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ADVANCED PHRASAL VERBS COURSE

Sentences for Anki | Lesson 06

Front:

Keep on practicing and before you know it, you'll be a soccer star!

Back:

keep on = to continue doing something or to do something many times

The word "keep" means to stay in a particular state or to maintain something. "On" carries a sense of forward movement. So in the phrasal verb "keep on" there is a lot of psychology. There is the sense of maintaining effort but also of looking forward. A person who can maintain effort while having a vision of success or a positive future is a motivated person.

Front:

Keep on trying and you will succeed.

Back:

keep on = to continue doing something or to do something many times

Ever heard of the 10 000 hour principle? Well-known psychology writer Malcolm Gladwell popularized the concept that one needs to spend 10 000 hours on something in order to become a master at it. So the gist of the sample sentence is to keep on doing something until you master it.

Front:

"Keep on walking, son. Don't give up. When the going gets tough, the tough get going."

Back:

keep on = to continue doing something or to do something many times

Yeah, so do you see the dad taking his son on a wilderness trip to make a man of him? I do.

Front:

Why do you keep him on despite his bad attitude?

Back:

to keep on = to continue employing someone

So this employee thinks he is God's gift to the workplace. He is arrogant, thinks he knows better than anyone else and has shockingly bad relationships with his colleagues. So why does the boss keep him on? Let's find out.

Front:

I keep him on because he is a technical genius. There isn't a computer he cannot fix!

Back:

to keep on = to continue employing someone

So that's the reason the boss keeps him on. The guy may not be great with people but he is superb with computers.

Front:

The boss only keeps her on because she wears skimpy tops and tight jeans, or so the gossip goes.

Back:

to keep on = to continue employing someone

The girl in this sample sentence is not kept on because she is a computer whiz. But she has other skills...

Front:

My daughter keeps on and on about how bad her skin is and how she needs *ruaccutan*.

Back:

keep on = to talk continuously about something or to repeat something many times in an annoying way

So this daughter is putting a lot of pressure on her mom to let her use the medication. Notice how the preposition "on" is repeated: keeps on and on. The repetition suggests the irritation that the mother feels.

Front:

My mother-in-law keeps on and on about how lucky I was to marry her son.

Back:

keep on = to talk continuously about something or to repeat something many times in an annoying way

Sub-text: this mother-in-law is not happy with her daughter-in-law. The irritation that the daughter-in-law feels with the mother-in-law is clear in her use of the phrasal verb "keeps on and on".

Front:

The famous writer CS Lewis made up an imaginary country with his older brother Warren. They called it Boxen and made up a 400-year old history for Boxen. Now that's what I call imagination!

Back:

make up = to invent a story

If you were lucky enough to read The Chronicles of Narnia you will remember the amazing ability that CS Lewis had to make things up - the fantasy world of Narnia is populated with mythical beasts, evil witches and handsome princes. The power of Lewis's imagination, his ability to make things up, has touched the lives of millions of children and adults alike!

Front:

My dad did not plan much in his life. He made it up as he went along.

Back:

make up = to improvise

This family probably ran into a few scrapes because the dad did not plan much but he lived intuitively and spontaneously. He did not follow a rule book.

Front:

I do not have a specific itinerary for my world trip; I'll make it up as I go. Whatever moves me!

Back:

make up = to improvise

So next week this guy could be in Guarujá, Guangzhou, Glasgow, or Grand Rapids. Who knows! He'll improvise as he goes.

Front:

In the last few months of his life the cancer patient tried to make up for broken relationships and lost opportunities

Back:

Make up = compensate

Doctors who understand terminal care - that is care for those who are dying - know that one of the most important things to do before a terminal patient dies, is to address any unresolved relationship problems. Reconciliation with family members with whom one has had difficult relationships is tremendously comforting for both patient and loved one.

Front:

Here is a make-up tip: when you make up your eyes, always apply the pencil to the upper part of the brow to give the illusion of lift.

Back:

make up = put cosmetics on your face

It is important to distinguish between the phrasal verb "make up" and the noun "make-up". The next sample sentence will explain the difference.

Front:

Women use make-up to make up their faces.

Back:

make up = put cosmetics on your face

Women use make-up (noun) to make up (phrasal verb) their faces.

Front:

I have made up my mind. You are not moving into a flat next year. You will stay in res for another year. It is cheaper and safer.

Back:

make up = decide

This father has made up his mind - he has decided on a certain course of action and is not likely to change his mind. As long as he pays for his daughter's university education he is not going to allow her to move into a flat by herself.

Front:

The best part of a fight is what happens afterwards when you make up!

Back:

make up = be reconciled after a quarrel

I won't go into the details!

Front:

The rescue team is made up of three people: an experienced mountaineer, a tracker and a doctor.

Back:

make up = consist of

In this case make up refers to different parts that are part of the whole. The whole is the rescue party. The parts are the experienced mountaineer, the tracker and the doctor. Together these

"parts" make up, or form, the whole. The whole is made up of or consists of the three parts.

Front:

We have to make up the pages before we can go to the printer.

Back:

make up = prepare for printing

In the magazine and newspaper business pages have to be made up before they can be printed. In other words, the design and layout and wording all have to be put together perfectly before printing can begin.

Front:

The golden rule is: back up your computer files every day.

Back:

back up = to make a copy of

To back up means to make a copy. Computer crashes always happen when you least expect it or when you can least afford to lose the work you have done - like half an hour before the most important presentation of your life. The same goes for computer viruses. Once that worm has penetrated your system and rendered everything gibberish, it is too late to back up your work.

Front:

I have no sympathy for you. I told you repeatedly to back up your doctoral thesis and you were too lazy to do so. Now you have lost three months' work!

Back:

back up = to make a copy of

I FEEL for this student. But to be honest, anyone who spends months writing a doctoral thesis without taking the precaution to back it up, does not deserve an advanced degree!

Front:

Will you back me up if I speak out against crime in this area?

Back:

back up = to support

People are often afraid to speak their minds in public about important issues, but having someone who backs you up, who supports you, always helps.

Front:

Will you back up my story if I tell my wife that we didn't take a detour via the pub?

Back:

back up = to support

So this is a different kind of support. Not the good kind necessarily. But what do they say about strength in numbers? The more sincerely his buddies back up, support, his story, the more likely the guy's wife is to believe him.

Front:

Will the United Nations back up its verbal criticism of the dictatorship with real action?

Back:

back up = to support

There are idioms for this sort of thing. "Talk is cheap and actions speak louder than words." So very often in international politics threats don't help. They have to be backed up or supported by action - usually of the military kind.

Front:

The best approach to writing good argumentative essays is to back up all your arguments with sound research.

Back:

back up = to prove that something is right

Yes, backing up your arguments in an argumentative essay is crucial. Make sure the sources you quote are reliable, though. It is no use backing up an argument by referring to unreliable or erroneous statistics!

Front:

The highway was backed up for miles after two furniture removal trucks had collided.

Lounge suits, mattresses and dining room tables were strewn everywhere.

Back:

back up = to pile up

I am sure you can imagine the miles and miles of piled up, backed up, cars and the hundreds of impatient drivers drumming their fingers on their steering wheels and the poor furniture removals guys frantically trying to salvage what is left of their clients' household contents.

Front:

Could you back up a bit so I can get my trolley out of the lift before you take occupation?

Back:

back up = to make a person or a thing go backwards

So here is the scenario: The lift is jam-packed. It smells of humans and you can't wait to get out

with your trolley, laden with summer sale bargains. When the doors open, though, the people waiting to enter the lift surge forward like a stampede of angry cattle and you are half-trapped between the lift and the impatient cows ... people, I mean. That's when you ask them to back up - to move backwards.

Front:

Could you please back up a bit so I can get out of the parking spot?

Back:

back up = to make a person or a thing go backwards

This scenario is similar to the trolley example I have just given you. This time we are talking cars instead of trolleys. You're trying to get out of the parking space but the guy who is eyeing your parking spot is so eager to claim his territory that he leaves you no space for maneuvering out of what has, after all, been your spot for the last two hours. That's when you give him the "back up" wave.