

UNIT 7

Unit 7, Behavioral Science, The Q Classroom

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Teacher: The Unit Question for **Unit 7** is “Is it ever too late to change?” Yuna, think about you and your parents. Is it easier for you to change or for your parents to change?

Yuna: Me. My parents don’t like change.

Teacher: Do you think that’s true? Do older people have a harder time with change?

Sophy: I think so. When you’re young, everything is new and exciting. There are a lot of new and different things to try. When you’re older, you like things to be the same. It’s easier.

Teacher: So is it ever too late to change? Marcus?

Marcus: I don’t think so. I think it depends on the person. Some people just like change. They like new experiences. I want to have lots of new experiences my whole life. I think it makes life more interesting.

Teacher: What do you think, Felix? When Marcus is older, will he discover that it’s too late to change?

Felix: No, I agree with Marcus. I think change is harder for older people, but it’s still possible. A few years ago, my parents moved to a new country. They got new jobs and learned a new language. That was a big change. But they have a positive attitude about change.

Unit 7, Listening 1, Activity A, C

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Professor: OK, everyone. Let’s talk about last night’s reading assignment. For homework, you read the list of English **proverbs** about change. What did you think about the proverbs, Andrew?

Andrew: I thought they were interesting, **especially**, “Never say never.” That’s one we say very often in the U.S. It means we should always be open to change, even in the future when we are older. When we get older, it’s more difficult to change. Older people don’t want to change their thinking or their lifestyle. They like things to stay the same.

Professor: Hmm. That’s interesting. . . . Yes, Franco, what do you think?

Franco: I don’t know about that. I think older people *can* change. Everyone can change. It’s important to be **flexible** at any age. I like the proverb that says, “It’s never too late to change.” I think that’s a good attitude. The world is always changing. People need to change, too. In Brazil, we say, “One who does not look ahead, **remains** behind.” This means it’s important to **accept** new ideas. You should always be ready to change.

Professor: And what do you think, Juan Carlos?

Juan Carlos: I totally agree. In Spain, we say, “A wise man changes his mind, but a fool never will.” This means that 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.

Professor: Katrina?

Katrina: Hmm. I’m not sure I agree. Change isn’t *always* good. In Germany, we say, “To change and to improve are two different things.” We should be careful when we change things. First, we should be sure the change will make things better.

Franco: That’s true. The important thing is that we *can* change—I mean improve—if we want to. I like the proverb “Life is what you make it.” I think a lot of people are afraid to make changes. For example, last year, I was afraid to come to the U.S. to study. I never spent time in another country before, so it was a really big change for me. I thought it was easier to just stay in Brazil. But I knew I would miss a good **opportunity**. So, I just did it. I’m really happy I decided to come.

Andréa: Yes. It was difficult for me too at first. It was hard to be far away from my family. But I know I have to try new things if I want to change for the better.

Ali: Yes, you’re right. Coming here from Morocco to study was a big change for me, too. But it was a good change. If we want to improve ourselves and our lives, we can’t be afraid to take the first step.

Katrina: Yeah—It’s great. We came to a new country and a new school, we made new friends, and we made a lot of **progress** with our English. . . . That’s definitely a change for the better! [Laughter from others] [fade out]

Unit 7, Listening Skill, Activity A

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1.

Andrew: When we get older, it’s more difficult to change. Older people don’t want to change their thinking or their lifestyle. They like things to stay the same.

Franco: I don’t know about that. I think older people *can* change. Everyone can change. It’s important to be flexible at any age.

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Franco: In Brazil, we say, “One who does not look ahead, remains behind.” This means it’s important to accept new ideas. You should always be ready to change.

Professor: And what do you think, Juan Carlos?

Juan Carlos: I totally agree. In Spain, we say, “A wise man changes his mind, but a fool never will.”

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Juan Carlos: This means that 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.

Professor: Katrina?

Katrina: Hmm. I'm not sure I agree. Change isn't *always* good.

4.

Katrina: We should be careful when we change things. First, we should be sure the change will make things better.

Franco: That's true. The important thing is that we *can* change—I mean improve—if we want to.

Unit 7, Listening 2, Activity A, B

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Host: Welcome to our program today. We all have things we'd like to change about ourselves and our lives. Perhaps we want to be better students, exercise more, or start a new career. But how do we make these changes? And why are some **habits** so difficult to change? Professional life coach Diana Carroll is here with us today. And she'll take your phone calls and answer your questions later in the show. But first, let's meet her. . . . Good afternoon, Diana.

Diana: Hi. Thank you for having me on your show.

Host: Diana, you're a "life coach." What does that mean?

Diana: Well, Ted, a life coach is someone who helps people make changes to improve their lives. Many people want to change their lives, but they aren't sure how to get started. Or maybe they are able to make a change, but they can't **stick to** it. They go back to their old habits after a short time. I give **advice** to people who want to make changes in their lives.

Host: I see. And what kinds of changes do you help your people with?

Diana: I help people with all kinds of changes—big and small. Some people want to make really big changes in their lives, for example, to find a new job or career, or to move to a new city. Others want to break bad habits such as overeating or watching too much TV. And other people want to change their attitudes about life in general-- for example, they want to become more friendly or flexible.

Host: All right. Well, let's take our first caller now. Caller? Are you there?

Caller: Yes, uh . . . hi, Diana.

Diana: Hello, there. What's your question?

Caller: Well, I really want to change my lifestyle. My job is really busy. I work too much, and I don't have much time to eat well or exercise. I'd like to be healthier. What do you **recommend**?

Diana: Good question. A lot of people want to be healthier. . . . Here's my advice: The first step is to **set small goals** for yourself. Many people try to **make too many big changes** quickly. If you set small goals, you have a better chance of success. Let's start with exercise. Do you have any free time in your day when you could get a little exercise?

Caller: Hmm. Well, I do have a little time during my lunch break.

Diana: Great. How about **taking a short walk** two or three days a week?

Caller: Yeah. . . . I think I could do that.

- Diana:** You see? That's a small goal that you can do. OK, my next piece of advice is to **write down your goal**.
- Caller:** Write down my goal?
- Diana:** Yes. Studies show that people who write down their goals **achieve them more often**. Be sure to put the piece of paper with your goal someplace where you'll see it often—on the refrigerator, or on the wall above your desk. This will **remind** you of your goal every time you see it.
- Caller:** OK. I'm writing it right now! . . . Exercise . . . walk . . . three days a week . . . there.
- Diana:** It really works. OK, are you ready for the next step?
- Caller:** Yes!
- Diana:** You need to **share your goal with someone**—for example, a coworker or a friend . . . someone who can help you achieve your goal.
- Caller:** You mean, I should tell someone about it?
- Diana:** Yes. That's right. That person can **encourage** you and help you **stick to your plan**.
- Caller:** OK. I'll do it.
- Diana:** All right. The next thing I tell people is to set a date to complete the goal. Write the date when you plan to **achieve your goal**. Be prepared to change your goals, or to give yourself more time.
- Caller:** Uh-huh . . . **set a date** to complete goal.
- Diana:** Yes. Then you need to check your progress every week. So, for example, at the end of every week, you can write down how much you exercised that week. Keep it in a notebook.
- Caller:** OK. I can do that.
- Diana:** And here's the final bit of advice: when you reach your goal, be sure to **celebrate your success**. Buy yourself a gift. . . . Go out to dinner at your favorite restaurant. . . . Remember that it's hard work to make a change. As I tell people, don't be afraid to make changes. Change isn't always easy. You may not succeed the first time, but you can do anything if you're willing to keep trying.
- Caller:** Thank you so much. You really helped me today. I'm definitely going to follow your advice.
- Host:** Yes. Well, thanks for calling in. Let's take one more call now . . .

Unit 7, Vocabulary Skill, Activity A

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1. Some people want to make really big changes in their lives, for example, to find a new job or career, or to move to a new city. Others want to break bad habits, such as overeating or watching too much TV. And other people want to change their attitudes about life in general—for example, they want to become more friendly or flexible.
2. You need to share your goal with someone—for example, a coworker or a friend . . . someone who can help you achieve your goal.
3. I give advice to people who want to make changes in their lives.
4. In Spain, we say, "A wise man changes his mind, but a fool never will."

5. Many people want to change their lives, but they aren't sure how to get started. Or maybe they are able to make a change, but they can't stick to it.
6. And we made a lot of progress with our English. . . . That's definitely a change for the better!
7. Thank you so much. You really helped me today. I'm definitely going to follow your advice.
8. The first step is to set small goals for yourself. Many people try to make too many big changes quickly.

Unit 7, Pronunciation, Examples Page 138

1. **Life** is what you **make** of it.
2. Be the **change** you **want** to see in the **world**.
3. It's **never** too **late** to **change**.
4. To **change** and to **improve** are two **different things**.

Unit 7, Pronunciation, Activity A, B Page 138

1. To **learn** is to **change**.
2. A **change** is as **good** as a **rest**.
3. **Change** your **thoughts**, and you **change** your **world**.
4. To **improve** is to **change**; to be **perfect** is to **change often**.
5. You **change** your **life** by **changing** your **heart**.

Unit 7, Note-taking Skill, Example Page 139

F: I read a book called *The Art of Change* by Archer Parks. It's a really useful book that helps people feel more confident about changing their lives for the better – like changing a bad habit or something. The book has three sections and each section has several chapters about different topics.

The first section is called "Before the Change," and it's about how to prepare to make a change. For example, the first chapter is called "Making a Choice" and it's about how to decide what habit to change. The author says that people often try to change too many things at once, so he says you should choose just one habit.

Chapter 2 in this section is called "The Tools of Change." This chapter gives ideas for things that can help you be successful with the change. For example, Parks says that asking a friend or a family member to encourage you is helpful. He also suggests getting a notebook or journal to write down your progress or your feelings about

the change.

Unit 7, Note-taking Skill, Activity A
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F: The second section of the book is called “Making the Change.” It gives ideas for how to make the change easier. For example, in Chapter 1, which is called “Making Goals,” Parks talks about the importance of writing down your goals and all of the reasons why the change will be good for you and your life. One idea he gives is to make a poster of your goals and put it up where you can see and read it every day. Chapter 2 is called “The Road to Success.” It gives ideas for how to handle challenges when you are making a change. For example, he reminds us that it is normal to make mistakes and it’s OK to go back to our old habits. He says, “Don’t think of it as a failure. Just keep moving toward your goal.”

Unit 7, Unit Assignment, Consider the Ideas
iQ Online Resource

James: I’m going to explain how to break the habit of watching too much TV. First, you need to make a TV schedule. For one week, write down, every day, all the times you watch TV. Be sure to write down the time you start and the time you stop. Does that make sense?

Group of students: Yeah/Uh-huh/Yes

James: Then you need to set a goal for watching less. Try to watch TV only half the time you usually do. For example, if you usually watch ten hours a week, set a goal of watching five hours a week. OK? Next, make a list of other activities you like to do in your free time, besides watching TV. Be sure to choose things you enjoy. For example, reading, jogging, or spending time with friends. Are there any questions?

Student 1: Yes, um. How many activities should I write?

James: Oh, I think three or four is enough. Then after you make your list, look at your TV schedule. Choose one or two hours when you usually watch TV, and write down one of the activities on your list instead. For the first week, just do one other activity instead of watching TV. Be careful not to start too fast. Is that clear?

Group of students: Yeah/Uh-huh/Yes

James: Every week, add one more activity into your schedule, and you’ll see that you’re not watching TV so much, and you are doing many other things that you enjoy. . . . Finally, celebrate when you achieve your goal—go out to dinner—you worked hard! Good job!