BBC LEARNING ENGLISH

6 Minute English worksheet

Is rejection good for us?



Listen to the full episode here: https://bbc.in/4xX1te5

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**

2. **Now listen to the first two minutes of the episode.**
   - What do the presenters say the episode is about?
   - What is this week's question? What do you think the answer is?

3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. How does host of What in the World podcast Hannah Gelbart describe her first interaction when trying out rejection therapy?
   a) it really scared her
   b) she really enjoyed it
   c) she found it confusing

2. True or false? Hannah is a socially anxious person.
   a) true
   b) false
   c) not given

3. Which of these is an informal way to say that something is easier to achieve?
   a) arrive easier
   b) depart easier
   c) come easier

4. Which of these is a criticism of rejection therapy discussed in the programme?
   a) it's expensive
   b) it takes too long to film videos
   c) it involves filming strangers without asking

5. Which of these means the feeling that everything you do needs to be perfect?
   a) perfectionism
   b) appraise
   c) spiking

6. "Young people are worried about how others might _____ them."
   a) spiking
   b) perfectionism
   c) appraise

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

a. rejection – saying no to someone; refusing an idea or suggestion

b. spike – increase suddenly

c. socially – worried about speaking to other people, or being judged when around others

d. come easier – be easier to achieve

e. perfectionism – feeling that everything you do needs to be perfect

f. appraise – judge

5. 1a, 2b, 3c, 4c, 5a, 6c

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Teacher's notes
This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.

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