CONTENTS

INTRODUCTION	
Formula	3
The C1 Advanced level	3
The principles and methodology	3
Course components	4–5
HOW THE CORE COMPONENTS WORK	
How the Coursebook works	6-9
How to use the Exam file	10–11
How the Exam Trainer works	12–13
CREATE YOUR OWN FORMULA	
Formula's building blocks	14
How to use Formula for around 30 hours	15–17
How to use Formula for around 50 hours	18–20
How to use Formula for around 80 hours	21-23
How to use Formula for around 100+ hours	24-27
CLASSROOM TEACHING IDEAS	
How to teach for exams	28–29
How to encourage independent learning	30-31
Well-being: mindfulness for exams	32–33
TEACHING NOTES AND ANSWER KEYS	
Unit 1	34–50
Unit 2	51-66
Unit 3	67-83
Unit 4	84-99
Unit 5	100-114
Unit 6	115-130
Unit 7	131–146
Unit 8	147–162
C1 ADVANCED EXAM INFORMATION	
Speaking success criteria	163–166
Writing success criteria	167–181