



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

English Learning Newsletter

Wednesday, October 21, 2020

New words of the week:

October is Community Well-Being Month at UW-Madison. The website below has a calendar of virtual sessions on:

- Health and safety
- **Yoga** (a type of exercise)
- Food and feelings
- **Resilience** (ability to handle challenges)
- **Mindfulness** (the practice of awareness)
- And more!

<https://hr.wisc.edu/wellness-symposium/community-wellbeing-month/>

Similar idioms:

Both **train wreck** and **dumpster fire** = very big disaster.

Examples:

- That political debate was a real **train wreck**!
- 2020 has been a **dumpster fire** of a year!

Both **tempest in a teapot** and **mountain out of a molehill** = make a small problem seem big.

Examples:

- Worries about voter fraud are a **tempest in a teapot**. It doesn't really happen often.
- Don't make a **mountain out of a molehill** over health safety rules. Just wear a mask!

Phrases for conversation:

Use these phrases to express **frustration** (irritation, anger):

- This is driving me up the wall!
- I'm at my wit's end!
- I just can't get a handle on this.
- I've had it!
- I need to step away and take some time out.

- Adapted from **Perfect Phrases for ESL Conversation Skills** by Diane Englehardt

For fun:

Read about the top 10 Halloween costumes for 2020:

https://newsela.com/read/halloween-costumes-2020/id/2001014333/?utm_source=aotd&utm_medium=email&utm_campaign=test-1&utm_content=news-1



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