

## DAYS AND MONTHS

### Vocabulary

**calendar** – a table showing days, weeks, and months of a year

**time** – a particular moment during a day (measured on a clock)

**day** – one of the periods of time that a week is divided into (equal to 24 hours)

**week** – a period of seven days

**weekday** – any day of the week except Saturday and Sunday

**weekend** – Saturday and Sunday, especially considered as time when you do not work

**month** – one of the 12 named periods of time that a year is divided into

**season** – one of the four periods into which the year is divided according to the weather

**winter** – the season after autumn and before spring when the weather is coldest

**spring** – the season between winter and summer when leaves and flowers appear

**summer** – the time of the year when the sun is hottest and the days are longest, between spring and autumn

**autumn (BrE)/fall (AmE)** – the season between summer and winter when leaves change colour and the weather becomes cooler

	Month	Short form	Season	Days
1	January	Jan.	winter	Monday
2	February	Feb.		Tuesday
3	March	Mar.	spring	Wednesday
4	April	Apr.		Thursday
5	May	May		Friday
6	June	June	summer	Saturday
7	July	July		Sunday
8	August	Aug.		
9	September	Sept.	autumn (BrE)/fall (AmE)	
10	October	Oct.		
11	November	Nov.		
12	December	Dec.	winter	

**year** – a period of about 365 days or 12 months, measured from any particular time

**leap year** – a year, which happens every fourth year, when February has 29 days instead of 28

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**decade** – a period of 10 years  
**century** – a period of 100 years, usually counted from a year ending in –00  
**millennium** – a period of 1,000 years  
**dramatic** – intended to be impressive, so that people notice  
**buddy** (informal) – a close friend  
**whiny** – having a complaining tone  
**all-nighter** – an occasion when you spend the whole night studying or doing written work at university  
**exhausted** – extremely tired  
**fault** – responsibility for an accident or misfortune  
**no-brainer** – something that requires or involves little or no mental effort  
**yummy** (informal) – tasting very good  
**potential** – possible or likely in the future  
**investor** – someone who gives money to a company, business, or bank in order to get a profit

## Verbs

**to survive** – to remain alive  
**to complain about something** – to express feelings of pain, dissatisfaction, or resentment  
**to work out** – to perform a session of physical exercise or training  
**to deal with something** – to take action with respect to something  
**to access something** – to obtain, examine, or retrieve data or a file  
**to submit something** – to present something to the consideration or judgment of someone else  
**to creep someone out** – to make someone feel nervous, uncomfortable, and slightly frightened

## Phrases

**partners in crime** – two people who have planned and done something together  
**Hang in there.** – used to say when someone needs to remain brave and determined in a difficult situation  
**I am dead tired.** – used to say when you are totally exhausted or fatigued  
**to go for a run** – to partake in a running exercise  
**to end up doing something** – to be in a particular situation, state, or place after a series of events, especially when you did not plan it  
**What are you up to?** – What are you doing?  
**No way!** – used to emphasize that you will not agree or be able to do something

**Been there, done that.** – used to say that you have done something and are no longer interested in it

**Well, duh.** – used to express contempt for something deemed stupid or obvious, especially a self-evident remark

**a holiday season** – a time when many people take holidays

**a day in the sun** – the time when someone is young, successful, or famous

**My computer keeps crashing.** – if a computer crashes, or if you crash the computer, it suddenly stops working

**ASAP** (short for as soon as possible) – used to say when you need something to be done urgently

**I can't help it.** – used to say that there is nothing you can do to change a bad situation

**a ray of hope** – something that provides a small amount of hope or happiness in a difficult situation

**I don't know, man.** – used to say when you are unsure about something (the word “man” remains regardless of the gender of the person with whom you are speaking)

**once in a blue moon** – used to say that something happens very rarely (if the phrase is used as an adjective, it should be hyphenated, e.g. *a once-in-a-blue-moon occasion*)

**to buy some time** – to deliberately make more time for yourself to do something, for example by delaying a decision

**knight in shining armour** (BrE)/**armor** (AmE) – a brave man who saves someone, especially a woman, from a dangerous situation

**Something is off** (with you/him/etc.). – something is not correct or not right

## Grammar Corner

We use the preposition ‘on’ with dates and days.

*e.g. We're arriving **on** 8 April.*

*I don't work **on** Fridays.*

*Helen is often grumpy **on** Monday mornings.*

*We usually hang out at our place **on** Thursday nights.*

We use the preposition ‘in’ for longer periods of time such as months, seasons, years.

*e.g. Kyle and Debora are getting married **in** December.*

*It gets unbearably hot here **in** summer.*

*Our uncle was born **in** 1973.*

*The movie is set **in** the 80s.*

## Real Life Situations

(P1 – Person 1, P2 – Person 2)

### **Work Week**

P1: I hate Tuesdays!

P2: Not again...

P1: What? Tuesdays are the worst. The weekend was 2 days ago. Monday, Tuesday's partner in crime, was a day ago. And Saturday is nowhere to be seen.

P2: Don't be so dramatic.

P1: I'm not being dramatic, I'm just so tired.

P2: The workweek has just started, and you have a work trip on Friday.

P1: Yes, on Friday, and that's in 3 days! I'm not going to survive.

P2: Just hang in there, buddy.

P1: Hey, tell me your secret, you seem so positive about things.

P2: That's because I'm an adult, not a baby.

P1: I know that I'm a whiny baby, but it's too hard. Life after college is no fun.

P2: I don't know, I find it pretty relaxing.

P1: Seriously?

P2: Yeah, no homework, no all-nighters. You go to work, you do what you need to do, you come back home.

P1: But I'm so exhausted after coming back home from work. It's Tuesday evening and I'm already dead tired.

P2: You need to wake up earlier in the morning and go for a run.

P1: I barely have energy to make myself coffee.

P2: Just try. Believe me, you're going to feel so much better after that.

P1: If I end up falling asleep somewhere in the park, it'll be your fault.

### **New Year's Resolutions**

P1: What are you up to?

P2: Just writing down my New Year's resolutions.

P1: Ahh setting goals that you're likely to abandon like a month later?

P2: I'm giving myself at least 2 months!

P1: That's a realistic expectation! So what are you writing down?

P2: Well, in January, I want to start cooking healthier meal options.

P1: Then February is going to be all about working out then?

P2: How did you know?!

P1: It's a no-brainer – first, dieting, then, sweating in the gym.

P2: And what will March look like?

P1: Hmm maybe yoga?

P2: No way! How do you do that?

P1: Been there, done that.

P2: At least I'm trying, right?

P1: Sure, I feel that it's a great goal to try to be a bit healthier and more active. What about summer?

P2: We're going to Europe in summer, we'll be doing lots of walking, so I'm hoping that I won't gain weight with all the delicious food over there.

P1: Just don't eat anything in the evening.

P2: And at night.

P1: Well, duh.

P2: It's been tough these days with friends and family coming over. Late dinner and all that... It's impossible to avoid yummy food during holidays.

P1: Hang in there. The holiday season is almost over.

### **This is Urgent!**

P1: Dan, where are you?

P2: What?

P1: Oh, there you are! It's your day in the sun – I need your help!

P2: What do you mean?

P1: My computer keeps crashing, and I have an important meeting tomorrow morning. I need it fixed ASAP.

P2: I can't help with it. Mr. Kent told me to deal with one important task.

P1: But this is urgent! I can't access my files, and I have this meeting with a potential investor. You're my ray of hope!

P2: I don't know, man.

P1: An investor like this is a once-in-a-blue-moon thing.

P2: What about my tasks?

P1: I'll buy you some time. I'll go ask Mr. Kent to let you submit it later.

P2: OK, that might work.

P1: Thanks a lot, Dan! You're my knight in shining armor.

P2: Ann, are you alright?

P1: What do you mean?

P2: You've been using all these expressions, like "my ray of hope" or "knight in shining armor"... Something's off with you today.

P1: Ah, this is my New Year's resolution!

P2: To creep people out?

P1: No! To sound smarter. It does make me look cool, right?

P2: I don't know, man.