



Quick Chat: Episode 011  
*If You Could Go Back in Time*  
Study Guide

<https://atozenglishpodcast.com/if-you-could-go-back-in-time/>

Use your dictionary to write definitions for the vocabulary words below.

Back in time	
Thrive	
awkward	
Pick on	
Timid	

Use the vocabulary words above to write five sentences.

- 1.
- 2.
- 3.
- 4.
- 5.

Fill in the blanks.

Kevin:	...If you _____ go <b>back in time</b> to meet yourself _____ ...
Jack:	...I _____ through a very <b>awkward</b> stage in _____...
Jack:	...I _____ really _____ in elementary school...
Jack:	...I was being <b>picked on</b> and kind of _____ by a _____...
Jack:	...I _____ a very <b>timid</b> young _____...

Discussion Questions

1. If you could go back in time, what would you change?
2. What advice would you give your younger self?
3. What was your biggest regret as a young person?



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Study Guide Answer Key

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Use your dictionary to write definitions for the vocabulary words below.

Back in time	<i>In the past</i>
Thrive	<i>To find great success doing something</i>
awkward	<i>Uncomfortable or difficult</i>
Pick on	<i>To bully someone; to treat someone poorly</i>
Timid	<i>Shy or reserved</i>

Use the vocabulary words above to write five sentences.

- 1.
- 2.
- 3.
- 4.
- 5.

Fill in the blanks.

Kevin:	<i>...If you <b>could</b> go <b>back in time</b> to meet yourself <b>at any point</b> ...</i>
Jack:	<i>...I <b>went</b> through a very <b>awkward</b> stage in <b>middle school</b>...</i>
Jack:	<i>...I <b>remember</b> really <b>thriving</b> in elementary school...</i>
Jack:	<i>...I was being <b>picked on</b> and kind of <b>bullied</b> by a <b>couple of people</b>...</i>
Jack:	<i>...I <b>was</b> a very <b>timid</b> young <b>person</b>...</i>

Discussion Questions

1. If you could go back in time, what would you change?
2. What advice would you give your younger self?
3. What was your biggest regret as a young person?