



In today's fast-moving world, people are often extremely busy, with long lists of things they have to do. For teenagers, this might mean that they have to balance schoolwork with hobbies and other activities and perhaps a part-time job, not to mention family life and finding time to keep in touch with friends. So what do you do when you've got so much on your plate? For many people, the answer is to multitask, that is to do two or more things at the same time.



Unfortunately, new studies show that multitasking while studying is one of the main reasons why some students don't perform well at school. The researchers believe that it causes problems simply because our brain works better if it is doing one thing at a time. Different parts of the brain are responsible for performing different activities. If you push two parts of the brain to work at the same time, you probably won't be able to do the activities as well as you could if you did the separately. For example, if you're

chatting online with friends while studying for a history test, the important information may be stored in the wrong part of your brain. That means the next day, in the test, your mind will probably go blank even though you feel like you spent plenty of time revising.

The scientists say that students who concentrate on only one activity generally perform much better. However, it is also important to take a break from studying now and again. Other studies have shown that, strange though it may sound, daydreaming is very beneficial. The researchers recommend that, after finishing a task, you let your mind wander for a little while. This allows you to relax and gives your brain a rest. Afterwards, when you go back to your studies, you will feel refreshed, will have more energy and will find it easier to focus.

So the advice seems to be to switch off your TVs and avoid any other distractions while studying. Don't try to do everything at once. Also, take regular breaks to recharge your batteries. In this way, you'll actually get more done in less time, and your work will be of better quality.

1. What does the writer mean when he says you have got ‘so much on your plate’ in paragraph 1?

- a. You don’t understand which things are really important
- b. You have a lot of different things to deal with.
- c. You don’t spend enough time on your schoolwork.
- d. You should learn how to multitask.

2. What have recent studies found about multitasking?

- a. Older people are better at it than teenagers.
- b. It works because our brains are separated into different parts.
- c. It allows you to study more than one subject at the same time.
- d. It can cause problems for many students.

3. According to the text, what might happen if you chat with friends at the same time as studying?

- a. You may not realize how much time you have actually spent on each activity.
- b. You may not remember the things your friends have told you.
- c. Your brain may not store the information you need in the right place.
- d. You may end up spending more time than necessary on your revision.

4. What is said about daydreaming?

- a. You should do it when trying to learn something new.
- b. It’s beneficial for students to do it in class.
- c. It can cause problems for students who need to study for a test.
- d. It helps you relax if you do it when taking a break from studying.

5. What does the writer of the text seem to believe about the scientific studies?

- a. They can help students work out the best way to study.
- b. They unfairly focus on the disadvantages of multitasking.
- c. They explain why many people feel so busy these days.
- d. The scientists’ ideas about daydreaming don’t make any sense.

1. Choose a, b or c.

1. Her jokes always _____ the house down.
a. take b. bring c. make
2. The police officer said that they would _____ what happened.
a. investigate b. feature c. dive
3. The story is _____ in London in the 1960s.
a. played b. set c. star
4. The discussion was in full _____ when we arrived.
a. board b. swing c. review
5. The boys are afraid of their history teacher because he is very _____.
a. excellent b. realistic c. strict
6. Dinner was delicious, but it was the dessert that _____ the show.
a. stole b. forced c. took
7. Which _____ is the movie on.
a. blockbuster b. vessel c. channel
8. Jason said something _____ to me this morning.
a. recent b. amateur c. strange

2. Choose True or False.

1. Very few people see a film that is a **blockbuster**. True / False
2. Someone who is **putting on an act** doesn't show how they really feel. True / False

3. **Science fiction** is usually about the past. **True / False**
4. When a submarine **dives**, it goes towards the bottom of the sea. **True / False**
5. Somebody who is **brave** looks scared about everything. **True / False**
6. If you are **trapped** somewhere, you can't get out. **True / False**
7. If somebody is **kind-hearted**, they are always angry and rude to you. **True / False**
8. When someone comes to your school for the first time, you might show them around. **True / False**

3. Choose a or b.

1. This time tomorrow, _____ around Europe. I can't wait to start!
a. I'll be cycling b. I'll have cycled
2. By the end of the morning, Sam _____ a hundred newspapers.
a. will be delivering b. will have delivered
3. She started writing her book a month ago. She _____ it yet.
a. won't be finishing b. won't have finished
4. Your cousins _____ us next weekend.
a. will be visiting b. will have visited
5. _____ us later at the gym?
a. Will you have joined b. Will you be joining

4. Choose a or b.

1. How long _____ in the dark before the electricity came back on.
a. had you sat b. had you been sitting
2. He _____ for an hour before he reached the top of the hill.
a. had climbed b. had been climbing
3. I realized that I _____ this girl before.
a. had met b. had been meeting
4. His hands were sore because he _____ in the garden all morning.
a. had dug b. had been digging
5. Paul showed us the souvenirs he _____ in Barcelona.
a. had bought b. had been buying
6. By the time the waiter got to our table we _____ what we wanted to order.
a. had decided b. had been deciding