EASY ACCESS ENGLISH

CHANGES



Activity One – Listen to the 2PAC song – « Changes »

1. What kind of changes did he want to make?
2. Which expression does he repeat about accepting change?
3. What does he denounce in society?
4. What do people have to learn?
5. What does he worry about?

Activity Two - Match the idioms to their definitions below.

1. Blow away the cobwebs
2. Like a breath of fresh air
3. Out with the old, in with the new
4. New blood
5. Shake things up (a shake up)
6. Give something a new lease of life
7. Breathe new life into



a. To have fresh people and ideas in an organisation
b. To renew something so that it lasts longer:
c. To give new energy to something:
d. Someone or something who has new, fresh ideas or behaviour:
e. To change the old for the new:
f. To change things a lot:
g. To do something which makes your mind "cleaner" and fresher:

Activity Three – Now using some of the idiomatic expressions write some sentences about things you want to change or have changed in your life.

Activity Four – Using the PHRASAL VERBS list on page 2 – fill the gaps in the text.

I …… school when I was 16. I just ……trying because I couldn't ……the fact that I was just no good at maths and science. My parents were not very pleased but after a while they ……and agreed for me to work in the family business. ……all of my school books and was really quite pleased to ……from those boring classrooms and closed spaces. I ……invitations from my old school friends and really turned the page. After a few months though I started to get really bored. I hadn't really ……wanting to play video games, football in the park, all the things I used to do with my school friends. I decided that I had to ……and I joined a local boxing club where I could meet

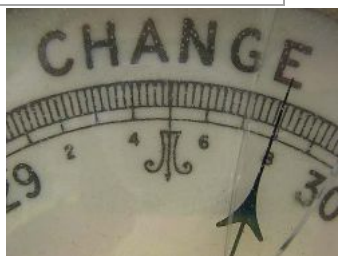
kids of my own age. This was the change I needed. The challenge of boxing gave me a new focus and changed my life for good.

do away with *something*	discard
drop out	quit a class, school etc
get away	go on a vacation
get over *something*	overcome a problem
give in	reluctantly stop fighting or arguing
give *something* **up**	quit a habit
give up	stop trying

go ahead	start, proceed
grow up	become an adult
grow out of *something*	get too big for
sort *something* **out**	organize, resolve a problem
turn *something* **down**	refuse

PHRASAL VERBS

Change



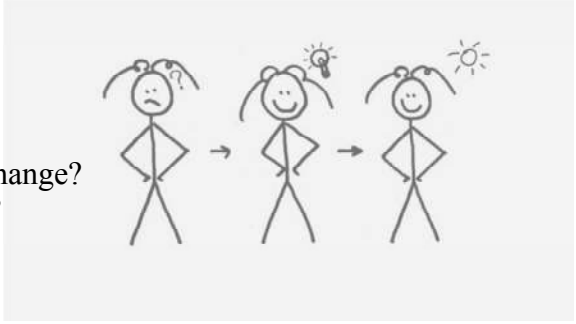
Activity Five – Read the article and answer the questions.

7 Tips for How to Deal with Change

1. **Simply notice** that you are in the midst of change and that change is a part of you. This might seem like a no-brainer, but it takes some practice to become aware of change instead of subconsciously denying it. Don't try to run and hide. If you have a journal, write about changes you notice.
2. **Face your feelings** about the change, especially when the change is imposed and beyond your control. Get past "Why me?" "But I don't want to!" and "It isn't fair!" Figure out what your fears or worries are. That takes work. You don't have to be a victim, even when you are not in control of the change. Write about your feelings.
3. **Figure out when to accept and when to reject the change.** Reflect on what you are accepting, what you are rejecting, and what you are doing something about. You will be amazed at how effective your choices are.
4. **Adopt an attitude of anticipation, and be grateful.** Welcome change as an opportunity. Find the benefit somewhere in the change. There is always a benefit and an opportunity. Start by keeping a written record for 3 days. Every day, note 3 things, large or small, that you are grateful for. You will notice a more powerful attitude of anticipation growing (hey! that might be a nice change!).
5. **Choose your thoughts and attitudes about each change.** Negative thoughts block your creativity and problem-solving abilities. Positive thoughts build bridges to possibilities and opportunities. Keep a record of the choices you make in your thoughts and attitudes.
6. **Learn to relax (more).** Deep breathing works for many people. Exercise helps most of us to relax. Choose the way that works best for you. Relaxation allows you to deal well with change.
7. **Set smart goals** so you can consciously guide the change. Smart goal setting helps you decide how to make the change happen and to recognize your successes. Write out your goals and your plans to meet them.

Questions:

1. What does ‘no-brainer’ mean?
2. Why do you think it’s important to notice change?
3. According to the article, what ‘takes work’?





4. What specific practical advice does the article offer about dealing with change?
5. What advice would you give to someone facing change at work or home?

Activity Six – People and Change

Read the short article and answer the questions.

There are three types of people who resist change

1/Because they **disagree** – these people can help you to improve the system. You need to find a way of adapting things or winning them round.
2/Because they **don't agree on principle** with anything – these people unhappy bitter and their arguments are never constructive. You need to make sure that they don't distract other people and that you don't direct too many efforts towards trying to get them to agree.
3/Because they are too **lazy** to change – These people don't say anything just don't use new

1. Do you agree with this article?
2. Would you add other profiles to the list?
3. What other advice can you offer to manage these different profiles?
4. Do you know people who fit into the categories above?
5. Do you try to accept change?
6. Do you find it difficult to be in a position of imposing change on others?
7. Do you like change?
8. Have you ever reacted badly to change?

Activity Seven – Read the **quotations** about change and say which you like the best.

« You must be the change you want to see in the world. »

Gandhi

« For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something. »

Steve Jobs

« Progress is a nice word. But change is its motivator. And change has its enemies. »

Robert Kennedy

« It may be hard for an egg to turn into a bird: it would be a lot harder for it to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad. »



CS Lewis

