

## 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.