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## Level 6

# New Year's resolutions difficult to keep

2nd January, 2015

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

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

The start of every New Year is when we all make plans to change our life for the better over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' date and a vow made on this day is much more powerful than one made on August 26, for example." So, we all make a list of things to quit, start or change. Unfortunately, most of these promises are, more often than not, broken by January 31st. They are usually the identical resolutions that were not fulfilled from the previous year, and the years prior to that. The website [usa.gov](http://usa.gov) says people, "tend to make the same resolutions year after year, even though they have a hard time sticking to them".

Research shows 45 per cent of us make a New Year's resolution. The most common vows include losing weight, volunteering to help others, quitting smoking, saving money, and getting fit. Others include eating healthier food, drinking less alcohol, and going on a trip. However, research also shows that most of us are not so good at sticking to these. A study from the University of Scranton reveals that 71 per cent of us stick to our annual promises for the first two weeks; six months later, less than 50 per cent are still on track to keep their resolutions. Most people who give up on their resolutions do so because of a lack of willpower and the use of the 'escape clause' that they will 'try again next year'.

Sources: [http://www.science20.com/the\\_conversation/symbolic\\_gestures\\_the\\_magical\\_thinking\\_of\\_new\\_years\\_resolutions-151909](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](http://www.huffingtonpost.com/2015/01/01/bad-new-years-resolutions_n_6401180.html)

# WARM-UPS

**1. NEW YEAR'S RESOLUTIONS:** Students walk around the class and talk to other students about New Year's resolutions. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

*plans / change / forthcoming / twelve months / magical / powerful / identical / hard / most common / volunteering / quitting smoking / healthier food / annual / willpower*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. CHANGE:** What do you want to change this year? Complete this table and share what you wrote with your partner(s). Change partners often.

	Changes?	Why?
Hobby		
Health		
Money		
Friends		
World		
Food		

**4. 2015:** Students A **strongly** believe 2015 will be the best year ever; Students B **strongly** believe it won't. Change partners again and talk about your conversations.

**5. PROMISES:** Rank these with your partner. Put the hardest to keep at the top. Change partners often and share your rankings.

- save money
- quit a bad habit
- get fit
- be nice to everyone
- lose weight
- volunteer
- recycle more
- study English more

**6. NEW YEAR:** Spend one minute writing down all of the different words you associate with the term "New Year". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. A professor of psychiatry said January 1 was a magical date.      | T / F |
| b. The professor said August 26 was the worst date to make promises. | T / F |
| c. The article says most resolutions are broken in January.          | T / F |
| d. A website said most people make new resolutions every year.       | T / F |
| e. Around 45% of us make a New Year's resolution.                    | T / F |
| f. One of the most common resolutions is to do voluntary work.       | T / F |
| g. Around 71% of us keep resolutions for over 3 weeks.               | T / F |
| h. The article said people give up because they get bored.           | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                  |                  |
|------------------|------------------|
| 1. start         | a. widespread    |
| 2. forthcoming   | b. regrettably   |
| 3. vow           | c. yearly        |
| 4. unfortunately | d. promise       |
| 5. hard          | e. approaching   |
| 6. common        | f. shows         |
| 7. fit           | g. get out       |
| 8. reveals       | h. tough         |
| 9. annual        | i. in good shape |
| 10. escape       | j. beginning     |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |   |                          |
|---|--------------------------|
| 1. we all make plans to change our life | a. include losing weight |
| 2. over the forthcoming                 | b. sticking to them      |
| 3. these promises are, more often       | c. clause                |
| 4. and the years prior                  | d. twelve months         |
| 5. have a hard time                     | e. their resolutions     |
| 6. The most common vows                 | f. at sticking to these  |
| 7. getting                              | g. for the better        |
| 8. most of us are not so good           | h. fit                   |
| 9. still on track to keep               | i. to that               |
| 10. escape                              | j. than not, broken      |

# GAP FILL

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

The start of every New Year is when we all make plans to change our life for the (1) \_\_\_\_\_ over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a '(2) \_\_\_\_\_ ' date and a (3) \_\_\_\_\_ made on this day is much more powerful than one made on August 26, for example." So, we all make a list of things to (4) \_\_\_\_\_, start or change. Unfortunately, most of these promises are, more often than not, broken by January 31st. They are usually the (5) \_\_\_\_\_ resolutions that were not fulfilled from the previous year, and the years (6) \_\_\_\_\_ to that. The website usa.gov says people, "(7) \_\_\_\_\_ to make the same resolutions year after year, even though they have a hard time (8) \_\_\_\_\_ to them".

vow  
better  
tend  
identical  
magical  
sticking  
quit  
prior

Research shows 45 per cent of us make a New Year's resolution. The most (9) \_\_\_\_\_ vows include losing weight, volunteering to help others, quitting smoking, saving money, and getting (10) \_\_\_\_\_. Others include eating healthier food, drinking (11) \_\_\_\_\_ alcohol, and going on a trip. However, research also shows that most of us are not (12) \_\_\_\_\_ good at sticking to these. A study from the University of Scranton reveals that 71 per cent of us stick to our (13) \_\_\_\_\_ promises for the first two weeks; six months later, less than 50 per cent are still on (14) \_\_\_\_\_ to keep their resolutions. Most people who give up on their resolutions do so because of a (15) \_\_\_\_\_ of willpower and the use of the '(16) \_\_\_\_\_ clause' that they will 'try again next year'.

annual  
less  
common  
lack  
fit  
escape  
so  
track

# LISTENING – Guess the answers. Listen to check.

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

- 1) we all make plans to change our life for the better over the \_\_\_\_\_
  - a. forthcoming twelve months
  - b. fourth coming twelve months
  - c. fourth come in twelve months
  - d. forth come in twelve months
- 2) January 1 is a 'magical' date and a vow made on this day is \_\_\_\_\_
  - a. much more powerful
  - b. much most powerful
  - c. much more powerfully
  - d. much most powerfully
- 3) Unfortunately, most of these promises are, more often \_\_\_\_\_
  - a. than non, broken
  - b. than rarely, broken
  - c. than never, broken
  - d. than not, broken
- 4) They are usually the identical resolutions that were not fulfilled \_\_\_\_\_ year
  - a. from the previously
  - b. from the impervious
  - c. from the previous
  - d. from the perilous
- 5) make the same resolutions year after year, even though they have a hard time \_\_\_\_\_
  - a. sticking of them
  - b. sticking to them
  - c. sticking on them
  - d. sticking in them
- 6) volunteering to help others, quitting smoking, saving money, \_\_\_\_\_
  - a. and getting fit
  - b. and getting fits
  - c. and getting flit
  - d. and getting filth
- 7) 71 per cent of us stick to our annual promises for the \_\_\_\_\_
  - a. firstly two weeks
  - b. firsts two weeks
  - c. first two weeks
  - d. firsthand two weeks
- 8) six months later, less than 50 per cent are \_\_\_\_\_
  - a. still on track
  - b. still in track
  - c. still un track
  - d. still an track
- 9) Most people who give up on their resolutions do so because of \_\_\_\_\_
  - a. a lack of willpower
  - b. a lack for willpower
  - c. a lack off willpower
  - d. a lack by willpower
- 10) and the use of the \_\_\_\_\_
  - a. 'escapism clause'
  - b. 'escaped clause'
  - c. 'escapee clause'
  - d. 'escape clause'

# LISTENING – Listen and fill in the gaps

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

The start of every New Year is when we all make plans to change our life for the better (1) \_\_\_\_\_ twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' (2) \_\_\_\_\_ on this day is much more powerful than one made on August 26, for example." So, we all make a list of (3) \_\_\_\_\_ start or change. Unfortunately, most of these promises are, more often than not, broken by January 31st. They are usually the (4) \_\_\_\_\_ that were not fulfilled from the previous year, and the years prior to that. The website usa.gov says people, "(5) \_\_\_\_\_ same resolutions year after year, even though they (6) \_\_\_\_\_ sticking to them".

Research shows 45 per cent of us make a New Year's resolution. The most (7) \_\_\_\_\_ losing weight, volunteering to help others, quitting smoking, saving money, and getting fit. Others (8) \_\_\_\_\_ food, drinking less alcohol, and going on a trip. However, research also shows that most of (9) \_\_\_\_\_ at sticking to these. A study from the University of Scranton reveals that 71 per cent of us stick to our (10) \_\_\_\_\_ the first two weeks; six months later, less than 50 per cent are (11) \_\_\_\_\_ keep their resolutions. Most people who give up on their resolutions do so because of a lack of willpower and the use of (12) \_\_\_\_\_ that they will 'try again next year'.

# COMPREHENSION QUESTIONS

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

1. Who is Jayashri Kulkarni?

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2. What date did Jayashri Kulkarni contrast January 1 with?

---

3. When are most New Year's resolutions broken by?

---

4. According to the article, what are identical each year?

---

5. What did the website usa.gov say people have a hard time doing?

---

6. How many of us make a New Year's resolution?

---

7. Who do many people resolve to help?

---

8. How long do 71% of us stick to our resolutions?

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9. How many people continue their resolutions up to six months?

---

10. What kind of clause do people use to stop their resolution?

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# MULTIPLE CHOICE - QUIZ

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

1. Who is Jayashri Kulkarni?
  - a) a computer scientist
  - b) a psychiatry professor
  - c) a gossip columnist
  - d) an astrologist
2. What date did Jayashri Kulkarni contrast January 1 with?
  - a) December 25
  - b) March 14
  - c) January 31
  - d) August 26
3. When are most New Year's resolutions broken by?
  - a) January 31
  - b) August 26
  - c) March 14
  - d) January 2
4. According to the article, what are identical each year?
  - a) the stars and planets
  - b) the Moon and Sun
  - c) resolutions
  - d) the weight people want to lose
5. What did the website usa.gov say people have a hard time doing?
  - a) getting fit
  - b) sticking to resolutions
  - c) finding a good resolution
  - d) losing weight
6. How many of us make a New Year's resolution?
  - a) 45%
  - b) 44%
  - c) 43%
  - d) 42%
7. Who do many people resolve to help?
  - a) those with no resolutions
  - b) the lonely
  - c) other people
  - d) the poor
8. How long do 71% of us stick to our resolutions?
  - a) two weeks
  - b) two days
  - c) 12 days
  - d) 12 weeks
9. How many people continue their resolutions up to six months?
  - a) less than 50%
  - b) 55%
  - c) 60%
  - d) more than 65%
10. What kind of clause do people use to stop their resolution?
  - a) a legal clause
  - b) a grammatical clause
  - c) a legal clause
  - d) an escape clause

# ROLE PLAY

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

## **Role A – Lose weight**

You think the most difficult resolution is to lose weight. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, be nice to everyone or get fit.

## **Role B – Save money**

You think the most difficult resolution is to save money. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): lose weight, be nice to everyone or get fit.

## **Role C – Be nice to everyone**

You think the most difficult resolution is to be nice to everyone. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, lose weight or get fit.

## **Role D – Get fit**

You think the most difficult resolution is to get fit. Tell the others three reasons why. Tell them why their things aren't so difficult. Also, tell the others which is the easiest of these (and why): save money, be nice to everyone or lose weight.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'new' and 'year'.

<b>new</b>	<b>year</b>
------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• better</li><li>• date</li><li>• list</li><li>• 31</li><li>• prior</li><li>• hard</li></ul>	<ul style="list-style-type: none"><li>• 45</li><li>• money</li><li>• good</li><li>• 71</li><li>• 50</li><li>• escape</li></ul>
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# NEW YEAR'S RESOLUTIONS SURVEY

From <http://www.BreakingNewsEnglish.com/1501/150102-new-years-resolutions.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.

# NEW YEAR'S RESOLUTIONS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) Did you like reading this article? Why/not?
- b) What are the most common resolutions in your country?
- c) How difficult would it be for you to save money this year?
- d) How difficult would it be for you to get fit this year?
- e) What do you think this year will be like for you?
- f) What things would you like to stop doing this year?
- g) What would you say about your willpower?
- h) What resolution should your best friend try, and why?
- i) What do you think of the "I'll try again next year" escape clause?
- j) What questions would you like to ask the psychiatry professor?

*New Year's resolutions difficult to keep – 2nd January, 2015*  
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# NEW YEAR'S RESOLUTIONS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'resolution'?
- c) What do you think of the idea of New Year's resolutions?
- d) What New Year's resolutions do you make?
- e) Are you good or bad at keeping New Year's resolutions?
- f) What is special about the New Year period?
- g) How do you celebrate the New Year?
- h) How was last year for you?
- i) What one thing would you like to change about last year?
- j) Why do people have a hard time sticking to New Year's resolutions?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

The start of every New Year is when we all make plans to change our (1) \_\_\_\_\_ for the better over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' date and a vow (2) \_\_\_\_\_ on this day is much more powerful than one made on August 26, for example." So, we all make a list of things to quit, start or change. Unfortunately, most of these promises are, more often than (3) \_\_\_\_\_, broken by January 31st. They are usually the (4) \_\_\_\_\_ resolutions that were not fulfilled from the previous year, and the years (5) \_\_\_\_\_ to that. The website usa.gov says people, "(6) \_\_\_\_\_ to make the same resolutions year after year, even though they have a hard time sticking to them".

Research shows 45 per cent of us make a New Year's resolution. The most (7) \_\_\_\_\_ vows include losing weight, volunteering to help others, quitting smoking, saving money, and getting (8) \_\_\_\_\_. Others include eating healthier food, drinking less alcohol, and going on a trip. However, research also shows that most of us are not so good at sticking (9) \_\_\_\_\_ these. A study from the University of Scranton reveals that 71 per cent of us stick to our annual promises for the first two weeks; six months later, less than 50 per cent are still (10) \_\_\_\_\_ track to keep their resolutions. Most people who give up on their resolutions (11) \_\_\_\_\_ so because of a lack of willpower and the (12) \_\_\_\_\_ of the 'escape clause' that they will 'try again next year'.

## Put the correct words from the table below in the above article.

- |     |                |               |                 |                |
|-----|----------------|---------------|-----------------|----------------|
| 1.  | (a) livelihood | (b) life      | (c) living      | (d) lifetime   |
| 2.  | (a) done       | (b) made      | (c) had         | (d) been       |
| 3.  | (a) no         | (b) none      | (c) never       | (d) not        |
| 4.  | (a) identikit  | (b) identical | (c) identically | (d) identified |
| 5.  | (a) priority   | (b) prayer    | (c) prowl       | (d) prior      |
| 6.  | (a) fend       | (b) mend      | (c) tend        | (d) rend       |
| 7.  | (a) common     | (b) commoner  | (c) commonly    | (d) commonest  |
| 8.  | (a) fitness    | (b) fits      | (c) fit         | (d) fitly      |
| 9.  | (a) below      | (b) up        | (c) on          | (d) to         |
| 10. | (a) on         | (b) in        | (c) to          | (d) up         |
| 11. | (a) do         | (b) quit      | (c) give        | (d) fail       |
| 12. | (a) use        | (b) user      | (c) used        | (d) uses       |

# SPELLING

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

## Paragraph 1

1. over the oimhtrnfcog twelve months
2. htrycsiyap professor
3. usually the nielatcdi resolutions
4. not ldlfuifel
5. from the resivupo year
6. the years rpiro to that

## Paragraph 2

7. the most cmonmo vows
8. ntngrlveieuo to help others
9. eating hraltihee food
10. stick to our naulna promises
11. because of a lack of lwrrpieol
12. escape cealsu



# PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

( )	weight, volunteering to help others, quitting smoking, saving money, and getting fit. Others include eating healthier
( )	food, drinking less alcohol, and going on a trip. However, research also shows that most of us are not so
( )	resolutions year after year, even though they have a hard time sticking to them".
( )	this day is much more powerful than one made on August 26, for example." So, we all make a list of
( )	willpower and the use of the 'escape clause' that they will 'try again next year'.
( )	of us stick to our annual promises for the first two weeks; six months later, less than 50 per cent are still on
( )	Research shows 45 per cent of us make a New Year's resolution. The most common vows include losing
( <b>1</b> )	The start of every New Year is when we all make plans to change our life for the better over the forthcoming
( )	track to keep their resolutions. Most people who give up on their resolutions do so because of a lack of
( )	twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' date and a vow made on
( )	things to quit, start or change. Unfortunately, most of these promises are, more often than not, broken by
( )	good at sticking to these. A study from the University of Scranton reveals that 71 per cent
( )	year, and the years prior to that. The website usa.gov says people, "tend to make the same
( )	January 31st. They are usually the identical resolutions that were not fulfilled from the previous

# PUT THE WORDS IN THE RIGHT ORDER

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

1. for life our change to plans make all We better the .

---

2. day is much more powerful A vow made on this .

---

3. often are of broken than , these not more promises Most , .

---

4. were from year that fulfilled previous Resolutions not the .

---

5. though they have a hard time sticking to them Even .

---

6. common most The weight losing include vows .

---

7. us of Most these to sticking at good so not are .

---

8. to our annual promises for the first two weeks Stick .

---

9. their who resolutions give up Most on people .

---

10. clause' 'escape the of use the and willpower of lack A .

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

The start of *every / all* New Year is when we all make plans to change our life for the better over the *oncoming / forthcoming* twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' date and a *vow / view* made on this day is much more *powerfully / powerful* than one made on August 26, for example." So, we all make a list of things to *quit / quieten*, start or change. Unfortunately, most of these *promises / promised* are, more often than *never / not*, broken by January 31st. They are usually the *identical / identically* resolutions that were not fulfilled from the previous year, and the years *prior / prayer* to that. The website usa.gov says people, "tend to make the same resolutions year after year, even though they have a hard time *stuck / sticking* to them".

Research shows 45 per cent of *us / we* make a New Year's resolution. The most common vows include *lost / losing* weight, volunteering to help *another / others*, quitting smoking, saving money, and getting *fit / fitness*. Others include eating healthier food, drinking less alcohol, and *going / gone* on a trip. However, research also shows that most of us are not so good at *striking / sticking* to these. A study from the University of Scranton reveals that 71 per cent of us stick to our *annul / annual* promises for the first two weeks; six months later, less than 50 per cent are still *on / in* track to keep their resolutions. Most people who give up on their resolutions do so because of a *lack / lick* of willpower and the *use / used* of the 'escape clause' that they will 'try again next year'.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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

Th\_ st\_ rt\_ f\_ v\_ ry N\_ w Y\_ \_r\_ \_s wh\_ n w\_ \_ll m\_ k\_ pl\_ ns  
t\_ ch\_ ng\_ \_r l\_ f\_ f\_ r th\_ b\_ tt\_ r\_ v\_ r th\_ f\_ r th\_ c\_ m\_ ng  
tw\_ lv\_ m\_ nths. Psych\_ \_try pr\_ f\_ ss\_ r J\_ y\_ shr\_ K\_ lk\_ rn\_  
s\_ ys: "J\_ n\_ \_ry 1\_ \_s\_ \_ 'm\_ g\_ c\_ l' d\_ t\_ \_nd\_ \_ v\_ w\_ m\_ d\_ \_  
\_n th\_ s\_ d\_ y\_ \_s m\_ ch\_ m\_ r\_ p\_ w\_ rf\_ l\_ th\_ n\_ \_n\_ m\_ d\_ \_n  
\_ \_g\_ st 26, f\_ r\_ \_x\_ mpl\_." S\_ , w\_ \_ll m\_ k\_ \_ l\_ st\_ f  
th\_ ngs t\_ q\_ \_t, st\_ rt\_ \_r ch\_ ng\_ . \_nf\_ rt\_ n\_ t\_ ly, m\_ st\_ f  
th\_ s\_ pr\_ m\_ s\_ s\_ \_r\_ , m\_ r\_ \_ft\_ n\_ th\_ n\_ n\_ t\_ , br\_ k\_ n\_ by  
J\_ n\_ \_ry 31st. Th\_ y\_ \_r\_ \_s\_ lly th\_ \_d\_ nt\_ c\_ l  
r\_ s\_ l\_ t\_ \_ns th\_ t w\_ r\_ n\_ t\_ f\_ lf\_ ll\_ d\_ fr\_ m th\_ pr\_ v\_ \_s  
y\_ \_r\_ , \_nd th\_ y\_ \_rs pr\_ \_r\_ t\_ th\_ t. Th\_ w\_ bs\_ t\_ \_s\_ .g\_ v  
s\_ ys p\_ \_pl\_ , "t\_ nd\_ t\_ m\_ k\_ th\_ s\_ m\_ r\_ s\_ l\_ t\_ \_ns y\_ \_r  
\_ft\_ r\_ y\_ \_r\_ , \_v\_ n\_ th\_ \_gh\_ th\_ y\_ h\_ v\_ \_ \_ h\_ rd\_ t\_ m\_  
st\_ ck\_ ng\_ t\_ th\_ m\_".

R\_ s\_ \_rch sh\_ ws 45 p\_ r\_ c\_ nt\_ \_f\_ \_s m\_ k\_ \_ N\_ w Y\_ \_r's  
r\_ s\_ l\_ t\_ \_n. Th\_ m\_ st\_ c\_ mm\_ n\_ v\_ ws \_ncl\_ d\_ l\_ s\_ ng  
w\_ \_ght, v\_ l\_ nt\_ \_r\_ ng\_ t\_ h\_ lp\_ \_th\_ rs, q\_ \_tt\_ ng  
sm\_ k\_ ng, s\_ v\_ ng\_ m\_ n\_ y\_ , \_nd g\_ tt\_ ng\_ f\_ t. \_th\_ rs  
\_ncl\_ d\_ \_ \_t\_ ng h\_ \_lth\_ \_r\_ f\_ \_d, dr\_ nk\_ ng l\_ ss\_ \_lc\_ h\_ l,  
\_nd g\_ \_ng\_ \_n\_ \_tr\_ p. H\_ w\_ v\_ r, r\_ s\_ \_rch\_ \_ls\_ sh\_ ws  
th\_ t m\_ st\_ f\_ \_s\_ \_r\_ n\_ t\_ s\_ g\_ \_d\_ t\_ st\_ ck\_ ng\_ t\_ th\_ s\_ . \_  
st\_ dy\_ fr\_ m th\_ \_n\_ v\_ rs\_ ty\_ \_f\_ Scr\_ nt\_ n\_ r\_ v\_ \_ls th\_ t 71  
p\_ r\_ c\_ nt\_ \_f\_ \_s\_ st\_ ck\_ t\_ \_ \_r\_ \_nn\_ \_l\_ pr\_ m\_ s\_ s\_ f\_ r\_ th\_  
f\_ rst\_ tw\_ w\_ \_ks; s\_ x\_ m\_ nths l\_ t\_ r, l\_ ss\_ th\_ n 50 p\_ r  
c\_ nt\_ \_r\_ st\_ ll\_ \_n\_ tr\_ ck\_ t\_ k\_ \_p\_ th\_ \_r\_ r\_ s\_ l\_ t\_ \_ns. M\_ st  
p\_ \_pl\_ wh\_ g\_ v\_ \_p\_ \_n\_ th\_ \_r\_ r\_ s\_ l\_ t\_ \_ns d\_ \_s\_  
b\_ c\_ \_s\_ \_f\_ \_l\_ ck\_ \_f\_ w\_ ll\_ p\_ w\_ r\_ \_nd th\_ \_s\_ \_f\_ th\_  
'\_sc\_ p\_ cl\_ \_s\_ ' th\_ t th\_ y\_ w\_ ll 'try\_ \_g\_ \_n\_ n\_ xt\_ y\_ \_r'.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

the start of every new year is when we all make plans to change our life for the better over the forthcoming twelve months psychiatry professor jayashri kulkarni says "january 1 is a 'magical' date and a vow made on this day is much more powerful than one made on august 26 for example" so we all make a list of things to quit start or change unfortunately most of these promises are more often than not broken by january 31st they are usually the identical resolutions that were not fulfilled from the previous year and the years prior to that the website usagov says people "tend to make the same resolutions year after year even though they have a hard time sticking to them"

research shows 45 per cent of us make a new year's resolution the most common vows include losing weight volunteering to help others quitting smoking saving money and getting fit others include eating healthier food drinking less alcohol and going on a trip however research also shows that most of us are not so good at sticking to these a study from the university of scranton reveals that 71 per cent of us stick to our annual promises for the first two weeks six months later less than 50 per cent are still on track to keep their resolutions most people who give up on their resolutions do so because of a lack of willpower and the use of the 'escape clause' that they will 'try again next year'

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

The start of every New Year is when we all make plans to change our lives for the better over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' date and a vow made on this day is much more powerful than one made on August 26, for example." So, we all make a list of things to quit, start or change. Unfortunately, most of these promises are, more often than not, broken by January 31st. They are usually the identical resolutions that were not fulfilled from the previous year, and the years prior to that. The website [usa.gov](http://usa.gov) says people, "tend to make the same resolutions year after year, even though they have a hard time sticking to them". Research shows 45 percent of us make a New Year's resolution. The most common vows include losing weight, volunteering to help others, quitting smoking, saving money, and getting fit. Other include eating healthier food, drinking less alcohol, and going on a trip. However, research also shows that most of us are not so good at sticking to these. A study from the University of Scranton reveals that 71 percent of us stick to our annual promises for the first two weeks; six months later, less than 50 percent are still on track to keep their resolutions. Most people who give up on their resolutions do so because of a lack of willpower and the use of the 'escape clause' that they will 'try again next year'.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about New Year's resolutions. Share what you discover with your partner(s) in the next lesson.

**3. NEW YEAR'S RESOLUTIONS:** Make a poster about New Year's resolutions. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. WILLPOWER:** Write a magazine article about willpower. Include imaginary interviews with people who have a lot of willpower and with people who have little willpower.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to a psychiatry expert. Ask him/her three questions about New Year's resolutions and how to keep them. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a T    b F    c T    d F    e T    f T    g F    h F

## SYNONYM MATCH (p.4)

- |                  |                  |
|------------------|------------------|
| 1. start         | a. beginning     |
| 2. forthcoming   | b. approaching   |
| 3. vow           | c. promise       |
| 4. unfortunately | d. regrettably   |
| 5. hard          | e. tough         |
| 6. common        | f. widespread    |
| 7. fit           | g. in good shape |
| 8. reveals       | h. shows         |
| 9. annual        | i. yearly        |
| 10. escape       | j. get out       |

## COMPREHENSION QUESTIONS (p.8)

1. A psychiatry professor
2. August 26
3. January 31st
4. Resolutions
5. Sticking to resolutions
6. 45%
7. Other people
8. Two weeks
9. Less than 50%
10. An escape clause

## MULTIPLE CHOICE - QUIZ (p.9)

1. b    2. d    3. a    4. c    5. b    6. a    7. c    8. a    9. a    10. d

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)