



A. Pronunciation/Free-Talk

Your Best

If you always try your best
Then you'll never have to wonder
About what you could have done
If you'd summoned all your thunder.

And if your best
Was not as good
As you hoped it would be,
You still could say,
"I gave today
All that I had in me."

Excerpt: "Suze Biner Was Afraid of the Drain"
By Barbara Vance at SuzeBiner.com

B. Target Vocabulary

Giving and Asking for Advice	
<i>Giving Advice</i>	<i>Asking for Advice</i>
<ol style="list-style-type: none"> 1. <i>I think you should...</i> 2. <i>If I were you, I would...</i> 3. <i>You could...</i> 4. <i>In my opinion, you should...</i> (informal) 5. <i>I feel that...</i> (informal) 6. <i>You must...</i> (strong advice) 7. <i>Stop...</i> (strong advice) 	<ol style="list-style-type: none"> 1. <i>What do you think I should do (about...)?</i> 2. <i>What would you do (about...)?</i> 3. <i>What should I do?</i> 4. <i>What could I do (to solve...)?</i> 5. <i>What do you advise?</i> 6. <i>What would you do if you were me?</i>

Expressions		
1. Let sleeping dogs lie	Said to warn someone that they should not talk about a problem that most people have forgotten about	They decided it would be best to let sleeping dogs lie and not discuss the problem any further.
2. Bend over backwards	Work hard and make effort, especially to be helpful	She bent over backwards to make sure the party is successful.
3. Cut to the chase	To focus on what is important, instead of less important things	It's better to cut to the chase already. Are we continuing the project or not?
4. A penny saved is a penny earned	Expression used to say "It is wise to save money"	Mary worked hard to save money; she knew that a penny saved is a penny earned .
5. Beat a dead horse	Keep talking about something that has already been decided; to waste time and effort trying to do something that is impossible	I don't mean to beat a dead horse , but I still don't understand what happened. Can you explain it again?