

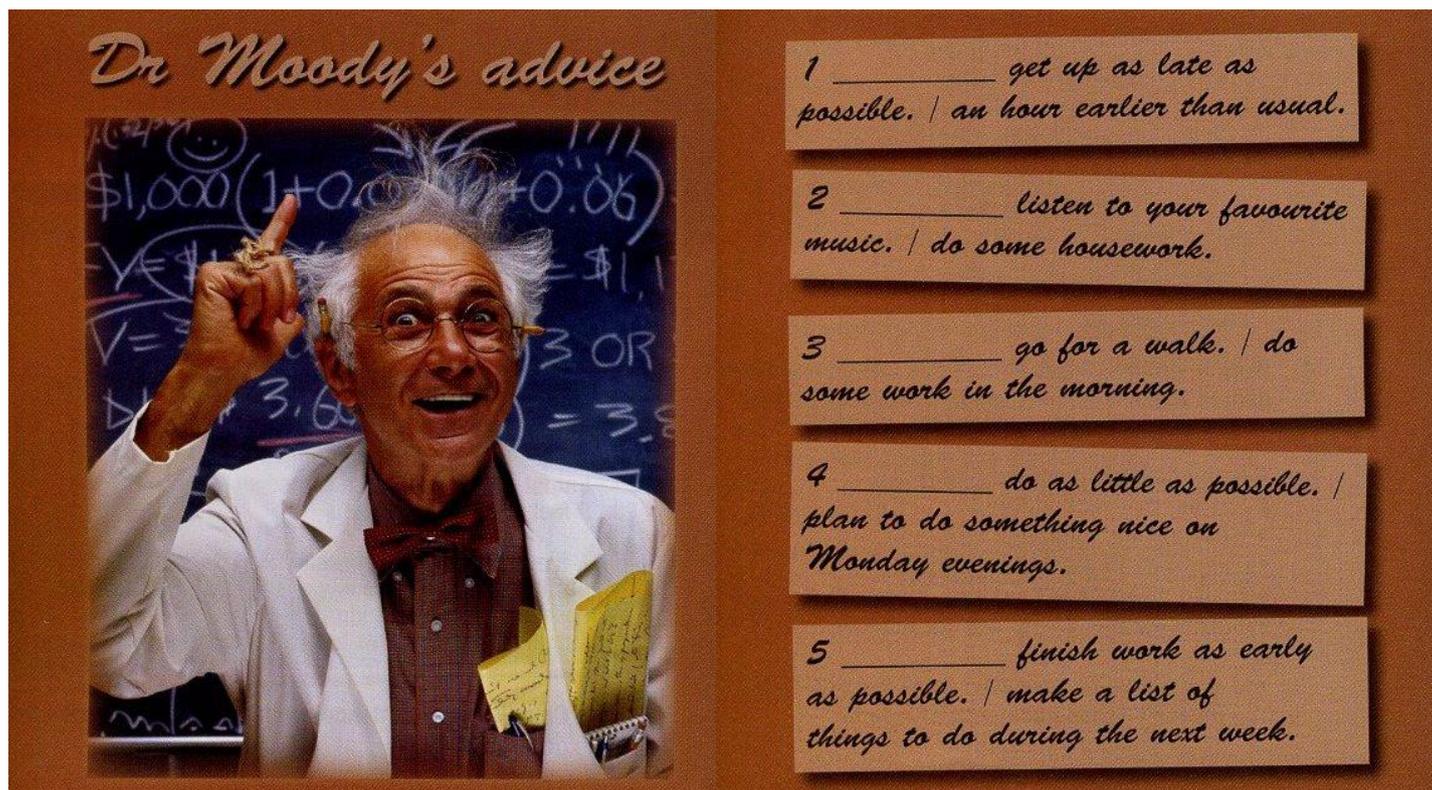
Success Pre-Intermediate Speaking: Monday Mornings

Exercise 1. Warm-up.

What is your favourite day of the week? Why?

Exercise 2. Pre-reading task. In pairs, answer the questions. Do you like Monday mornings? Why? / Why not? What is your typical Monday morning like? Describe your routine before you leave home.

Exercise 3. Look at Dr Moody's advice and circle the ideas that you think are best for making Monday mornings more pleasant. Then read the tapescript of the radio programme *A Problem Solved* and check.



Dr Moody's advice

- 1 _____ get up as late as possible. | an hour earlier than usual.
- 2 _____ listen to your favourite music. | do some housework.
- 3 _____ go for a walk. | do some work in the morning.
- 4 _____ do as little as possible. | plan to do something nice on Monday evenings.
- 5 _____ finish work as early as possible. | make a list of things to do during the next week.

A Problem Solved

Presenter: ... that's *Manic Monday* there by The Bangles. You're listening to *A Problem Solved* here on Home Counties Radio with me, Emma Dale. If you have a problem you would like to discuss with our expert Dr Moody, just phone our advice line now. And now our next caller ... Chris from Marlow. Hi, Chris!

Chris: [*slight Welsh accent*] Morning, Emma ...

Presenter: Chris ... what's your question for Dr Moody?

Chris: Well, the problem is ... I feel so depressed on Monday mornings. I worry about it most of the weekend. Can you give me some advice?

Dr Moody: [*Scottish accent*] Well, Chris, I'm sure there are thousands of listeners who understand your problem. But there are some simple ways to make Mondays better. First of all, if I were you, I'd get up an hour earlier than usual on Monday. And do something nice and relaxing. For example, why don't you listen to your favourite CD before you leave home?

Presenter: That's a nice idea. Maybe I should try that.

Dr Moody: What else could you do? Well, it's a good idea to go for a walk and watch the sunrise.

Presenter: Some good advice there, I'm sure. Any other ideas, Dr Moody?

Dr Moody: Well, Monday is the day that people usually stay at home in the evenings and that's a mistake. It's better to do something nice after work on Monday. You could arrange to go for a pizza or to the cinema with friends. Then you've got something to look forward to on Monday morning.

Presenter: Good idea. Has that helped you, Chris?

Chris: It certainly has. Thanks very much.

Presenter: Take care then, Chris!

Dr Moody: Of course, there's one thing I forgot to say there. You can make Mondays better by starting on Friday. On Friday afternoon I think it's a good idea to make a list of things to do during the next week. It's really important to ...

Presenter: Mmm ... you know, the last thing I want to do on Fridays is to think about Monday morning!

Dr Moody: Now look here, Ms Dale! You asked me to come onto this programme at half past seven on a Monday morning and then you don't even take my advice seriously! Quite frankly, I've got much more important things to do than ...

Exercise 4. Study **Speak Out**. Then read the transcript again and fill in the expressions Dr Moody uses in the gaps in Exercise 3.

SPEAK OUT | Asking for and giving advice

Asking for advice

What should I do?

Could you give me some advice?

Have you any ideas about how to [+ infinitive]?

Have you any tips on how to ...?

Giving advice

If I were you, I'd ...

I (don't) think you should ...

You should/shouldn't ...

(I think) it's a good idea to ...

It's better (not) to ...

Why don't you [+ infinitive]?

Mind the trap!

Advice is uncountable, so it is always singular.

Can you give me some advice? NOT

~~Can you give me some advices?~~

~~Can you give me an advice?~~

Answers

1 get up an hour earlier than usual

2 listen to your favourite music

3 go for a walk

4 plan to do something nice on Monday evenings

5 make a list of things to do during the next week