

## Chapter 2

Informational Video: This is the best way to quit smoking

<u>This is the best way to quit smoking</u> <a href="https://www.youtube.com/watch?v=6ZuX-gr4LoU">https://www.youtube.com/watch?v=6ZuX-gr4LoU</a>	Informational video	Full duration: 04:08
<i>The speaker lists various techniques to quit smoking and describes research about the effectiveness of each.</i>	Featured segment: 0:00-3:38 (3min, 38 sec) Approximate lesson duration: <b>35 minutes</b>	
<b>Textbook tie-in:</b> Ch 2 – Reading 2 “Smoking”		

### WARM-UP (3')

- o *What are some different techniques to quit smoking? Which way do you think works best?*
- o *If you know anyone who successfully quit smoking, how did they do it?*

### PRE-TEACH (6')

- **Useful Vocabulary** (Quizlet & Youglish to explain words )

*nicotine      withdrawal      gradual      laser      inhale      effective*

- Idioms & Expressions

*“kick the habit” – to stop doing something*

*“cold turkey” – suddenly and completely, without preparation*

*“a gazillion” – a fake number used casually to mean “a lot”*

- Other background knowledge
  - o In this informational video, the speaker talks about various techniques to quit smoking and describes research about the effectiveness of each.
- **Predict** - Have Ss guess what they will hear, based on discussions and vocabulary.

### VIEWING #1 FOCUS (4') - 5 minutes if slowed down to 75%

- Note main ideas
- Organize notes into outline (listening for signals to show organization and transitions)



## POST-VIEWING #1 ACTIVITIES (3')

- Assess and revise your notes
- Comprehension questions
  - *Why is it hard to quit smoking?*
  - *What are some techniques for quitting smoking, and how effective are they?*
  - *What is probably the best way to quit smoking? How do you know?*

## VIEWING #2 FOCUS (4')

- Note more specific details.
- Add to and revise notes
- *Point out listening/note-taking strategies that appear in the video (see comments on transcript)*

## POST-VIEWING #2 ACTIVITIES (2')

- Application Activities
  - *Would you rather quit a bad habit gradually or “cold turkey”? Why? Have you ever tried?*

## COMPREHENSION QUIZ (8') Kahoot

1. What is the addictive chemical found in tobacco? nickel, napkin, **nicotine**, narcoleptic
2. Nicotine makes the brain release chemicals that make you feel...tired, hungry, angry, **good**
3. Withdrawal can make you feel...uncomfortable, depressed, tense, **all of the above**
4. T/F Nicotine Replacement Therapy can be used as a patch, inhaler, lollipop, or even gum.
5. To use “the patch”, you should put it...**on your skin**, in your food, on your tongue, on your clothes
6. What fraction of people who had used Nicotine Replacement Therapy had started smoking again after 6 years?  $\frac{1}{2}$ ,  **$\frac{1}{3}$** ,  $\frac{1}{4}$ ,  $\frac{1}{10}$
7. T/F Studies have proven that alternative treatments for quitting smoking are very effective.
8. According to the study, what fraction of people who quit smoking “cold turkey” were successful a month later?  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ ,  $\frac{1}{10}$
9. Which is a more effective way to quit smoking? **cold turkey** gradual reduction
10. What else should you consider when choosing a method to quit smoking? **your age, your genes**, your nationality, your gender

## DICTATION PRACTICE (5')

- Repeat naturally & fluently 1-3x, have Ss write. Quickly scan their answers. Discuss things like reduced speech, linking words, and writing unfamiliar words phonetically
  - *we're not gonna tell you what to do*
  - *trying to kick the habit*
  - *relapsed*



## Transcript Listening Strategy and Signal Notes-

<b>Time</b>	<b>Signal Words</b>	<b>Listening Strategy</b>
0:20	<i>But we are going to tell you...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>listen for topic</i>
0:26	<i>we have to first understand why...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transition</i>
0:36	<i>it releases dopamine and other feel-good chemicals...</i>	Strategy 4. Use comprehension strategies when you don't understand something: <i>use context clues</i>
0:55	<i>But do any of these methods actually work?...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transition using rhetorical question</i>
1:05	<i>But is it effective? Well, one study ...</i>	Strategy 5. Listen for and note arguments: <i>evidence</i>
1:53	<i>This led researchers to conclude that...</i>	Strategy 5. Listen for and note arguments: <i>claim</i>
2:02	<i>There are also alternative ways to quit smoking...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>listen for transitions</i>
2:37	<i>And though...</i>	Strategy 7. Listen for and note comparisons and contrasts.
2:43	<i>But perhaps the best thing to do may be nothing at all...</i>	Strategy 5. Listen for and note arguments: <i>claim</i>



2:46	<i>In a 2016 study...</i>	Strategy 5. Listen for and note arguments: <i>evidence</i>
3:15	<i>but this still means...</i>	Strategy 5. Listen for and note arguments: <i>repeated claim</i>
3:35	<i>is that enough to reverse all the damage done? Tara talks about it right here...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transition using rhetorical question</i>

