5th Juniors 2021

LISTENING COMPREHENSION TEST 6

Mark: _____/100

ORGANISING YOUR TIME

Listen to the radio interview about the Pomodoro Technique and do the exercises to practise and improve your listening skills.

AUDIO:

VOCABULARY.

A) Match the vocabulary with the correct definition.

to go off	a.	a device that makes a sound or shows you when a certain amount of time has passed
a timer	b.	a student who gets the best marks at school
productivity	c.	having good judgement or common sense
'to-do' list	d.	how much is being done or achieved
sensible	e.	a list of things you need to do
an A-grade student	f.	to start making a noise (as an alarm or signal)
to waste time	g.	to earn or merit something because of what you have done
to deserve	h.	to spend time doing something useless

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

The Pomodoro Technique was invented in the 1980s.	*True*	*False*
Students and workers can use the technique.	*True*	*False*
The technique is a bit complicated to use.	*True*	*False*
You need to break down your tasks into smaller sections.	*True*	*False*
Each break is called a 'pomodoro'.	*True*	*False*
Peter uses an app on his mobile to time himself.	*True*	*False*
After four or five short breaks you can have a longer break.	*True*	*False*
Peter takes less time to do his homework these days.	*True*	*False*

LIVEWORKSHEETS

C) Listen again and complete the blanks.

Host: On 'Star Students' today we're speaking to Peter, who is going to tell us about the Pomodoro Technique, a system to help manage your time. It was invented by an Italian man called Francesco Cirillo in the 1980s. Now, he called it the Pomodoro Technique after a tomato-shaped timer that his mother used to use when she was cooking. Pomodoro is Italian for tomato. And this tomato has helped Peter become an A-grade student. So, Peter, welcome to the studio.

Peter: Thanks.

Host: Tell us about the Pomodoro Technique. What's it about?

Peter: It's about getting maximum (1)…….. from your available time. I use it for studying, but professionals use it at work.

Host: Is it difficult to follow?

Peter: No. It's actually very simple. It's about (2)…….. down your work into separate jobs and then using a timer to separate your time into periods of (3)…….. work and short breaks.

Host: OK, well, that sounds (4)…….. So, how do you start?

Peter: First of all, you should think about the task you need to complete. For example, writing an essay for (5)…….. . . You need to think about all the stages of the task and write a clear to-do list on a piece of paper. When you are ready to start, you set the timer to (6)…….. minutes and you start working on the first item on the list.

Host: OK … but what happens when the timer goes off?

Peter: When the timer goes off, you must take a short break of between 3 to 5 minutes. One 25-minute session is one 'pomodoro' so when you have completed this, you deserve a short break. You should try to move about a bit during the break.

Then, set the timer for another 25 minutes and (6) …….. …… . At the end of the next 'pomodoro' you have another short break. As you complete the items on the 'to-do' list you should tick them off, to give you a feeling of (7)…….. that you're getting the job done.

Host: OK … I get it. Can you use any timer? Most people have timers on their phones these days. Could you use that?

Peter: You could, but the danger is that then you can check (8)…….. on your phone or you start looking at apps. I use my dad's kitchen timer and I make sure I switch off my phone when I'm studying. I get so much more done. In the breaks I sometimes check my phone but only if I've completed some of the items on my to-do list.

Host: Three to five minutes isn't long for a break. Is that (9)…….. time?

Peter: Well, when you've had four or five short breaks you can take a longer break, and then you start again.

Host: And it works?

Peter: Yes, it works for me! It stops me (10)…….. time. My work is much more effective when I use the timer. It's like short, intense periods of work. I actually get my homework done a lot quicker now, which leaves me more free time, so for me it 2orks really well.

Host: Oh, I think I'll give it a try. Thanks so much for coming in, Peter.

Peter: You're welcome. Thanks for inviting me.

LIVEWORKSHEETS