

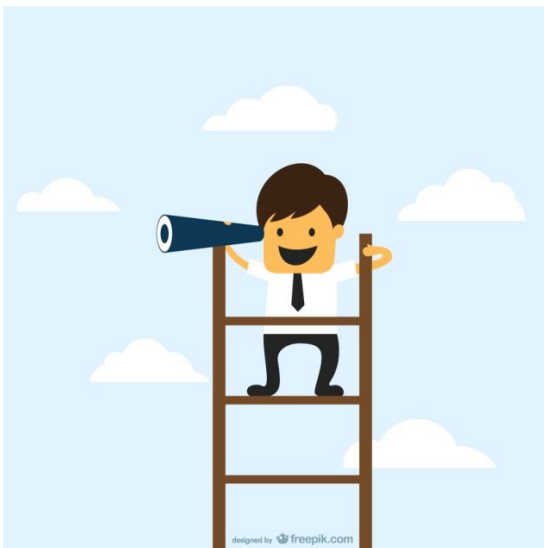
The psychology of your future self by Dan Gilbert

(AS A WARM-UP ACTIVITY, ELICIT SYNONYMS OF THE WORD CHANGE FROM YOUR STUDENTS) VOCABULARY:

1. Complete the sentences with the correct form of the verbs connected with *change*.

alter *modify* *adapt* *evolve* *transform*

- Most students have little difficulty **adapting** to college life.
- Computer software will continue to **evolve** in response to users' needs.
- They've **transformed** the old train station into a science museum.
- The situation has **altered** radically since last week.
- I **modify** small details to fit the purposes of my story.



2. Discuss these questions:

- What is your own attitude to change?
- Why do some people resist change?
- What has been the most significant change in your life so far?
- What has changed in your life over the last 10 years? (think about your hobbies, lifestyle, personality, friends, etc.)

3. Match idioms with situation that they can describe:

TO TURN OVER A NEW LEAF

TO HAVE A CHANGE OF HEART

TO TAKE SHAPE

TO CHANGE OUT OF ALL RECOGNITION

TO CHANGE HANDS

TO CHANGE TACK

- Your hometown looks completely different than 20 years ago. **TO CHANGE OUT OF ALL RECOGNITION**
- You are planning your next holiday. **TO TAKE SHAPE**
- Your friend tries to give up a bad habit. **TO TURN OVER A NEW LEAF**
- The political party tries a different strategy as the previous one failed. **TO CHANGE TACK**
- Your friend changed his mind and didn't get married. **TO HAVE A CHANGE OF HEART**
- The house you lived in when you were a child has a new owner. **TO CHANGE HANDS**

4. Choose three idioms and use them to describe situations from your life.



The psychology of your future self by Dan Gilbert VIDEO & DISCUSSION

5. Watch the video and answer the questions:

- Do you agree with the statement: *"Human beings are works in progress that mistakenly think they're finished. The person you are right now is as transient, as fleeting and as temporary as all the people you've ever been. The one constant in our life is change."*
- How much do you think you will change in the future? What can change?
- Which parts of your life do you prefer to remain constant?

6. Match words from the video with their meanings.

reshape

vastly

underestimate

ephemeral

rush

indulge

- a) to hurry to do something **RUSH**
- b) to a great degree **VASTLY**
- c) to allow yourself to have or do something that you enjoy **INDULGE**
- d) lasting for only a short time **EPHEMERAL**
- e) to think that someone has less power or ability than they really have
UNDERESTIMATE
- f) to change the way that something operates or develops **RESHAPE**

7. Make sentences with the words from exercise 6.

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