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101 Pre-Lesson Grammar Worksheets

get your students ready BEFORE class
maximize the time IN class

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Quit Smoking Now

Anyone who has attempted to quit smoking understands the difficulties and challenges it took to succeed. This is especially true if the person decided to quit cold turkey. There is a lot of advice about how to quit smoking, ranging from nicotine gum or nicotine patches to counseling sessions and hypnotherapy. But statistics show that only 3-5% of people who rely on willpower succeed, which is a terribly low number. In addition, only 50% of people who try to quit will succeed, so most smokers must try several times to give up the habit.

At General Electric, though, a more successful program will be implemented next year. The program plans to pay $750 to smokers who successfully quit. Furthermore, the company anticipates that it will save as much as $50 million per year because of decreased health costs. In other words, fewer smokers will mean healthier workers at GE.

The program first began as an experiment several years ago. About half of the study's participants received increasingly greater and greater payments for each month they remained free of tobacco. After one year, 15% of this group had successfully kicked the habit. This may sound like quite a small figure, but it was three times the success rate of the group which used more orthodox methods. The other group in the study followed GE's more commonly recommended system. They were simply encouraged to seek counseling and use anti-smoking drugs.

The program is not without controversy. Some participants cited willpower as a key factor, as well as outside factors like the desire to live longer and healthier lives for children and grandchildren. Dr. Normal Edelman, chief medical officer of the American Lung Association, also questioned paying people to quit. Yet he lauded the 15% success rate of the program.

Teacher's Notes:

* Underlined words in red typeface are the recommended vocabulary for this lesson.*
WARM-UPS

Select one or all of the following warm-up activities.

1: Define: What does “addiction” mean? Can you use it in a sentence? Can you give examples?

2: Brainstorm: Brainstorm with a partner(s) words and ideas associated with "addiction" for 2 minutes. Spend another 5 minutes or less discussing the words and ideas together.

3: Title: Speculate and/or discuss the contents of today’s article from its title: "Quit Smoking Now.”

4: Speculate: Write in the missing word for today's article title: "Quit ( )Now.” Why did you choose this word for the blank?

5: Do you agree or disagree? Why?

   a. Smoking is a disgusting and dirty habit.
   b. People shouldn't smoke inside buildings, especially when at work. All smokers should smoke outside.
   c. Only weak people can't quit smoking.
   d. Because tobacco is a drug, it should be made illegal.
   e. I want to smoke a cigarette now!
**VOCABULARY**

Select one of the following vocabulary acquisition activities.

1: **Vocabulary match**: Individually or in pairs/groups, match the words in column A (from the article) with the best choice in column B.

<table>
<thead>
<tr>
<th>a. attempt</th>
<th>q. put into action</th>
</tr>
</thead>
<tbody>
<tr>
<td>b. cold turkey</td>
<td>r. number</td>
</tr>
<tr>
<td>c. statistic</td>
<td>s. look for</td>
</tr>
<tr>
<td>d. implement</td>
<td>t. expect</td>
</tr>
<tr>
<td>e. anticipate</td>
<td>u. praise</td>
</tr>
<tr>
<td>f. orthodox</td>
<td>v. try</td>
</tr>
<tr>
<td>g. seek</td>
<td>w. disagreement</td>
</tr>
<tr>
<td>h. controversy</td>
<td>x. quote</td>
</tr>
<tr>
<td>i. cite</td>
<td>y. sudden withdrawal</td>
</tr>
<tr>
<td>j. laud</td>
<td>z. traditional</td>
</tr>
</tbody>
</table>

2: **Fill in the Blanks**: Fill in the blank with the correct word.

<table>
<thead>
<tr>
<th>implemented</th>
<th>cited</th>
<th>anticipates</th>
<th>statistics</th>
<th>orthodox</th>
</tr>
</thead>
<tbody>
<tr>
<td>seek</td>
<td>cold turkey</td>
<td>controversy</td>
<td>lauded</td>
<td>attempted</td>
</tr>
</tbody>
</table>

a. Anyone who has (implemented) to quit smoking understands the difficulties it took to succeed.
b. This is especially true if the person decided to quit (cited).
c. But (anticipates) show that only 3-5% of people who rely on willpower succeed.
d. At General Electric, though, a more successful program will be (orthodox) next year.
e. The company (seek) that it will save as much as $50 million per year.
f. It was three times the success rate of the group which used (orthodox) methods.
g. They were simply encouraged to (implement) counseling and use anti-smoking drugs.
h. The program is not without (controversy).
i. Participants (anticipate) willpower as a key factor, as well as outside factors like the desire to live longer.
j. Dr. Norman Edelman (cite) the 15% success rate of the program.

3: **Define**: Define each word, correctly pronounce it, explain the meaning and/or usage, and offer an example sentence to the class.

<table>
<thead>
<tr>
<th>a. attempt</th>
<th>c. statistic</th>
<th>e. anticipate</th>
<th>g. seek</th>
<th>i. cite</th>
</tr>
</thead>
<tbody>
<tr>
<td>b. cold turkey</td>
<td>d. implement</td>
<td>f. orthodox</td>
<td>h. controversy</td>
<td>j. laud</td>
</tr>
</tbody>
</table>
1: Word Search: Find the target words (in bold). Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

<table>
<thead>
<tr>
<th>implemented</th>
<th>cited</th>
<th>anticipates</th>
<th>statistics</th>
<th>orthodox</th>
<th>seek</th>
<th>cold turkey</th>
<th>controversy</th>
<th>lauded</th>
<th>attempted</th>
</tr>
</thead>
</table>

```
implemented  cited  anticipates  statistics  orthodox
seek         cold turkey  controversy  lauded    attempted
```

2: Target Word Pool: Find the target words (in bold) with their exact match. Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

<table>
<thead>
<tr>
<th>implemented</th>
<th>cited</th>
<th>anticipates</th>
<th>statistics</th>
<th>orthodox</th>
<th>seek</th>
<th>cold turkey</th>
<th>controversy</th>
<th>lauded</th>
<th>attempted</th>
</tr>
</thead>
</table>

```
implemented  cited   anticipates  statistics  orthodox
seek         cold turkey  controversy  lauded    attempted
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**Heads Up English - page 4**

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pre- or post-COMPREHENSION

1: Word Association: Brainstorm words associated with today's topic for two minutes. Present to the class.

2: Brainstorm Questions: Brainstorm questions that you would like to ask about today's topic. Answer the questions without looking at the article.

3: True or False?: Guess (before the article) or answer (after the article) whether the sentence is true or false. If false, correct the sentence.
   a. Only 3-5% of people who try to quit smoking succeed. T/F
   b. GE will pay $750 to employees who smoke if they successfully quit. T/F
   c. GE will lose $50 million each year because of the program. T/F
   d. 15% of the people at GE who used traditional methods successfully quit smoking. T/F
   e. Some people who participated thought willpower was more important than the money. T/F

4: Questions: Answer the questions to check comprehension.
   a. How many people can quit smoking with willpower alone?
   b. How many people on average can quit smoking?
   c. How much will participants at GE get paid if they successfully quit smoking?
   d. How much money does GE plan to save each year because of the program? Why?
   e. What did Dr. Normal Edelman say about the program?

5: Vocabulary: In pairs/groups, remember how the words were used in today's article.
   a. attempted
   b. cold turkey
   c. statistics
   d. implemented
   e. anticipates
   f. orthodox
   g. seek
   h. controversy
   i. cited
   j. lauded

6: Fragments: Remember how the fragments were used, and complete the sentence from today's article.
   a. There is a lot of advice about how to quit smoking, ranging from...
   b. But statistics show that only 3-5% of people who rely on willpower succeed, which is...
   c. At General Electric, though, a more successful program...
   d. This may sound like quite a small figure, but it was three times the...
   e. Some participants cited willpower as a key factor, as well as outside factors like...
post-COMPREHENSION

1: Vocabulary: Circle any additional unknown words/phrases in the article. In pairs/groups, use your dictionaries to understand the meanings. Present to the class.

2: Class Questions: Read through the article once more, and write down any questions that you would like to discuss in pairs/groups or as a class. Discuss.

3: Summarize: Work with a partner to summarize the article in your own words.

4: Discuss: Talk about the following questions in pairs/groups. Remember to support your answers!
   a. Did you like this article?
   b. What was your general impression after reading this article?
   c. What do you think about smoking and smokers? Please explain.
   d. What is the general opinion about smoking and smokers in your country?
   e. Do you think it's fair that smokers at GE will be paid to quit? Why/not?
   f. Would a similar program be successful in your company or in your country? Why/not?
   g. How does this program differ from parents paying children to achieve good grades?
   h. How does this program differ from companies paying bonuses to employees?
   i. Because tobacco is a drug, should smoking be made illegal? Why/not?
   j. What do you know about the damaging effects of tobacco? Talk with a partner.

5: Discuss: What problems do smokers and smoking cause? Brainstorm four problems smoking causes. Consider not only health problems, but problems for society as a whole too. Share your answers with another pair of students.

   Problem #1: 
   Problem #2: 
   Problem #3: 
   Problem #4: 

6: Google Search: Type "smoking" into Google news and read additional articles on this topic. Discuss or write an essay about your findings.
Quit Smoking Now

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Notes:
Anyone who has (a. ____________) to quit smoking understands the difficulties and challenges it took to succeed. This is especially true if the person decided to quit (b. ____________). There is a lot of advice about how to quit smoking, ranging from nicotine gum or nicotine patches to counseling sessions and hypnotherapy. But (c. ____________) show that only 3-5% of people who rely on (d. ____________) succeed, which is a terribly low number. In addition, only 50% of people who try to quit will succeed, so most smokers must try several times to give up the habit.

At General Electric, though, a more successful program will be (e. ____________) next year. The program plans to pay $750 to smokers who successfully quit. Furthermore, the company (f. ____________) that it will save as much as $50 million per year because of decreased (g. ____________) costs. In other words, fewer smokers will mean healthier workers at GE.

The program first began as an experiment several years ago. About half of the study's participants received increasingly greater and greater payments for each month they remained free of (h. ____________). After one year, 15% of this group had successfully (i. ____________) the habit. This may sound like quite a small figure, but it was three times the success rate of the group which used more (j. ____________) methods. The other group in the study followed GE's more commonly recommended system. They were simply encouraged to (k. ____________) counseling and use anti-smoking drugs.

The program is not without (l. ____________). Some participants (m. ____________) willpower as a key factor, as well as outside factors like the desire to live longer and (n. ____________) lives for children and grandchildren. Dr. Normal Edelman, chief medical officer of the American Lung Association, also questioned paying people to quit. Yet he (o. ____________) the 15% success rate of the program.
STUDENT HANDOUT (extended listening)

Listen and fill in the missing sentences. Compare your answers with a partner, and then listen once more.

Quit Smoking Now

a) ___________________________________________________________________________. This is especially true if the person decided to quit cold turkey. There is a lot of advice about how to quit smoking, ranging from nicotine gum or nicotine patches to counseling sessions and hypnotherapy. But statistics show that only 3-5% of people who rely on willpower succeed, which is a terribly low number. In addition, only 50% of people who try to quit will succeed, so most smokers must try several times to give up the habit.

At General Electric, though, a more successful program will be implemented next year. The program plans to pay $750 to smokers who successfully quit. Furthermore, b) __________________________________________________________________________________________. In other words, fewer smokers will mean healthier workers at GE.

The program first began as an experiment several years ago. c) __________________________________________________________________________________________. After one year, 15% of this group had successfully kicked the habit. This may sound like quite a small figure, d) __________________________________________________________________________________________. The other group in the study followed GE’s more commonly recommended system. They were simply encouraged to seek counseling and use anti-smoking drugs.

The program is not without controversy. e) __________________________________________________________________________________________, as well as outside factors like the desire to live longer and healthier lives for children and grandchildren. Dr. Normal Edelman, chief medical officer of the American Lung Association, also questioned paying people to quit. Yet he lauded the 15% success rate of the program.
Vocabulary

1. Vocabulary Match:
   
   a. v  f. z
   b. y  g. s
   c. r  h. w
   d. q  i. x
   e. t  j. u

2. Fill in the Blanks:
   
   a. attempted  f. orthodox
   b. cold turkey  g. seek
   c. statistics  h. controversy
   d. implemented  i. cited
   e. anticipates  j. lauded

pre- or post-Comprehension

1. True or False:
   
   a. F
   b. T
   c. F
   d. F
   e. T

2. Fragments:
   
   a. nicotine gum or nicotine patches to counseling sessions and hypnotherapy.
   b. a terribly low number.
   c. will be implemented next year.
   d. success rate of the group which used more orthodox methods.
   e. the desire to live longer and healthier lives for children and grandchildren.

Student Handout

1. Fill in the Blanks
   
   a. attempted  i. kicked
   b. cold turkey  j. orthodox
   c. statistics  k. seek
   d. willpower  l. controversy
   e. implemented  m. cited
   f. anticipates  n. healthier
   g. health  o. lauded
   h. tobacco

2. Extended Listening
   
   a. Anyone who has attempted to quit smoking understands the difficulties and challenges it took to succeed
   b. the company anticipates that it will save as much as $50 million per year because of decreased health costs
   c. About half of the study’s participants received increasingly greater and greater payments for each month they remained free of tobacco
   d. but it was three times the success rate of the group which used more orthodox methods
   e. Some participants cited willpower as a key factor