

SC

## SHOTCAST

SC Language's Podcast  
Episode 2 (Transcript) – New Discoveries

Hi everybody and welcome to our second episode of SC Shot Cast where we give you a quick shot at practicing your English.

I'm your host, Ben, and today's topic is about "New Discoveries". As a continuation of SC Shot Cast's first episode where we talked about "looking on the bright side," today we're going **to address** the fact that despite all of the new **hindrances** of confinement during quarantine that some may be **struggling with**, a lot of us, if not everyone, has probably **found out** something new about his or herself as well. Perhaps you had an epiphany that revealed a passion that you had buried deep down inside that you never knew you had.

On the other hand, maybe you uncovered a buried gem in the mundane that wasn't so deep but helped you to **level up** on one of your skills. Whatever the case may be, now more than ever, it is the perfect time **to brush up on** something that you might not have been able to dedicate much time to in the past due to your busy work schedule, your children, extra-curricular activities, daily **chores**, and simply the need to just sit down, relax, **unwind** and **defog** your mind from all of the **hustle and bustle**. For those who still might not have been able to make any new "discoveries" as of yet, (I say as of yet because it's never too late!) I'm going to offer you a few easy tips and tricks that might **disclose** something and help **turn some things around for you**. So, we're going to **kill two birds with one stone** here and use these ideas for this episode's "Food for Thought" section.



**What is something that you've been **putting on the back burner** for a while and haven't been able **to get around to** doing even though you've always wanted to do it or you just keep putting it off for a later time?**

A lot of people would probably say, "their English!" **Take advantage of** this situation because there are loads of materials, content, podcasts, videos, and a long etc. to help you level up, and due to the Coronavirus, a lot of it is being offered for grand total of...absolutely FREE!

**What mundane activities do you enjoy, but just haven't had the time to **hone** your skills?**

I've heard a lot of people say, "cooking." This actually makes sense because it's something we all do, and now more than ever, HAVE TO do since we can't go out to eat at any restaurants.

Perhaps some ingredients might not be as readily accessible or **affordable** now depending on where you shop or your economic/work situation, but one great thing that always comes out of crises, is innovation. People find a way to adapt, **overcome**, and innovate. Cooking is just an example of this, because if you're lacking one ingredient you have to find something to substitute it. The same notion applies to life. How can we innovate the recipe for our lives? Like I said before, there are buried gems in the mundane and nothing is without meaning.

Whoa there, cowboy, I think I'm going to have **to pull back the reins on** myself a bit because it looks like **I'm going off the deep end** both metaphorically and literally!

Well, let's **recap** today's little "buried gems" or juicy vocabulary **morsels**. Uff, all of this talk about food is making me hungry. Anyway, here's today's expressions, vocabulary and grammar terms that were widely used throughout the episode:

### **GRAMMAR:**

#### ***Modal verbs of possibility:***

might, may, could, would  
(+have & past participle)

#### ***Adverbs of possibility:***

perhaps, maybe

### **EXPRESSIONS:**

- **Hustle and bustle:** A large amount of activity and work, usually in a noisy surrounding.
- **To turn things around:** To be successful, after being unsuccessful for a period of time.
- **To kill two birds with one stone:** To achieve two things by doing a single action.
- **To put something on the back burner:** To make something low priority.
- **To get around to:** To do something that you have intended to do for a long time
- **To pull back on the reins (or to pull in the reins):** To slow down or stop something that has been a bit out of control.
- **To go off the deep end:** To become excessively excited, frantic (anxious), or angry.



### **VOCABULARY:**

1. **To address:** To speak directly to someone who is with you or about a situation.
2. **Hindrance:** Difficulty, obstruction, or obstacle.
3. **To find out:** To discover.
4. **To level up:** To progress to the next level.
5. **To brush up on:** To practice and improve your skills or your knowledge of something that you learned in the past.
6. **Chore:** A routine task, especially a household one.
7. **To unwind:** To relax after a period of work or tension.
8. **To defog:** To clear one's mind.
9. **To disclose:** To make a secret or new information known.
10. **To take advantage of:** To make use of something for gain.
11. **To hone:** To perfect something, mainly a skill.
12. **Affordable:** Inexpensive; reasonably priced or within your price range.
13. **To overcome:** To succeed in dealing with (a problem or difficulty). (Win)
14. **To recap:** To review.
15. **Morsel:** A small piece or amount of food; a mouthful.