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**Happy New
Year!**

Hello students and graduates of ISSofBC!

Well another year has passed. My eyes have gotten a little worse, so I need new glasses. Complain, complain. We can't stop the effects of time, but we can be excited about the new year that faces us with all of its unknowns and new experiences. I hope the holidays were good to you- you relaxed, spent time with your friends and shared a few beverages. (You need to read between the lines hint, hint.)

This edition of the newsletter will be about the new year, resolutions, change and the past year. I hope you enjoyed the last newsletter and don't hesitate to send me feedback at: roxanne.heichert@issbc.org

Hopefully you visited ISSofBC Language College Group on facebook at www.facebook.com/isslanguagecollege

If you have any specific questions about courses and fees, don't hesitate to email us at : learnenglish@issbc.org

Featured Program at ISSofBC

What's on TV:

If you want to improve your listening and at the same time increase your vocabulary, learn slang, current useful conversational phrases and idioms while you watch popular TV programs and movies, then "What's on TV" is the class for you.



Learn to understand the meaning of phrases like:

- He bit my head off.
- It bugs me.
- Beats me.
- It drives me up the wall.
- My peeps.
- Catch you later.

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Understand phrases you hear everyday and before you had no idea what-so-ever.

It is a six week course, for three hours every Friday morning from 9:30 till 12:30.

French: A basic level French class is offered on Wednesday evenings 6:30 -9:30. It is an eight week class and the next session begins January 19, 2011. Come out and learn Canada's second official language.

News around ISSofBC

Our student activities have been a blast. On November 18th, we played charades and had a fabulous time; however I (Roxanne) dropped the timbits, which were the prizes, on the floor, so alas we ran out. Sorry!

For our activity on December 2nd, Sam and I walked a group of students to Granville Island. It was a bit rainy but we shared our umbrellas and all the witty conversation kept us laughing. We were excited to arrive and get inside to warm up and the laughing continued as we slurped back our hot chocolates. We had a great time.



On December 16th, we had a full house of students rocking out singing Christmas carols and songs. David, fabulous rock star and guitar player extraordinaire, came out to accompany us. (Thanks to good friends who can be bought for a case of beer.) We all laughed, sang, a few times learned the words as we sang and ate Nanaimo bars. I think I twisted David's arm to return in the New Year for an afternoon of singing The Beatles. Watch out for a cross-country tour of the ISSofBC choir led by Sandra and Jennifer. Tickets are all sold out, so there is standing room only left.

We have student activities generally every second Thursday. Just check out the schedule in the newsletter. We are all excited to go skating on January 27th. Come out and join us. Bring your mittens.

Student Activity Schedule

Please join us! The International Studies Program will have the following activities for students.

Date	Activity	Instructor	Time	Room	Comments
Thursday, December 16 th	Christmas Carols	Roxanne Everybody's welcome!	3:30-4:30	624	Maximum 24 students Sign up in student lunchroom
Thursday, January 27 th	Skating (Admission and skate rental cost to students)	Roxanne/Sandra	3:30	Meet in 624	Maximum 24 students Sign up in student lunchroom
Thursday, February 10 th	Valentine's Day Cookies	Roxanne/Sandra	3:30-4:30	624	Maximum 24 students Sign up in student lunchroom
Thursday, February 24 th	Board Games	Roxanne/Jennifer W.	3:30-4:30	624	Maximum 24 students Sign up in student lunchroom

(Please click the image to ENLARGE the schedule)

The New Year's Edition



Here are some idioms and discussion questions related to the past year, the new year, resolutions and change (something we all do from time to time to keep or life fresh and exciting). Use them to practice your English and as conversation starters at your next party.

Idioms of Change

to blow away the cobwebs: to refresh or renew your mind. Make a change in your life to reenergize your life. For example, you take a new course and study to clear away the cobwebs as you have not used your brain to learn something new for a long time.

like a breath of fresh air: when someone brings new energy, ideas to a situation, group, company etc. For example, the new receptionist is like a breath of fresh air.

out with the old, in with the new: to replace something old with something new.

new blood: to bring new ideas or people into a group, company or situation. This helps re-energize the situation.

to shake things up (a shake up): to change something/ a situation in a big way. For example, the boss is fired so they can bring in a new person who will shake things up which will be helpful.

to breathe new life into: to bring new activity/energy into a situation.

to get a fresh perspective: to get an opinion that is different from your own, which maybe useful in helping you make an important decision.

to see things from a different angle: when someone has a different idea or opinion from yours

to go back to square one: to begin something again because you were not successful.

to go back to the drawing board: to go back to planning because something you have tried needs some changes because it has problems or is unsuccessful. Some changes are needed for it to be successful.

make a fresh start: to start something again. We often use this idiom when something has failed or we have made a huge change in our life and we want our life to be better and different from what it was.

Discussion Questions about this past year 2010:

- What is something you learned in 2010?
- What was the best movie you saw in 2010?
- Who was the best new person you met in 2010?
- What was the most expensive thing you bought in 2010?
- Do you have any regrets about 2010?
- Name three highlights for you in 2010.
- What was the best party you went to in 2010?
- What new sport or activity did you try in 2010?
- **New Year's resolutions**
- What are some New Year's resolutions you have made in the past?
- What are some New Year's resolutions that you have broken quickly?
- What are some New Year's resolutions that your friends have made?
- What are your resolutions for 2011?
- What is one thing you would like to learn to do in 2011?
- What place would you like to visit in 2011?
- What is one thing you would like to change about yourself in 2011?

Popular New Year's Resolutions

- Get Fit
- Lose Weight
- Quit Smoking
- Have more fun
- Quit Drinking
- Pay off Bills
- Learn Something New
- Help Others
- Get Organized
- Take a Trip
- Get a Better a Job

Ways to Improve your English this year

1. Find ways to practice your speaking. Talk to a Canadian when you are in a line-up for groceries or waiting at the bus stop. Your speaking will not improve if you only speak in class.
2. Read the newspaper. It is available everywhere. Focus on one story, look up the words, find the same story on the internet and listen to the news story.
3. Listen to English. When you are washing the dishes, driving your car, doing the housework listen to the radio or music this will help you with your pronunciation and improve your listening skills.
4. Read children's books. You can find children's books that include a CD. You can read along while listening to the CD. It will help you to improve your listening skills, pronunciation, and intonation to name a few things.

5. Be an active language learner. Don't sit at home playing computer games, surfing the internet and then complain that your English is not improving. Get out there and do it. Practice, practice, practice!

*If you have questions about courses or fees, please e-mail the [International Studies](#) office.

