



Stop Wasting Time

- Fill the gaps with the verbs from the box:

look up	need	start off	turn off	waste	end up
---------	------	-----------	----------	-------	--------

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

Listen to the recording and drag the tips to put them in the order that you hear them.

Recording

Put your pet outside.
Take away the things that stop you from working
Have something to drink eat an drink on your desk.
Turn off your music.
Turn off your instant messages.
Turn off your phone



Listen to the recording again. Are the sentences true or false? Click on the correct option.

Recording

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