



ENGLISH CONVERSATION CLASS
ADVANCED
JANUARY WEEK N°1

Topic: New Year

Play this video and answer the following questions:

<https://www.youtube.com/watch?v=qlAtDTyhJbQ>

1. **According to the video, why do most New Year's resolutions fail?**
 - A. Because people set goals that are too easy
 - B. Because goals are often vague and lack clear criteria for success
 - C. Because people never try at all
 - D. Because resolutions must be expensive to work
2. **In the SMART acronym presented, what does the "S" stand for?**
 - A. Simple
 - B. Strategic
 - C. Specific
 - D. Sustainable
3. **Which of the following is an example of a SMART goal given in the video?**
 - A. "I will be healthier someday."
 - B. "I want to exercise three times a week for 30 minutes each time."
 - C. "I will copy what my friend does to lose weight."
 - D. "I will try harder to eat better."
4. **How does the video suggest you respond to setbacks while pursuing a resolution?**
 - A. View setbacks as failures and abandon the goal
 - B. Ignore progress and focus only on perfection
 - C. Accept setbacks as natural, focus on progress, and try again
 - D. Blame others for the setback and restart with a new goal
5. **What does "attainable" in SMART primarily ask you to consider?**
 - A. Whether the goal is feasible given your circumstances
 - B. Whether the goal is meaningful to you personally
 - C. Whether the goal will impress others
 - D. Whether the goal is measurable in dollars

Answer Key:

1. B
2. C
3. B
4. C
5. A