MORE SPEED, LESS ANALYSIS (VOCABULARY PRACTICE)

Complete the text using these words:

multi-tasking prodigious insight contemporaries fidgety
suspicious concerned distractions convenient lack

In today's fast-paced world, **(1)** _____ has become a valuable skill, especially in environments full of **(2)** _____. Many people pride themselves on their ability to juggle multiple tasks, but research has shown that constant switching between activities can actually reduce productivity.

Some of our **(3)** _____ seem to thrive in this environment, effortlessly managing their schedules. Others, however, appear **(4)** _____, unable to sit still or focus for long. This can often be attributed to a **(5)** _____ of structure or routine in their daily lives.

While technology has made many aspects of life more **(6)** _____, it has also introduced challenges. Notifications, social media, and the pressure to be constantly available leave some feeling overwhelmed and even **(7)** _____ about their own habits.

Psychologists have gained significant **(8)** _____ into how digital behavior affects mental health. They are particularly **(9)** _____ about younger generations who grow up in this high-stimulation environment.

Despite these challenges, there are individuals who demonstrate **(10)** _____ talent in managing their time and output, often standing out for their exceptional focus and discipline.

Connect the phrases with their definitions:

start again from scratch	- fully involved or deeply engaged in an activity, subject, or experience.
fire off	- to think in a creative or unconventional way; to come up with ideas that are not limited by traditional rules or expectations.
from cover to cover	- to begin something all over again, without using any of the previous work or progress.
think outside the box	- to quickly send or say something, especially a message, email, or comment, often without much thought
immersed in	– Reading an entire book or document from the beginning to the end, without skipping anything.
lose their train of thought	- To forget what one was thinking or saying, often due to distraction or interruption.

LIVEWORKSHEETS