

Overview

Watch the video podcast. Whose advice do you most agree with?



1 Look at the summary statements below. Then watch Natalie's introduction to the video podcast from 0:00 to 0:32 and tick the correct answers: a), b) or c).

- | | |
|-------------------------------------|---|
| 1 Natalie is a _____ person. | 3 If she wants advice, she asks her _____ . |
| a) public | a) friends |
| b) political | b) sister |
| c) private ✓ | c) brother |
| 2 She _____ asks people for advice. | 4 He's able to _____ . |
| a) frequently | a) assess situations clearly |
| b) occasionally | b) see long distances |
| c) never | c) listen carefully |

2A Are you the kind of person who asks other people for advice? Look at the people below and read their answers. Then watch the video podcast from 0:32 to 2:17 and match the people to their answers.



- | | |
|---|--------------|
| 1 I probably ask people for advice less than my friends but, I like to <i>figure things out for myself</i> . | _____ |
| 2 Yes, I think there is a great deal of wisdom with a <i>multitude of counsellors</i> . So, yes, very much: asking my parents, my sisters ... | <u> A </u> |
| 3 I think I would ask more advice on practical or technical things. But otherwise I don't really like people to give me advice on my life, personal/emotional life, unless I have a special problem. But there are always people who tend to give you advice <i>nonetheless</i> . | _____ |
| 4 If I want to start a new project, make a big change in my life, make a big purchase or anything that's really a large investment in either time, or energy, or money, then I like to ask people's advice. But <i>ultimately</i> , I always like to <i>have the last word</i> . | _____ |
| 5 I often ask people for advice when I'm at work and often consult with my friends for different pieces of advice: what I should do, when I should do it, if I should do it at all! | _____ |

B Match the words/phrases from the extracts 1–5 in Exercise 2A to the definitions a)–f) below.

- | | | |
|--------------------------------|---|---|
| 1 figure things out for myself | ← | a) in the end |
| 2 multitude of counsellors | | b) whether you ask (for advice) or not |
| 3 tend | | c) a wide variety of people giving advice |
| 4 nonetheless | | d) make the final decision |
| 5 ultimately | → | e) find a way to solve my own problems |
| 6 have the last word | | f) are likely to |

3 What's the best or worst advice you've ever been given? Look at the people below and read summaries of their answers 1–6. Then watch the video podcast from 2:17 to 3:48 and match the people to their answers.



1 He should start his own business. _____

2 If you can regain a love of what you do, you'll be able to really enjoy it. _____

3 Always take a pad of paper with you for sketching things in. A

4 Behave like everyone else and don't try to be different. _____

5 If you make an effort and work hard, you'll have good opportunities. _____

6 Believe in yourself and make your own decisions. _____

4 What would be your best advice for living a happy life? Look at the people below and their answers. Then watch the video podcast from 3:50 to 4:54 and underline the correct alternatives.



1 I would encourage you *trying* / to try and laugh and *to smile* / *smile* every day.



2 Er, to not / *not* to focus on yourself.



3 To do something that you really enjoy *to make* / *doing*, I think. Whatever it is, um, if you enjoy *doing* / *to do* it er, you will also be successful in it and er, you'll have a very nice life.



4 Just *listen to* / *listening* your heart, I guess. Like, do what you feel in every moment and try to live life *appropriately* / *accordingly*.



5 Erm, take some time *off* / *out* to think about what, what's really, really important to you, who's really important to you, and then *follow* / *act on* it.



6 Just do *whatever* / *what* you feel's right for you. Don't live how society might decide, but just do *what* / *whatever* you believe in.

The way we speak

5 Watch the video podcast from 0:32 to 1:21 again and notice how the people listed below give emphasis to their opinions. Then watch again and complete the extracts.

- 1 **Pedro:** I do, actually, as a _____ fact. All the time.
- 2 **Ethan:** Very _____. Yes. I think there is a great deal of wisdom with a multitude of counsellors. So, yes, _____: ah, asking my parents, um, my sisters ...
- 3 **Greg:** No, I _____ so. _____ really. I tend to keep myself to myself so I don't really need too much advice most of the time. If it's good advice, _____ obviously take it into consideration.
- 4 **Ed:** Very, _____ much _____, no. I'm one that likes to, likes to do things myself, find out information myself.

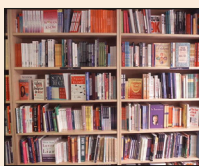
Glossary: *keep (myself/herself etc) to (myself)* = be private / not get involved much with other people;
take sth into consideration = think about / consider it

Personalisation

6 Write a paragraph about your attitudes to giving and taking advice. Use Natalie's questions and language from the podcast in your answer.

- Are you the kind of person who asks other people for advice?
- What's the best or worst advice you've ever been given?
- Is there a piece of advice that you really regret taking?
- What would be your best advice for living a happy life?

BBC LINK



How to sort out the good advice from the bad. Are self-help books any good?

http://news.bbc.co.uk/today/hi/today/newsid_9343000/9343951.stm

