

## Catch Word #211 – Slang quiz

### Episode description

Internet slang can be very difficult to understand. In this Catch Word episode, Andrew quizzes his sister Heather on new internet slang. Do you know these terms?

### Fun fact

The World Wide Web was invented by one person. His name is Tim Berners-Lee. One of the most important decisions he ever made was to make the World Wide Web free for everyone. Imagine that!

### Expressions included in the study guide

- Living my best life
- To glow up
- Adulting
- Woke
- Millennial
- Goals



## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

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Andrew: You're listening to the Culips English Podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real-world examples, and a quiz, visit our website, [Culips.com](http://Culips.com), [C-U-L-I-P-S.com](http://C-U-L-I-P-S.com).

Hey, everyone. My name is Andrew and you're listening to Culips.

Hey, everybody. This is Andrew, and today I have a very special guest in the Culips studio with us for today's Catch Word episode. It is my sister. Yay. Long-time Culips listeners may remember my sister, Heather. She appeared with us, how long ago was that? About 2 years ago, a year and a half ago, and she's back to help me with today's Catch Word episode. So, Heather, welcome back to Culips. Thanks for being here today.

Heather: Good to be here.

Andrew: OK, so for listeners who don't know, Catch Word is our vocabulary series. And this is where we introduce and teach you how to use some of the most important slang and idioms and phrasal verbs, etc. in English. And I thought it would be fun, Heather, to do a vocabulary quiz with you. I was thinking that I could run some new slang by you. And I wanna get your opinion on it to see if you use this slang in your everyday life or if your friends use it, or even if you know what it means and how to make a sentence with it. Does that sound like a good plan?

Heather: Sounds great. I'll try my best.

Andrew: OK. So I made a little list here of five interesting slang expressions that I have heard on TV or seen used on the internet but that I actually haven't used in my everyday life. But I'm curious about you. All right? You're 5 years younger than I am, and maybe I'm just too old to use these slang expressions. So we'll see how you do. Are you confident?

Heather: We'll see. I don't know if I feel that confident right now. But we'll see.

Andrew: OK, so I have five slang expressions for you. We'll start with an easy one, OK? I'll throw you a slow pitch here, OK? Are you ready? The first one is **living my best life**. **Living my best life**.

Heather: Oh yeah, I've heard of that one. I've used it before. I would use **living my best life** when I am doing something very exciting. So I would use the example if I'm going to Disneyland and I'm doing all the fun things in Disneyland, I'm **living my best life** in that moment.

Andrew: OK, so you use this expression whenever you're doing something really exciting and your life is kind of, like, at the peak, at the best it can be in that moment. You're **living your best life** when everything is going well.

The next question, the follow-up question, I've only seen this on Instagram. Do you use this only on Instagram or do you also say it? Is it a spoken expression or only internet expression?

Heather: I would say both. You can use it on social media and, I would say, verbally, more as just a random comment. You know, you're doing something fun, you're **living your best life** in the moment, you know? As, kind of, just like a verbal expression, something that you just come up with right away.

Andrew: All right. Interesting, very interesting. And I should add to that, Heather, by saying that I've never used the expression, **living my best life**, ever. I don't think I ever would either. Something sounds a little cheesy to me: **living my best life**. But that's interesting to hear that you use it, and use it in real life, too, not just on Instagram.

OK, this second one is **glow up**. **Glow up**. G-L-O-W U-P. **Glow up**. Do you know what this means?

Heather: No, I've never heard that one before. **Glow up**, never heard that before.

Andrew: OK, we have a stumper here. **Glow up** has stumped my sister. I've seen this on Instagram to describe people who have gone through a big, usually women, actually, who have gone through a big physical transformation. So they've maybe got into really good shape and they look a lot better, more attractive than they have in the past. They haven't just grown up, they matured and also got more beautiful, so they **glowed up**. It's a **glow up**.

Heather: I have heard the expression, more when a lady is pregnant that she's glowing 'cause she looks radiant because she's so happy that she's pregnant.

Andrew: So that's interesting that you don't know the expression **glow up**, because I thought this was really an expression that usually women use to compliment other women online.

Heather: No, I've never heard it or used it. Maybe I should, sounds like a great, complimentary word. Very empowering, encouraging.

- Andrew: OK. So we'll move on to number three. And I think out of the five, this is the one that I would be most likely to use, out of the five. And it is **adulthood**. **Adulthood**. What does it mean, **adulthood**?
- Heather: I would say **adulthood** means that you are doing something adult. So, like, paying your mortgage or starting a family or doing something that is relevant to your age.
- Andrew: Yeah, exactly. So this expression **adulthood** is used a lot by people in their 20s, I think, that are technically adults but they don't feel like adults. They still feel young and act rather immature most of the time, and then when they have to do something that is adult-like, that grown-ups, mature people have to do, like you said, like paying a mortgage or going to a job interview or doing anything that adults need to do, they would say **adulthood**. "Oh man, I had such a busy day today, I had to go renew my car insurance. **Adulthood** is really tough." We use it like that, right?
- Heather: Yes, and I've also heard the negative expression for that, too. Like when you don't wanna do something or something random comes up, like a big bill and you had to pay that bill right away, like, ugh, adulthood so hard today. I've heard that, as well.
- Andrew: OK, so this is used then in different forms, too. It's not always **adulthood**. We can use it as a verb to say, "I adulthooded today." OK, interesting.
- All right, well, let's move on to the next quiz item. How confident do you feel at this point, Heather?
- Heather: I think number four will be OK, but I think number five could be the hardest one. But we'll see. What is it?
- Andrew: All right, so number four is **woke**. **Woke**. Like, for example, "He's so **woke**." W-O-K-E. **Woke**.
- Heather: I might have to think about this one for a moment. He's so **woke**. I feel like I've heard it, but I don't know if it's in the same context that you are thinking about.
- Andrew: I've mostly seen this on social media. But I've also heard, maybe, people use it in real life as well. So **woke**, what do you think **woke** means? Like what does it trigger in your mind? What's going through your head when you hear the word **woke**?
- Heather: I don't know. I'm just thinking about the meaning.

- Andrew: Think about it, you go to sleep and then you wake up, right? You wake up and then you're **woke**. This is kind of a slang way to say you're alert, you're conscious. And so when you say, for example, "He's so **woke**," what it means is that the guy is really alert to political issues, he's knowledgeable and tuned into different political issues. He's not ignorant, he's knowledgeable.
- Heather: No, I had no idea that's what it meant. None whatsoever. But that does make sense, now that you've said it. My first reaction was maybe he's a cool dude or something like that. He's so **woke**. But I'm glad it's not that.
- Andrew: So I'm a little surprised that you don't know this one, because I thought it was quite popular, **woke**. Describes people who are alert and aware of political issues, especially issues relating to race and gender, like social justice issues. If you are alert to these, then you are **woke**. You're **woke**. And I think it might be related to Black Lives Matter, that movement in the USA, as well.
- Heather: I was just going to ask, is this a **millennial** expression?
- Andrew: Yeah, I think college students these days use it. I don't think there was a 70-year-old person that started using this. It was with young kids, with **millennials**, for sure. So, Heather, now you're **woke**.
- Heather: I'm **woke**, I will try and use that more often. I thought maybe it was an older **millennial** term. So sometimes I do think that there are older **millennial** terms, then newer **millennial** terms.
- Andrew: And for people who don't know, Heather, what do you mean by **millennial**? Who is a **millennial**?
- Heather: So **millennial** is the generation from the early 80s to the early 2000s. So I would say, like, 1980 to 2000.
- Andrew: OK, people born between those years of 1980 to 2000s. So then we are both technically **millennials**. So, Heather, you're not doing so hot on this quiz. Are you sure you're an English speaker?
- Heather: Yes, I am sure. Give me number five. I think number five is gonna be where I redeem myself.
- Andrew: OK. This one you're gonna get for sure. I feel very confident that you're gonna get this one. And, again, this is another expression that I usually only see on social media. But I'm curious if you and your friend group uses this in real life, too, because I think maybe you could use it in real life, as well.

Andrew: So this one is **goals**. **Goals**. All right, maybe I would see this on an Instagram post, again going back to, like, a transformation, a fitness transformation. Maybe somebody lost a lot of weight and then one of the comments would simply say, “**Goals**.” What does this mean, **goals**?

Heather: Yes, I’ve heard this one before, glad number five came through. Yeah, I see it on social media all the time. And I also use it. I wouldn’t say in my everyday life, but I do, in fact, use it. I use it as a couple **goals**. So when I see a celebrity couple, **goals**. Want to be like them. I would use it in regards to celebrity couples, example, John Krasinski and Emily Blunt, **goals**.

Andrew: OK, and sometimes I do see people write couple **goals**. So if you see a couple online that you think is really successful as a couple or they’re really cute or they just look good together and you also wanna have a relationship like this, then you can write **goals**, or couple **goals**.

But as I said earlier, you can also use it for other things, right? Anything that has taken some work to achieve and you also want to have that thing in your life. The interesting thing is that it’s cut down just to one word, right? People aren’t making a sentence like, “My goal in life is to look like you do,” or, “My goal in life is to find a boyfriend like you have.” They just say, “**Goals**,” they just cut that whole sentence down to one word.

Heather: Hashtag **goals**. Everyone knows what it means now, you don’t need to put a full sentence.

Andrew: And so the last thing I’m curious about here is that if you use this in your speaking, or is it only a written social media expression? If you saw a couple walking down the street on the other side of the street, you are with your friend and you saw them, could you say, “Ugh, **goals**,” or would you not say something like that?

Heather: I think it depends on who I’m with. I probably write it more, like, on a social media level. I would write it more, or with texting back and forth to my friends, I would use that more. But, yeah, I have no problem if that situation occurred across the street, that couple’s **goals**. Why not?

Andrew: All right, Heather, well, thank you for playing the Culips vocabulary quiz.

Heather: How many did I get right? Three?

Andrew: It’s a passing grade. So I hope you feel very proud of yourself.

Thank you, everybody, for listening. I hope that you learned something new just like Heather did today.



Andrew: We have a study guide available for this episode, which includes tons of awesome features, such as a transcript, detailed vocabulary explanations and examples, a quiz, and also some prompts that you can use for journaling or for discussion. The study guide is a great way to take your studies to the next level with Culips. And if you want to download it, all you have to do is visit our website, [Culips.com](http://Culips.com). We'll be back soon with another episode and we'll talk to you then. Bye.

Heather: Bye, everyone.

## Detailed Explanations

### Living my best life

Idiom, informal

If you say, “I’m **living my best life**,” that means you are doing very well. You are at a peak in your life, even if it’s just for a brief moment. Many people write this expression under happy pictures they post online.

Here are a couple more examples with **living my best life**:

Nancy:	Wanna see some of my travel pictures?
Rita:	Sure.
Nancy:	Here’s me on the beach when it was raining.
Rita:	You don’t look very happy.
Nancy:	I wasn’t. But here’s a picture of me the next day when the sun finally came out.
Rita:	Oh, wow! You look great.
Nancy:	I know. That’s me <b>living my best life</b> right there. I want to go back so badly!

Peter:	Hey, are you all right?
Larry:	No, not really.
Peter:	What’s the matter?
Larry:	I had too much to drink last night. I didn’t get a good night’s sleep. And I completely forgot that I have a test this afternoon.
Peter:	Ouch!
Larry:	I’m totally not <b>living my best life</b> right now.





## To glow up

Phrasal verb, informal

**To glow up** refers to someone who has gone through a big physical transformation for the better. It is a combination of to grow up, meaning to become an adult, and glow, meaning radiant light. **Glow up** can also be used as a noun.

Here are a couple more examples with **to glow up**:

Wes: Who do you follow on Instagram?

Andrea: I like seeing pictures of great body transformations.

Wes: Like people losing 50 kilos?

Andrea: Yeah. I find those stories of **glowing up** so inspiring.

Ronda: That's a funny old picture. Is that your younger sister?

Erika: What? That's me!

Ronda: Really? You look so different. You really **glowed up**.

Erika: Thanks.

## Adulthood

Noun, informal

**Adulthood** is doing something adults do. Adults have to pay taxes and living expenses, and they can have full-time jobs or raise children. These are responsibilities that children do not have. The term **adulthood** is especially used by young adults who have these responsibilities for the first time. You can also say it as a verb, to adult.

Here are a couple more examples with **adulthood**:

Yann:	I'm exhausted.
Fiona:	You look beat. How come?
Yann:	I'm just so busy. I take university classes in the morning. Then I coach a little league basketball team. Then I work a late shift at my father's store.
Fiona:	<b>Adulthood</b> isn't easy. I told you so.
Yann:	I know. But I didn't think it would be this hard.

Lara:	How is your son doing in Vancouver?
Tish:	He says he's doing fine. But it can't be easy living alone for the first time.
Lara:	I can imagine.
Tish:	But he needs to figure out this <b>adulthood</b> thing for himself. You can't teach that to someone!

## Woke

Adjective, informal

When someone is **woke**, that person is knowledgeable about current social issues and politics. This is said of a person on the progressive side, not the right-wing, conservative side. **Woke** is also a younger person's slang.

Here are a couple more examples with **woke**:

Patrick:	Any plans this weekend?
Francis:	Going to the march downtown, of course.
Patrick:	What march?
Francis:	We're marching for equal pay for women in the work force. It's been planned for months.
Patrick:	Oh. I didn't know you were so <b>woke</b> . What time does it start?

Claudia:	Who's that?
May:	That's Peter. Stay away from him.
Claudia:	What do you mean?
May:	He has a reputation. He pretends to be <b>woke</b> just so he can talk to girls.
Claudia:	But he's just acting?
May:	Exactly. I'd be careful if I were you.



## Millennial

Noun

A **millennial** is a person born between the early 1980s and the late 1990s. They're named **millennials** because they became teenagers or adults around the turn of the last millennium, the year 2000. There are no exact dates or rules regarding who is a **millennial** and who is not; it is just a term to refer to a certain age group and how they generally behave socially and economically, as well as on the internet. **Millennial** can also be used as an adjective.

Here are a couple more examples with **millennial**:

Nathan:	I find people don't read books as much as they used to. What do you think?
Georgina:	That's totally true.
Nathan:	<b>Millennials</b> grew up with computers and e-readers.
Georgina:	And the younger generation even more so. You almost never see someone reading an actual book on the subway anymore.
Nathan:	I know! That's very different from when we were young.

Ollie:	We need a new direction in our marketing.
Tyson:	In what way?
Ollie:	We should rebrand next year's products in a way that would appeal to <b>millennials</b> . They spend the most money in our sector.
Tyson:	OK. I'll go talk to marketing and we'll do some research to see how we can create the new campaign.

## Goals

Noun, informal

**Goals** is an expression used when talking about your ambitions. It is slang because a whole sentence like, “My goal in life is to be a good boyfriend” can be reduced to just one word in the proper context. The hashtag **goals** is also very popular on social media platforms.

Here are a couple more examples with **goals**:

Jill:	I saw a TV show on the best beaches to visit in 2019. There are so many I need to visit.
Yuri:	I absolutely love beaches. We’re going to Boracay in April. Have you been?
Jill:	Not yet. But <b>goals</b> , right?
Yuri:	Plane tickets are fairly cheap these days. If you have time, look into it.
Jill:	I should.

Irene:	I liked the picture you sent me of that cute older couple holding hands.
Polly:	Yeah, I have a soft spot for cute elderly couples.
Irene:	Same here. I want that with my husband.
Polly:	Hashtag <b>goals</b> .

## Quiz

**1. Which of the following is not always positive?**

- a) living my best life
- b) to glow up
- c) adulting

**2. If you are 43 years old, are you considered a millennial?**

- a) yes
- b) no

**3. Which of the following is NOT a good example of adulting?**

- a) paying taxes
- b) going on vacation
- c) having children
- d) renewing your driver's license

**4. True or false? The expressions to glow up and to grow up are synonymous.**

- a) true
- b) false

**5. Which of the following expressions from this episode did Heather NOT know beforehand?**

- a) living my best life
- b) adulting
- c) goals
- d) woke



## Writing and Discussion Questions

1. What are some things that you do to live your best life?
2. Do you think you are a good example of glowing up?
3. Who is the best example of glowing up among the people you know?
4. How well do you think you did when you started adulting?
5. If you were to hashtag a picture with the word goals, what kind of picture would it be?
6. What are the equivalent terms in your native language for the expressions in this episode's quiz?

## Quiz Answers

1.c    2.b    3.b    4.b    5.d

### Episode credits

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