Part 1

For questions **1-8**, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Example:

A number	B amount	C quantity	D crowd

Where to go whale watching

When asked to list the things they would most like to experience in life, a surprising 0 of people mention
seeing whales in their natural habitat. It's an ambition that can be $1 _{}$ surprisingly easily. It is $2 _{}$ that the
seas around Iceland are home to over five thousand orca whales. But their behaviour, and therefore your chances of
seeing them, varies 3 to the season.
In summer, the whales have a 4 to hang out near the coast and can be seen swimming up fjords and inlets.

whale species too. Besides Iceland, another option is to 7 _____ for northern Norway between October and January. Orcas arrive here at this time of year in **8** _____ of large shoals of herring, which form an important part of their diet.

During the winter months, however, the animals are generally to be found 5 _____ out at sea. 6 ____ season you choose for your trip, whale-watching trips are very easy to organise, and there's a chance you'll get to see other

1	A answered	B rewarded	C honoured	D fulfilled
2	A estimated	B counted	C guessed	D totalled
3	A according	B depending	C relying	D agreeing
4	A custom	B tendency	C habit	D trend
5	A longer	B wider	C broader	D further
6	A Whenever	B Whoever	C Whichever	D However
7	A head	B set	C point	D pick
8	A hunt	B follow	C pursuit	D seek

Part 2

For questions **9-16**, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0). In the exam, write your answers **IN CAPITAL LETTERS** on tho separate answer sheet.

Example: WHICH

The Mini-Monet

Kieron Williamson is a very successful landscape painter. His paintings, **0** _____ mostly depict the peaceful countryside around his home village in eastern England, sell very well. Perhaps this shouldn't **9** _____ as that much of a surprise. It's a beautiful part of the world, and landscape paintings are always popular.

The strange thing about Kieron, nowever, 10 that he is only seven years old. At a recent exhibition of his
work, all the paintings were sold in half an hour, some for £100,000 each. Kieron now has fans all over the world,
and has gained the nickname the 'Mini-Monet'.
What's even 11 surprising is that Kieron doesn't come from an artistic family, and only started painting two years 12 He first got inspiration 13 some boats he saw on holiday at the seaside. Kieron asked his parents if they 14 buy him a sketch pad and pencils 15 that he could draw them. Only when they saw
16 well he drew did they realise that he was talented.

Part 3

For questions 17-24, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0). In the exam, write your answers *IN CAPITAL LETTERS* on the separate answer sheet.

Example: RESEARCH

Don't catch cold

According to recent 0 , at least some of the advice about health that was passed down to our grandparents by previous generations may actually contain some 17	0.SEARCH 17.TRUE 18.RELATION
A good example is the 18 between feeling cold and catching a cold. My	19.SUIT
grandmother was convinced that being outside when the temperature is low, or simply	20.ABSENT
dressing in 19 clothes for the cold weather, was a sure way of catching a cold.	21.APPROPRIATE
	22.SCIENCE
Now, as we know, colds are caused by viruses. Therefore, in the 20 of a virus,	23.FORTUNATE
you cannot catch a cold - no matter how low the temperature or how 21 your clothing.	24.EASY
But 22 now think that we may have viruses in our bodies already, which are just waiting for the chance to turn into a cold. In cold weather, for example, blood vessels in the nose get smaller to stop heat escaping. 23, also allows the cold virus to attack the nose or throat more 24 So, perhaps Granny was right!	

Part 4

For questions **25-30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

Example:

0. What type of music do you like best?

FAVOURITE

What ______ type of music?

Example: 0. IS YOUR FAVOURITE

25. Tania hasn't played volleyball for three years.
SINCE
It Tania last played volleyball.
26. The only thing Carl forgot to buy was a new battery for his watch.
EVERYTHING
Carl remembered to a new battery for his watch.
27. John was angry because Claire arrived late.
TIME
If Claire John would not have been angry.
28. I don't usually wear a hat and so it feels strange.
USED
I am a hat and so it feels strange.
29. Rob said to Jennifer: 'You broke the strap on my new camera.'
ACCUSED
Rob the strap on his new camera.
30. Mark can't wait to use his new computer-games console.
FORWARD
Mark is his new computer games console.

Part 5

You are going to read an extract from a novel. For questions 31-36, choose the answer (A, B, C or D) which you think fits best according to the text.

A whole year had gone by since Tyler and I'd hung out together and I'd grown used to people reporting bad things about him. Mostly I just sighed. I'd accepted the fact that he was no longer the lad I once knew. He'd chosen the wrong kind of people to hang around with and had got into trouble. I knew these things only too well. Still, the news that he was in hospital shook me all the same. It was Beth's brother who told me.

'Wait for me outside Whitechapel station, Ashe,' Beth had said. She was late and I kept looking at my mobile to check the time.

The odd thing was that I'd been thinking about Tyler since the previous afternoon. I'd seen him while walking home from college. He'd got out of a car about ten metres in front of me. It had taken me only a second to recognise who it was and I'd darted into the doorway of a closed shop to avoid coming face to face with him.

When eventually I'd peeked out, he was standing on the pavement speaking on the phone. He had a long coat on over jeans and boots. His hair was cropped and his face was pale. He wasn't wearing his glasses and his free hand was cutting the air as if he was making points while talking. He was looking round but his attention was on the call. Suddenly, he brought it to an abrupt end and slipped the mobile into a pocket. He walked a couple of steps and then, to my dismay, he spotted me. He smiled and headed in my direction. I kept my face towards the glass window and studied one of the posters that had been stuck there. 'Ashe!' he'd called.

'Oh, hi!'

'What are you up to?' he said, glancing at the poster on the shop window. I stumbled out some words about looking for a gig to go to. I'd no idea what my hair looked like or if I'd got a spot on my chin or if he'd noticed me earlier watching him from the shop doorway. 'Fancy a coffee?' he said.

'I've got to be somewhere,' I said, stepping out of the shop doorway and making off.

'See you, Ashe,' he'd called after me.

After about twenty metres, I looked round and saw that he was in exactly the same position, staring at me. He raised his hand in a tiny wave and I turned and went on. I didn't look back again.

I'd thought about him on and off during the previous evening. Now, while waiting for Beth, I thought about him again. I wondered what he was doing. I pictured the funny brown glasses he'd worn to read with and wondered if he still read books by George Orwell. Perhaps I should have gone for that coffee, I might not get another chance to find out what he was really up to these days.

Beth was very late. A couple of cars started hooting and there were some raised voices from a group of pedestrians who were ignoring the red man and crossing the road. I looked through the shoppers to see if I could see Beth's cheery face but there was no sign. I took my mobile out of my pocket again and stared at the screen, but again drew a blank. I wondered what to do. I was stamping my feet with the cold. Something must have happened. Beth wouldn't just leave me standing in the freezing cold for no reason. Tyler came into my mind again. That's when I saw her brother walking towards me.

31. In the first paragraph, Ashe is surprised to discover that Tyler

A has got into trouble again.

B has made unsuitable friends.

C has been admitted to hospital.

D has been the subject of rumours.

32. How did Ashe feel when she'd first seen Tyler the previous day?

A unsure if it was him

B surprised that he was driving

C keen that he shouldn't see her

D upset that he didn't recognise her

33. The word 'it' (Paragraph Four, underlined) refers to

A a movement.

B a conversation.

C a way of looking.

D a piece of equipment.

34. When Tyler finally noticed her, Ashe felt

A relieved that he was smiling.

B sure he'd been waiting for her.

C offended by something he said.

D concerned about her appearance.

35. After meeting Tyler the previous day, Ashe had felt

A sorry that she'd been rude.

B curious about his current life.

C guilty about refusing his invitation.

D convinced that she would see him again.

36. The phrase 'drew a blank' (last paragraph, underlined) suggests that

A Beth had left no message.

B Ashe's mobile wasn't working.

C Ashe had decided to wait no longer.

D Beth was just being typically unreliable.

Part 6

You are going to read an article about jobs that involve international travel. Six sentences have been removed from the article. Choose from the sentences A-G the one which fits each gap (37-42). There is one extra sentence which you do not need to use.

Want to join the jet-set?

You could be jetting off to exotic locations, staying in five star hotels, eating in top-class restaurants, and it's all paid for by your employer. Who wouldn't want a job that involves foreign travel? **37** __. The number of jobs requiring international travel is growing significantly. And citing business travel experience on your CV can bring enormous professional benefits.

But it's not always as exciting as it sounds. There is a big difference between travelling to Milan as a tourist and travelling there to spend a day in the type of hotel meeting room that can be found anywhere in Europe. It can be very exciting, but you need to keep your feet firmly on the ground. Speak to seasoned international business travellers to get an idea of what you will face. Flights can be delayed, things can go wrong and it's easy to get exhausted. Many jobs mean travelling alone, so you can be lonely.

Simply targeting any job that involves foreign travel is not the way to start. 38 ___. It's as illogical as saying you want a job that involves wearing smart clothes. Instead, you should consider all the usual factors, such as qualifications and experience, and only then choose a sector or company that offers opportunities for international travel.

The travel and hotel trades are obvious areas, but the commercial sector also offers good prospects for travel. In the retail sector, buyers often travel, especially if they work in fresh produce, where they have to check the suitability of crops. **39** ___. Jobs in the engineering and environment sector can involve travel, too. Almost any career can mean international travel, if you choose the right company and role. The number of jobs involving travel, especially at middle-management level, is growing.

So what will help you secure a role with an international flavour? **40** ___. A second language is a good indication of how well someone will adapt. You need to show you are flexible and willing to learn. I f your company has a sister company in the Czech Republic, for instance, learning some Czech will boost your chances.

Find out what the company offers as a support package. Many now guarantee that you can return home at the weekends, or they will limit the amount that people travel each year. 41 ___. One company asked graduates fresh out of university to move to another country over a weekend, alone, and to find their own accommodation.

And it's as well to remember that international travel can be stressful. People can get burned out by international business travel. You need to be in control of your schedule, rather than leaving it to the company. You must ensure you get time to rest and talk to your employer all the time about how you are coping. Don't wait for formal appraisals or until they ask for your views. 42 ___. Most sensible companies ask people to commit to two to three years. This increases the likelihood of success. And most people who travel on business remember it fondly.

- **A** On the other hand, it does bring personal benefits, and it also has a dramatic effect on promotion prospects.
- **B** Making travel your first requirement is not the way to choose a career.
- **C** And realize you might not want to travel for ever.
- **D** Employers look for candidates with an international outlook.
- **E** And there are plenty of opportunities.
- **F** But not all employers are like this.
- **G** Employment in communications, banking and finance, and property management is also worth looking at.

Part 7

You are going to read an article about fathers and sons. For questions **43-52**, choose from the people (**A-D**). The people may be chosen more than once.

Which	person's	father
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43. always had faith in his son's abilities?
44. encouraged his son not to give up in the face of disappointment? $_$
45. gave his son advice in a light-hearted way?
46. made his son realise the need to try harder?
47. may not have succeeded in passing on certain ideas to his son?
48. never blamed his son for mistakes that he made?
49. put no pressure on his son to follow in his footsteps?
50. reassured his son when equipment let him down?
51. showed his son how to perform practical tasks?
52. was willing to listen to his son's suggestions?

What's the best advice your father ever gave you?

A Tony: Racing driver

'Drive it like you stole it and keep it on the black stuff!' I was quite nervous when I first started racing, but those were my dad's jokey words of wisdom and they made me feel better at the time. In the beginning, I had quite a few spins on the circuits - the very first one was particularly scary because the car left the track, but he never said it was my fault. I used to drive a Porsche 924 and pretty much every single race something would break, but Dad would just say: 'Don't worry about the car, we can always fix it.' I didn't like people behind me when I went round corners, but Dad was always telling me not to take any notice, to focus on what I was doing. I've got a long way to go, but Dad 's really good - he's hardly the most polite person to have around if things don't go well, but he's my role model.

B David: Record producer

Because Dad and I have always been close, there was no one moment when he imparted some big philosophical piece of advice. I think his greatest gift has been his general unwavering belief in me. Since I was about fourteen,

he's given me the opportunity to input ideas and have my say about the bands we work with or the equipment we use, which is amazing. When you're part of a family business, it can sometimes feel as if you have to be there, but my brother and I have done other things, and we're back with Dad again because we want to be. He left the decision to us. Dad's also been good at giving career advice because he's done it and he's got the experience. He's given me that drive and ambition to succeed.

C Andy: Buyer for a department store

I was probably Dad's most unruly son. He tried to teach me a lot of things - how much I've taken on board is another matter. But I don't think I'm such a disappointment to him! He's a very cool dad, but he's quite traditional in some ways. He's always said that if you want to succeed, then get on with it. If you're going to do something, do it right away or at least write it down so you don't forget! I'm proud of my dad and how hard he worked for us to have a lovely childhood and good lifestyle. Dad also taught me valuable skills like how to change the oil in my car, how to play tennis and ski - although the last time he saw me doing that he said he feared for his life!

D Simon: Rugby player

He had this catchphrase: 'Under-prepare, and you prepare to fail.' I heard it time and again. A typical teenager when things went wrong, I was always trying to blame everything and everyone but myself. He used his catchphrase and explained that if you don't put sufficient effort in, you'll never get anything out of whatever it is you're doing. That's stayed with me ever since, even now when I'm playing professionally. He's always given a fair amount of advice. He made me realise that if you just stick at something, no matter how hard things get, then your time will come. It's the hardest thing to hear when things aren't going well. At the beginning of the season, I wasn't getting picked for many matches. Then when the chance came to play, I really took it.

Answer Keys

Part 1

- 1. **D fulfilled**. 'To fulfil an ambition' is the only correct collocation here.
- 2. **A estimated.** The only verb that can be used in passive form correctly. 'Guess' means coming up with something without evidence. 'Counted' is not the best word for the mentioned number (five thousand whales).
- 3. **A according.** The only word that can be used with the preposition 'to'. 'Depending' and 'relying' both need the preposition 'on', 'agreeing' takes 'with'.
- 4. **B** tendency. Answers A and D do not fit contextually as they have different meaning. 'Habit' can't be used because it should be followed by a gerund: 'be in the habit of doing something'.
- 5. **D further**. 'Further out' is the only correct collocation of the four it means at a greater distance from the shore.
- 6. **C Whichever.** The only determiner that can be used with a noun here we are referring to seasons, so 'whoever' doesn't work. 'However' is more about the way you do something. 'Whenever' would fit if the sentence went like 'Whenever you choose to go on your trip'.
- 7. **A head.** 'To head for' means 'to go in a certain direction'. 'To set off' is a phrasal verb with the same meaning, but there is no participle 'off' for it to work.
- 8. **C pursuit.** 'In pursuit of something' means 'seeking, chasing something'. Other nouns do not fit 'in ... of something' construction.

Part 2

- 9. **come.** 'Come as a surprise' is a set expression note the indefinite article. If something comes as a surprise to you, then you do not expect it, you do not see it coming.
- 10.is. 'The strange thing ... is that'. We rearrange words in the sentence for dramatic effect or to stress a particular part of it.
- 11.**more.** 'Even more' is used for contrast. Another case of an emphatic structure.
- 12.ago. A time in the past is mentioned. Be careful not to answer 'later' as the word requires a reference point, e.g. 'he got interested in music and two years later he started making it'.
- 13.from. 'To get inspiration from something or someone' this is when somebody inspires you do to something.
- 14.would/could. Both modals are acceptable here with both meanings fitting the context.
- 15.so. 'So that' is the phrase that means possibility to do something, a shorter version of 'in order to be able to do something'
- 16.how. They talk about the skill of Kieron's drawing. We can see an example of an inverted sentence here here we use an auxiliary verb (did) in a positive sentence for dramatic effect.

Part 3

- 17.**truth.** A very straightforward adjective to noun transformation.
- 18.**relationship.** Do not pluralise the noun, otherwise it won't be counted as correct here after all, only there is only one relationship in the sentence - one of feeling cold and catching a cold.
- 19.**unsuitable.** Note the negative prefix suggested by the context of the sentence. We talk about the kind of clothing that would (or wouldn't) work in colder environments.
- 20.absence. Adjective to noun transformation. Make sure to spell the word with 'c'. 'In the absence of something' means when something isn't there, especially if normally it should be present.
- 21.inappropriate. Similar case to Question 19, a negative prefix is needed. Spelling is a bit tricky, with the double 'p'.
- 22.scientists. The plural forms is what we need here, as suggested by 'think' the verb that the subject has to agree with.
- 23.**Unfortunately.** Attacks from viruses is something undesirable, so a negative prefix should be used.
- 24.easily. A comparative 'more' modifies the adverb that we get, transforming the adjective 'easy'.

Part 4

- 25.**has been/is three years since.** Both variants are acceptable. 'Since' as the keyword means that a perfect tense would fit well here.
- 26.**buy everything except.** Note how changing 'forgot' to 'remembered' alters the sentence a positive to negative transformation takes place.
- 27.had arrived on time. Past perfect is used to show how one thing happened after the other. A third conditional sentence here shows the unreal result of an unreal action.
- 28.**not used to wearing.** Use gerund after 'used to'. If you are not used to doing something, it means it is new to you, you are not accustomed to it.

- 29.accused Jennifer of breaking. Accuse of somebody of something. Naturally, 'accuse' only works with negative actions, when you blame somebody for something.
- 30.(really) looking forward to using. Both variants can be used here. To look forward to something means that you are really excited about it happening in the future.

Part 5

- 31.**C.** ...the news that he was in hospital shook me all the same. The opposite of A, B and D is mentioned.
- 32.**C.** Last sentence of Paragraph Three: ... I'd darted into the doorway of a closed shop to avoid coming face to face with him. The opposite of A and D is mentioned. Nothing relating to Answer B is stated.
- 33.**B.** 'He was looking round but his attention was on the call. Suddenly, he brought it to an abrupt end'. 'It' refers to the call, or the conversation as the answer puts it.
- 34.**D.** Paragraph Six: 'I'd no idea what my hair looked like or if I'd got a spot on my chin'. Answers A and C are not mentioned. Answer B shouldn't be chosen as Ashe is only guessing whether Tyler had noticed her earlier.
- 35.**B.** Last but one paragraph: I wondered what he was doing. I pictured the funny brown glasses he'd worn to read with and wondered if he still read books by George Orwell. Answer A is not mentioned. Answer C is wrong - she felt sorry about turning down the invitation, not guilty. The opposite of Answer D is in the text.
- 36.A. To draw a blank means to get nothing, to get no result. This refers to Beth not calling or sending a message about her being late. Other answer are not relevant to the phrase.

Part 6

- 37.**E.** This answers the question posed in the previous sentence.
- 38.**B.** An advice is given in the previous sentence, and then more explanation is presented in Sentence B
- 39.**G.** A range of occupations is talked about in the paragraph, and Sentence G presents additional examples of such spheres of work.
- 40.**D.** The question in the previous sentence asks for qualities of potential candidates and Sentence D gives the answer - what the employer is looking for in people they want to hire for a job involving a lot of travelling.
- 41.**F.** Sentence F contrasts the previous sentences about companies that care about their employees and the sentence after the gap that asked their workers to move on a very short notice.
- 42.C. This paragraph gives tips, including the warning in Sentence C about not wanting to travel for the rest of your life.

Part 7

- 43.**B.** *I* think his greatest gift has been his general unwavering belief in me.
- 44.**D.** He made me realise that if you just stick at something, no matter how hard things get, then your time will come.
- 45.**A.** 'Drive it like you stole it and keep it on the black stuff!' ... those were my dad's jokey words of wisdom.
- 46.**D.** He used his catchphrase and explained that if you don't put sufficient effort in, you'll never get anything out of whatever it is you're doing.
- 47.**C.** He tried to teach me a lot of things how much I've taken on board is another matter.
- 48.A. ... he never said it was my fault.

- 49.**B.** ... but my brother and I have done other things, and we're back with Dad again because we want to be. He left the decision to us.
- 50.**A.** I used to drive a Porsche 924 and pretty much every single race something would break, but Dad would just say: 'Don't worry about the car, we can always fix it.'
- 51.C. Dad also taught me valuable skills like how to change the oil in my car, how to play tennis and ski...
- 52.**B.** Since I was about fourteen, he's given me the opportunity to input ideas and have my say about the bands we work with or the equipment we use, which is amazing.

Vocabulary

The vocabulary below is meant to help you with the more difficult words. If the word isn't on the list then you are either supposed to know it or it is too specific to be worth learning and you don't have to know it to answer the question. Symbols in brackets mean part of speech(see bottom of the list). Sentences in italics give examples of usage for some more complex words and phrases.

And remember — you are not given a vocabulary list (or a dictionary) at your real exam.

Part 1

Natural habitat — the area and conditions where an animal usually lives. *This TV-show gives us a chance to see* bears in their natural habitat.

Inlet (n) — a narrow strip of water that goes into the land, for example between islands.

Shoal (n) — a group of fish swimming together. The water was crystal clear and we could see shoals of fish at the sea bottom.

Herring (n) - silver-coloured fish, usually found in large groups. *This island is most famous for its herring fishing.*

Part 2

Landscape (n) — large area of land and the way it looks. *Icelandic countries are known for their rocky landscapes* and cliffs.

Depict (v) — to show or present in a form of a picture or a story. *In this book the author depicts the hard life of* harbour workers.

Sketchpad (n) — sheets of paper joined together used for drawing. *Sketchpad is an affordable gift for a kid who is* into drawing.

Part 3

Pass down (phr) — to give something to someone who is younger or not as important as you. *This knowledge is* passed down from one generation to another.

Convince (v) — to make someone change their mind, to persuade someone. *Try to convince your boss to give you* a raise - you've been working for the company for two years now.

Blood vessel (v) — the tubes that carry blood in your body. *If a blood vessel comes open, you better use a bandage* to avoid intense bleeding.

Part 5

Lad (n) — a boy, a guy or a young man. *Those lads look like trouble; don't spend too much time around them.*

Dart (v) — move somewhere quickly and suddenly. *I could hear a crash, and a small boy darting out of the room* right after.

Peek out (phr v) — to look out of something in a secret way in order not to be seen. *I was too scared to peek out* and see if they were still there.

Cropped (adj) — cut to be made shorter. *His cropped hair didn't look that good - I liked him better the old way.*

Dismay (n) — feeling lost and disappointed. *To my dismay, nobody turned up for my birthday party.*

Gig (n) — a music concert, especially pop or rock. *We didn't have anything planned*, so we went to a rock gig with a couple of her friends.

Fancy (v) — (v) if you fancy something, you'd like or want to have it. I didn't fancy going to the movies that night, so instead we went to a pub.

Hoot (v) — (here) to use a car's horn signal. *There was a huge traffic jam downtown, drivers hooting impatiently* at each other.

Part 6

Cite (v) — quote, bring up as an example. You could cite some well-known scientists to make your argument sound more convincing.

Seasoned (adj) — experienced and knowledgeable. A seasoned adventurer like you shouldn't be afraid of spending a night in the woods.

Burn out (phr) — if you burn out, you stop liking something because you've had too much of it. *I'm afraid to burn* out on my favourite TV-series so I only watch one episode a week.

Appraisal (n) — examination of something to judge how good or bad it is. *They are going to appraise your* professional performance tomorrow.

Fondly (adv) — in a way that you like or enjoy. *I remember the moments from my childhood fondly.*

Prospects (n) — how likely something good is to happen in the future. *This company's financial prospects are* pretty good - it will probably triple the money it has by the end of next year.

Outlook (n) — the likely situation in the future. *The outlook for the university is not so great, especially after the* recent scandal!

Part 7

Light-hearted (adj) — careless, happy and not serious. Nancy's light-hearted attitude made her very popular at school.

Reassure (v) — to make someone less worried by telling them something comforting. *There was nobody around* to reassure Stacy when the crisis struck.

Jokey (adj) — not serious, funny. *Bill is a jokey fellow, and he likes to be known for that.*

Circuit (n) — a closed road that is used for racing. Suzuka is the most famous racing circuit in Japan.

Role model (n) — a person you respect, admire and want to be similar to. *Fathers often become role models for* their sons.

Impart (v) — to share information with someone, to communicate a message. *The words of wisdom that he would* sometimes impart were going to affect my whole life.

Unwavering(n) — never stopping or becoming weaker. *An unwavering desire to make money is something every* businessperson could benefit from.

Unruly (adj) — hard to control, independent, not obeying the rules. *Joshua is an unruly employee who never* follows company dress code.

Catchphrase (n) — something that is used often by a person and a company and becomes associated with them. 'Don't give up, no matter what' came to be my football coach catchphrase.

Stick at smth — continue doing something hard or difficult. *If you won't stick at it, you will never become a good* actor.

n — noun; v — verb; phr v — phrasal verb; adj — adjective; adv — adverb