LET'S TALK ABOUT CHALLENGES

DAILY TOPIC #96

PALLO!

질문에 대해 생각하고, 주어진 표현을 활용해 자유롭게 이야기해 보세요.

1. What is a challenge you have faced recently?

최근에 겪은 어려움은 무엇인가요?

KEYWORDS **struggle with (힘들어하다) | determined (결심한)**

I **struggle with** meeting new people because I'm too shy.

I'm **determined** to get my dream job, so I keep searching for more opportunities even while I'm working.

2. What is a challenge you had to face that younger generations may not have to?

당신은 겪어야 했지만, 요즘 세대는 겪지 않아도 될 것 같은 어려움은 무엇인가요?

KEYWORDS **setback (좌절) | adapt (적응하다)**

COVID was a **setback** for my career because companies weren't hiring.

I **adapt** well to new environments, so I can easily feel at home wherever I go.

3. What's a challenge younger generations will face that you didn't?

젊은 세대가 겪게 될, 당신은 겪지 않았던 어려움은 뭘까요?

KEYWORDS **dilemma (딜레마) | milestone (중요한 전환점)**

A current **dilemma** is AI use in the workplace. It's a great tool, but companies also use it to replace workers.

I reached a **milestone** in my life when I was finally able to buy a house.

4. What was one of the biggest challenges in your life?

당신의 인생에서 가장 큰 어려움 중 하나는 무엇이었나요?

KEYWORDS **long-term effects (장기적인 결과) | limitation (한계)**

I like drinking, but sometimes I forget the **long-term effects** alcohol has on my body.

I want to be fluent in English, but my biggest **limitation** is my vocabulary. It's hard for me to memorize new words.

5. How do you think challenges help us grow?

어려움을 겪는 것이 우리가 성장하는 데 어떻게 도움이 된다고 생각하나요?

KEYWORDS **open a new door (새로운 기회를 열다) | fulfill (이루다)**

I recently met someone at a friend's party, and that meeting **opened a new door** for me in my desired job field.

I want to **fulfill** the dream I had when I was a kid and study hard to become an astronaut.

6. What is more difficult, starting something new or not giving up?

새로운 것을 시작하는 것과 포기하지 않는 것 중 어느 것이 더 어려운가요?

KEYWORDS **take a risk (위험을 감수하다) | doubt (의심)**

I decided to **take a risk** by quitting my office job and pursuing my dream career.

When I started my new business, I had some **doubts**, but now I am living my dream.

IMPROVEMENT Natural phrases

When you talk about a challenge you faced, try these phrases below:

	Basic		Natural
스트레스	I had many stress because of work and school.	→	I was **under a lot of stress** from work and school.
극복	I could overcome the challenge finally.	→	I was **finally able to** overcome the challenge.
소통	I had many difficulties to communicate.	→	I had **a lot of difficulty communicating**.
두려움	I was afraid to fail, so I couldn't challenge myself.	→	I was afraid of failing, so I couldn't **push myself out of my comfort zone**.
어려움	My biggest challenge was to speaking English.	→	My biggest challenge was **speaking English**.

JOURNAL TOPIC

VOCABULARY REVIEW

멤버들과 영어로 대화하며 지난주 단어의 뜻을 복습하고, 한 표현씩 예문을 발표해보세요.

fulfillment	benefits	make a living	micromanage

TOPIC Bad Bed Routine

FOLLOW-UP QUESTION

What's your usual excuse for staying up late?

늦게까지 깨어 있을 때 주로 하는 핑계는 무엇인가요?

I always tell myself that I'm going to bed early. I usually get into bed around 11 p.m., put my phone next to me, and promise myself, "I'll just watch one episode and then **call it a night**." Sounds reasonable, right? Well... not for me. One episode turns into another, and I'm completely **carried away by** the show. **Before I know it**, it's already 1 a.m. At that point, I know I should go to sleep, but then I **talk myself into** watching just one more episode. "Come on. It's only 40 minutes." Forty minutes later, I think, "Okay, THIS is definitely the last one." And somehow, it's 2:47 a.m. My alarm is set for 7 a.m., so that's just four hours of sleep. Not great, but I tell myself I'll survive. The next morning, I wake up feeling like I haven't slept in three years. I can barely open my eyes, and I spend the whole morning wondering why I did this to myself. I know exactly what happened. I **paid the price for** staying up too late. I even make a new rule to never use my phone in bed. This time, I really mean it. But here's the funny part. That night, I get into bed again, open Netflix, and think, "Okay, just one episode." The worst part? I already know how this story ends. So, how can I **break this bad cycle**?

AFTER READING

USEFUL EXPRESSIONS Using context clues, match vocabulary and expressions to their meanings.

call it a night •	• 하루를 마무리하다	**talk myself into** •	• ~의 대가를 치르다
be carried away by •	• 정신을 차리고 보니	**pay the price for** •	• 악순환을 끊다
before I know it •	• ~에 완전히 빠져들다	**break a bad cycle** •	• 스스로를 설득해서 ~하다

READING CHECK Using the above text and vocabulary, answer the following questions.

1. Why does the writer keep making the same promise every night?
2. How can the writer break this bad cycle?
3. Using one of the phrases and vocabulary words, make a question. Next, ask this question to a partner.

ACTIVITY Impossible challenge

1. Split the group into pairs and think of an impossible challenge to complete.

그룹을 두 명씩 짝을 지어, 완수하기 불가능한 도전 과제를 생각해 보세요.

2. You will give that challenge to the pair on your left, and you will receive a challenge from the pair on your right.

도전 과제를 왼쪽에 있는 팀에게 주고, 오른쪽에 있는 팀으로부터 도전 과제를 받게 됩니다.

3. You will discuss and write how to solve that challenge as best as you can and then present your solution to the group.

그 도전 과제를 어떻게 하면 최대한 잘 해결할 수 있을지 토의하고, 해결 방법을 적은 후 그룹 앞에서 발표하세요.

4. The team with the best solution for their challenge wins!

자신들이 받은 도전 과제에 대해 가장 좋은 해결 방법을 제시한 팀이 승리합니다!

USEFUL VOCABULARY

overcome: I will overcome this challenge by working every day.
effort: It requires a lot of effort to fix this problem.
face a challenge: I'm talking about a challenge I had to face.
recover: After my failed grand opening, I began to recover thanks to local customers.