

## Listening skills practice: Stop wasting time – exercises

Listen to the conversation about how to study better and do the exercises to practise and improve your listening skills.

### Preparation

Fill the gaps with the verbs from the box.

|        |          |           |
|--------|----------|-----------|
| need   | waste    | start off |
| end up | turn off | look up   |

- When you need to study, you don't want to \_\_\_\_\_ time.
- It's easy to \_\_\_\_\_ working well but \_\_\_\_\_ doing something else.
- It's a good idea to \_\_\_\_\_ your music.
- You can use the internet to \_\_\_\_\_ information.
- Make sure you have everything you \_\_\_\_\_ before you start.

### 1. Check your understanding: reordering

Write a number (1–6) to put these tips in the order that you hear them.

|       |                                               |
|-------|-----------------------------------------------|
| ..... | Turn off your music.                          |
| ..... | Take away the things that stop you working.   |
| ..... | Turn off your phone.                          |
| ..... | Have something to eat and drink on your desk. |
| ..... | Put your pet outside.                         |
| ..... | Turn off your instant messages.               |

**2. Check your understanding: true or false**

Circle *True* or *False* for these sentences.

- |    |                                                     |             |              |
|----|-----------------------------------------------------|-------------|--------------|
| 1. | Tom doesn't know how to start studying.             | <i>True</i> | <i>False</i> |
| 2. | Tom's mum thinks that music helps people study.     | <i>True</i> | <i>False</i> |
| 3. | Tom puts the dog outside.                           | <i>True</i> | <i>False</i> |
| 4. | Tom's mum recommends having a sandwich on the desk. | <i>True</i> | <i>False</i> |
| 5. | Tom doesn't want to turn off his phone at first.    | <i>True</i> | <i>False</i> |
| 6. | Tom needs the internet to study.                    | <i>True</i> | <i>False</i> |
| 7. | Tom's going to turn off his messages.               | <i>True</i> | <i>False</i> |
| 8. | Tom thinks his mum has helped him.                  | <i>True</i> | <i>False</i> |

**Discussion**

What things stop you from working? What can you do to study better?

**Vocabulary Box**

Write any new words you have learnt in this lesson.