

PET Reading Part 3

Instructions:

You are going to read an article about New Year's resolutions. For questions 11–15, choose the answer (A, B, C, or D) that you think fits best according to the text.

Why Do People Make New Year's Resolutions?

Each January, millions of people worldwide make New Year's resolutions. These are personal promises to improve something about their lives, such as becoming healthier, learning a new skill, or spending more time with loved ones. But why is January such a popular time to make these decisions?

One reason is that it feels like a fresh opportunity. After any challenges in the previous year, the start of January provides a clear point to reflect and plan ahead. For many, it's a way to take control of their lives and set goals for a better future. It's easier to make a commitment when it feels like you're starting with a clean slate.

However, sticking to these resolutions isn't always easy. Research shows that the majority of people give up on their goals. One common reason is that their targets are not specific enough or are too difficult to achieve. For instance, deciding to "be healthier" or "save money" sounds good, but these ideas lack clear steps to make them happen.

Another issue is that people try to do too much at the same time. Experts advise concentrating on just one or two clear objectives instead of attempting several big changes. Dividing these into smaller, manageable tasks makes them more realistic. For example, instead of planning to "eat better," someone could focus on "cooking at home three times a week" or "reducing sugary snacks."

Some people argue that making resolutions at the start of the year isn't necessary. They believe there's no need to wait for January to begin improving yourself. While this might be true, the New Year provides a natural point to start fresh, which can help people stay motivated.

Even if you don't completely succeed, making resolutions can still be a positive experience. It encourages self-reflection, helps people think about what's important to them, and creates a sense of optimism for the future.

Questions 11–15**11. Why is January a popular time to set personal goals?**

- A. People want to make up for the mistakes of the previous year.
 - B. It's a period that feels like a natural beginning.
 - C. Many cultures celebrate by setting objectives.
 - D. People feel they have more time to think clearly.
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12. What does the article suggest is one reason people fail to keep their resolutions?

- A. They choose goals that aren't easy to achieve.
 - B. They forget why they set their goals in the first place.
 - C. They don't have enough time to focus on their goals.
 - D. They aim for changes that are too big or too broad.
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13. How does the article suggest making resolutions more effective?

- A. Set priorities and focus on what matters most.
 - B. Break down plans into more concrete, achievable actions.
 - C. Choose activities that are enjoyable and stress-free.
 - D. Ask others for advice to help you stay focused.
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14. What do some people think about the idea of making New Year's resolutions?

- A. It's unnecessary because improvement can begin anytime.
 - B. It only works for people who set easy objectives.
 - C. It's too much pressure for most individuals to handle.
 - D. It helps create structure for people's daily lives.
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15. What is the main message of the conclusion?

- A. Setting goals is valuable even if they aren't completed.
 - B. Resolutions work best when made with a clear plan.
 - C. It's better to avoid making promises you can't keep.
 - D. January is the ideal time for life-changing decisions.
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ANSWER KEY

11. B

12. D

13. B

14. A

15. A