

Week 3

#13 Try something new for 30 days

Skills/ Objectives: Listening and Writing

PART 1: Before you watch...

Preparatory questions

1. Do you think you are open to new experiences? Have you tried anything new in the past three months? What were they? For what reason? How did you feel?
2. What would you like to try? What is on your 'must-do' list?
3. Do you have the habit of keeping a diary or blog?

Vocabulary

1. Memorable (adjective): worth remembering
2. By the way: used to introduce a new subject that is not related to the main one
3. Sleep-deprived (adjective): not having enough sleep
4. Awful (adjective): very bad
5. Sustainable (adjective): be able to continue for a long period of time
6. Guarantee (verb): promise

PART 2: Video

Matt Cutts shares his experience of trying new things for 30 days and offers advice to think about achieving attainable goals.

Try something new for 30 days (*click the link to watch the video*)

<https://ed.ted.com/lessons/try-something-new-for-30-days-matt-cutts#watch>

(3:27 minutes)

(Source: TED Ed)

PART 3: Let's discuss!

1. What have you learnt from the video?
2. Do you think you are open to new experiences? Have you tried anything new in the past three months? What were they? For what reason? How did you feel?
3. What would you like to try? What is on your 'must-do' list?
4. Do you have the habit of keeping a diary or blog? What are the benefits of keep a personal record of your own experiences?

PART 4: Writing practice

Find a new activity or a food item that you are interested to try. Write a short paragraph to introduce it and explain the reasons why you would like to try it.

PART 5: Learn further

1. How Long Does It Actually Take to Form a New Habit? (Backed by Science)

This article discusses how people form a new habit.

https://www.huffingtonpost.com/james-clear/forming-new-habits_b_5104807.html

Chat online!

[Moodle Chat Room](#)

26 September 2018 (Wednesday) 5:30 – 6:30 pm

Prepared by Dr. Cherry Chan