

Catch Word #261 – Finger on the pulse

Episode description

Everyone knows someone who seems to know about all the trends or the latest news before everyone else. You might even be that person among your friends! In today's Catch Word episode, Andrew and Kassy explain two idioms that you can use to describe these people, finger on the pulse and ahead of the curve.

Catch Word English audio lessons are designed for intermediate and advanced English learners. Through natural conversations, you'll learn idioms, phrasal verbs, and expressions that will help improve your English listening and speaking skills.

Fun fact

Trends, also known as fads or crazes, are any collective behaviour that develops within a culture, generation, or social group. They tend to be short-lived, lasting only as long as people are able to change or to innovate the trend. Interestingly, the first people to follow a fad are usually the first ones to stop following it!

Expressions included in the study guide

- Heartfelt
- Finger on the pulse
- Regular old
- To wow [someone]
- Ahead of the curve
- Easier said than done



Transcript

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. The transcript has been edited for clarity.

Andrew: Hello there, everyone. My name's Andrew.

Kassy: And I'm Kassy.

Andrew: And this is the Culips English Podcast.

Hello friends, welcome back to Culips. This is Catch Word, the series for intermediate and advanced English learners, where we teach you idioms, phrasal verbs and expressions that will help improve your English listening and speaking. Today, I'm joined by my cohost, Kassy, and she'll be helping me with this lesson. Hey there, Kassy.

Kassy: Hey, Andrew, and hi, listeners. So, guys, today we're going to teach you a couple of expressions that you can use to talk about people who always seem to be one step ahead of everyone else. They know about the latest trends, fads, or news before anyone else does. I know a few people like this. Andrew, how about you?

Andrew: Yes, yeah, I definitely do. I have a buddy who knows a lot about like cool indie bands, and underground movies, that kind of thing. So, he's really good at finding these artists way before everyone else does. And he's a great guy to get music recommendations from because he always knows about the cool new music.

Kassy: Ah, those are great friends to have. My sister is like that. Well, everyone, we'll get started with this episode in just a moment but before we do, you want to let you know that there is a transcript and study guide for this episode available to all Culips members. We've designed the practice exercises that are in the guide specifically to teach you the important parts of this lesson that will help build your English fluency and help your English sound natural. To learn about all the details and to become a Culips member and get the study guide, visit Culips.com. C-U-L-I-P-S.com.

Andrew: I also want to read an Instagram message that we got this week from one of our listeners named Cristiano because I thought his message was really awesome and very inspiring. The message was a little bit long Kassy, so I'm just going to pick some of

the highlights out here and share it with everyone. So, Cristiano wrote, “I started listening to your podcast in December 2019 when I moved from Italy to Ireland. My English was totally zero for the first two weeks, and it was super hard. I cried every day because I couldn’t understand a word. A year later, I moved to England and since 2019, I’ve been listening to your podcast every day, without missing a single episode. My English evolved absurdly. 95% of all my vocabulary comes from listening to your podcast, so thank you guys a lot. Today I can talk about any subject with anyone. My level is between intermediate and advanced. I’m so grateful for the job you guys do. You’re amazing. And I love you all.” Man, Cristiano, I’m really proud of you. That is amazing. I know that’s a tough situation to be in, but you didn’t give up. You were persistent with your English studies, and you really achieved a high level of English ability. So amazing job. Congratulations on that achievement.

Kassy: Yeah, thank you. Cristiano. That almost made me tear up a little, it was so **heartfelt**. And thanks to everyone else who has been supporting Culips with your messages, reviews, likes and follows. We appreciate it all.

OK, so now let’s get started with today’s episode. As I mentioned a little earlier, today, we’re going to learn two expressions that we use to describe people who are very knowledgeable about trends or news or situations before anyone else. So, Andrew, could you introduce our first expression?

Andrew: So, our first expression is **finger on the pulse**. **Finger on the pulse**. And I’ll spell pulse, because that is a word that might be unfamiliar to some of our listeners. It is spelled P-U-L-S-E, pulse. And actually, usually we use this expression with the verb have. So, you have your **finger on the pulse**, sometimes we could also use it with his, right? You could say his **finger is on the pulse**, something like that. So, before we can totally understand this expression, I think we need to explain the word pulse. So, pulse is just another way to talk about your heartbeat, right? Pulse as a verb if we say something is pulsing, it means that it is beating regularly. And if your heart is operating normally, then it should beat regularly, right? It follows a rhythm, and it goes bump, bump, bump, bump, bump, bump. And if you put your hand or your finger over certain places on your body, like your wrist or your neck or over your heart on your chest, then you can feel your heartbeat, right? Well, that heartbeat is what we call the pulse. So, you know, if you go to the doctor’s office for a checkup, your doctor will often put their finger on the underside of your wrist to feel your pulse. So, that is an important thing to understand is that the word pulse means heartbeat, OK? So, **finger on the pulse**, well, we can use this to talk about actually checking somebody’s heartbeat but we also use it in a more metaphorical way, a more idiomatic way to talk about knowing all about the latest things. So, if you know a lot about the latest trends and the latest fashion styles, and what is popular and what is hot and

trendy these days, well, then you have your **finger on the pulse**. So, we use this expression to talk about anybody who's really knowledgeable, and up to date with current events, trends, fads, that kind of thing.

Kassy: Andrew, I could not have explained that better myself. I think the best way to understand this expression further is to take a listen to our first example conversation.

Andrew: Yeah, let's do it.

Coworker 1: Whoa, what is that thing?

Coworker 2: It's my new Bluetooth speaker.

Coworker 1: That's a speaker? It looks just like a **regular old** picture frame.

Coworker 2: I know, right? Isn't it cool? Well, I mean, it is a picture frame too, of course, but it has a Bluetooth speaker built right in.

Coworker 1: Dude, that's amazing. I didn't even know those kinds of speakers existed.

Coworker 2: Well, if you kept your **finger on the pulse** like me, then you would. Whenever I read about cool new gadgets like this online, I try to buy them right away.

Andrew: We just heard an example about a guy who has his **finger on the pulse**. This means that he is very knowledgeable about new technology trends and what's happening in the tech world. So much so that he researches new gadgets online and buys them right away before everyone else does. So actually, when his friend came over to visit his house, Kassy, she was amazed at this kind of Bluetooth speaker that was hanging on his wall just like a picture frame.

Kassy: Exactly. Yeah, if you are someone who has your **finger on the pulse**, it's really easy to **wow others** who are not as knowledgeable on those kinds of trendy topics.

Andrew: Yeah, unfortunately for me these days, I don't really have my **finger on the pulse** of anything, Kassy, not about new gadgets, not about video games, not about music, not about fashion. I kind of just follow the trends, maybe a little bit too late these days. I'm not at the forefront. How about you? Do you have your **finger on the pulse** of anything?

Kassy: I'm not sure if I ever had my **finger on the pulse** of anything, Andrew.

Andrew: Yeah, this is an expression that we really use to talk about people who are early adopters, right? They're jumping onto trends, following trends right away, way ahead of other people. And I've never really been one of those people, so I can't really say that I've ever had my **finger on the pulse**.

Kassy: But that's not a problem. Some people like to follow the more old school or traditional way of doing things. Both are good. Anyway, let's move on to our second example.

Andrew: Yeah, let's do it.

Coworker 1: So, it seems like Jenny was right.

Coworker 2: So, the rumour is true?

Coworker 1: Yeah, I just read the official announcement. So officially, our office is going to be moving to the central building downtown next year.

Coworker 2: That's amazing. That'll be great. I can't believe Jenny was right, though. I thought there was no way that rumour was true.

Coworker 1: I know. I wonder how she keeps her **finger on the pulse** like that.

Coworker 2: I think it's all the smoke breaks she takes. She's always getting to chat with the managers when she's out there.

Coworker 1: That's probably it.

Kassy: All right. In this example conversation, we hear about a coworker, Jenny, who has her **finger on the pulse**. She always hears the latest office gossip and news before anyone else. It turns out she gets all of her inside information as she takes her daily smoke breaks.

Andrew: This is not as common as it used to be, Kassy, but I remember one job that I used to have where I was always a little bit jealous of some of my coworkers who got some extra break time and got to mingle with the managers and the bosses when they were outside on their smoke break, and I didn't smoke, so I didn't get to go outside on those extra little breaks. I think that was the inspiration for this example, perhaps.

Kassy: I actually feel you there, Andrew. I used to go outside and hang out with them anyway, even though I didn't smoke.

Andrew: All right, good stuff. Well, let's move on to expression number two for this episode, which again, is an expression that we use to describe people who are early adopters of new technology or new trends or new fashions, people who are **ahead of the curve**. And that's the key expression, **ahead of the curve**. Kassy, could you break this one down for us? I know you're a math person, so you're the perfect person to have explain this expression to us.

Kassy: I don't know about that. Actually, rather than math, I think I would relate this to driving, actually. A curve is kind of a point in the road where the road bends, and it's hard to see what's coming beyond that point. So, if you are **ahead of the curve**, it means you're kind of slightly beyond that curve in the road. You can see the new stretch of road that others behind you cannot. So, if you are described as being **ahead of the curve**, it means that you have some knowledge or some skills that others do not yet have.

Andrew: Wow, that's a really interesting way to think of this expression, Kassy. I had never seen it from that perspective before but now that I've heard you explain it that way, that makes perfect sense. I always thought of the curve as being like the curve on a graph. So, you know, on a graph, where if you think of like a standard curve, it starts low, and then goes up on the graph and then goes down. I always thought of somebody who is **ahead of the curve** as already being on the peak of the curve, while maybe other people are still down at the bottom of the curve, and they haven't reached the top yet. So, they're ahead of everyone else. Guys, whatever way you want to break this expression down and visualize it in your head, that's OK, because both of them work really well. And honestly, they don't even really matter too much as long as you can remember that this expression **ahead of the curve** is used to describe people who are ahead of trends. So, they really are some of the first people to adopt any kind of new style or fashion or trend, anything like that.

Kassy: And as Andrew was saying, there's multiple interpretations of **ahead of the curve**. But there's also a slightly more negative context to this expression, which is behind the curve. And it's funny when I think of ahead of the curve, I really like my visualization of the driving on the road, but when I hear the expression behind the curve, I really do think of the graph that Andrew mentioned. And usually, you hear the expression behind the curve when talking about slow developmental learning. So, maybe if you aren't, you know, performing as well as your peers or if you're just a little bit behind schedule, in terms of everybody else's quota at work, you are behind the curve.

Andrew: Yeah, that's a great point. We often use it to describe students who maybe are a little bit behind compared to some of the other students in the class. Now another important detail that we should mention, Kassy, is that we can use this expression to describe businesses and organizations as well. So, a company may be **ahead of the curve**, you know, if they're like, really producing new products that are groundbreaking and innovative, and nobody else has made these kinds of products before, well, then that company would be **ahead of the curve**. And likewise, a company can be behind the curve as well, right? If a company is too slow to make new products, or adapt or evolve to a situation, well then, we could say that that company or that organization is behind the curve. So, that's an important point to make and just to add another detail on top of that is that we can also use **finger on the pulse** when talking about companies as well, right? So, a company can have their **finger on the pulse**. We could say something like Apple really has its **finger on the pulse** about what its customers want to buy, what kind of products its customers want to buy. So that's good to know. I think a good detail to know for all of our listeners.

Kassy: I agree.

Andrew: Well, with that being said, why don't we listen to the first conversation example with this expression, **ahead of the curve**?

Kassy: Let's do it.

Friend 1: So, I have just a little bit of money to invest. And I was hoping that you could give me some advice.

Friend 2: OK, well, I'm no guru, but I can do my best.

Friend 1: OK, so I want to buy some stock in a company that has a lot of growth potential, something that not many people know about, but has the possibility to really blow up.

Friend 2: So, you want to stay **ahead of the curve** is what I'm hearing.

Friend 1: Yeah, yeah, exactly.

Friend 2: Well, that's easier said than done. But I heard some interesting things about a company called ABCD. You should give them a google and see what you think.

Friend 1: ABCD? OK, cool, will do.

Andrew: So, we just heard an example where two friends are talking about stocks and investing. And one of the friends is asking for some stock tips. Stock tips are like when you ask somebody that you know for a recommendation about a stock. That's what we call a stock tip. Now, the friend replies by saying that she's no guru, she's no expert. She's not somebody that you should trust with financial advice, perhaps. But she gives some financial advice anyways, and she gives her friends a stock tip about a company called ABCD. And the reason why she suggests this company and this stock is because she thinks that if her friend buys the stock, he can stay **ahead of the curve**, meaning that he can buy and invest in this company, before it really blows up and becomes a much, much more valuable stock. So, if you buy a stock **ahead of the curve**, it really means that you buy the stock before the value increases a lot or before many other people buy it. I don't know too much about investing, Kassy, myself. I'm no guru, but I think that's a good thing, right? When you buy a stock low, and then it blows up, and you can sell it at a higher price, or if you buy it when it's not very popular and then later it becomes very popular, I know that much, that that's a good thing.

Kassy: It is true. But just like the girl in the example conversation said, it is not easy.

Andrew: It is not easy, yes. **Easier said than done.** Why don't we listen to the final conversation example for today's episode?

Kassy: Yes, let's.

Friend 1: Are you sure you want to wear that outfit tonight?

Friend 2: Yeah, why not?

Friend 1: Skinny jeans really, in 2022?

Friend 2: Yeah, why not? Are they out of style?

Friend 1: Way out of style. If you want to stay **ahead of the curve**, you should be wearing a wider fit.

Friend 2: OK, well, I guess I'll go change then.

Kassy: In this example, conversation, two friends are getting ready to go to a party. And one friend is a little judgmental of her friend's outfit. She says he is outdated. If he wants to stay **ahead of the curve**, if he wants to stay trendy, he's got to change his look.

Andrew: Yes, exactly. So again, here we hear this expression **ahead of the curve** to talk about being fashion forward, right? Not being out of style but being fashion forward and trendy and maybe even being like more advanced than almost everybody else. You're really on the cutting edge of fashion if you are **ahead of the curve**.

Kassy: Andrew, I'm sure you know a lot about that.

Andrew: About being on the cutting edge of fashion, being **ahead of the curve** on fashion?

Kassy: Yes.

Andrew: Kassy, no, definitely not. I am definitely not **ahead of the curve** when it comes to fashion and style. If anything, I would say I'm probably behind the curve, unfortunately.

Kassy: No prob.

Andrew: Well, guys, that brings us to the end of this episode. We hope you enjoyed this one. And of course, we also hope that you were able to learn a lot with us here today. And congrats on getting in your daily dose of English listening practice and vocabulary study. This is exactly what you need to do to improve your English fluency. So, keep up the good work.

Kassy: So, Andrew and I taught you two expressions today about people who are knowledgeable about current and future trends, fashion, news, etc. The first expression was **finger on the pulse** and the second expression, **ahead of the curve**. You can practice these expressions by making some example sentences and leaving them on our discussion forum or comments section on our website, Culips.com.

Andrew: This episode was made possible thanks to all of our wonderful Culips members. If you enjoy Culips and find it useful for helping you build your English skills, we'd love it if you could support us by leaving us a five-star rating and a positive review on your favourite podcast app, following us on Instagram or YouTube, or telling your friends who are learning English to check us out.

Kassy: We'll be back with another brand-new episode soon and we'll talk to you then. Bye, everyone.

Andrew: See you next time. Bye.

Detailed Explanations

Heartfelt Adjective

Heartfelt means sincere, earnest, and deeply felt. In this episode, Kassy thanks Cristiano for his comment, saying it was so **heartfelt**. Kassy felt that Cristiano's comment was very sincere, and that it relayed his deep feelings.

Heartfelt is often used to describe a feeling or a wish. For example, if someone gives you their **heartfelt** thanks, it means their gratitude is strong and sincere. If someone has a **heartfelt** wish, it means their wish is earnest and they want it very much.

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

Rachel: Did you enjoy the gala on the weekend?

Alice: I did! It was so fancy. Your dress was beautiful, by the way. It shimmered when you were giving your acceptance speech.

Rachel: Thanks! I was so nervous. I hope my speech sounded good.

Alice: It was more than good! It was totally **heartfelt** and made me and everyone at my table very emotional. I'm so glad I could be there to see you win!

Patty: I have no idea what to write in this sympathy card. Have you signed it?

Jaime: Not yet. I'll sign it once you're done, though.

Patty: What are you going to write?

Jaime: My **heartfelt** sympathy to you and your family.

Patty: Oh, that's good. Guess it'd be rude of me to write the same thing now.

Jaime: Just change it a bit. What about writing "Sending you and your family my **heartfelt** condolences"?

Patty: Yes, perfect. Thanks so much! Here, now you can sign it.

Finger on the pulse

Idiom

Finger on the pulse means to be up-to-date with current events, trends, fads, and news. People with their **finger on the pulse** are familiar with all changes and improvements to an industry or topic. You can use the verbs have, keep, and put before this idiom. Someone has, keeps, or puts their **finger on the pulse**.

As Andrew mentions in this episode, pulse in this idiom is a metaphor for knowing about the latest news. He says that if you know a lot about the latest trends or fashion styles, then you have your **finger on the pulse**."

Here are a couple more examples with **finger on the pulse**:

Victoria: What advice do you have for aspiring fashion designers and those who want to make their mark in the industry?

Jingyi: If you want to have your **finger on the pulse** in this industry, you need to read the right magazines and stay on top of the latest trends. If you don't, you might design something that has already been done or is unique to an existing brand, which most fashion brands don't want.

Victoria: That's great advice, thank you!

Jingyi: You're welcome. I always like to encourage aspiring designers.

Lalita: Hi there! Welcome to the team. We're excited to have you working with us.

Muhammad: Thanks! I'm excited to be here. I've heard this is a really fast-paced company and I'm hoping to be able to keep up with everyone soon.

Lalita: Yes, it's true. The situation changes daily around here, so you need to keep your **finger on the pulse**. Read every email, pay attention to project updates, and make sure you're checking the team's task list. That kind of stuff.

Muhammad: Got it! I can definitely do that.

Lalita: Great! OK, so follow me. I'm going to introduce you to some of the others.

Regular old Adjective

Regular old means ordinary or boring. **Regular old** things are as usual, normal, uninteresting, and not special. You can also say plain old. In the first example dialogue in this episode, one coworker says the other's Bluetooth speaker looks just like a **regular old** picture frame. She means that the speaker looks like a normal speaker and that there is nothing special about it.

There's no comma in **regular old**, even though it's two words. Adding a comma between regular and old would change the meaning. For example, a **regular old** T-shirt is a boring, ordinary T-shirt. A regular, old T-shirt is a regular T-shirt that is also old.

Here are a couple more examples with **regular old**:

Suk-Ja: Wow, this hamburger is amazing! I think my family would love it. Can I get the recipe?

Penelope: Sure, though I have to admit, the recipe is nothing special. It uses **regular old** minced meat and some onion powder. I think it's the onion powder that gives it some extra punch.

Suk-Ja: I think so, too. My hamburgers never turn out this good. I'll give it a try this weekend.

Penelope: Cool. Tell me later how it went.

Jeremy: So you're an airline pilot? That must be exciting.

Khadija: Sure. I get to see a lot of different places. Well, a lot of different airports. What about you? What do you do?

Jeremy: Me? I'm just a **plain old** office worker in a shipping company. I work in accounts. I mostly just enter information and make sure people pay their invoices on time. That kind of stuff.

Khadija: Well, that must be nice, too. It probably takes a lot of organization to keep track of everything, and you get to go home at the end of every day.

Jeremy: That's true. I never thought of it that way.

To wow [someone]

Verb

In this episode, Kassy mentions how easy it is **to wow others** who are not as knowledgeable on certain kinds of trendy topics. **To wow [someone]** means to really impress or thrill them. If you do something really surprising or spectacular, and people are impressed, you've **wowed them**. People will often say the word wow in their reaction.

There are lots of ways **to wow [someone]**. You could play an instrument very well, get a perfect score on a test, or do something that is difficult for others to do. It is also common **to wow groups of people**. You will want **to wow the judges** at a dance competition or **to wow the review committee** at your company.

Here are a couple more examples with **to wow [someone]**:

Yume: Thanks so much for coming to the performance. I put the flowers you gave me on my kitchen table, and they look so great.

Paula: It was my pleasure, really. You're amazing. You **wowed everyone**, even the other musicians, with your brilliant trumpet solo.

Yume: Aw, really? You think so? I was so nervous I thought for sure everyone would notice when I missed a few notes.

Paula: No one noticed, I can promise you that.

Ken: Did you see the new Batman movie yet? I saw it this weekend, and it was so good.

Ronnie: Yeah, I saw it when it came out. I'm not a fan.

Ken: Really? I thought for sure you'd really like this one.

Ronnie: I know the movie is really popular, but it didn't **wow** me. It was kinda just the same story we've seen in all the other recent movies, only with more detective work instead of action.

Ken: Huh. Yeah, I guess I can understand that.

Ahead of the curve

Idiom

Ahead of the curve means to adopt a new technology, trend, or fashion before anyone else. It can also mean to be smarter than your peers. People who are **ahead of the curve** tend to be among the first to change to a new idea or way of doing something. That new idea or way then becomes popular with everyone later on.

Behind the curve is the opposite of **ahead of the curve**. In business, you're behind the curve when you're late to change to new technologies, trends, or fashion. In school, it can mean to get lower grades or to develop slower than everyone else.

Here are a couple more examples with **ahead of the curve**:

Howard: I can't believe we're graduating next month. I still haven't decided which school I'm going to go to in the fall. Have you picked yours yet? You got accepted to a lot of them, right?

Oliver: Yeah, I've decided to go to MIT. It's always been **ahead of the curve** when it comes to technology, so it's my best chance to get into the field.

Howard: Man, I'm jealous. I could never get accepted to MIT.

Oliver: Well, you want to be an English Literature major, right? That's not exactly what MIT specializes in, so you're good.

Howard: That's true.

Julia: Did you get a chance to speak with Yasin about the latest project?

Katsurou: I did. We had a meeting this morning. I just wanted to check though, are we supposed to change a lot with this product or is it more just small improvements the client is looking for?

Julia: Oh. Is Yasin making big proposals? His ideas are so innovative. He is way **ahead of the curve**, a bit too far ahead. Our clients usually can't keep up with the suggestions he makes. I would suggest that you use the ideas that fit well with this project. Then keep a list of the ones we might be able to use later on.

Katsurou: All right. I can do that. We'll have our report to you next week.

Easier said than done

Idiom

Easier said than done means that it is easier to talk about doing something than it is to actually do it. This is often said in reaction or response to someone offering an idea or solution to a difficult problem. It emphasizes that although an idea sounds good in theory, it's actually quite difficult to do it.

In this episode, one of the example conversations features two people talking about stocks. One of the friends wants to buy stocks that will increase in value but doing this is **easier said than done**. That's because the stock market is often very complicated for people who don't know a lot about it, and the stock market is notoriously difficult to predict.

Here are a couple more examples with **easier said than done**:

Ji-Woo: Have you asked Suzie out yet? You said you were going to two weeks ago.

David: I know. I know. But it turns out its way **easier said than done**. Every time I think it's the right moment to ask, I get all nervous and can't speak.

Ji-Woo: Why don't you just text her if asking her in person is too much?

David: That never occurred to me. I'll text her right now. Oh, she's responding... She said yes!

Christine: I can't believe I agree to go camping with my boyfriend and his friends this weekend. I don't even like camping.

Pakpao: Why not? It's so fun. You can roast marshmallows and look at the stars.

Christine: Sure, that's great and all, but you also get eaten by bugs, wake up stiff and cold from sleeping on the ground. And then there's always sand and dirt everywhere. It is not my favourite thing to do.

Pakpao: Yeah, avoiding bug bites is definitely **easier said than done**. But for the rest, I use a camping air mattress in my tent and spread a tarp underneath as a big no-dirt zone. Maybe try that and you might enjoy your trip?

Christine: Hmm, okay. I'm willing to try it. But if I come back dirty, stiff, and itchy, I'm not going to be pleasant to be around on Monday.

Quiz

1. What does to wow someone mean?

- a) to impress them
- b) to impersonate them
- c) to improve them
- d) to implicate them

2. Which of the following means to adopt a new trend before anyone else?

- a) behind the curve
- b) ahead of the curve
- c) beside the curve
- d) around the curve

3. If something is easier said than done, that means it is _____.

- a) easy to do while talking about it
- b) easy to forget about
- c) easy to talk about doing but hard to actually do
- d) hard to talk about doing but easy to do

4. Which of the following means sincere, earnest, and full of feeling?

- a) heartfelt
- b) heartfluff
- c) heartfeeling
- d) heartfelt

5. When someone has their finger on the pulse of a trend, that means they are _____.

- a) up-to-date on current trends
- b) unaware of current trends
- c) currently learning about the trends
- d) checking their heart rate

Writing and Discussion Questions

1. Describe a time when you gave or received a heartfelt response.
2. Are you the type of person who is ahead of the curve and has a finger on the pulse for a specific trend or topic? Explain why or why not.
3. Describe something a favourite possession of ours but that you consider to be just a regular old thing.
4. What is something you consider easier said than done? Why?
5. Describe a time you wowed someone.

Quiz Answers

1. a 2. b 3. c 4. d 5. a

Episode credits

Hosts: Andrew Bates and Kassy White

Music: *Something Elated* by Broke For Free

Episode preparation/research: Andrew Bates

Audio editor: Kevin Moorehouse

Transcriptionist: Heather Bates

Study guide writer: Lisa Hoekstra

English editor: Matty Warnock

Business manager: Tsuyoshi Kaneshima

Image: Mufid Majnun (Unsplash.com)