

## The New Year - Reading

**ANSWERS ARE AT THE BOTTOM OF THIS DOCUMENT - DO NOT SEND ANSWERS TO YOUR TEACHER!!!**

The start of every New Year is when we all make plans to change our life for the better over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1 is a 'magical' date and a vow made on this day is much more powerful than one made on August 26, for example." So, we all make a list of things to quit, start or change. Unfortunately, most of these promises are, more often than not, broken by January 31st. They are usually the identical resolutions that were not fulfilled from the previous year, and the years prior to that. The website usa.gov says people, "tend to make the same resolutions year after year, even though they have a hard time sticking to them".

Research shows 45 per cent of us make a New Year's resolution. The most common vows include losing weight, volunteering to help others, quitting smoking, saving money, and getting fit. Others include eating healthier food, drinking less alcohol, and going on a trip. However, research also shows that most of us are not so good at sticking to these. A study from the University of Scranton reveals that 71 percent of us stick to our annual promises for the first two weeks; six months later, less than 50 percent are still on track to keep their resolutions. Most people who give up on their resolutions do so because of a lack of willpower and the use of the 'escape clause' that they will 'try again next year'.

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. A professor of psychiatry said January 1 was a magical date. T / F
- b. The professor said August 26 was the worst date to make promises. T / F
- c. The article says most resolutions are broken in January. T / F
- d. A website said most people make new resolutions every year. T / F
- e. Around 45% of us make a New Year's resolution. T / F
- f. One of the most common resolutions is to do voluntary work. T / F
- g. Around 71% of us keep resolutions for over 3 weeks. T / F
- h. The article said people give up because they get bored. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

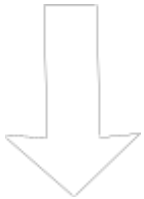
- |                  |                  |
|------------------|------------------|
| 1. start         | a. widespread    |
| 2. forthcoming   | b. regrettably   |
| 3. vow           | c. yearly        |
| 4. unfortunately | d. promise       |
| 5. hard          | e. approaching   |
| 6. common        | f. shows         |
| 7. fit           | g. get out       |
| 8. reveals       | h. tough         |
| 9. annual        | i. in good shape |
| 10. escape       | j. beginning     |

MULTIPLE CHOICE QUESTIONS

- |                                                             |                                                    |
|-------------------------------------------------------------|----------------------------------------------------|
| 1. Who is Jayashri Kulkarni?                                | 6. How many of us make a New Year's resolution?    |
| a) a computer scientist                                     | a) 45%                                             |
| b) a psychiatry professor                                   | b) 44%                                             |
| c) a gossip columnist                                       | c) 43%                                             |
| d) an astrologist                                           | d) 42%                                             |
| 2. What date did Jayashri Kulkarni contrast January 1 with? | 7. Who do many people resolve to help?             |
| a) December 25                                              | a) those with no resolutions                       |
| b) March 14                                                 | b) the lonely                                      |
| c) January 31                                               | c) other people                                    |
| d) August 26                                                | d) the poor                                        |
| 3. When are most New Year's resolutions broken by?          | 8. How long do 71% of us stick to our resolutions? |
| a) January 31                                               | a) two weeks                                       |
| b) August 26                                                | b) two days                                        |
| c) March 14                                                 | c) 12 days                                         |

- |                                                                    |                                                                 |
|--------------------------------------------------------------------|-----------------------------------------------------------------|
| d) January 2                                                       | d) 12 weeks                                                     |
| 4. According to the article, what are identical each year?         | 9. How many people continue their resolutions up to six months? |
| a) the stars and planets                                           | a) less than 50%                                                |
| b) the Moon and Sun                                                | b) 55%                                                          |
| c) resolutions                                                     | c) 60%                                                          |
| d) the weight people want to lose                                  | d) more than 65%                                                |
| 5. What did the website usa.gov say people have a hard time doing? | 10. What kind of clause do people use to stop their resolution? |
| a) getting fit                                                     | a) a legal clause                                               |
| b) sticking to resolutions                                         | b) a grammatical clause                                         |
| c) finding a good resolution                                       | c) a legal clause                                               |
| d) losing weight                                                   | d) an escape clause                                             |

## ANSWERS



## TRUE / FALSE

a T    b F    c T    d F    e T    f T    g F    h F

## SYNONYM MATCH

- |                  |                  |
|------------------|------------------|
| 1. start         | a. beginning     |
| 2. forthcoming   | b. approaching   |
| 3. vow           | c. promise       |
| 4. unfortunately | d. regrettably   |
| 5. hard          | e. tough         |
| 6. common        | f. widespread    |
| 7. fit           | g. in good shape |
| 8. reveals       | h. shows         |
| 9. annual        | i. yearly        |
| 10. escape       | j. get out       |

## MULTIPLE CHOICE - QUIZ

1. b    2. d    3. a    4. c    5. b    6. a    7. c    8. a    9. a    10. d