

## HOW TO BREAK A BAD HABIT

In 30 seconds, answer the following questions:

- What are some good habits you should have?
- What causes bad habits?

# Speak Up

TOPICA NATIVE

Watch the video and answer the given questions in 60 seconds:

- 1. What are some bad habits in the video?**
- 2. Do you see any of yourself in the video?**

Video



A Day in the Life of a Bad  
College Student

Source:

<http://www.dailymotion.com/video/x49c2ji>



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# Wear Your Words

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Listen and repeat. Then, choose a word to define.

1. **Addiction** (n) /ə'dɪkʃn/

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2. **Visualize** (v) /'vɪʒuəlaɪz/

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3. **Inadequate** (adj) /ɪn'ædɪkwət/

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4. **Interrupt** (v) /ɪntə'rʌpt/

---

5. **Content** (adj) /'ka:ntent/

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6. **Excessively** (adv) /ɪk'sesɪvli/

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**Make a sentence using that word.**

*Example: I'm perfectly **content** just to lie in the sun.*



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# Wear Your Words

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Explanation of two useful idioms:



**One in a million**

a person or thing that is very unusual or special



**Every so often**

occasionally; sometimes

## Examples:

- My husband is **one in a million**.
- She still phones me **every so often**.

**Make a sentence using one of the given idioms.**



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## Structure:

**Be in/get into the habit of doing something**

**Example:** *I've got into the habit of turning on the TV as soon as I get home.*

**Make a sentence using the given structure.**



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**Pair Work:** Bad habits interrupt your life and prevent you from accomplishing your goals. In 180 seconds, discuss some ideas for breaking your bad habits and replacing them with good ones with your partner.

## Suggestions:

- ✓ Cut out as many triggers as possible
- ✓ Surround yourself with people who live the way you want to live
- ✓ Visualize yourself succeeding
- ✓ Etc.



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# Assessment Form

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Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to the bad habits
- ✓ **Two idioms:**
  - ✓ **One in a million**
  - ✓ **Every so often**
- ✓ **Structure:**

**Be in/get into the habit of doing something**
- ✓ Discussion about some ideas for breaking your bad habits  
and replacing them with good ones



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# Homework

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Complete your mission and find more in related lessons.

## Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ Practice the related lessons in the course browser [here](#) ([It doesn't apply to all students](#))
- ✓ Take those lessons

## Recommendations

- ✓ [141-suffixes of "compare" \(#0167\)](#)
- ✓ [177-choose the correct phrasal verb \(#0099\)](#)



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kĩ thuật



Học liệu

- ✓ Please don't forget to rate our lesson today



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