



Cultural Linguistic Services
OFFICE OF HUMAN RESOURCES
UNIVERSITY OF WISCONSIN-MADISON

English Learning Newsletter

Wednesday, April 28, 2021

New words of the week:

We have been in the COVID-19 pandemic for more than a year. Some people experience:

Negative effects

- **Long-haul symptoms** (effects from the disease that last many months).
- **A sense of loss** (feeling sad because people have died or things have changed).
- **Languishing** (feeling indifferent – not very happy or very sad).

Positive effects

- **Resilience** (ability to recover after stress).
- **Increased awareness** (understanding about ourselves and others).
- **A sense of accomplishment** (feeling good about learning and doing new things).

Learn more:

Watch a video and read about how to improve your conversation skills:

<https://edu.gcfglobal.org/en/business-communication/improve-your-conversation-skills/1/>



Language for conversation:

Use these phrases to talk about **motivation** (desire and energy to do things):

- **What motivates you?**
- **What gives you energy?**
- **How do you stay focused?**
- **How do you keep going?**
- **How do you deal with stress?**
- **What do you do to fight boredom?**
- **What helps you feel positive?**



For Fun:

Visit the Aldo Leopold Nature Center in Monona to hike outside on trails (masks required):

<https://aldoleopoldnaturecenter.org/hours-directions-2/>

