

## New Year's resolutions difficult to keep

### January 2015

	Thu 1
<ul style="list-style-type: none"><li>• Be nice to people</li><li>• Study English every day</li><li>• Recycle more</li></ul>	
	8

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: [Science20.com](http://Science20.com) / [CBSlocal.com](http://CBSlocal.com) / [Huffington Post](http://Huffington Post)

## Writing

Everyone should make and keep five New Year's resolutions. Discuss.

## Chat

Talk about these words from the article.

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

## True / False

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

## Synonym Match

- |                  |                  |
|------------------|------------------|
| 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     |

## Discussion – Student A

- How difficult would it be for you to save money this year?
- How difficult would it be for you to get fit this year?
- What do you think this year will be like for you?
- What things would you like to stop doing this year?
- What would you say about your willpower?
- What resolution should your best friend try, and why?
- What do you think of the "I'll try again next year" escape clause?
- What questions would you like to ask the psychiatry professor?

# Breaking News English - The Mini Lesson

## Phrase Match

- |   |                          |
|---|--------------------------|
| 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      |

## Discussion – Student B

- What do you think of the idea of New Year's resolutions?
- What New Year's resolutions do you make?
- Are you good or bad at keeping New Year's resolutions?
- What is special about the New Year period?
- How do you celebrate the New Year?
- How was last year for you?
- What one thing would you like to change about last year?
- Why do people have a hard time sticking to New Year's resolutions?

## Spelling

- over the oimhtrnfcog twelve months
- htrycsiyap professor
- usually the nielatcdi resolutions
- not ldlfuifel
- from the resivupo year
- the years rpiro to that
- the most cmommo vows
- ntngrlveieuo to help others
- eating hraltihee food
- stick to our naulna promises
- because of a lack of lwwrpieol
- escape cealsu

### Answers – Synonym Match

1. j	2. e	3. d	4. b	5. h
6. a	7. i	8. f	9. c	10. g

## Role Play

### 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.

## Speaking – Promises

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

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

### Answers – True False

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

Answers to Phrase Match and Spelling are in the text.