# Learning English with CBC

**Listening Lessons for Intermediate Students  
Based on CBC Manitoba Radio Broadcasts  
January 21, 2014**

**Lesson 95: Self Study Edition**

**Level: CLB 6 and up**

**Topic: Making New Year’s Resolutions**

**Language Skills and Functions:** **Listening** – listening to a short interview for main ideas and detail

**Speaking** – describing a definite plan

**Reading** – reading questions and answers to an on-line quiz

**Writing** – writing, categorizing and mapping resolutions; writing a paragraph

**Background**

**2. Vocabulary definitions**

Here are some words you need to know to understand the CBC interview.

**Vocabulary**

**a New Year’s resolution** When a new year begins, people often decide to change their habits or behaviour. For example, they decide or resolve to quit smoking or start exercising. We refer to such decisions as New Year’s resolutions.

**to break a bad habit** If you break a bad habit, you stop doing something that you know is bad for you, for example, you quit smoking.

**a documentary** A documentary is a film, television or radio program that gives detailed information about a particular subject and explores it in depth.

**to struggle with something** If you struggle with something, you try very hard to achieve something, even though it is difficult.

**a common happening** If something is common, it means it happens often and to many people in many places.

**to be obvious** Something that is obvious is easily seen or understood.

**a tier** A tier is a level or layer in something, for example, a wedding cake or an auditorium or arena which has different levels of seating.

**to get one’s finances in order** If you decide to get your finances in order, you take a close look at your income, your expenses and your financial goals to make sure things are working the way you want them to work.

**a personal relationship** A personal relationship is a close relationship, for example, with a family member, spouse or good friend.

**something that’s close to you** If something is described as being close to you, it means it’s something that you care about a lot and that has a significant impact on you.

**to do research** If you do research on a topic, you study that topic seriously and learn more about it.

**to form a habit** Forming a habit is the same as developing a habit. It means that you begin to do something and then you can’t easily stop, even if you want to stop.

**to be universal** Something that’s universal involves everyone in the world, or everyone in a particular group. For example, the experience of trying to quit smoking several times before you succeed is universal among smokers.

**an automatic response** An automatic response is something you do without even thinking about it. You’ve done it so many times before that it is automatic.

**to forgive yourself** Forgiving yourself is the act of not being angry or blaming yourself for something you’ve done or haven’t done. Instead, you focus on moving ahead or trying again.

**to fail** If you fail at something you do not succeed. You do not achieve what you hoped to achieve.

**a process** A process is a series of actions that are undertaken in order to achieve a particular result.

**to feel guilty** If you feel guilty, you feel ashamed and sad because you know you have done something wrong.

**to feel shame** If you feel shame, you feel a painful feeling of humiliation or distress because you know you have engaged in wrong or foolish behavior.

**4. Can you predict what the interview is about?**

In this podcast, Marcy interviews Andy Blicq. Andy has written and directed a documentary about setting New Year’s resolutions and about the difficulty people face when they try to break bad habits or start new habits. Can you predict what kinds of habits the documentary might talk about?

I think it might be about…*quitting smoking.*

I wonder if it will be about …*developing healthy habits, like eating well and getting more exercise?*

Maybe the documentary will be about …*losing weight.*

I’m guessing it will focus on…*personal finances.*

I have no idea what the focus will be.

**5. Get ready to listen**

In this podcast, you will hear two speakers. You will hear:

Marcy Markusa – host

Andy Blicq – writer and director of the documentary *Slaves to Habit*

Play the podcast for the first time.

**After-listening activities**

*1. Review pre-listening predictions*

Were you able to predict what kinds of habits the documentary talked about?

*2. Listen for main ideas and detail*

Listen to the interview with Andy Blicq about the documentary he wrote and directed. Do you have the listening skills to answer questions about the main ideas and details?

1. What are two common New Year’s resolutions people make?  
     
   To \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
     
   To \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What percentage of people keep their New Year’s resolutions after one week?  
     
    \_\_\_\_\_\_\_\_\_\_\_ percent
2. What percentage of people keep their New Year’s resolutions after one month?  
     
    \_\_\_\_\_\_\_\_\_\_\_ percent
3. What percentage of people keep their New Year’s resolutions after six months?  
     
    \_\_\_\_\_\_\_\_\_\_\_ percent
4. How does Andy Blicq describe times when people do something without thinking, for example, when they back their car out of the driveway?  
     
   an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ response
5. Why is forgiving ourselves if we fail an important part of actually changing or ending a bad habit?  
     
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
     
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***What do you think?***  
If only a small percentage of people are actually able to keep their New Year’s resolutions, do you think it makes sense to keep the tradition of starting a new year by making resolutions? Why or why not?

*4. Test your habits by answering an on-line quiz*

Can you locate a specific item on a website? Can you read instructions on how a quiz works and read and answer the questions?

The CBC program Doc Zone has a website. The documentary *Slaves to Habit* that Andy Blicq talks about in the podcast has its own webpage. Follow the steps below to locate the webpage, find the quiz called *Test Your Habits* and complete the quiz. Use an English Language Learners Dictionary if you need help with the vocabulary.

**1. Find the *Slaves to Habit* webpage and locate the quiz.**

There are many ways to do this. You can use Google or another search engine to find the program and quiz by name. For example, Google *CBC Doc Zone*: *Slaves to Habit* . Or you can type the url into your browser: [www.cbc.ca/doczone/episodes/slaves-to-habit](http://www.cbc.ca/doczone/episodes/slaves-to-habit)

**2.** **Select / click on the quiz, *Test Your Habits***.

Once you are on the *Slaves to Habit* webpage, find the information about the quiz. Click on that section to open the quiz and get started.

**3.** **Read the first question and decide which answer is correct***.*

Read the first question. Think about possible answers. Choose the answer you think is correct and select / click on it. Then click the button that says “submit” (it is located below the answer list).

**4. Read the answer to the question, then continue to the next question.**

Read the answer to the question and think about it. Do you agree with it? Why or why not?

When you are ready to go to the next question, click on / select “next”.

**5. Think about the information you have learned.**

How would you answer these questions?

* Did you learn anything that really surprised you? What? Why did it surprise you?
* Did you learn anything that you think would help you if you were trying to break a bad habit or develop a good habit? What did you learn?

**Want to know more on this topic?**

The CBC Doc Zone website is: [www.cbc.ca/doczone/](http://www.cbc.ca/doczone/)

You can watch Andy Blicq’s documentary, *Slaves to Habit* on-line at: [www.cbc.ca/doczone/episodes//slaves-to-habit](http://www.cbc.ca/doczone/episodes//slaves-to-habit)

The following websites offer help for people who are trying to break habits or start good habits:

If you want to quit smoking: [www.smokershelpline.ca/](http://www.smokershelpline.ca/)

For information on healthy eating and nutrition: [www.gov.mb.ca/healthyliving/hlp/nutrition/tips.html](http://www.gov.mb.ca/healthyliving/hlp/nutrition/tips.html)

For tips on staying physically active: [www.gov.mb.ca/healthyliving/hlp/activity.html](http://www.gov.mb.ca/healthyliving/hlp/activity.html)

For help with doing a household budget: [www.mint.com/canada/](http://www.mint.com/canada/)

and [www.ic.gc.ca/eic/site/oca-bc.nsf/eng/ca02757.html](http://www.ic.gc.ca/eic/site/oca-bc.nsf/eng/ca02757.html)

You can find stress busting tips here: [www.heartandstroke.mb.ca/site/c.lgLSIVOyGpF/b.3661267/k.7F65/Stroke\_\_Reduce\_your\_stress.htm](http://www.heartandstroke.mb.ca/site/c.lgLSIVOyGpF/b.3661267/k.7F65/Stroke__Reduce_your_stress.htm)

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