A New Year’s resolution is a promise a person makes for the new year. Regardless of what resolution you commit to, the goal is to improve life in the coming year. Resolutions can come in many forms. Some people make a promise to change a bad habit, such as quitting smoking or eating less junk food. Other people make a promise to develop a positive habit, such as starting an exercise program, volunteering in their community or recycling more.

The tradition of New Year’s resolutions dates all the way back to 153 B.C. January is named after Janus, a mythical god of early Rome. Janus had two faces — one looking forward, one looking backward. This allowed him to look back on the past and forward toward the future.

On December 31, the Romans imagined Janus looking backward into the old year and forward into the new year. This became a symbolic time for Romans to make resolutions for the new year and forgive enemies for troubles in the past.

The Romans also believed Janus could forgive them for their wrongdoings in the previous year. The Romans would give gifts and make promises, believing Janus would see this and bless them in the year ahead. And thus the New Year’s resolution was born!

**Educational Value of New Year's Resolutions for Kids**

The dawn of a new year is a good time to set goals. Setting resolutions of what a person wants to accomplish for the year is a time-honored tradition and a learning opportunity for kids. Determining resolutions for the year can help children work toward personal growth and goals for all areas of life, such as academics, sports and daily life activities. The educational benefits of New Year's resolutions include:

- Providing incentives for pursuing a goal, such as earning an A in math or making the soccer team.
- Teaching how to set a goal and how to work towards it.
Determining resolutions can help kids find out more about themselves and what they want in life by figuring out what they want to achieve this year.

Building academic skills, such having an early reader write out his or her list and read it, or allowing an older child to enhance math skills by keeping score on a resolution goal-tracking chart.

5 Attainable New Year's Resolutions for Every Teen

It's that time of year again, where we reflect on what has happened in the last 365 days. Did we complete our resolutions from last year? Do we even remember what they were? I can say that I completely forgot mine. Here are some that the average Joe/teenager/anyone can do:

1. **Read more books.** This is something we all should aspire to do. And it isn't that hard, is it? Re-read something you haven't touched since freshman year. We all know that *To Kill a Mockingbird* was every freshman's mandatory reading. Why not see why your teachers picked that for you? (The excuse of "This is a great book," is not acceptable, even though we all know this is true.)

2. **Offer someone an act of kindness.** Whether you write someone a note or buy a friend Ben and Jerry's, your main mission, if you choose to accept it, is to make someone smile. Mission impossible? More like mission attainable!

3. **Do something you wouldn't normally do.** Whether this is something big or small, do something that scares, excites or embarrasses you. This year, I got in front of my school and participated in a flash mob. Scary? Hell yeah. Exciting? You bet. Make a memory that you won't forget.

4. **Find a place where you can get involved.** If you look at Do Something's campaigns, they all have one thing in common (besides helping make the world a better place and being awesome) -- they all would like your help! There are multiple non-profits/profits that will allow you to get involved. It's up to you to find them.

5. **Spend time your family.** Yes, this may seem a little far-fetched. But for this, I don't mean just immediately family. I mean anyone in your family. Everyone has their story. Know your family's. It could surprise you what your family did before you were conceived. Happy New Year everyone!!
1. Code the text (QPICV) on **BOTH** sides of the article. (10 points)

2. What is the author’s purpose of this article?

3. Answer the Constructed Response in one paragraph using the RACES format. (5 points)

   **R**- Restate the question

   **A**- Answer the question

   **C**- Cite your evidence from the text.

   **E**- Explain

   **S**- Summarize. Say it again

   **Constructed Response:**

   How did the tradition of New Year’s resolutions get started?

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