

## Chatterbox #101 – What's your personality?

### Informal Contractions in this Episode

Informal contractions are unofficial short forms of other words, and they're usually only used in casual conversation. For example, when a native English speaker talks casually, they might say *gonna* instead of *going to*, or *whaddya* instead of *what do you*. Even though informal contractions are usually only used in spoken English, we include them in the Culips written transcripts to help you get used to how they're used and what they sound like.

These are the informal contractions used in today's episode, along with their meanings:

- **'cause**: because
- **gonna**: going to
- **wanna**: want to

### Transcript

Harp: Hello everyone. This is Harp.

Maura: And Maura.

Harp: And we're here at Culips English Learning Podcast, bringing you another great episode.

Maura: That's right. And if you haven't been to our website lately, why don't you go visit? It's Culips.com: C-U-L-I-P-S.com. Because it's only on our website where you can become a member. And when you become a member, you have access to our Learning Materials. And Harp, what's in our Learning Materials?

Harp: Well, in the Learning Materials, for each episode, you get a complete transcript, detailed explanations, and even a quiz. And really, they're really useful and will help you learn English even more.

Maura: That's right. If there's something that you didn't understand when listening, who knows, it might just be in our Learning Materials.

Harp: And if you're on Facebook, come on over and say hi. And if you have a question, you can leave us a question there.

Maura: Now, today we are going to do a Chatterbox episode, and that is where Harp and I just get to chat about some topic of interest, where we also share some cultural information and expressions.

- Harp: Yeah. Today we're doing an interesting Chatterbox. Well, they're all interesting, but this one's different.
- Maura: That's right. This time we're going to talk about personalities, so, how we can describe people and the way that they act and behave.
- Harp: Yes. We're gonna start with talking about personality types and the different ones.
- Maura: And then we're going to talk about a way that you can interpret personality types, which is through **astrology** and **horoscopes**.
- Harp: And then we're going to talk about acting like yourself, and your personality.
- Maura: Right. We're gonna talk about our own personalities, too. If you've been listening to a while, you might already have a sense of my personality, and Harp's personality, too.
- Harp: Yeah. You probably do. All right, let's get started, Maura.
- Maura: All right. So first we're gonna talk about personality types. Now, there are really just two basic personality types: introverted and extroverted.
- Harp: Yeah. Introverted and extroverted.
- Maura: They're usually treated like opposites. *Introverted* describes a kind of person who is more focused on their own thoughts and feelings, and is not as interested in talking and socializing with other people. So introverted people are usually quiet people, thinking people.
- Harp: Yeah. And an extroverted person is usually more confident and lively. They like social situations. They like talking a lot.
- Maura: Right. And if you think about the words, *introverted*, *intro-*, is like looking inside of the person, so a person who is introverted is inside themselves. And *extroverted*, *extro-*, is like outside, so an extroverted person likes expressing themselves and communicating with people.
- Harp: Yeah. And, like you said, they're usually talked about in terms of opposites. Someone is usually either introverted or extroverted, but sometimes it depends on the social setting.
- Maura: Yeah. That's true. It's not always so **cut and dried**. So someone who is introverted might be seen as socially awkward because they don't talk to other people and they're not really friendly people.

- Harp: Yeah. They're shy. They're usually in the corners at parties. They're not the life of the party at all.
- Maura: Yeah. That's right. They're often soft-spoken, which means that they don't speak loudly when they do talk. They're the kind of person who doesn't feel comfortable being loud and drawing attention to themselves.
- Harp: Yeah. Again, if you think about a party, they're usually the **wallflower**, which means they always hang out in the corner, or in the back, or on the side. They're not in the middle, in the centre of attention.
- Maura: Harp, have you seen that movie that came out recently called ***The Perks of Being a Wallflower***?
- Harp: I haven't seen it, but it looks really good.
- Maura: Yeah. I saw it just a few months ago and it was really good. This movie, I'll say the title again, ***The Perks of Being a Wallflower***, is about a person who is very introverted, so, who is **a wallflower**. He's very quiet, he doesn't have very many friends, he's very intellectual. But in this movie, he makes some friends and learns to be more social.
- Harp: It seems like a really nice movie. I'm gonna watch it soon.
- Maura: Yeah. You should. It's actually a book as well.
- Harp: If we talk about extroverted people, they're very outgoing. They're usually telling jokes or stories, and people are listening to them. They really like being the centre of attention. They like other people's attention to be on them.
- Maura: Yeah. These kinds of people are the life of the party. They're friendly. They don't feel shy about **striking up conversation** with a complete stranger.
- Harp: Sometimes they can **come off as** a little bit of a show-off, 'cause they always want to talk about themselves and their stories.
- Maura: Yeah. There are really pros and cons to both of these personality types. If you're extroverted, you're very friendly, but you can also seem, maybe, loud-mouthed or arrogant. And introverted people are thought to be more intellectual, but you could also seem, maybe, rude because you're quiet all the time, or people might think you're **a hermit** because you stay in and don't go out very much.
- Harp: Yeah. And oftentimes, with introverted people, you might think they're cold because they don't show their feelings as much.

- Maura: Yeah. That's true. But I think you really **hit the nail on the head** earlier, Harp, when you said that some people can be introverted and extroverted in different situations. It's not so fixed to say that one person is always introverted and one person is always extroverted.
- Harp: Yeah. Most of the time, it's situational. But there are definitely those people who are really introverted, they're really shy, or they're extremely extroverted in all situations.
- Maura: Yeah. That's true. You know, when I was thinking about this episode, I decided to do a little bit of research online and there's a really famous personality test that most people have heard about, called **the Myers-Briggs test**. And this is a test that tries to describe and explain personality. So, a person can take this test and then get some results and insight into the kind of person they are.
- Harp: I remember studying this in school, but I don't remember if I ever took the test.
- Maura: Well, it's funny because online I also found that **technically**, the test is only valid if it's performed on you by a professional, although on the Internet, there are tons of fun personality tests that give you feedback and give you some description about the kind of person you might be.
- Harp: That's fun. Did you take it?
- Maura: I did do a test that I found online, and I'll post that on Facebook, if any of our listeners are interested in doing the test too. And I found out that between being introverted and extroverted, I'm very balanced. It said that I have a very small tendency to be more extroverted, but that I'm very balanced.
- Harp: Seems right to me.
- Maura: Yeah. So, it was a fun test to take and it's fun to think about what your answers might be.
- Harp: I might take it as well.
- Maura: Yeah. Do it. OK, now, let's talk about another way to help analyze and understand people and their personalities.
- Harp: And I just wanna say thank you to Tati, our Culips listener, who suggested that we talk about **zodiac signs**.
- Maura: Yeah. So, pretty popular in North America are **horoscopes**. You'll see them in almost every newspaper, in many magazines, and you'll find tons of websites devoted to giving you your **horoscope**.

- Harp: Now, I don't really check my **horoscope** a lot but I know a lot of people in Canada check their **horoscopes**.
- Maura: Yeah. They're fun. Some people check just for fun, and some people never check, and there are even some people who know a lot about **horoscopes** and their **astrological signs**.
- Harp: Yeah. Some people know a lot. It's a bit scary how much they know.
- Maura: So, your **horoscope** is a prediction for your future based on your **astrological sign**. Your **astrological sign** is a special name, which tells about your personality. And these don't go by month. They go by a certain day to another day. So what I mean is, for example, I'm a Scorpio. And if you're a Scorpio, that means that you were born between October 24<sup>th</sup> and November 22<sup>nd</sup>. And there are all kinds of these funny names for signs all throughout the calendar year. So on November 23<sup>rd</sup>, the next **astrological sign** starts after Scorpio, which is Sagittarius, and that sign also lasts for about another month.
- Harp: Yeah. Like you're a Scorpio, I'm a Libra. And Libras are people born between September 24<sup>th</sup> and October 23<sup>rd</sup>.
- Maura: Right. Along with each **astrological sign**, you also have certain personality traits that are supposed to describe anyone born in that time.
- Harp: Yeah. And so people born under certain signs have certain personality traits.
- Maura: Right. So why don't you tell us a bit about the personality traits of being a Libra?
- Harp: OK. So, I was looking online, 'cause I don't know a lot about **horoscopes**, and I don't know a lot about my sign, but I'm a Libra and apparently we're charming people. We're sociable, laid-back, and diplomatic.
- Maura: I would say that sounds like you. But sometimes, you know, **horoscopes** can sound like just about anybody.
- Harp: That's true, it could be, really, anyone. But it also gives some negative traits.
- Maura: Oh, what are those?
- Harp: Libra's are also indecisive, and sometimes shallow.
- Maura: Oh no. That's not good. Do you think that's true? Are you indecisive sometimes, Harp?
- Harp: I can actually be indecisive sometimes, so maybe it's true.

- Maura: Hmm. It sounds like you're indecisive about whether or not you're decisive. Me too, though. I can be indecisive, and I'm not a Libra.
- Harp: This is what I mean. It could be for anyone.
- Maura: Well, for a Scorpio, they're usually described as passionate and emotional, and also loyal. Some negative qualities are that Scorpions can be jealous or manipulative.
- Harp: Well, I agree with the positive traits of Scorpio, but I don't know, I don't think you're a jealous person. Are you manipulative?
- Maura: You know, I think I am sometimes.
- Harp: Oh.
- Maura: And I know it's bad, I don't really mean to be. Anyway, so you know, another kind of way that people find out about personalities—but not really in Canada—is by **blood type**.
- Harp: Yes. And this is really interesting to me, and I had never heard of it before I started doing research for this episode.
- Maura: Yeah. I remember hearing about it when I was in Japan. And someone asked me, "Maura, what's your **blood type**"? I didn't know, and they were really shocked that I didn't know my blood type.
- Harp: That's funny, because I don't know my **blood type** either.
- Maura: Right. So **it just goes to show** how it's not very important in Canada or the US. It's not something that we normally use to talk about personalities.
- Harp: Nope, definitely. But again, with doing some research for this episode, I tried to look up some personality traits for the different **blood types**. And to me, I think it's a little bit like **horoscopes**; it can fit any type.
- Maura: So for example, type A is supposed to be a sensitive person and a good listener. Someone who has type B blood is supposed to be easy-going and flexible.
- Harp: Yeah. And a type O is organized and decisive.
- Maura: And we also see that type AB is a charming and popular person.
- Harp: Really, I think most people could be a little bit of each.
- Maura: I agree. Then there's also Chinese **astrology**, and that's a whole other way to judge personality types, with your birth year.

- Harp: Yeah. And in India, it's complex as well, because it's on the day you're born that they check **horoscopes**. It's very complicated and I don't know much about it.
- Maura: Imagine if you used all of these and you found out your personality for your **astrological sign**, and your Chinese **astrological sign**, and your **blood type**, and you put all this together. Maybe you would have a really accurate description of your personality.
- Harp: That would be interesting.
- Maura: Now let's move on to the last part of this episode that we're going to call acting like yourself, which is funny, because don't we always act like ourselves? Because I'm me and you're you, right?
- Harp: That's true. But is your personality some defined thing or can it change over time?
- Maura: That's a really good question. When you see a little kid playing who's **like** three or four years old, and maybe they have a really outgoing personality, is that child going to be extroverted for their whole life or will their personality change? What do you think, Harp?
- Harp: I think it changes, but you know, I just thought, I should ask my parents how I was when I was a kid. I don't know.
- Maura: I think that it definitely can change, but with personalities, **it's not an exact science**. Some people probably change, in fact, I know some people who do, but there're also some people who really remain the same and they act the same today as when you knew them as a kid.
- Harp: Yeah. I guess it depends because, like we said before, it's often situational. Someone can be extroverted in one situation and introverted in another.
- Maura: So from what you remember of yourself as a child, and when you were a teenager, Harp, do you think your personality has changed?
- Harp: I think so. I used to be really shy and sometimes I'm shy now, but really, I'm more extroverted then I ever was before.
- Maura: So, how come you **came out of your shell**? Is there a reason why you became a bit more extroverted?



- Harp: Umm, I think it was because of my sister. She was very extroverted and she still is very extroverted. She's always the centre of attention, she's always telling these really funny stories. So growing up, she was the extroverted one. She would tell the stories and I was kind of shy. But when I grew up, I went to a different university and I kind of **came out of my shell**.
- Maura: That makes sense, actually. I don't find that I've changed that much, but my change has been the opposite of yours.
- Harp: Oh. You used to be more extroverted?
- Maura: Yeah. When I was a kid, I was very outgoing, very friendly, very talkative, and I had a lot of energy. My family has home videos, and when I watch myself on video, at about the age of 10, I'm crazy sometimes.
- Harp: I would love to see one of those home videos.
- Maura: They're pretty funny. So, I think as I got older, I mellowed out a little bit. I consider myself still very friendly, but I also like my quiet time and just relaxing as well.
- Harp: Oh, that's interesting.
- Maura: You know, talking about this makes me think of one of my favourite film series ever.
- Harp: Oh. What is it?
- Maura: Well, it's a series of documentaries called *The Up Series*, and it's documentaries that were made in England. The first documentary was filmed in 1964 and the concept was: they found children from a variety of social backgrounds and the kids were all seven years old. And they asked them questions about their life, about what they wanted to be when they grew up, and so that's the first episode. And then, they meet the same people seven years later, when they're 14 years old, and they ask them the same questions about their life and what's going on. And then, they do another one, seven years later, and another one seven years later. And actually, just recently, the latest one came out. And I think they're something **like** 56 years old now.
- Harp: Wow. That's so interesting.
- Maura: Yeah. And the idea was: if you meet a child at seven years old, will it forecast or predict their future life?
- Harp: And? What were the results?



- Maura: In some cases, what you would think would happen did happen, but in other cases, there were surprises too.
- Harp: That sounds super-interesting and I'm definitely going to watch it.
- Maura: Yeah. When I started watching it a few years ago, I got really obsessed.
- Harp: OK. So should we do a quick recap?
- Maura: All right. Today we talked about personalities. And we started by talking about personality types and the two basic ones: introverted and extroverted.
- Harp: And then we talked about **astrology** and how it determines personality types.
- Maura: Yeah. We also mentioned a little bit about **blood types**, even though we don't usually talk about that in Canada.
- Harp: And we finished with talking about acting like yourself and whether your personality changes.
- Maura: That's right. So, we hope you enjoyed this episode and maybe also got you thinking about your own personality type and whether or not you're introverted or extroverted.
- Harp: We would love to hear if you are one or the other or a little bit of both.
- Maura: And don't forget to go to our website, Culips.com, that's C-U-L-I-P-S.com, and find out how to become a member. We will talk to you again soon. Bye!
- Harp: Bye everyone.

## Detailed Explanation

### Cut and dried

**Cut and dried** means simple and straightforward. The origin of this phrase is unclear, but it is assumed that it comes from cooking methods used a long time ago. Food was prepared (cut up) and then dried to preserve it. So, cutting and drying food was a way to organize and prepare food. Nowadays, when something is said to be **cut and dried**, it means that it is organized and prepared, much like the food in the olden days.

In this episode, Maura and Harp talk about how people's personalities aren't always **cut and dried**, because sometimes people can be a little of one thing and also a little of another thing. For example, someone could be a little bit of an extrovert, but maybe in other situations they are an introvert. What Harp and Maura are saying is that the definitions of personalities are not always straightforward and simple.

Here's another example with **cut and dried**:

Tati: How is the redecorating going? You painted this weekend, right?

Soumaya: Well, I was supposed to. But it turns out that it's not that **cut and dried**.

Tati: You can't just paint? Why not?

Soumaya: Well, we have to clear the colour choice with the landlord first, and then we have to rip the old wallpaper off.

Tati: Oh, wow. That does sound a bit complicated.

### The Perks of Being a Wallflower

**The Perks of Being a Wallflower** is a movie made in 2012 that deals with the subject of an introverted personality type. **A wallflower** is an idiom for an introverted person. It can also describe someone who is very shy. The idiom **wallflower** to describe an introvert comes from the image of people at dances standing close to the wall, not taking part in the socializing. The flower part of the expression comes from the fact that this expression used to refer to women only, and shy women were associated with flowers because they were quiet and pretty, like a flower.

In this episode, Maura talks about **The Perks of Being a Wallflower** when she describes an introvert, because **a wallflower** is another term for an introvert.

### To strike up a conversation

**To strike up a conversation** means to spontaneously or suddenly start a conversation. This expression comes from the idea of striking a match, which means to light a match by quickly dragging it across a rough surface. Striking a match is a sudden and quick motion, much like **striking up a conversation**. This phrase is usually used when someone starts talking to a stranger or someone they've never talked to before.

In this episode, the expression **to strike up a conversation** is used when describing an extrovert, because **striking up a conversation** is something that only sociable and outgoing people usually do.

Here's another example with **to strike up a conversation**:

Joel: Did you have fun at the dance last night?

Auriele: It was OK. There was a guy there who I really wanted to ask to dance, but I couldn't find the courage to ask him.

Joel: Oh, that's too bad.

Auriele: Yeah. I even tried **to strike up a conversation** with him at the end of the night, but I spilled my drink all over myself and had to run to the washroom!

Joel: Oh no! That sounds so embarrassing!

### To come off as something

To come off of something means to be transferred or impressed onto another thing, or to fall off. For example, dirt can come off of a shirt when you wash it, or wet paint can come off of a wall if you lean up against it.

But **to come off as something** is a little different. When a person **comes off as something**, it means that they appear to be that way. For example, a person who **comes off as** intelligent seems to be really smart. They may or may not actually be smart, but they appear to be.

In this episode, Maura and Harp use this expression when describing how someone can appear to other people; the impression that someone makes on another person. This is actually not that different from the meaning of to come off of something, because both expressions imply that there is an impression being transferred from one thing to another that causes a reaction in some way.

Here's another example with **to come off as something**:

Ra: Have you met the new guy? He works in the information technology department.

Gabriela: No, I haven't. Is he nice?

Ra: Yeah. At first he **comes off as** a little shy, but once you get to know him he really opens up. He's actually quite friendly.

Gabriela: Cool. I'll have to go over and say hello.

### A hermit

**A hermit** is someone who stays away from other people and likes to be alone most of the time. The word **hermit** probably comes from the Latin word for desolation or isolation.

**Hermits** are typically very introverted.

There is also a sea animal called a hermit crab, which is a fun way to remember what a **hermit** is. Hermit crabs carry a hollow seashell around on their backs, which they can hide in whenever they want. In this sense, hermit crabs almost never actually leave their house, since they carry it around with them everywhere. People who are **hermits** do not like to socialize and prefer to stay home a lot too, just like a hermit crab.

People often use this expression as an exaggeration to emphasize that somebody is not being very sociable.

Here's an example with **a hermit** used in this way:

Angela: Do you wanna see that new movie tonight?

Samira: Not tonight. Can we do it next week?

Angela: You said that last week, but you stayed home every night! You're turning into a **hermit**.

Samira: I know, but with my new puppy, it's hard to get away from the house. I have to make sure there's someone to look after him first.

#### To hit the nail on the head

**To hit the nail on the head** means to be really accurate about something. This expression is usually used in response to someone describing or defining something so clearly and so accurately that it makes it seem very simple and easy to understand. In this episode, Maura uses this expression to tell Harp that she was very precise when she said that people can have elements of both an introvert and an extrovert.

The exact origin of the phrase is unclear, but the first evidence of it being used dates back all the way to the 1400s! If you've ever hit a nail with a hammer, you know that it takes a lot of precision and accuracy to hit such a small target. So when you define a big idea in a very simple way, it's like using a heavy hammer to hit a small nail. **Hitting the nail on the head** means getting right to the point in a very clear way.

Here's another example with **to hit the nail on the head**:

Greta: Where do you want to go for dinner? How about that Mexican place again?

Anna: I don't know. I'm not sure I liked it the last time.

Greta: Yeah, I can understand that. The food is really good, but they use a certain spice in most of their dishes that I'm not sure I like.

Anna: Yes, that's it! You've **hit the nail on the head**. It's a bitter spice that I've never tasted before.

Greta: Yeah, let's try someplace else tonight.

### The Myers-Briggs personality test

**The Myers-Briggs personality test** is a questionnaire created by psychologists that assesses the way you perceive and react to things in the world, and describes how you might make decisions based on these perceptions. As Maura and Harp discuss in this episode, **the Myers-Briggs personality test** can show whether you are an extrovert or an introvert, and whether you react to things more logically or more emotionally. The questionnaire is meant to be used as a tool to help you understand what motivates you. It may help people to decide what kind of job they'd like or what they may want in a friendship or relationship.

As Maura and Harp mention in this episode, **the Myers-Briggs test** is available online and we will provide a link on our Facebook page. Although it would require the assistance of a psychologist to help figure out exactly what your test score means, it is interesting to see how you score on the test. It might even help you practice some words that have to do with personality!

### Technically

**Technically** means actually or in fact. This expression is usually used when you are about to specify or define something more precisely. **Technically** means according to the exact definition of something, or strictly speaking. For example, a tomato is **technically** a fruit, even though it is usually thought of as a vegetable.

In this episode, Maura says that **technically**, the Myers-Briggs test is only accurate if performed by a professional. What Maura means is that in actuality, or according to the facts, the Myers-Briggs test should be performed by a professional, but you can take the test online if you want to.

Here's another example with **technically**:

Aya: How's your paper going? What is it about again?

Makiko: We're supposed to write about our favourite kind of insect. I'm writing about spiders.

Aya: Well, **technically**, spiders are arachnids, not insects.

Makiko: Oh, no! You're right. I better make sure the teacher is OK with my topic before I do any more work.

### Zodiac signs, astrology, and horoscopes

In North America, it is popular to predict your personality and your future by looking at your **horoscope**, although these predictions usually aren't taken very seriously.

**A horoscope** is a sort of prediction based on your **zodiac sign**. Your **zodiac sign** is loosely based on the positions of 12 common star constellations and where they were when you were born. Depending on the position of these constellations in relation to the planets and the sun on the day you were born, you could be any one of the 12 **zodiac signs**. There are people called **astrologists** who predict your personality and your future based on these signs. These forecasts and predictions are called **horoscopes**. You can

read your daily **horoscope** in many newspapers, and most bookstores have entire sections devoted to books on specific **horoscopes**. It is a very big industry in the western world, although many people do not believe in these types of predictions.

Here's an example with the terms **zodiac sign**, **astrology**, and **horoscope**:

Omar: Did you read your **horoscope** today?

Bahar: No, I'm not really into **astrology**. I don't even know what my **zodiac sign** is!

Omar: When were you born?

Bahar: August 27<sup>th</sup>.

Omar: Then you're a Virgo.

Bahar: Interesting!

### Blood type

**Blood type** is a scientific classification of a person's blood based on the makeup of their red blood cells. Sometimes blood types are called blood groups. There are 23 **blood types** in total, and all of them fall within four main groupings: A type, B type, AB type, and O type. The O **blood type** is the most common, and it is also very beneficial if you donate blood, because blood that's type O can be transfused to a person with any other **blood type**. The rest of the **blood types** are only compatible with their own or one other **blood type**.

In this episode, Maura and Harp talk about how some people predict or forecast people's personalities based on their **blood type**, the same way that some people make predictions based on zodiac sign. In fact, in 2011, the Japanese Reconstruction Minister resigned from office, saying that his **blood type** made him unsuitable for the job. **Blood type** as a predictor of temperament is taken very seriously in some countries, like Japan and Korea.

### It goes to show

**It goes to show** means it's evidence that, it proves, or it demonstrates. This is an expression used after giving an example of something, implying that the example you used proves your point. For example, in the above explanation of blood types, we discuss the importance of blood types in Japan, using the example of the Japanese Reconstruction Minister. That example **goes to show** how important blood types are in Japan.

This expression is also commonly used to explain how random and coincidental things can be. After explaining something surprising or unexpected, a person could say, "**It goes to show** you never can tell." This means that their example proves that you can never really predict what is going to happen.

Here's another example with **it goes to show**:

Sandy: Hey, what happened to that new student? I haven't seen him lately.

Lalo: You didn't hear? He switched schools.

Sandy: What? Why? He seemed to like it here and he was making new friends.

Lalo: Actually, he was sort of mean. People were complaining that he was a bully, so the principal asked him to switch schools.

Sandy: Wow. I guess **it goes to show** that you can never tell what somebody is really like until you spend some time with them.

### Like

In this episode, Maura says, "When you see a little kid playing who's **like** three or four years old..." You may have noticed that in the English language, the word **like** is used very commonly to mean sort of, approximately, as if, or similar to. The way Maura uses it, it means approximately. What Maura is saying is that the kid is approximately three or four years old.

Sometimes, people also use the word **like** when they pause in a sentence, instead of sounds like *umm* or *uh*. In this case, **like** doesn't mean approximately. It's just a natural part of speech, inserted when there is a pause or inserted for emphasis.

Here's an example with **like** used to mean approximately, and then used casually as a pause in conversation:

Giorgio: How's your pasta?

Stefano: It's good. It's such a big serving though! This is enough to feed **like** three or four people!

Giorgio: Yeah, they do give big servings here. But I really like this place. It's comfortable and, **like**, Italian food is my favourite.

### It's not an exact science

**It's not an exact science** means it's not very precise, but it works. This expression is commonly used when there are no set guidelines for something, or when something does not produce very accurate results. In this episode, Maura uses this expression to discuss personality profiles. What Maura is saying is that profiling or categorizing people into specific personality groups is not very accurate, because some people are a bit like several different personality groups.

Here's another example with **it's not an exact science**:

Nikolay: I've never made lemonade from scratch before. This is going to be fun!

Satsoshi: It's super-easy, too.

Nikolay: OK, so how much sugar do I add?

Satsoshi: Well, **it's not an exact science**. I suggest starting with half a cup and adding more if it still tastes too sour.



To come out of your shell

***To come out of your shell*** means to become sociable or extroverted when in the past you've been quiet or shy. This phrase comes from the idea of animals like turtles or hermit crabs that disappear into their shells when frightened. When a turtle is scared, it pulls its head and legs into its shell for protection, but when it feels comfortable and safe, it comes out of its shell and can socialize with other turtles.

In this episode, Harp uses this expression to talk about how she became more extroverted when she left home and went to university.

Here's another example with ***to come out of your shell***:

Violet: How is Timmy doing at preschool?

Kevin: He's doing really well!

Violet: I remember you saying that you were a bit worried because he's so shy.

Kevin: I was worried, until I talked to his teacher. She told me that she never would have guessed that Timmy was a shy kid. I think preschool is really getting him ***to come out of his shell***.

Violet: Oh, that's so good to hear.

## **Quiz**

**1. Where does the expression *cut and dried* most likely come from?**

- a) the process of styling hair
- b) the process of making paper
- c) the process of performing surgery
- d) the process of preparing food

**2. What is a wallflower?**

- a) someone who stands near the wall during a party instead of socializing
- b) a type of wallpaper
- c) someone who likes to be the centre of attention
- d) someone who predicts people's futures

**3. If someone is striking up a conversation, what are they doing?**

- a) trying to stop a conversation
- b) trying to change the subject in a conversation
- c) suddenly starting a conversation
- d) getting ready for a job interview

**4. What is a hermit?**

- a) someone who likes to go camping
- b) someone who likes seafood
- c) someone who likes to go to parties
- d) someone who likes to be alone

**5. What does it mean if you hit the nail on the head?**

- a) You like to dance at parties.
- b) You like to redecorate.
- c) You were very accurate about something.
- d) You hid in the washroom during a party.

**6. What does *it's not an exact science* mean?**

- a) A conversation has many topics.
- b) You don't believe in horoscopes.
- c) There is no accurate process for or consistent outcome of something.
- d) You are very shy in social situations.

**7. What does it mean if someone comes out of their shell?**

- a) They are beginning to become more sociable and less shy.
- b) They spend more time in their backyard than they do indoors.
- c) They don't like people who are extroverts.
- d) They are planning on moving to a different city for university.

**8. What is a horoscope?**

- a) a prediction based on the clothes you wear.
- b) a prediction based on the day you were born.
- c) a prediction based on the year you were born.
- d) a prediction based on your gender.

**Answers:**

1.d    2.a    3.c    4.d    5.c    6.c    7.a    8.b