

B1/B2 Language coaching exercise: BBC 6-minute English
Glass half full

http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2014/01/140123_6min_glass_half_full.shtml

Task 1: Follow the BBC 6-minute English instructions in the separate document.

Rob: Hello and welcome to 6 Minute English, I'm Rob and with me is Finn.

Finn: Hello Rob.

Rob: Ah Finn, you sound very cheerful – so, how are you _____?

Finn: Well, I'm good thanks. Things are going well. Well, I'm here in the studio with you, and I'm going _____ next week, and I'm really enjoying this _____.

Rob: Really – I think it's really miserable _____ but I suppose you're a good example of an _____ - someone who always looks at life from a positive point of view. It's a good thing, Finn. The _____ of an optimist is, of course, a _____.

Finn: Well Rob, there is some hope for pessimists because research is taking place to see if people's _____ to life can be switched from negative to positive.

Rob: OK, well I'll drink to that! Now, Finn, here's a glass of lemonade to _____ – the only thing is, I'm afraid, it's half _____, there's not much left in there.

Finn: Oh, come on, Rob, stop _____ – that's half _____ – look, there's still enough to _____.

Rob: OK, if you say so. We'll explain more about that glass half empty _____ shortly. But first, how optimistic are you about getting today's question right?

Finn: _____ positive.

Rob: OK. Well do you know who _____ this famous quote: "A pessimist sees _____ in every _____. An optimist sees the _____ in every _____". Now, was it: a) _____, b) Oscar Wilde, or c) _____?

Finn: It's a good quote. I'm not sure but I think I'll say b) Oscar Wilde.

Rob: OK, you're sounding very optimistic! And of course, I'll give you the answer at the end of the programme. So we are talking about being an optimist or a pessimist. It's not something that can be really easily _____; it's more of a state of mind.

Finn: A state of mind is how you think or feel. There are many factors that can _____ – or affect – this. Now, certain events in a person's life, such as someone you know dying, or _____ your job, can trigger – or _____ – a negative feeling about life.

Rob: And people with depression – a medical _____ where someone is very unhappy – tend to be pessimistic.

Finn: Indeed. But scientists are now looking inside our _____ to see what's going on and if there's a way to _____ how we feel.

Rob: A medical journalist and _____ called Michael Mosley has been looking into this. He says our attitude to life – the positive or negative way we view life – _____ our personality.

Finn: What phrase does he use to describe the importance of optimism and pessimism in our _____?

Medical journalist and doctor, Michael Mosley:

Our personalities are a complex interaction of character traits that affect behaviour, emotions and ultimately the lives we lead. And one of the fundamental drivers is how optimistic or pessimistic we are. This is also one of the hottest new areas of scientific research.

Rob: OK, so he says one of the fundamental drivers in shaping our personality is how optimistic or pessimistic we are. A fundamental driver means the most important thing that ____ ____.

Finn: So our outlook on life drives – or ____ – our behaviour, our emotions and character traits – now traits are the particular ____ that we have. This subject is described as 'one of the hottest new areas of research' – now hottest here means the ____ and most popular.

Rob: And the research may find a way to change people from ____ a glass being half empty to one that's half full.

Finn: Well, there's that phrase again! We sometimes say that pessimistic people describe a glass of ____ or ____ as being half empty – they've already ____ half of it and there's not much left.

Rob: But someone who is optimistic, like you Finn, would ____ the glass as being half full – there's still half of the drink left to enjoy. So I suppose it really ____ on your point of view – how you view things.

Finn: And we asked our BBC Learning English ____ how full or empty their glass is. What have they been saying?

Rob: OK well Mariola says "My glass is half full because I'm going on holiday ____ ____!"

Finn: OK. And Raquel says "My glass is always half full because it's the best way ____ ____!"

Rob: But Mon Tran says "My glass is half empty. I'm far away from my family and ____ them so much."

Finn: Well maybe scientists will be able to help Mon Tran and others to feel more optimistic about life in the ____? Well Rob, I'm optimistic that I got today's quiz question right.

Rob: OK let's find out. Earlier I asked you who wrote this famous quote: "A pessimist sees difficulty in every opportunity. An optimist sees the opportunity in every difficulty."

Finn: I said b) Oscar Wilde.

Rob: Sadly, you're wrong. It's actually the words of ____ _____. OK, that's it for this programme. Do join us again soon for more 6 Minute English from BBC Learning English.

Both: Bye.

Task 2: Vocabulary Note down any new words or phrases.