

Happy New Year!



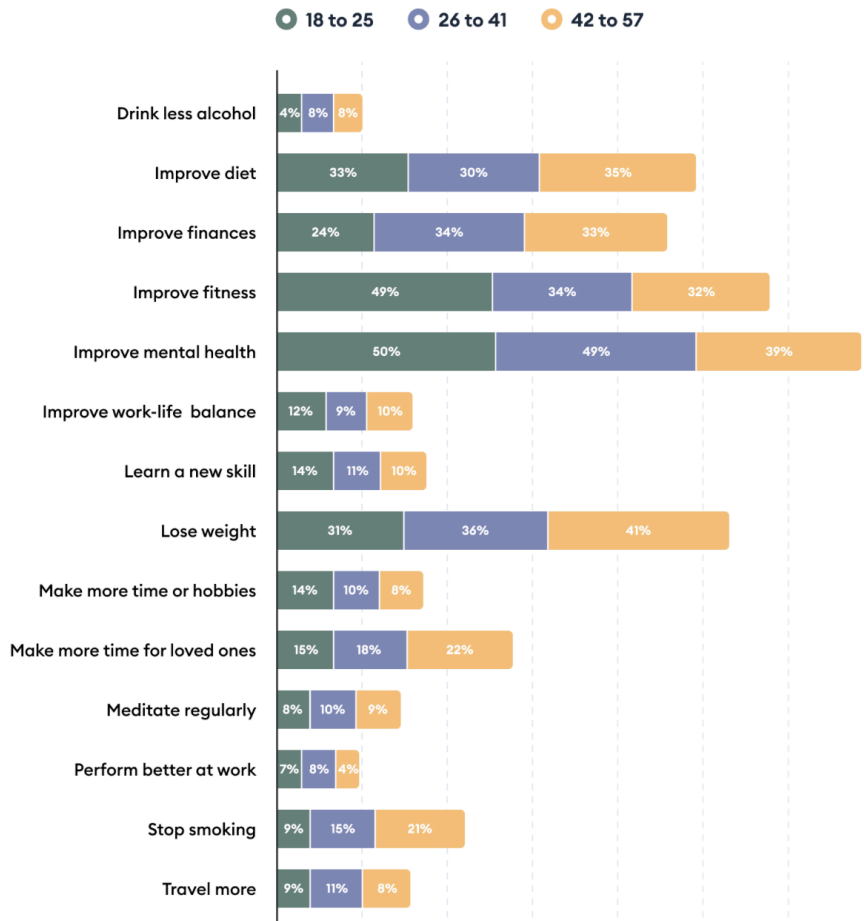
What are the origins of New Year's resolutions?

The origins of New Year's Resolutions

1. The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.
2. The Romans began each year by making promises to the god Janus, for whom the month of January is named.
3. In the Medieval era, the knights took the “peacock vow” at the end of the Christmas season each year to reaffirm their commitment to chivalry.
4. At watch-night services (a mass late at night on the 31st December), many Christians prepare for the year ahead by praying and making these resolutions.

Discuss with your partner:
What are the most common New Year's resolutions?

2023 New Year's Resolutions By Age



In your group, put the resolutions in order of difficulty from the most difficult to the easiest

Have you ever made any of these New Year's resolutions? If not, have you tried to make these changes at any other point in the year.

Were you successful? Why? Why not?

If you have tried to do any of these things what advice would you give to your classmates to help them achieve their goals?

For example: How can you reduce stress in life?

What percentage of people who make a resolution keep it?

Why do so many people find it difficult to fulfil their New Year's resolutions?

Who's better at keeping them: men or women?

- A study involving 3,000 people showed that **88%** of those who set New Year resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning.

- While women were more likely to set new year goals, men were significantly better at sticking to theirs, especially as they grew older. Among the participants, 51% of men met their goals, compared to 43% of women who reported meeting theirs.
- Men achieved their goal 22% more often when they set small measurable goals (such as, lose 1kg every two weeks, instead of just saying “lose weight”).
- Women succeeded 10% more when they made their goals public.

If everything goes to plan in 5 years, I'll be...

I've got it all mapped out. First I'm going to... then...

I have absolutely no clue what I'm going to do tomorrow let alone in ____ years.

I have always had aspirations to go into the field of...

With any luck, I will probably...

I have a burning ambition to...

I've always dreamed of (verb +ing)... so I expect I will...

I'm torn between ... and but I'm leaning towards studying/ working as...

In all likelihood I'll follow in my Mum/ Dad's footsteps and become a...

Student A

1. What are your plans for this year?
2. What would be your ideal job? Why?
3. Do you have any special plans for this weekend?
4. What will you do when you finish school/ university?
5. Do you have any resolutions this year? If so, what are they? If not, why not?

Student B

1. Where do you see your studies taking you in the future?
2. Where do you see yourself in 10 years?
3. What are your personal ambitions for 2022?
4. Do you have any holidays planned for this year? Where would be your perfect destination?
5. Would you like to move abroad? Why/ Why not?

<https://ricardobarroselt.files.wordpress.com/2016/01/new-years-resolutions-the-guardian.pdf>

To lose steam

There is no harm in +ing

to tailor something (to someone)

To shed weight

To fall prey to

Be feasible

To hit your stride

To tackle (a problem)

According to the text...

Why do people usually quit their new year's resolutions?

What does the author like about Mark Zuckerberg's new year's resolution?

What is the author's new year's resolution?

What should people do in order to achieve their resolutions?

1. Are all of your plans and resolutions for 2021 feasible?
2. Would it be better that schools and universities tailor educational programmes to each child's specific needs, or maintain a 'one-for-all' approach? How feasible and beneficial are each of these approaches?
3. Do you think not speaking English well can hold people back from a successful career?
4. In what ways do you fall prey to retail promotions and discounts?
5. Who do you ask for help if you need to tackle a difficult problem at work, and at home? What problems might you have to tackle in the coming year?
6. What was the last big change you made? How long did it take for you to hit your stride?

**choosing a
university**

**What might people
have to consider
when making these
decisions?**

finding a job

starting a family

getting married

**moving to another
country**

Interlocutor Use the following questions, in order, as appropriate:

- Is it best for people to make decisions on their own or to ask others for advice? (Why? / Why not?)
- Some people think it is best to plan their lives carefully; others prefer to make spontaneous decisions. What is your opinion? (Why? / Why not?)
- Why do you think some people find it harder to make decisions than others?
- Do you think countries should work together to solve environmental problems? (Why? / Why not?)
- How do you think young people can be helped to take on responsibilities?
- Do you think that people whose jobs involve making important decisions should be highly paid? (Why? / Why not?)

Select any of the following prompts, as appropriate:

- What do you think?
- Do you agree?
- How about you?

Thank you. That is the end of the test.

