

How I Style my Long Hair - Greg Berzinsky

(This is an example of homework for my more advanced students which we can talk about in class.)

Vocabulary – Match the vocabulary words with their translations (answers on page 4).

limp locks mustache, moustache bun flip fix wax wave dye oily highlights hairdryer redhead delicate curl	mechas, claritos moño mechones voltear, dar la vuelta secador de pelo aceitoso, graso, grasiento rizo arreglar, reparar, fijar delicado, fino, frágil bigote pelirroja cera, depilar con cera onda, ola tinte, colorante, teñir inerte, flácido	to let one's hair down towel dry fine-tooth comb stay in place hair straightener shoulder-length curling irons nylon brush paddle brush barber shop upside down split ends shower gel	planchas o pinzas rizadoras cepillo de nylon gel de ducha largo hasta los hombros peine de dientes finos plancha para el cabello peluquería de caballeros secarse con toalla puntas abiertas cepillo acolchado dejar el pelo suelto boca abajo, al revés permanecer en el lugar
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bleached dandruff rinse rough conditioner messy lap shave hairy fine bald part routine razor mousse sweaty	caspa desordenado, revuelto regazo, falda, rodillas fino blanqueado, decolorado partir, raya afeitarse enjuague, enjuagar sudado rutina navaja, cuchilla, afeitadora calvo peludo, velludo áspero, duro, accidentado acondicionador de cabello espuma	cream roll cowlick detangle trim naturally wavy hairdresser shampoo straighten scissors shiny balm spray moisture	ondulado, rizado peluquero, peluquería desenredar champú tijeras recortar, reducir brillante, reluciente bálsamo crema, nata remolino aerosol, pulverizador enrollar, rodillo humedad, hidratación naturalmente enderezar
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Listening and reading - Watch the Youtube video <https://youtu.be/xIRkXTYOUw4> and compare it to the paraphrased transcript below. Fill in the blanks with some of the words above. (answers on page 4).

I'm going to show you how I style my current hair style or lack thereof. There's a current meme going all over social media that no one has ever asked to see your hair _____. I had a _____ to take off some of the length off the back and to even it up a little bit. This is my hair out of the shower. My hair has been growing out since about nine months ago.	Te voy a mostrar cómo me peino mi actual estilo de pelo o la falta del mismo. Hay un meme actual que va por todos los medios sociales que nadie ha pedido ver tu rutina de cabello. Tuve que recortar el largo de la espalda y igualarlo un poco. Este es mi pelo fuera de la ducha. Mi pelo ha estado creciendo desde hace unos nueve meses.
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Other times I've continued to cut the sides as the top caught up.
It's more successful to just let your hair grow.
I let my hair dry, not even combing it.
I have a bit of _____ in my hair.
It's not poker straight.
When my hair gets longer, it'll actually start to _____ up.
There are _____ in different areas where I have a natural part.
This is where my _____ fell into place.
I just quickly dry my hair and add a little bit of product.
He has a wide toothed _____ and a large beardbrand comb.
I blowdry my hair upside down on hot until I'm 95% dry.
That's the _____ out of my hair.
I think my hair has gotten more porous and more coarse as I've gotten older.

It's basically not as _____ as it was.
That's just some of the facts of life.
A lot of times this will be my hair and I'll call it a day.
I take a round brush to change the direction of my _____ in the back of my head by blow drying it.
Since my hair's almost dry, I'm not going to get as much bang from my hair dryer.
The main styling product that I use is the sea salt _____ as my hair is getting longer.

When it was shorter, it was mainly styling _____ or maybe sometimes gels.
I mess it up with my fingers.
I rely on the natural wave in my hair.
If you have _____ hair, you might be dealing with the curls.
If your hair is straight, you have a different situation.
With a medium textured hair that has a little bit of _____, I'm able to work with some of the _____ in my hair and also the natural wave and kind of just letting it go.
So, people say, wow you must be spending more time on your hair as it gets longer and actually I'm spending no more time.
By letting it dry naturally for 45 minutes, you will see where the natural _____ is and build on that. If you blow dry your hair immediately after showering, you don't know what the natural condition is.
The natural _____ in the front of my hair has become more pronounced with age and I'm continuing to work with that.
I work on the _____ in my beard with a round brush in the same way as my hair with the aid of heat.
At this point I will use some hair _____.

Otras veces he continuado cortando los lados mientras la parte superior se ponía al día.
Es más exitoso dejar crecer el cabello.
Dejé que mi cabello se secase, ni siquiera lo peiné.
Tengo un poco de **ondas** en mi cabello.
No está liso como un póquer.
Cuando mi pelo se alarga, se empieza a enrizar.
Hay **remolinos** en diferentes áreas donde tengo una parte natural.
Aquí es donde mi **raya** cayó en su lugar.
Simplemente me seco rápidamente el pelo y añado un poco de producto.
Tiene un **peine** de dientes anchos y un peine grande para la barba.
Me seco el pelo al revés en caliente hasta que estoy 95% **seco** (sin humedad).
Esa es la humedad de mi cabello.
Creo que mi cabello se ha vuelto más poroso y más grueso a medida que envejezco.
Básicamente no es tan **brillante** como antes.
Eso es sólo algunos de los hechos de la vida.
Muchas veces este será mi pelo y lo dejaré.
Tomo un cepillo redondo para cambiar la dirección de mi **remolino** en la parte de atrás de mi cabeza secándolo con el secador.
Como mi pelo está casi seco, no voy a recibir tanto de mi secador de pelo.
El principal producto de estilismo que uso es el **aerosol** de sal marina, ya que mi pelo se está alargando.
Cuando era más corto, era principalmente un **bálsamo** para el cabello o tal vez a veces un gel.
Lo estropeo con mis dedos.
Confío en la onda natural de mi cabello.
Si tienes el pelo **rizado**, puede que te estés ocupando de los rizos.
Si tu cabello es liso, tienes una situación diferente.
Con un cabello de textura media que tiene un poco de ondas, puedo trabajar con algunos de los **remolinos** de mi cabello y también con la **onda** natural y dejarlo.
Así que, la gente dice, wow, debes pasar más tiempo en tu cabello a medida que se hace más largo y en realidad no estoy pasando más tiempo.
Dejando que se seque naturalmente durante 45 minutos, verás dónde está la **onda** natural y podrás partir de eso.
Si te secas el pelo inmediatamente después de ducharte, no sabes cuál es la condición natural.
La **onda** natural en la parte delantera de mi cabello se ha vuelto más pronunciada con la edad y sigo trabajando con eso.
Trabajo las **ondas** de mi barba con un cepillo redondo de la misma manera que mi cabello con la ayuda del calor.
En este punto usaré un poco de aerosol para el cabello.

This will last for two days easily, unless I'm getting _____ at the gym or doing yard work.
I can reactivate the sea salt spray to bring it back for a second day.
As my hair gets longer, my beard will get shorter.

Esto durará dos días fácilmente, a menos que esté **sudado** en el gimnasio o trabajando en el jardín.
Puedo reactivar la laca de sal marina para volver a usarla un segundo día.
A medida que mi cabello se alarga, mi barba se acorta.

Questions – Answer the questions about the text. (answers on page 6).

What does the current meme on social media never ask?

Why did he have his hair trimmed?

How long has his hair been growing out?

What usually happens when his hair gets longer?

What has happened to his hair since he's gotten older?

What does he do to his cowlicks?

What's his go-to hair product?

How much time does he spend on his hair every day?

As an alternative to washing it, what can he do with his hair on the second or third day (if he hasn't gotten sweaty)?

General questions - describe your own hair routine. (You might first do the crossword puzzle, review the vocabulary, then write out your description before you do this.)

Answers:

limp	inerte, flácido	to let one's hair down	dejar el pelo suelto
locks	mechones	towel dry	secarse con toalla
mustache, moustache	bigote	fine-tooth comb	peine de dientes finos
bun	moño	stay in place	permanecer en el lugar
flip	voltear, dar la vuelta	hair straightener	plancha para el cabello
fix	arreglar, reparar, fijar	shoulder-length	largo hasta los hombros
wax	cera, depilar con cera	curling irons	planchas o pinzas rizadoras
wave	onda, ola	nylon brush	cepillo de nylon
dye	tinte, colorante, teñir	paddle brush	cepillo acolchado
oily	aceitoso, graso, grasiento	barber shop	peluquería de caballeros
highlights	mechas, claritos	upside down	boca abajo, al revés
hairdryer	secador de pelo	split ends	puntas abiertas
redhead	pelirroja	shower gel	gel de ducha
delicate	delicado, fino, frágil		
curl	rizo		

bleached	blaqueado, decolorado	cream	crema, nata
dandruff	caspa	roll	enrollar, rodillo
rinse	enjuague, enjuagar	cowlick	remolino
rough	áspero, duro, accidentado	detangle	desenredar
conditioner	acondicionador de cabello	trim	recortar, reducir
messy	desordenado, revuelto	naturally	naturalmente
lap	regazo, falda, rodillas	wavy	ondulado, rizado
shave	afeitarse	hairdresser	peluquero, peluquería
hairy	peludo, velludo	shampoo	champú
fine	fino	straighten	enderezar
bald	calvo	scissors	tijeras
part	partir, raya	shiny	brillante, reluciente
routine	rutina	balm	bálsamo
razor	navaja, cuchilla, afeitadora	spray	aerosol, pulverizador
mousse	espuma	moisture	humedad, hidratación
sweaty	sudado		

<p>I'm going to show you how I style my current hair style or lack thereof.</p> <p>There's a current meme going all over social media that no one has ever asked to see your hair routine.</p> <p>I had a trim to take off some of the length off the back and to even it up a little bit.</p> <p>This is my hair out of the shower.</p> <p>My hair has been growing out since about nine months ago.</p> <p>Other times I've continued to cut the sides as the top caught up.</p> <p>It's more successful to just let your hair grow.</p> <p>I let my hair dry, not even combing it.</p> <p>I have a bit of wave in my hair.</p> <p>It's not poker straight.</p> <p>When my hair gets longer, it'll actually start to curl up.</p>	<p>Te voy a mostrar cómo me peino mi actual estilo de pelo o la falta del mismo.</p> <p>Hay un meme actual que va por todos los medios sociales que nadie ha pedido ver tu rutina de cabello.</p> <p>Tuve que recortar el largo de la espalda y igualarlo un poco.</p> <p>Este es mi pelo fuera de la ducha.</p> <p>Mi pelo ha estado creciendo desde hace unos nueve meses.</p> <p>Otras veces he continuado cortando los lados mientras la parte superior se ponía al día.</p> <p>Es más exitoso dejar crecer el cabello.</p> <p>Dejé que mi cabello se secara, ni siquiera lo peiné.</p> <p>Tengo un poco de ondas en mi cabello.</p> <p>No está liso como un póquer.</p> <p>Cuando mi pelo se alarga, se empieza a enrizar.</p>
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There are **cowlicks** in different areas where I have a natural part.

This is where my **part** fell into place.

I just quickly dry my hair and add a little bit of product.

He has a wide toothed **comb** and a large beardbrand comb.

I blowdry my hair upside down on hot until I'm 95% dry.

That's the **moisture** out of my hair.

I think my hair has gotten more porous and more coarse as I've gotten older.

It's basically not as **shiny** as it was.

That's just some of the facts of life.

A lot of times this will be my hair and I'll call it a day.

I take a round brush to change the direction of my **cowlick** in the back of my head by blow drying it.

Since my hair's almost dry, I'm not going to get as much bang from my hair dryer.

The main styling product that I use is the sea salt **spray** as my hair is getting longer.

When it was shorter, it was mainly styling **balm** or maybe sometimes gels.

I mess it up with my fingers.

I rely on the natural wave in my hair.

If you have **curly** hair, you might be dealing with the curls.

If your hair is straight, you have a different situation.

With a medium textured hair that has a little bit of **wave**, I'm able to work with some of the **cowlicks** in my hair and also the natural wave and kind of just letting it go.

So, people say, wow you must be spending more time on your hair as it gets longer and actually I'm spending no more time.

By letting it dry naturally for 45 minutes, you will see where the natural **wave** is and build on that. If you blow dry your hair immediately after showering, you don't know what the natural condition is.

The natural **wave** in the front of my hair has become more pronounced with age and I'm continuing to work with that.

I work on the **waves** in my beard with a round brush in the same way as my hair with the aid of heat.

At this point I will use some hair **spray**.

This will last for two days easily, unless I'm getting **sweaty** at the gym or doing yard work.

I can reactivate the sea salt spray to bring it back for a second day.

As my hair gets longer, my beard will get shorter.

Hay **remolinos** en diferentes áreas donde tengo una parte natural.

Aquí es donde mi **raya** cayó en su lugar.

Simplemente me seco rápidamente el pelo y añado un poco de producto.

Tiene un **peine** de dientes anchos y un peine grande para la barba.

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Eso es sólo algunos de los hechos de la vida.

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Como mi pelo está casi seco, no voy a recibir tanto de mi secador de pelo.

El principal producto de estilismo que uso es el **aerosol** de sal marina, ya que mi pelo se está alargando.

Cuando era más corto, era principalmente un **bálsamo** para el cabello o tal vez a veces un gel.

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En este punto usaré un poco de aerosol para el cabello.

Esto durará dos días fácilmente, a menos que esté **sudado** en el gimnasio o trabajando en el jardín.

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A medida que mi cabello se alarga, mi barba se acorta.

Questions about presentation:

What does the current meme on social media never ask?

- to see your hair routine

Why did he have his hair trimmed?

- to take off some of the length off the back and to even it up a little bit

How long has his hair been growing out?

- since about nine months ago

What usually happens when his hair gets longer?

- it'll actually start to curl up

What has happened to his hair since he's gotten older?

- it has gotten more porous, more coarse and less shiny.

What does he do to his cowlicks?

- He takes a round brush to change the direction by blow drying them.

What's his go-to hair product?

- Sea-salt spray as it's longer, styling balm and gels when it was shorter

How much time does he spend on his hair every day?

- 4 or 5 minutes, he lets it dry naturally for 45 minutes before he works with it.

As an alternative to washing it, what can he do with his hair on the second or third day (if he hasn't gotten sweaty)?

- reactivate the sea salt spray.