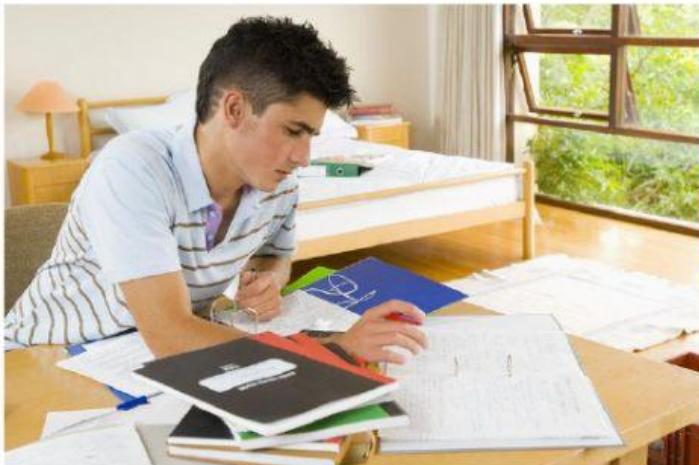


## STOP WASTING TIME.

Listening practice. Do this exercise before you listen.



1. Look at the picture and say what he is doing?
2. How do you think he feels?
3. What do you think the dialogue is about?

Fill in the gaps with the verbs from the box.

need

waste

start off

end up

turn off

look up

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

Now it's time to listen.



Check your understanding: click **True or False** for these sentences.

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

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.

Discussion.

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

## STOP WASTING TIME

Listen to the dialogue once again and fill in the gaps.

<b>Tom:</b>	I don't know what to do. I _____ studying but I always _____ doing something else.
<b>Mum:</b>	I'll help you but please listen to me.
<b>Tom:</b>	Of course! _____!
<b>Mum:</b>	Now first, you need to _____ away all of the things that _____ you working.
<b>Tom:</b>	What do you mean?
<b>Mum:</b>	First, _____ your music. Music doesn't help you study.
<b>Tom:</b>	OK. No music.
<b>Mum:</b>	And put the dog _____!
<b>Tom:</b>	What?
<b>Mum:</b>	Well, every time the dog goes into your room, you stop studying to _____ it. Spot stops you working!
<b>Tom:</b>	OK. Bye, Spot!
<b>Mum:</b>	_____ an apple or a glass of water _____ your desk _____ you start. Here you are.
<b>Tom:</b>	Why?
<b>Mum:</b>	Because then you don't need to go to the kitchen for something to eat or drink.
<b>Tom:</b>	Ok.
<b>Mum:</b>	_____ your phone.
<b>Tom:</b>	No way!
<b>Mum:</b>	Yes. It stops you working. If you turn it off, it's easier to _____. You can read your messages later.
<b>Tom:</b>	OK, but I can't turn off the _____ on my computer. I need to _____ up information.
<b>Mum:</b>	OK, but you can turn off your instant messages.
<b>Tom:</b>	I know! Mum?
<b>Mum:</b>	Yes?
<b>Tom:</b>	Thanks.

