

Overview

Watch the video podcast. Who do you most identify with?

1 Watch the video podcast from 0:00 to 0:32. Number the sentences in Natalie's introduction in the correct order.

- a) How do you feel about where you are in your life at the moment? _____
- b) I don't really think about the future much. _____
- c) I'm not the kind of person who sets goals in life. _____ /
- d) Today I'm talking to people about their life and their plans for the future. _____
- e) I just 'go with the flow' and make impulsive decisions about what to do next _____



Glossary: go with the flow = deal with life as it happens

2 How do you feel about where you are in your life at the moment? Look at the people below and read the short extracts from their answers. Then watch the video podcast from 0:32 to 1:58 and match the people to the correct extracts.



- 1 I, er, left daily newspapers, er, about two years ago. _____
- 2 ... and um, I think, uh, yeah, it can only get better. A
- 3 ... I can, you know, meet up with my friends, ... _____
- 4 ... now it's our time of um, slowing that down a lot ... _____
- 5 ... reasonably happy about where I am in my life. _____
- 6 I feel pretty happy, um, about my life at the moment. _____
- 7 Um, I know what I'm capable of ... _____

3 Are you the kind of person who makes plans, or do you 'go with the flow'? Read statements 1–3 and watch the video podcast from 2:00 to 3:20. Tick the statement which best summarises what is said.

- 1 Some of them like to set shorter term goals or just plan for the important things in life without being too inflexible.
- 2 On the whole, they prefer to 'go with the flow' as they find things work out better and life is more manageable if you make decisions on the spur of the moment.
- 3 In general, they think that life is so unpredictable that it's impossible to make definite plans because they usually have to be changed sooner or later.

Glossary: *on the spur of the moment* = suddenly, without any previous planning or thought

4 Do you have any long-term goals in your life? Look at the people below and read their answers. Then watch the video podcast from 3:22 to 4:45 and complete the extracts with phrases a)–j).



Uh, long-term goals. I would like to go back to my mum's country, to the South Pacific, Papua New Guinea, and ¹ c, to my country and erm, yeah, I think ² ___.



I'd love to be a professional footballer. Might be a bit late for that now, ³ ___. But er, I always planned for that. Or maybe a manager, maybe to do my coaching badges and erm, ⁴ ___.



I really hope to, uh, work with an organisation that I believe in, uh, something ⁵ ___, um, an advocate for women and children.



I've just, just, erm, completed one long-term goal which was doing, ⁶ ___ at, at Birkbeck. Um, I've always been interested in history but ⁷ ___ a computer programmer because that was the way to find, find work. Erm, so, um, the, the, you know, the long-term aim of, of ⁸ ___ education was just a, just a real pleasure.



I think, uh, my main goal in life is to be happy. Like, I was hearing a conversation of a friend. He said, 'Oh yeah, I've tried you know, ⁹ ___ but, like, at the moment what I really want and ¹⁰ ___ is, I just want to be happy. That's all I want.'

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| a) doing this degree | f) giving back is important |
| b) I know what I want from my life | g) do some football coaching |
| c) hopefully contribute to | h) I ended up as |
| d) that deals with human rights | i) getting that extra bit of |
| e) having a house and having a car | j) I'm getting on a bit. |

Glossary: *get on a bit* = getting older; *Birkbeck* = Birkbeck College, part of the University of London

The way we speak

5 Read the extracts below. Then watch the video podcast from 2:22 to 3:20 and notice some of the features of natural speech in English. Watch again and complete the gaps with a word or phrase.

- A **Tomas:** I'm definitely not the ¹ sort of person that makes plans, er – my girlfriend will tell you that. She, she's the one who does all the organising. I'm the one that, kind of, ² _____ goes with the flow and er, ³ _____, when there's an opportunity to do something, fine, I'll do it. But I'm very bad at ⁴ _____ being organised and planning. I like to, ⁵ _____, work on the spur of the moment.
- B **Andrew:** I tend to make plans but a certain type of plan: probably six-months to one-year plan. I think that's, ⁶ _____, more or less manageable.
- C **Maureen:** Sometimes I ⁷ _____ plan; you plan for the big things because you just have to do that. Uh, but this morning I was going to go to Windsor but the weather changed my mind and I said 'OK, I can do something else.' And I'm at the Tate Museum and I'm ⁸ _____ go to Shakespeare's Globe, so sometimes you go with the flow.


Glossary: *Tate Museum* = the Tate Modern, an art gallery on London's South Bank; *Shakespeare's Globe* = the Globe theatre on the South Bank

Personalisation

6 Write a paragraph about your own life and plans using Natalie's questions to help you.

- How do you feel about where you are in your life at the moment?
- Are you the kind of person who makes plans, or do you 'go with the flow'?
- Do you have any long-term goals in your life?

BBC LINK



There are a number of people training across London whose goal it is to compete at the next Olympic Games. But how many of them have considered what happens after the Games?

http://news.bbc.co.uk/local/london/hi/people_and_places/2012/newsid_8838000/8838634.stm

