

THE Q CLASSROOM

Activity A, p. 122

Answers will vary. Possible answers:

1. I like change because it keeps things exciting. I don't like change because things are easier when they stay the same.
2. Young people find it easier because they are more flexible and more used to change. / Older people find it easier because they are more mature and more able to handle change.
3. I think the man is making changes to enjoy outdoor activities and adventures.

Activity B, p. 122

1. Yuna says that her parents don't like change. Sophy says that older people like things to stay the same because life is easier that way.
2. *Answers will vary.*
3. *Answers will vary.*

PREVIEW THE UNIT

Activity A, iQ Online Resource

Answers will vary.

Activity B, iQ Online Resource

Answers will vary.

LISTENING 1

PREVIEW THE LISTENING

Activity A, pp. 124-125

1. accept
2. especially
3. opportunity
4. progress
5. flexible
6. proverb
7. change your mind

8. remain

Vocabulary Skill Review, p. 124

two thirds; ninety percent

Activity C, p. 125

1. b
2. c
3. a
4. d

WORK WITH THE LISTENING

Activity A, p. 126

1. Andrew Country: US
Proverb: Never say never.
Meaning: Always be open to change.
2. Franco: Country: Brazil
Proverb: One who does not look ahead, remains behind.
Meaning: It's important to accept new ideas.
3. Juan Carlos Country: Spain
Proverb: A wise man changes his mind, but a fool never will.
Meaning: A person who cannot change his or her way of thinking is a fool. But if you can change your mind and be flexible, it makes you a wise person.
4. Katrina Country: Germany
Proverb: To change and to improve are two different things.
Meaning: We should be careful when we change things. First, we should be sure the change will make things better.

Activity B, p. 126

Answers will vary.

Activity C, pp. 126-127

Answers will vary. Sample answers:

1. T; They are from the U.S., Brazil, Spain, and Germany.
2. F; Katrina and Franco don't agree completely with Juan Carlos's proverb.
3. F; All of the students say positive things about change.
4. T; They agree that it was "a change for the better."
5. T

Activity D, p. 127

Answers will vary. Sample answers:

1. When people get older, it's more difficult to change.
2. Everyone can change, no matter what their age. It's important to remain flexible.
3. It's always wise to be able to change your mind.
4. When we make a change, we should first decide whether the change is a good one.
5. Coming to study in the U.S. is a good choice. Change is a way to sometimes improve your life.

SAY WHAT YOU THINK

Say What You Think, p. 128

Answers will vary. Possible answers:

1. Students may like the proverb that they believe to be most true, or they may like a proverb that's similar to one in their own country.
2. That you have to accept change, not be afraid to take the first step, and be flexible
3. Students may say that change is viewed as a positive thing in their cultures or that people of certain ages in their cultures are very open to change. Or they may say that

their cultures are more traditional and view change as a negative thing.

LISTENING SKILL

Activity A, pp. 128–129

1. I don't know about that
2. I totally agree
3. I'm not sure I agree
4. That's true

Activity B, p. 129

Answers will vary.

LISTENING 2

PREVIEW THE LISTENING

Activity A, pp. 130–131

1. b
2. a
3. a
4. b
5. b
6. b
7. a
8. a

Activity C, p. 131

Answers will vary.

WORK WITH THE LISTENING

Activity A, p. 131

The caller wants to change his lifestyle to be healthier.

Activity B, p. 131

Answers will vary. Sample answers:

1. Set small goals.
 - A. not too many big changes quickly
 - B. small goals—better chance of success.
 - C. exercise—short walk 2–3 days a week

2. Write down your goal.
 - A. achieve them more often
 - B. put it someplace you'll see it—
fridge, wall above desk
 - C. remind self of goal
3. Share your goal.
 - A. tell a coworker, friend
 - B. person can encourage you
4. Set a date to complete your goal.
 - A. be prepared to change your goal,
give yourself more time
 - B. check your progress every week
5. Celebrate your success.
 - A. buy yourself a gift
 - B. go out to dinner

Activity D, p. 132

3

Activity E, p. 132

1. e
2. f
3. b
4. c
5. d
6. a

Activity F, p. 132

Answers will vary. Sample answer:

How can I get more sleep during the week?

SAY WHAT YOU THINK

Activity A, p. 133

Answers will vary. Possible answers:

1. Habits could include health habits, study habits, social behavior, work habits, or physical habits (slouching, biting fingernails, etc.).
2. Students may say that they would like to get better grades, eat better, exercise more, or watch less TV.

Activity B, p. 133

Answers will vary. Possible answers:

1. I am more responsible now than I was in the past.
2. Students may talk about a goal they reached, an academic achievement, or a personal success or failure.

Activity D, p. 133

Answers will vary. Possible answers:

1. Big changes make me feel nervous, worried, excited, insecure, homesick, tired, etc.
2. Yes. A life coach would be helpful because it's useful to get advice, report progress to someone, or get feedback. / No. A friend is just as good as a life coach. Life coaches are expensive, and it's better to work out your own problems.
3. I think it made Barack Obama a more considerate person. Maybe it is what made him want to be president of the United States.

VOCABULARY SKILL

Activity A, pp. 134–135

1. attitudes
2. achieve
3. advice
4. mind
5. change
6. progress
7. advice
8. goals

Activity B, p. 135

Answers will vary. Sample answers:

1. Did you change your mind about which class you want to take?
2. Has he changed his mind about the job?

3. Did you make any progress with your essay?
4. What advice should I give my nephew?
5. Have you set a goal for how many pages you want to write?

GRAMMAR

Activity A, p. 136

Answers may vary. Possible answers:

1. Don't be afraid to make mistakes.
2. Be careful to look up words you don't know.
3. Be prepared for class.
4. Be ready to ask for help.
5. Be sure to pay attention.

Activity B, p. 137

Are you ready to make a change in your life? Do you need a new career? Why not start today?

The first step is to decide on the type of job you want. Be sure to choose something that you will enjoy. If you don't have any experience, be ready to take classes or do some extra training.

Use the Internet to find companies in your area. Send your résumé and a letter to each company. Be careful to check your spelling and address the letter to the correct person.

If you don't receive a response in one week, contact the company. Don't be afraid to use the telephone. Email isn't always best.

Not every company will want to interview you. Be prepared to hear "No." It isn't always easy, but it's part of the process.

Be flexible. You may change your mind and find a different job you want to try.

PRONUNCIATION

Activity A, p. 138

1. Circled: learn, change
2. Circled: change, good, rest
3. Circled: Change, thoughts, change, world
4. Circled: improve, change, perfect, change often
5. Circled: change, life, changing, heart.

NOTE-TAKING SKILL

Activity A, p. 140

- I. Section 2 – Making the Change
 - A. Chapter 1 – Making Goals
 1. importance of writing down goals
 2. recommends making a poster of goals
 - B. Chapter 2 – The Road to Success
 1. ideas for how to handle challenges
 2. it is normal to make mistakes
 3. "Don't think of it as a failure."

SPEAKING SKILL

Activity A, B, p. 140

Answers will vary.

UNIT ASSIGNMENT

Consider the Ideas, iQ Online Resource

- 6 Add one more activity into your schedule every week.
- 3 Write a list of other activities you like to do.
- 4 Choose one or two hours when you usually watch TV.
- 5 Write down a different activity.
- 2 Set a goal to watch less TV.
- 7 Celebrate when you achieve your goal.
- 1 Make a TV schedule.