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| **Topic:** Making Achievable New Year’s Resolutions | | | | |
| **Instructor:** | **Level:** | **Age:** | **Number of Students:** | **Length:** |
| Jinyong Kim,  Soyoen Kim | Intermediate | adults | 12 | 25 minutes |
| **Materials:**   * Picture * White board and markers * Video clip (40sec) * Computer with sound * 10 tips for achievable new year’s resolution (12 copies) * Worksheets (12 copies) | | | | |
| **Aims:**   * SWBAT absorb the correct sound of target expression by watching the video clip and sound natural when they use the expression. * SWBAT practice and use the future tense while making their new year’s resolutions during an activity * SWBAT learn and also use the vocabulary words used in the article by reading the article and discussing with their group members * SWBAT write their own reasonable new year’s resolutions based on tips in the article through discussion * SWBAT introduce specific strategies to accomplish their goals by sharing opinions with the whole class after discussion * SWBAT distinguish between reasonable and unreasonable goals by discussing with group members based on the article * SWBAT suggest ways to make their partner’s goals realistic through discussion | | | | |
| **Language Skills:**   * Listening: teacher’s elicitation; teacher’s instructions; video clip; * Reading: article * Speaking: discussing and sharing opinions * Writing: making their own new year’s resolutions | | | | |
| **Language Systems:**   * Function: giving suggestions; * Phonology: correct pronunciation of the expression (i.e. I’m gonna , resolution) from the video * Lexis: new vocabulary words in the article * Discourse: discussing better resolutions and their strategies * Grammar: future tense | | | | |
| **Assumptions:**   * Students might be accustomed to using the future tense in formal and informal ways * Students might have made their own resolutions before * Students might know the teacher style of teaching and the pace of the course * Students might know how the class is set up and run (there will be 4 student groups at each table) | | | | |
| **Anticipated Errors and Solutions**   * Students might make a mistake using the future tense informal way * Give an anticipated error and its correction before the main activity and after the activity * Students might have difficulty reading the article or need more time to read it * Present the definitions of the words whose meaning could be confusing to students below the article * Some students might need more time when making their own new year’s resolution * Give them time warning (i.e. one minute left ) * Some students might feel embarrassed to share their new year’s resolution with the whole class * If some students hesitate before sharing with class, ask another student instead. | | | | |
| **References:**   * Pavini, J. (2014, January 6). 10 Tricks to Help You Actually Keep Your New Year's Resolutions. Retrieved November 23, 2015, from <http://www.huffingtonpost.com/jeanette-pavini/10-tricks-to-help-you-actually-keep-your-new-years-resolutions_b_4550549.html> * Wong Fu Productions. (2012, January 12). Two Weeks Later: Resolution Fails. Retrieved from <https://www.youtube.com/watch?v=N_sZQP36bt4> | | | | |
| **Notes:** | | | | |

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| **Pre-Task:** | | | | |
| **Aims:** SWBAT absorb the correct sound of target expression by watching the video clip and sound natural when they use the expression. | | | **Materials:** white board and markers, picture, video clip(40sec), computer with sound | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 2 min  0.5 min  2 min | Whole class  Whole class  Whole class | Students answer the questions.  Students watch a video clip.  Students answer the questions.  Students understand the outline of the class.  Students understand the structure and the correct pronunciation of the target sentence.  Students repeat after the teacher  like natives. | | Before begin the class, organize the board and set the computer for video  **Greeting and Brief Rapport**  Hello, everyone. Good to see you again. How are you today? How was your yesterday?  Before starting the main lesson. Let’s watch a short video clip.  **Watching a Video Clip (40 sec)**  It is funny. What do you think?  We made resolutions year after year. And then, what happen? After three to four days later, because of lots of temptations we just gave them up, right?    **Introducing the Outline of the Class**  Today, we are going to talk about making achievable new year’s resolutions.  I will let you know the outline of today’s lesson.  We already watched a video.  Then, I’ll let you know the target sentence and instructions for the activities. After that, we will make our new year’s resolutions and strategies and discuss them in groups and finally, share them with the class.  **Target Sentence**  Let’s talk about our target sentence. When we want to say future things like new year’s resolutions, we need to use the future tense. So today, we will use this expression.  “I am going to do something”  In this blank, you can add any verb you want. For example, I’m going to eat healthy or I’m going to drink less. If you want to sound more natural like native speakers, you can say ‘gonna’ instead of ‘going to’.  Could you repeat after me?  “I am gonna eat healthy.”  One more time! Great! You sound like native speakers!  But make sure you need to write ‘going to’ not ‘gonna’ in your writing. |
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| **Notes:** | | | | |
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| **Task Preparation:** | | | | |
| **Aims:** SWBAT practice and use the future tense while making their new year’s resolutions during an activity  SWBAT learn and also use the vocabulary words used in the article by reading the article and discussing with their group members  SWBAT talk about their own reasonable new year’s resolutions based on tips in the article. | | | **Materials:** white board and markers, 12 copies of worksheets, printed article | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 0.5 min  1.5 min  3 min | Whole class  Whole class  Pair | Students listen carefully to the instructions.  Students answer the questions.  Students will think their achievable new year’s resolutions and strategies based on the tips and share their plans by pair.  Students answer the questions. | | Let’s move on to the activities.  **Introducing the Instructions of the Activities**  1. write ‘one’ achievable resolution and strategies to achieve that resolution based on the tips individually  2. discuss in groups for better strategies  3. share them with the whole class  **Eliciting their experiences**  Have you ever made new year’s resolutions before?  Then, what was your new year’s resolution for this year?  (picking several students)  Did you make it?  Did you have any difficulties attaining your goals? What were the barriers?  Yeah, it is very hard to keep your new year’s resolutions. In fact, only 8% of people successfully achieve their resolutions, according to research from the University of Scranton.  **Making One New Year’s Resolution And Strategies Based on the Tips**  So, I will give you some tips to help you achieve your resolution.  (distribution)  From now on, think your own new year’s resolution based on those tips and share with your partner sitting next to you.  Make just ‘one’ achievable goal and strategies to accomplish that.  I’ll give you 3 minutes to do this.    **ICQs**  How many resolution you need to make?  Let’s get started.  Monitor discreetly. Answer students if they ask questions.  Give time warning: 30 seconds left. |
| **Notes:** | | | | |
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| **Task Realization:** | | | | |
| **Aims:** SWBAT introduce specific strategies to accomplish their goals by sharing opinions with the group members during discussion.  SWBAT distinguish between reasonable and unreasonable goals by discussing with group members based on the article  SWBAT suggest ways to make their partner’s goals realistic through discussion | | | **Materials:** white board and markers, 12 copies of worksheets, printed article | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 0.5 min  10min | Whole class  Groups | Students are making their new year’s resolution based on tips.  Students are sharing their new year’s resolution and strategies to attain it. | | **Give instructions for discussion**  Let’s make 3 groups of 4 people and start discussion with your group members. I’ll give you for 8 minutes.  So while someone is talking about their resolution and strategies, other members will listen and give some advice for them.  **ICQs**  How much time you have?  Let’s get started.  Monitor discreetly. Answer students if they ask questions.  Give time warning: 30 seconds left. |
| **Notes:** | | | | |
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| **Post Task:** | | | | |
| **Aims:** SWBAT introduce specific strategies to accomplish their goals by sharing opinions with the whole class after discussion. | | | **Materials:** white board and markers, | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 5 min | Whole class | Ex. “I’m going to swimming 3 times a week. And I’ll set the alarm 30 minutes before the swimming class starts.”  “I’m going to ~ / I’m gonna~”  “Yes~” or some could say “hmm.. not sure but, I’ll try my best” | | Alright, attention please. Were there any interesting resolutions in your group? (Wait 30 seconds.)  (Pick Ss), could you share your new year’s resolution and strategies?  Give positive feedback to them.  “Oh, I think setting an alarm is a good strategy for working out. Are there anyone who wants to share your resolution and strategies?” (wait 30 seconds)  (If, they are hesitating about sharing their opinion, pick someone and ask about it.)  **CCQ**  What was the expression that you learned about future tense?  Do you think you can make 2016 resolutions? I hope those tips are helpful to achieve your goals.  **Homework**  Think about your new year’s resolution and write down more than one, and please attach it in front of your desk or write down on your diary so that you can check it frequently.  Hope you all make it next year and see you in next class. |
| **Notes:** | | | | |

**10 Tips to Keep Your New Year’s Resolutions**

**1. Set short-term goals for long-term results.**

People who break their resolutions into small, typically have more success. Rather than making a resolution to save $5,000 this year, try to save $100 a week.

**2. Make your resolution about the journey, not the outcome.**

Sticking to a healthy diet and exercise routine is more important than the number on the scale. So, stick to a resolution like ‘I will go to the gym five days a week’.

**3. Schedule time for your resolution.**

Set an alarm that goes off 30 minutes before you'd like to go to the gym.

**4. Employ the buddy system.**

Challenge a friend. Do an ‘inbody’ test and see who loses the highest percentage of fat.

**5. State your goals.**

People who explicitly talk their goals are more likely to keep them. So send your goals out into the universe and you'll be more likely to keep them.

**6. Keep Records.**

If your goal is to read more, **Goodreads.com** has a reading challenge. You set a goal for the number of books you want to read this year and it will track your stats towards that goal.

**7. Get an app.**

There is an app called **Noom.** It helps not only tracks your diet, exercise and task completion, but coaches you through the process towards weight loss.

**8. Celebrate little victories.**

You deserve it! Think of a way you can treat yourself like giving yourself a present.

**9. Reassess your resolutions.**

If something is not working, then it's OK to go back and modify your resolution.

**10. Don't give up so easily.**

Too often people give up on resolutions because of one slip up. Forgive yourself, move on and keep trying.

**Making Achievable New Year’s Resolutions**

Ex. Resolution : I’m going to read 12 books in a year.

Strategies could be;

☞ I’ll read a book in a month.

☞ I’m going to write a book report after finishing each book.

☞ I’ll use my commuting time to read a book.

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2. Resolution : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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