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Level 4

New Year's resolutions difficult to keep

2nd January, 2015

<http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-4.html>

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Please try the harder Level 5 and the 26–page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-4.html>

New Year is when we make plans to change our life over the next twelve months. A professor said: "January 1 is a 'magical' date and a vow made on this day is much more powerful than one made on August 26." Most of our promises to quit, start or change things are usually broken by January 31st. They are usually the same resolutions that were not fulfilled from previous years. People tend to make the same resolutions even though they cannot keep them.

Around 45 per cent of us make resolutions. The most common ones are to lose weight, volunteer, quit smoking, save money, and get fit. Others include eating healthier food and drinking less alcohol. Most of us do not stick to these. A study found that 71 per cent of us stick to them for the first two weeks. This goes down to 50 per cent after six months. Most people give up because they lack willpower. They 'escape' by thinking they will 'try again next year'.

Sources: http://www.science20.com/the_conversation/symbolic_gestures_the_magical_thinking_of_new_years_resolutions-151909
<http://detroit.cbslocal.com/2015/01/01/top-new-years-resolutions-for-2015/>
http://www.huffingtonpost.com/2015/01/01/bad-new-years-resolutions_n_6401180.html

MATCHING

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------|---------------------------------|
| 1. we make | a. to make the same resolutions |
| 2. change our life over | b. January 31st |
| 3. much more | c. same |
| 4. broken by | d. plans |
| 5. They are usually the | e. powerful |
| 6. from previous | f. keep them |
| 7. People tend | g. the next twelve months |
| 8. even though they cannot | h. years |

PARAGRAPH TWO:

- | | |
|--|------------------------|
| 1. Around 45 per cent of | a. weight |
| 2. The most common | b. to 50 per cent |
| 3. lose | c. willpower |
| 4. quit | d. fit |
| 5. get | e. us make resolutions |
| 6. stick to them for the | f. ones |
| 7. This goes down | g. smoking |
| 8. Most people give up because they lack | h. first two weeks |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-4.html>

New Year is when (1) _____ change our life over the next twelve months. A professor said: "January 1 is (2) _____ and a vow made (3) _____ much more powerful than one made on August 26." Most of our promises to (4) _____ things are usually broken by January 31st. They are usually the same resolutions that (5) _____ from previous years. People tend (6) _____ resolutions even though they cannot keep them.

Around 45 per cent of us make resolutions. (7) _____ are to lose (8) _____ smoking, save money, and get fit. Others include eating healthier food and drinking less alcohol. (9) _____ stick to these. A study found that 71 per cent of us stick to them for (10) _____. This goes down to 50 per cent after six months. Most people give up because (11) _____. They 'escape' by thinking they (12) _____ year'.

NEW YEAR'S RESOLUTIONS SURVEY

From <http://www.breakingnewsenglish.com/1501/150102-new-years-resolutions-4.html>

Write five GOOD questions about New Year's resolutions in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

