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Ten materiał został przygotowany z myślą o wykorzystaniu podczas zajęć z uczniami. To tylko niewielka część pełnego zestawu, ale mam nadzieję, że pomoże Ci ocenić, czy moje karty pracy sprawdzają się także u Ciebie na lekcjach.



Jeśli próbka Ci się podoba i chcesz zobaczyć więcej, zajrzyj do mojego sklepu fajnekarty.pracy.pl, gdzie znajdziesz pełne wersje materiałów oraz wiele innych kart pracy.



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Na zachętę zostawiam kod na pierwsze zamówienie

SAMPLE5 ♥



Karolina

THE SCIENCE OF NEW YEAR'S RESOLUTIONS

Every January, people around the world make New Year's resolutions with the hope of changing their lives for the better. These goals often include improving health, losing weight, or developing better habits. Although many people believe that most resolutions fail quickly, recent scientific research offers a more detailed and balanced picture.



5. Recent scientific research offers a more detailed and _____ picture of New Year's resolutions.
6. The study was published in the scientific journal _____ in 2020.
7. The researchers collected data at several points during the year to observe long-term _____.
8. About 55% of participants reported that they were _____ or very successful after one year.
9. Goals related to physical health were the most _____ type of resolution.
10. Avoidance-oriented goals focus on _____ negative behaviors.

3. Match the words/phrases from the text (1-10) with their definitions (a-j)

- | | |
|---------------------|--|
| 1. resolution (n.) | a. the quality of being clear and easy to understand. |
| 2. vague (adj.) | b. regular ways in which something happens or is done. |
| 3. clarity (n.) | c. a firm decision to do or not to do something. |
| 4. formulated (v.) | d. not clear in meaning or specific detail. |
| 5. patterns (n.) | e. created or prepared in a systematic way. |
| 6. concrete (adj.) | f. to question if something is true or right. |
| 7. expectation (n.) | g. specific, real, and measurable (not abstract). |
| 8. participant (n.) | h. a person who takes part in a study or activity. |
| 9. dominate (v.) | i. to be the most important or common part of something. |
| 10. challenge (v.) | j. a belief about what will happen in the future. |

4. Answer the questions. Discuss in pairs/with the whole class.

1. Do you think approach-oriented goals are easier to keep than avoidance-oriented ones?
2. Is it better to make resolutions in January or whenever you feel ready for a change?
3. In your opinion, what is the most difficult resolution to keep?

7. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words.

1. Many people think that most resolutions fail very quickly. **BELIEVED**

It _____ that most resolutions fail very quickly.

2. The researchers studied 1,066 people for a whole year. **FOLLOWED**

A total of 1,066 participants _____ researchers for a whole year.

3. If your goals are vague, it is harder to succeed. **SPECIFIC**

The _____ your goals are, the easier it is to succeed.

4. He said he would stop eating junk food. **GIVE**

He decided _____ junk food.

5. Success depends on planning as well as motivation. **NOT**

Success depends _____ motivation but also on planning.

6. "I will exercise three times a week," she said. **THAT**

She said _____ exercise three times a week.

7. It's possible that they forgot their resolutions. **HAVE**

They _____ their resolutions.

8. Health goals are more popular than any other type. **THE**

Health goals are _____ type of resolution.

9. It's a good idea to set realistic expectations. **SHOULD**

You _____ realistic expectations.

10. It was easy for them to track their progress. **DIFFICULTY**

They had _____ tracking their progress.