

VIEWING FOLLOW-UP

PART 1

Read the following quotes from the video out loud. Then write the **words/phrases** in each quote that match the definitions below.

- 1 “ Be **vigilant** about not wasting energy on decisions that aren’t going to make a massive difference to your life.”
- 2 “ Ask the advice of a friend who’s not afraid to **drop some truth bombs**, even if it means your feelings get a bit **roughed up**.”
- 3 “ An **objective** friend can help you identify the best decision because they’re not **weighed down** by the fear of what could be lost.”

- 1 to drop some truth bombs = to be direct and honest
- 2 = uninfluenced by personal feelings
- 3 = careful, attentive, or alert
- 4 = strongly influenced or pressured
- 5 = hurt or negatively affected

Check the use of the expression in the next conversation

Student A: "I'm thinking about switching careers because I'm not very satisfied with my current job. _____ on changing fields in mid-career?"

Student B: "Well, _____ on this. Have you considered the potential benefits and challenges of a new career path?"

Student A: "I have, but I'm still unsure. _____ should do to make this transition smoothly?"

Student B: "If I _____ start by researching the new field thoroughly and networking with people already working in it. _____ to consider taking a few courses to build relevant skills."

Student A: "That sounds like a good plan. _____ about what specific courses might be useful?"

Student B: "Why _____ looking into online courses or workshops that are well-regarded in the industry you're interested in? It might _____ also find a mentor who can guide you."

- a. "What's your take on...?"
- b. "I'd love to get your two cents on this."
- c. "What do you think I should do?"
- d. I am torn about ...
- e. "If I were in your shoes, I would..."
- f. "You might want to consider..."
- g. "Have you thought about...?"
- h. weighed down
- i. "Why don't you try...?"
- j. "It might be a good idea to..."



Discuss with your classmates

What is the purpose of each expression?

- a. "What's your take on...?"
- b. "I'd love to get your two cents on this."
- c. "What do you think I should do?"
- d. I am torn about ...
- e. "If I were in your shoes, I would..."
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- g. "Have you thought about...?"
- h. weighed down
- i. "Why don't you try...?"
- j. "It might be a good idea to..."

Asking for advice

Offering suggestion

Check the ideas and complete the rest of the conversations

2. Moving to a New City

Student A: "I'm considering moving to a new city for a better job opportunity. (7) _____ moving to a new city might affect my lifestyle?"

Student B: "(8) _____ looking into the cost of living and job market in the new city. (9) _____ making a list of pros and cons for the move?"

Student A: "Good idea. (10) _____ visiting the city for a week to get a feel for it before making a decision."

3. Planning a Major Event

Student A: "I'm planning a big event, and I'm (11) _____ about how to manage all the details. (12) _____ how to organize everything efficiently?"

Student B: "(13) _____ creating a detailed checklist and timeline for the event. (14) _____ delegating tasks to others to help lighten the load?"

Student A: "I'll definitely consider that. (15) _____ using project management tools to keep everything on track."

4. Starting a New Hobby

Student A: "I'm thinking of starting a new hobby but I'm not sure what to choose. (16) _____ trying out a few different activities to see what you enjoy most?"

Student B: "(17) _____ exploring hobbies related to your interests or skills. (18) _____ getting recommendations from friends or online communities?"

Student A: "That's helpful. (19) _____ starting with something low-cost to see if I enjoy it before fully committing?"

5. Dealing with Stress

Student A: "I'm feeling really (20) _____ with all the responsibilities I have. (21) _____ managing stress effectively?"

Student B: "(22) _____ taking regular breaks and finding activities that help you relax. (23) _____ talking to a professional if you feel overwhelmed?"

Student A: "I'll try that. (24) _____ setting aside time each day for self-care and relaxation."