

STUDY – Study tips

TRANSCRIPT

For me the best place to study would be sitting at a desk, **sitting upright** because if I try to study in my bedroom, if I'm lying down I get quite tired and I start to **drop off**, so it's much better for me to sit at a desk and **sit upright**. The problem is that if I sit at a computer then I can **get very distracted**. I start checking things on the Internet and I also need complete silence if I study, so I have to turn everything off. I need to **turn off the telly**, **turn off the radio**. I can't have any distractions at all.

Personally, I prefer studying in the morning. I think I'm more of **a morning person**. If I wait until the afternoon to start work then I feel half the day's gone and it's quite hard to **get motivated**, you know, to **get myself going** so...yeah, I think I'm more of **a morning person**. I need to start early and feel I've achieved something by lunchtime.

I think in order to get my work done I need to make sure I'm very organised so I need to have a good plan. I **make a plan** of what I need to do that day but I also need to organise everything around me. If the space around me is very untidy then I **get distracted** by that as well and I think about other jobs that I need to do. I stop working and then I start **tidying up** my flat. I **tidy up** my desk, I even tidy the files on my computer. So I can **get easily distracted**.

A good trick when you're studying is **turn off the Internet** on your computer. And also...I know this is very hard for people today...**turn off your phone** as well. If I don't **turn off my phone** then I find **I'm always checking** social media or **checking** emails or **receiving** calls from friends and family. **Set yourself a time limit** as well. I use a timer now so I give myself maybe ninety minutes to get my work done and I **set the timer** so I can see **the clock counting down**, so I know how much time I've got to finish my work. And then when the timer is finished, I can stop working.

VOCABULARY

sit upright – sit with a straight back in a chair, not lying down

drop off – start to feel tired and fall asleep

get distracted – something takes your attention away from your work

turn off – switch off, disconnect

a morning person – someone who works best early in the day

get motivated – feel encouraged to do something

get myself going – feel encouraged to begin/start something

tidy up – make everything clean and organised

a good trick – a good idea or piece of advice that normally works

set a time limit – fix/arrange a certain amount of time to finish a job

set the timer – program a clock to count until the time finishes

the clock counts down – the time on a clock goes backwards to zero

GRAMMAR

Habits and repeated actions – I'm always + ing

I'm always checking my phone

I'm always biting my nails

I'm always losing my wallet

use I'm always + ing to express **repeated actions**

we often use this structure to express **bad habits** we wish to change