



SHOT CAST

SC Language's Podcast Episode 1 (Transcript) – Looking on the Bright Side

Hi everybody and welcome to our first episode of SC Shot Cast where we give you a quick shot (or in other words, a quick chance or opportunity) at practicing your English, accompanied by a downloadable pdf of the transcript as well as a vocabulary wordlist, idioms and expressions, along with our **food for thought** section complete with discussion questions pertaining to the episode's topic that you can either use to **spice up** your lessons in the classroom or discuss them with a friend, or use them as a writing prompt to **polish** those skills as well after already practicing your listening, reading, and speaking with that or any particular episode.

I'm your host, Ben, and today's topic is "Looking on the Bright Side". To look on the bright side means to highlight the good in an otherwise bad situation or in other words, consider the positive aspects of a negative situation by trying to be **cheerful** about a bad situation by concentrating on the few good things in it or by thinking about how it could have been even worse. So, with today's current global pandemic crisis with the Coronavirus, it might not be so easy to look on the bright side considering the magnitude of the situation.

But let's look at the sunny side of things. (Another synonym of looking on the bright side.) The easiest way to do that **is to get back to basics** by asking yourself the right questions to uncover the **underlying** reasons that make you happy, bring you **joy**, and perhaps give you a bit of **peace of mind**. As they say, *'the grass is always greener on the other side'*, if we focus on something other than what is in front of us, we could be blinded to a possible solution and how we could make the best of our current situation. As the expression goes, *'when life gives you lemons, make lemonade.'* In English we use this expression to encourage optimism and a positive can-do attitude (meaning that we are capable of anything) in the face of adversity or misfortune. Lemons suggest **sourness, bitterness** or difficulty in life and by making lemonade out of them we are **squeezing** out their juice and turning it into a sweet drink, symbolizing the fact that we turned a sour situation into something sweet by making the most out of it.

So, let's take a step back for a second and look at our current situation since we're in all of this together. Despite all the difficulties and **strife**, we all may be facing, let's look at the positive things that we're experiencing no matter how small they are compared to the hardships. Let's make some lemonade.

Out of the current situation, which aspects of confinement and quarantine do you enjoy? What things about it, no matter how small, bring you joy or peace of mind? In my case for example as a notorious life-long introvert, I've had to make almost zero changes to my personal or social life, and teaching classes online offer me the chance to **overcome** my shyness when in a face-to-face situation or interaction. Also, I can connect with you via this podcast without you having to see my **ugly mug** in front of you **droning** on in class. It's **a win-win situation** for everybody!

I also enjoy the fact that I can work in comfortable clothes (aka pajamas, hahaha) instead of a **stuffy** button-up collared shirt, **sports coat** and tie until I have to teach a Skype class, and that's when I put on a presentable shirt but down below I'm still **rocking** the **PJ bottoms**.

When you find out your normal daily lifestyle is called "quarantine"



Alynda Wheat
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Y'all still going to an office like it's 2019?
#CoronaVirusSeattle #WFH



2:42 AM · Mar 5, 2020 · Twitter Web App



All joking aside, I am grateful to be able to still connect with people **albeit** virtually and even though I've been practicing for years and have mastered it due to the fact that I've been living away from home for so long, but I also have the opportunity to stay at home here in Spain with my loved ones and those closest to me and even though we're in confinement, it's still in my opinion, one of the greatest places to live in the world! Spain is amazing. Quarantine in Spain is still amazing! Do you know how lucky I feel to be here? I **thank my lucky stars** every day and couldn't imagine living anywhere else despite this predicament we're all in. But we're all in this

together and as they say, "**it's always darkest before the dawn,**" but one thing I've learned from being here so many years is that no matter how dark it may get before the dawn, and we know that the dawn will come someday, that Spanish people always find a way to look on the bright side and make lemonade when life gives them lemons.

Speaking of making lemonade, let's recap (review) and go over some of the juicy vocabulary tidbits (pieces of information) and expressions that were in today's podcast:

Food for thought: something to think about or reflect upon (algo para reflexionar)

Spice up: enliven (make more lively or exciting), stimulate, or animate (animar o dar vida)

Polish: to make shine, to brighten or buff (pulir)

Cheerful: happy, animated, joyful (full of joy or happiness) (alegre, feliz, contento, de buen humor, animado)

To get back to basics: simplify, streamline (Volver a lo básico)

Underlying: Basic, fundamental, root, elemental (subyacente)

Joy: Happiness, pleasure, amusement (alegria, placer)

Peace of mind: mental freedom, happiness, calmness, tranquility, satisfaction, serenity (serenidad, paz mental, tranquilidad)

The grass is always greener on the other side: (Expression) the things **other** people have or their situations **always** look better than your own, even when they are not really so. (La gallina de la vecina pone más huevos que la mía (significa que nadie está contento con su suerte))

Sourness: acidity or difficulty (acidez, dificultad)

Bitterness: acerbity or agony (amargura, agonía, rencor, gravedad, seriedad, o dificultad)

Squeezing (to squeeze): to pressurize, crush, or exert force (exprimir, apretar, estrujar, sacar jugo)

Strife: struggle, battle, conflict, or controversy (conflicto, lucha)

Overcome: beat, defeat, or win (superar, vencer, ganar)

Ugly mug: ugly face (cara fea)

Droning (to drone on): to speak constantly but monotonously in a boring way (hablar sin cesar, hablar con monotonía)

A win-win situation: accommodation, accord, bargain, or concession (todos ganan)

Stuffy: closed, oppressive, airless, old-fashioned, prim (agobiante, sofocante)

Sports coat: a jacket worn in business or business-casual situations. (Americana (prenda, ropa))

Rocking / to rock something (slang/jerga): To wear something or an article of clothing with pride. (ponerse o llevar alguna prenda de ropa con orgullo.)

PJ bottoms: pants or trousers of pajamas (el pantalón del pajama)

Albeit: although, even though (aunque, no obstante, sin embargo)

To thank my lucky stars: to feel grateful, thankful for one's good fortune (dar las gracias, darle las gracias a dios, agradecer, sentirse afortunado)

It's always darkest before the dawn: things **always** seem the worst right **before** they improve. (Siempre es más oscuro antes del amanecer).



- ✚ Out of the current situation, which aspects of confinement and quarantine do you enjoy?
- ✚ What things about it, no matter how small, bring you joy or peace of mind?
- ✚ What have you been doing in order to cope with confinement? What advice could you offer people that might be having a more difficult time with coping?
- ✚ What do you think the future will hold based on your observations of the current pandemic and possible economic woes?