

| word | explanation | meaning |
|--------------------------------------|--|-----------------------------|
| 1. strive for (v) | not to know what to do or say | Cố gắng |
| 2. self – esteem (n) | to arrange that an event or activity will happen at a particular time | Lòng tự trọng |
| 3. make plans / arrangements for (v) | make an effort / make an attempt | Lập kế hoạch |
| 4. prioritise / prioritize (v) | give you the length of time within which you must do or complete something | Ưu tiên |
| 5. put time limits on (v) | respect for yourself | Đặt giới hạn thời gian |
| 6. be at a loss (v) | think carefully about a series of actions that you need to take in order to achieve something | Lúng túng |
| 7. schedule (v) | put tasks, problems, etc. in order of importance, so that you can deal with the most important first | Sắp xếp theo thời gian biểu |