step
exercises.

Printable
activities and
revision
quizzes.

Free
study
plan.



How To Learn and Remember English Phrasal Verbs

For B1-C2 English learners



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For Pink Flamingo English Online



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Who Am I?

Hello!

Thank you for choosing my guide to English fluency, I hope you find it helpful!

Here is some information about me:

My nationality is British. I was born in The Midlands but later moved to the north of England, where I completed my education. My teaching career started in 2012 after completing my CELTA at the British Council in Kraków, Poland. I spent the following seven years living in various locations in Poland whilst working for well-known schools, across all levels. I have experience with a vast number of students ranging from age three to adult, both in school and online, the majority of which have been Polish.

Over the eleven years that I have been teaching, I have worked with groups of between three and twenty students, and also individually with students on a one-to-one basis.

In 2021 I set up my own online teaching business specialising in helping B1-C2 learners develop their English communication skills through specialised coaching and fluency courses. In addition to creating fluency courses, I have also written various eBooks focusing on developing advanced vocabulary.

I have recently set up a community-based online membership programme for international mothers living in the UK, that need to learn English for everyday life. However, parallel to this, I continue to help English learners of all levels reach their goals in English, through online classes.



Introduction

Learning Vocabulary

Encountering new vocabulary is not difficult. It's quite possible to search for and try to memorise long lists of words, but how useful is this really?

How many times have you seen a new word, checked the meaning, but forgotten about it when it comes to speaking?

To really remember a word or phrase, you need to not only understand the meaning, but feel confident enough to use it, and this is usually achieved by learning in a complete way, repetition and relatable examples.

You also need to be realistic about how many new expressions you are able to master in a given period of time. Of course, books and lessons that offer to teach you 100 new phrasal verbs in a week are tempting, but how realistic is this for you really?

Keep in mind that you need to review each expression up to 10 times before you really remember it, so even with all of the right tools you still might be lacking time.

This book has been created as part of a vocabulary and coaching workshop aimed at B1-C2 English learners, with all of this in mind.

Phrasal verbs can be particularly tricky to remember and use, which is why the exercises in this book have been created in a simple yet effective way to help you master the phrasal verbs, and also change your approach to learning new vocabulary in the future.



Introduction

How To Use This Book

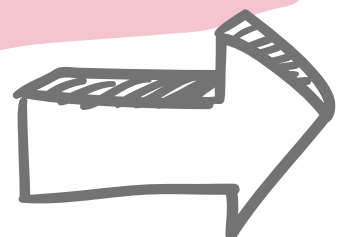
Ultimately, this is a self-study book, so you can use it however works best for you.

However, I do have some suggestions!

- Give yourself a month to work through it (excluding the revision activities at the end). This is a reasonable amount of time to comfortably learn around your other commitments.
- Work through the exercises in order; they have been designed in a logical sequence.
- Make use of any pages with notes.
- Take your time! Don't rush through the exercises or the tips. Give yourself time to really take in what you are reading to get the full benefit of it.

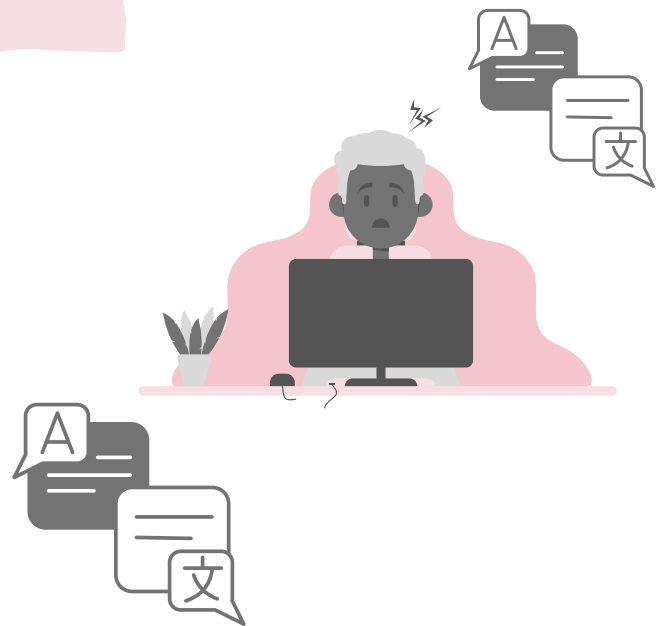


Lets start by looking at some specific examples of common problems with learning vocabulary.



Problems With Learning Vocabulary: Specific Examples

Reason 1:
You are trying to learn too many words at a time.



How to fix this

When you first start learning English, it is easier to learn words. First come the common, everyday words that you actually use in daily conversation, so at this time it is normal that you will learn and remember more vocabulary. Later on, you encounter more specific words that you might not use or even have in your own language. When you come to this type of vocabulary, it is reasonable to expect remembering it to take more time. .

So what is the magic number?

The truth is that this will vary from person to person. Learning new words requires repetition, so this is also an important factor to consider. Each new word needs many (around 10-15) meaningful exposures before you truly remember it, and these cannot all happen on the same day. So as you see, the more words you aim to learn, the more different exposures are required, and the more time you will need to invest. Therefore, you may simply just not have enough time to learn anymore than 15 new vocabulary items in a week, or you may be able to organise your time so that you can learn 10 a day.

This book presents a realistic model of meaningful exposures with each of the phrasal verbs so, when spaced out correctly, should show you how effective it can be.



Problems With Learning Vocabulary: Specific Examples



Reason 2:
It's not relatable.

How to fix this

A word or phrase becomes relatable, when you can see how you will actually be able to use it in your daily speech, or to describe your own personal situations.

Seeing a list of words, or completing random gap fill exercises with them may not be the best way of really saving them to your memory.

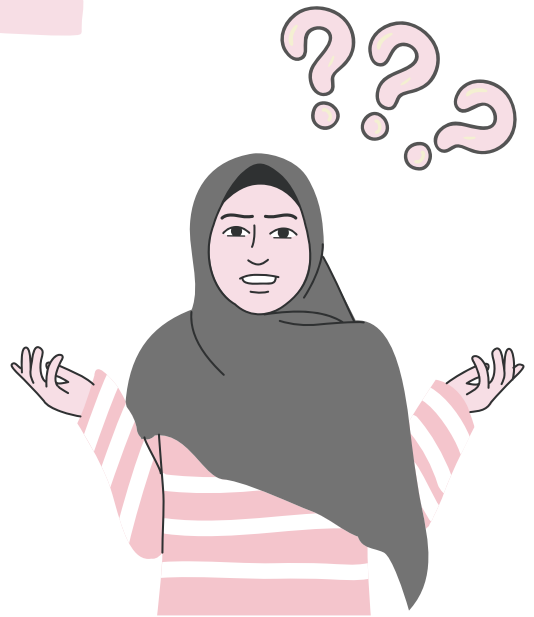
Seeing words and expressions in common every day conversations, or writing your own sentences (actually about you and your life) with them will make you much more likely to use them in these situations. It will also make it easier to remember them, because they will now be relatable to you and your life.

The exercises in this book have been created with this in mind.



Problems With Learning Vocabulary: Specific Examples

Reason 3:
You don't know HOW to use it.



How to fix this

This is a really common issue associated with just searching for lists of words to learn. Occasionally these words are presented in an example sentence, and it's great to have this context, but sometimes even this is not enough.

The more different contexts you see new vocabulary in, the better. It is also important to learn if language is formal or informal (the register), appropriate situations in which to use it, and how to actually put it in a sentence from a grammatical perspective.

With phrasal verbs, the grammar aspect is not so complicated, because they are used the same as verbs (although there are some key points to be aware of and you can find these on page 12!), but this is not the same with fixed expressions such as idioms.



Problems With Learning Vocabulary: Specific Examples



Reason 4:
You're not recording words in
the right way.

How to fix this

Recording new vocabulary is an essential part of helping you remember it because it is then available for future review. However, this is unfortunately often done in a disorganised way, in the form of random lists of words.

(See the following page for help with this).

It is also worth remembering that simply writing down new vocabulary does not guarantee that you will remember it.

Remembering involves 4 things:

1. Putting in storage (i.e. your memory).
2. Keeping in storage.
3. Retrieving from storage.
4. Using.

So these factors need to be considered when it comes to future review of the vocabulary.*

*Adapted from "Learning Teaching by Jim Scrivner, second edition.



Problems With Learning Vocabulary: Specific Examples

Here is an example of a good way to note down new phrasal verbs:

Phrasal Verb	Definition	Type Of Phrasal Verb	Example Sentences
To throw away	To dispose of	Transitive, separable* <small>*See page 12</small>	I threw away my old shoes. I threw the paper away.

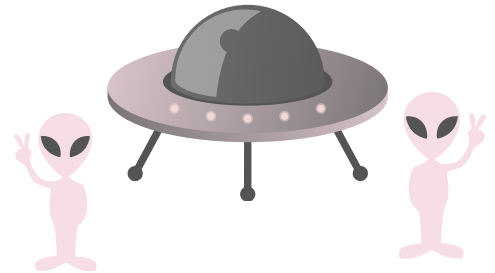


Lets Get Started!

Phrasal Verbs With "Get"

Read the text and find 11 phrasal verbs.:

Alien Invasion



Alien one and alien two were having problems on their planet. They were struggling to get by, especially after alien one had got behind at work and lost his job. This really annoyed alien two which really got alien one down. Alien two thought that alien one was trying to get out of supporting the family, so alien one had to do something quickly to change her mind.

He decided that they should start a new life on Earth. The news soon got round on their planet that they were leaving, and many of their friends gathered to say goodbye. It was emotional as some of their friends didn't think they would be able to get on without them, but finally they were on their way.

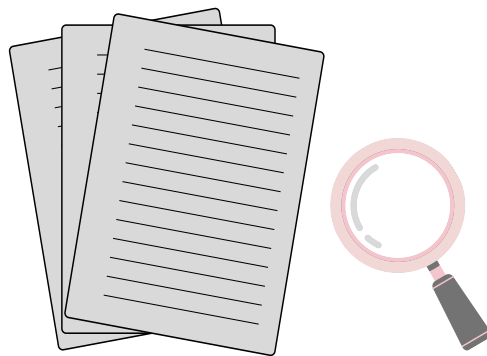
For the first few hundred light years they got on quite well with no problems. But they soon started to realise that they had got through most of their food, and still had a long way to go, and to make thing worse, alien two was ill. It didn't seem like they would be able to get through.

However, after really getting down to the journey, alien one managed to pick up speed and soon Earth was in sight. Alien two was slowly getting over her illness and it seemed that they were getting on really well.

Finally their new life was in sight.



Did you find them all?



To get by

To get behind

To get (someone) down

To get out of (doing something)

To get round

To get on

To get on

To get through

To get through

To get down to

To get over

TOP TIP!

Always check the words after the phrasal verbs, for any possible form changes to be aware of.

E.g the gerund or specific prepositions etc.



Types Of Phrasal Verb

DID YOU
KNOW



Not knowing that phrasal verbs can be separated into these different types, could be one of the main reasons that you struggle to use them in sentences!

1. Transitive Phrasal Verbs

A phrasal verb that requires an object is called a transitive phrasal verb.

"My boss called off the meeting." OR
"My boss called the meeting off".

2. Intransitive Phrasal Verbs

An intransitive phrasal verb does not require an object.
"I get up at 7am every day".

This type of phrasal verb cannot be separated.
(~~"I get at 7am up"~~)

3. Separable Phrasal Verbs

With separable phrasal verbs, the verb and the preposition can be apart or together.

"Could you fill in this form?." OR
"Could you fill this form in?".

3. Non - Separable Phrasal Verbs

With non-separable phrasal verbs, the verb and the preposition cannot be separated.

"He always looks after his little brother after school"

NOTE: All intransitive phrasal verbs are non-separable, but not all non-separable phrasal verbs are intransitive.



Exercise 1

Using the context of the text to help you, match the phrasal verbs to their meanings:

To get by

To get behind

To get down

To get out of

To get round

To get on

To get on

To get through

To get through

To get down to

To get over

To avoid responsibility of something

To consume/use

To manage/survive financially

To circulate/spread

To recover

To not make enough progress or complete something at the right time

To successfully deal with a problem or difficulty

To begin to give serious attention to

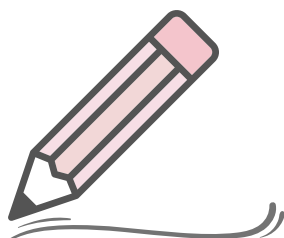
To manage/cope

To depress

To make good progress



Notes



DID YOU KNOW

Phrasal verbs are usually slightly more informal than their regular verb equivalents (there are some exceptions to this), so they are very often used in spoken English.



TOP TIP

Don't just write long lists of unconnected words in your notebook.

Try to record new vocabulary in logical groups, for example (for objects) where you would find them, or (for expressions) situations in which you can use them.



Exercise 2

Match these informal questions to their answers on the following page:

Hey Tom, how come you're looking for a new job?

D

Sarah, how have you got so behind in your school work?

How come you've started going swimming Paul?

Jane, how come you've been arguing so much with your husband?

I heard that your cousin resigned....

Why the long face John?

How are you getting on with the renovation Jess?

Oh hi Rachel! Are you off shopping again?

I couldn't believe it when I saw the impact of the fire. What happened?

Hi Nicola, How are things now that Dougie is at uni?





A. Yeah he had no choice. News got round that it was him that leaked all those confidential details.

B. Oh I've got some problems at work that have really been getting me down and I wanted a distraction.

C. Oh it's been a long slog, but we're getting there! Fingers crossed, we should be able to move in next month.

D. I'm hoping for a better salary. At the moment I'm only just earning enough to get by.

E. I have no idea, but I don't think the family will ever get over it.

F. I split up with my girlfriend last week, and after five years together I'm finding it quite difficult to get on without her.

G. I'm sorry Mum, I have been a bit distracted during class and haven't been doing my homework.

H. It's very quiet at home, and quite difficult for me, but he's getting on really well so that is the main thing.

I. I'm just so fed up of him constantly trying to get out of helping me at home.

J. Yeah, I think I need a bigger fridge! We seem to be getting through food faster than ever!



Exercise 3

REMEMBER!

Phrasal verbs change form like regular verbs, so always pay attention to the tense!

Complete the sentences with the correct form of the phrasal verbs.
Add any other words necessary to make the sentence correct.

1. He was really well in football before the accident.
2. Arguing with my sister all the time is really I wish it would stop!
- 3.. Our dog ran away last week and my daughter has really struggling without her.
4. If the cost of living weren't so high, less families struggling
5. If I to studying, I wouldn't have passed the exam.
6. I really at work these past few weeks. I will have to put in a lot of overtime to make up for it.
7. Hopefully I this cold before the Weekend, I'm going on holiday!
8. I have a colleague at work that always cleaning the office because she leaves before everyone else.
9. You definitely those biscuits by the time you finish work!
10. The news about her being pregnant before she even told anyone!
11. If my friends hadn't supported me, I never

To get by To get behind To get (someone) down To get out of (doing something)

To get round To get on To get on To get through To get through

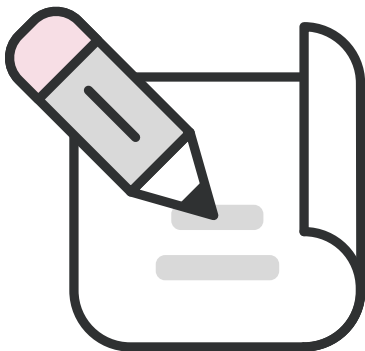
To get down to To get over



Exercise 4

Now, have a go at writing your own sentences with the phrasal verbs:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.



To get by

To get behind

To get (someone) down

To

get out of (doing something)

To get round

To get on

To get on

To get

through

To get through

To get down to

To get over



Exercise 5



Write answers to the following questions.

It's possible to use one of the phrasal verbs in each one!

1. Why did you have to go shopping yesterday?
2. Who does most of the cleaning at home and why?
3. Have you ever overcome a difficult situation?
4. How did you feel after your last major mistake or failure?
5. When was the last time you didn't finish a task on time? Why?
6. How did you manage your last cold or flu?
7. What is your opinion of gossip?
8. Have you recently made good progress in anything?
9. Have you ever had an emotionally difficult situation? Did you manage?
10. Are you planning any big projects in the coming year?
11. What is the biggest economical challenge for people at the moment?

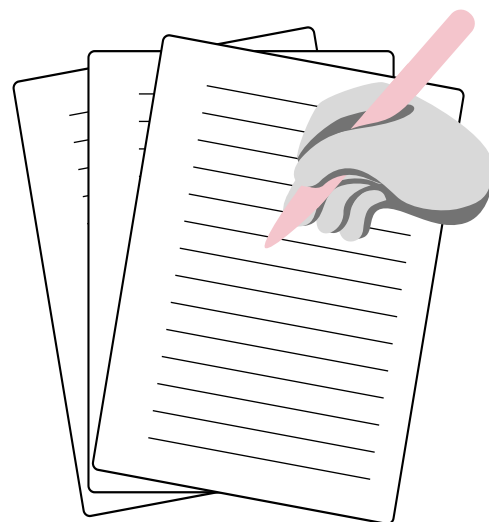


Exercise 6

Continue the story below using all of the phrasal verbs.

It had been a difficult week for John.....

Handwriting practice lines for the story continuation. The page contains 18 horizontal lines, alternating between dark grey and light grey, providing space for the student to write.





Handwriting practice lines consisting of alternating light gray and dark gray horizontal bars.



Exercise 7

Not all mistakes
will be connected
to the phrasal
verbs!

Can you correct the mistakes in these sentences?
Each sentence has one mistake.
You can use the following page to write any notes.

1. The cost of living is ridiculous! We just cannot get on at the moment.

2. These cold winter days are really getting me through.

3. I wish I didn't tell her my secret, now it's got round the whole town!

4. My brother had always got out of doing things for as long as I've known him!

5. They said that he gets through all of his problems and is now on the road to recovery.

6. We were used to get through a lot more food in the past.

7. If I didn't get over this flu, I won't be able to take part in the competition.

8. If she didn't get down to studying, she would never have passed the exam.

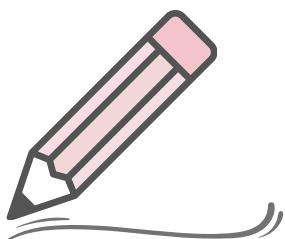
9. How are you getting on in your dance classes recently?

10. My best friend moved away last week, I don't know how I'm going to get by without her.

11. If I didn't get so behind at work last week, I wouldn't be doing so much overtime at the moment.



Notes



DID YOU KNOW...?

It is fine to make mistakes in English!

Try to focus more on communication,
and getting your point across.

Put more emphasis on those mistakes that prevent you from doing this.

Top 10 Tips To Remember New Vocabulary

1. Write your own sentence with it.

Even just writing a word plays a part in helping you remember it, but if you write a full sentence based on a relatable context, it will be even more effective.

2. Make a Word Calendar.

Focusing on a new word, idiom or phrasal verb every day, make a point of using it throughout the day. When you have the option to speak in English every day, this should be easy, but even if you don't, you can play out certain dialogues out loud using that word. Or comment on English social media posts.

3. Use art or pictures.

There are many creative ways that can help you remember words. You can draw pictures to represent their meaning, create a graphic on your computer or tablet, or create a word cloud to make a poster for your wall (there are many online programs for this). Any of these will help save the vocabulary to your memory.

4. Create Associations.

There are many options with this one. You can associate it to a similar word, an object, a gesture or even a word in your own language. A key point here is that funny-sounding associations are often easier to remember! So make them as strange as you can!

5. Spaced Repetition.

The key to remembering all vocabulary is repetition in some way or another. So a good way to remember new vocabulary is to repeat it at different intervals. For example, go back to the word or expression after one day, one week and again one month. This technique is possible to apply to the format of this book.



Top 10 Tips To Remember New Vocabulary

6. Use word games.

You can find a lot of word games online, for example scrabble, crosswords or word searches. You could even use an online program to make your own, so that you can choose the input of words. This book contains some word games for future review!

7. Practise using the vocabulary as much as possible.

As with anything, if you don't practise, you will forget. This is no less important when it comes to remembering vocabulary. So make sure you give yourself as many opportunities to speak and use your new vocabulary as possible. This can be through conversation classes, language exchange interacting on forums etc.

8. Don't overload your brain

When you are learning English it's tempting to try and learn as much as possible. However, if you try to learn too many new words, it will have the opposite effect and you won't remember anything. This is the main reason for the number of phrasal verbs that are covered in this book. You need to give yourself enough time with each new vocabulary item to both store and retrieve it from your memory.

9. Record yourself.

Recording yourself in English is not only a great way to review pronunciation, but you can also use your recordings to help you remember new vocabulary. Record a list of you saying new words or phrases, and listen to them in the background while you are doing something else.

10. Create a "Memory Place".

A "Memory Place" is a great technique for remembering multiple words or expressions, and it is explained on the following page.



What Is A "Memory Place?"

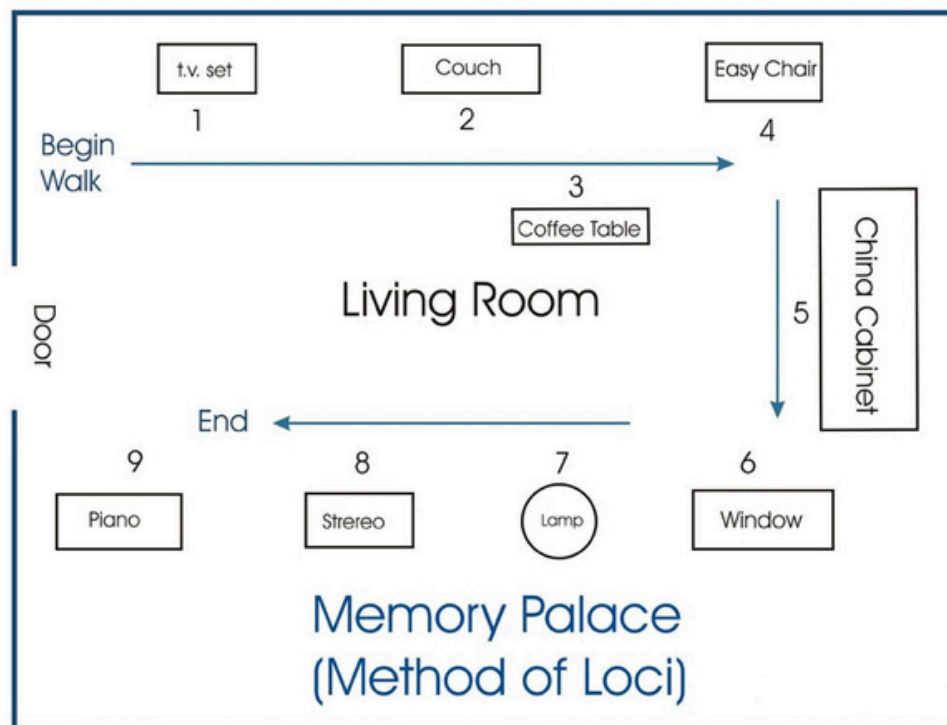
A "Memory Place" is a well known technique that has been around for many years. You may also hear it called "Method Of Loci". A quick internet search will bring up a lot of information about the history of this technique, where you will even find references to the ancient Greeks and Sherlock Holmes!

The story behind it is interesting, and is definitely worth researching, but for now let's just focus on how you can use this technique for remembering vocabulary.

The purpose of a memory place is to enable you to store a large amount of information to your memory using visual and spatial memory. It works by helping you create a mental image of the things you are trying to remember, (in this case, vocabulary), by picturing it in a familiar setting.

When creating a memory place, people often base it on a familiar location, for example a room in their house. The next step is to number the locations in that room, and plan out a "path" to pass all of those locations, without going back on yourself.

An example is shown below:



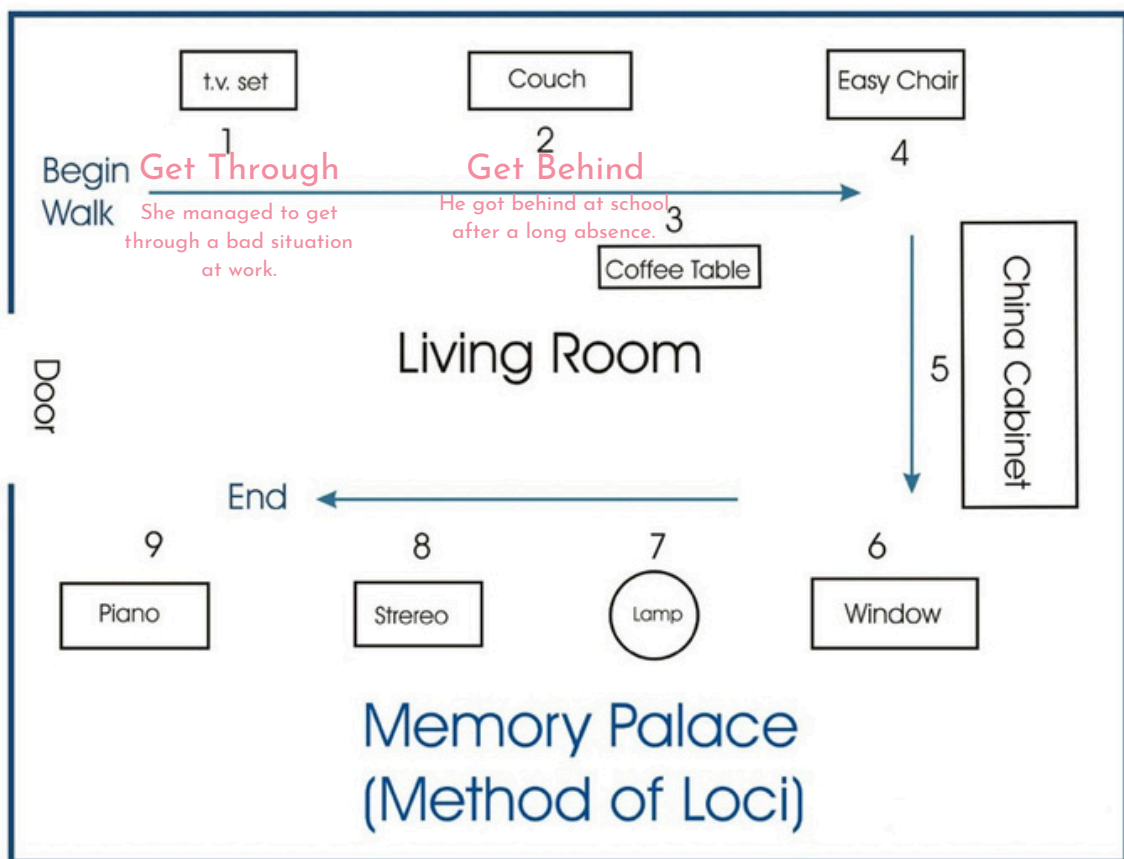
Source: <https://themdjourney.com/studying-with-memory-palace-in-medical-school/>



What Is A "Memory Place?"

Next, add your vocabulary to each of the locations in the room, along with the definition, translation or sample sentence.


See the example below with some of the phrasal verbs:



Your memory place is best when it is drawn out, and with some unique or silly details or colours. These type of things all add to how memorable it will be!



Memory Game



Get by	Manage financially
Get out of	Avoid responsibility
Get behind	Not make enough progress
Get down	Depress
Get round	Spread
Get on	Manage/cope
Get on	Make good progress
Get through	Successfully deal with a difficulty
Get through	Consume/use
Get down to	Start to give serious attention to
Get over	Recover

Instructions

1. Cut out all phrasal verbs and definitions.
2. Place them all face down, phrasal verbs at one side, definitions at the other.
3. Turn over one phrasal verb and one definition, trying to find a matching pair.



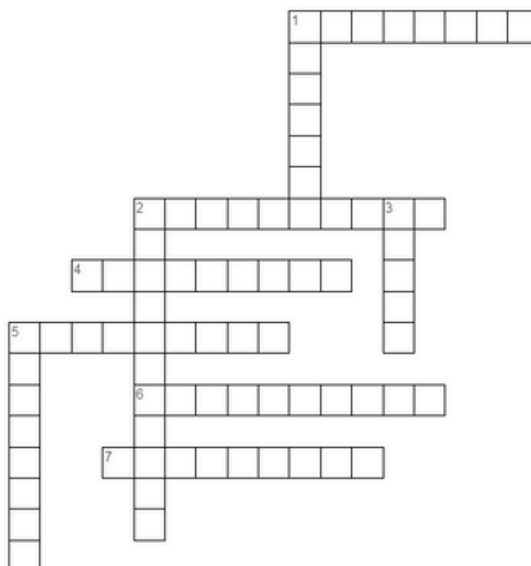
Language Review

Crossword

Printable Activity

Phrasal Verbs With Get

Choose the best phrasal verbs to complete the sentences. Pay attention to the correct form.



Across

- 1 That news quick!
- 2 How are we going to losing everything?
- 4 I really need to working on the house.
- 5 My little boy is so well at nursery!
- 6 I can't believe that we have already all of our food!
- 7 I have really in the project - everyone has done more than me.

Down

- 1 Have you the flu yet?
- 2 This rain is really me
- 3 Now I've lost my job, we can barely
- 5 My brother always used to doing the cleaning.



Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



my VOCABULARY STUDY PLAN

WEEK 1

Printable!

Use this handy plan to manage the way you learn your next set of phrasal verbs!
Use pages 5-9 and 24-27 to help structure your plan.

MONDAY

- ☐
- ☐
- ☐
- ☐

TUESDAY

- ☐
- ☐
- ☐
- ☐

WEDNESDAY

- ☐
- ☐
- ☐
- ☐

THURSDAY

- ☐
- ☐
- ☐
- ☐

FRIDAY

- ☐
- ☐
- ☐
- ☐

SATURDAY

- ☐
- ☐
- ☐
- ☐

NOTES



my VOCABULARY STUDY PLAN

WEEK 2

monDAY

- ☐
- ☐
- ☐
- ☐

TUESDAY

- ☐
- ☐
- ☐
- ☐

WEDNESDAY

- ☐
- ☐
- ☐
- ☐

THURSDAY

- ☐
- ☐
- ☐
- ☐

FRIDAY

- ☐
- ☐
- ☐
- ☐

SATURDAY

- ☐
- ☐
- ☐
- ☐

NOTES



my VOCABULARY STUDY PLAN

WEEK 3

monDAY

- ☐
- ☐
- ☐
- ☐

TUESDAY

- ☐
- ☐
- ☐
- ☐

WEDNESDAY

- ☐
- ☐
- ☐
- ☐

THURSDAY

- ☐
- ☐
- ☐
- ☐

FRIDAY

- ☐
- ☐
- ☐
- ☐

SATURDAY

- ☐
- ☐
- ☐
- ☐

NOTES



Printable!

my VOCABULARY STUDY PLAN

WEEK 4

monDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



NOTES

Answer Key

Exercise 1:

To get by	To manage/survive financially
To get behind	To not make enough progress or complete something at the right time
To get down	To depress
To get out of	To avoid responsibility of something
To get round	To circulate/spread
To get on	To make good progress
To get on	To manage/cope
To get through	To successfully deal with a problem or difficulty
To get down to	To begin to give serious attention to
To get over	To recover

Exercise 2:

- 1.D
- 2.G
- 3.B
- 4.I
- 5.A
- 6.F
- 7.C
- 8.J
- 9.E
- 10.H

Exercise 3:

1. Getting on
2. Getting me down
3. Been / to get on
4. would be / to get by
5. hadn't got down to
6. have / got behind
7. will get over
8. gets out of cleaning
9. will / have got through
10. got round
11. would / have got

Exercise 4:

You can arrange a lesson with me if you would like me to check these answers:
info@pinkflamingoenglish.com

Exercise 5:

(suggested phrasal verbs)

- | | |
|----------------|-----------------|
| 1. Get through | 8. Get on |
| 2. Get out of | 9. Get on |
| 3. Get through | 10. Get down to |
| 4. Get down | 11. Get by |
| 5. Get behind | |
| 6. Get over | |
| 7. Get round | |

Exercise 7:

1. The cost of living is ridiculous! We just cannot get **by** at the moment.
2. These cold winter days are really getting me **down**.
3. I wish I **hadn't told** her my secret, now it's got round the whole town!
4. My brother **has always got out of** doing things for as long as I've known him!
5. They said that he **has got through** all of his problems and is now on the road to recovery.
6. We **used to get through** a lot more food in the past.
7. If I **don't get over** this flu, I won't be able to take part in the competition.
8. If she **hadn't got down to** studying, she would never have passed the exam.
9. How **have you been getting on** in your dance classes recently?
10. My best friend moved away last week, I don't know how I'm going to get **on** without her.
11. If I **hadn't got so behind** at work last week, I wouldn't be doing so much overtime at the moment.

Exercise 6:

You can arrange a lesson with me if you would like me to check these answers:
info@pinkflamingoenglish.com

Memory Game:

Get by	Manage financially
Get out of	Avoid responsibility
Get behind	Not make enough progress
Get down	Depress
Get round	Spread
Get on	Manage/cope
Get on	Make good progress
Get through	Successfully deal with a difficulty
Get through	Consume/use
Get down to	Start to give serious attention to
Get over	Recover

Crossword

Across:

1. got round
2. get through
4. get down to
5. getting on
6. got through
7. got behind

Down::

1. got over
2. getting / down
3. get by
5. get out of



Get In Touch

Do you have any questions?

Would you like some additional practice with the new phrasal verbs?

Then you can book a 60 minute lesson with me!

Here's why it is a good idea:

- ★ You can check all of your written answers.
- ★ You will get valuable speaking practice with all of the new phrasal verbs.
- ★ You can discuss your study plan.
- ★ You can clarify anything you don't understand.

Arrange
your lesson
now!!

Send me an email to arrange your lesson!

info@pinkflamingoenglish.com



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