

Exercise 1: Listen and fill in the blank

get good marks
Nhận điểm tốt

a good idea
ý kiến hay

a clear desk
bàn học gọn gàng

tip
Mẹo, lời khuyên

Study
Học

know
biết

Hours
tiếng

lucky
May mắn

books and
pens

my bedroom

a quiet place
Nơi yên tĩnh

Move
di chuyển

lots of breaks

arms and legs
Cánh tay và chân

number three
Số 3

Think
Nghĩ

Paper
giấy

have a break
Nghỉ giải lao

Ben: You always _____ at school. You're _____! I study but I don't always get good marks.

Katy: I'm not lucky! I _____ how to _____. I always do _____. Do you want to know them?

three things
3 thứ

Ben: Yeah, please!

Katy: OK, number one. Always study in _____.

Ben: I usually study in _____. It's very quiet.

Katy: Number two. Have _____!

thirty minutes
30 phút

Ben: Right. A clear desk. My desk isn't clear. There are lots of _____ and _____ on it.

Katy: Well, that isn't very good!

Ben: What's _____?

important
Quan trọng

Katy: Have _____. I always study for _____. Then I _____ for five minutes. I _____ my _____ and drink some water. Then I study again for thirty minutes.

Ben: I never have a break. I sometimes study for two or three _____.

Katy: That isn't _____! It's _____ to get up and move your body.

Ben: OK. Thanks. Next time I _____ I can get good marks!