

How to deal with distractions

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سلام و درود دوست من!

فایل پیشرو درباره راههای مقابله با حواس پرتی هست. شما در ابتدا خود متن را دارید که می توانید به آن گوش دهید. عبارات مهم را براتون مشخص کرم که در دفترچه لغاتتان یادداشت کنید و یاد بگیرید. در قسمت بعدی تمرینهای را براتون در نظر گرفتیم که بتوانید مهارت انگلیسیتان را قویتر کنید. اگر عبارت یا کلمه ای را نمی دانید حتما چک کنید تا بتوانید آن را یاد بگیرید. امیدوارم دوست داشته باشید.

Studying is very **important for everyone**. We can **learn a lot** when we study, but some people **have problems** when they study. They cannot focus. When they want to study, they easily think about other subjects. So they cannot focus and learn. These people **have a hard time** preparing for exams. I think they usually **spend many hours** to prepare for an exam. Their exam marks are also not good enough. This is called in English distraction. When a person cannot focus on what they are reading or studying, they are distracted. Their minds are paying attention to something else. This is not **a big problem** if you know what to do.

When we want to study, we can **tidy our desk**. We should look at what items are at the desk. If there is an item that we don't need, we should put it somewhere else. For example, I don't need my cell phone so I can put it in the drawer. Of course, I have to silent it. If someone calls, I don't want to be distracted. I can call them after I study. When we put **unnecessary items** in other places, we can focus on what we're studying more easily. Trust me and **do this next time**. You will understand what I mean.

Another way to **deal with distraction** is to use noise cancelling headphones. These interesting headphones are very good when there are some **unwanted noises** around us. These headphones can **cancel those noises** so when don't **lose our focus**. I don't have one, but I guess they will help greatly. Imagine you have a child or a smaller sibling at home. You want to study for an important exam, but their noise is a big problem. Noise cancelling headphones are amazing in situations like this.

Sometimes the distraction is because we are tired of studying. There are different times, but everyone **gets tired** when they study. Some people feel tired after studying for half an hour because they are not used to. There are others who can study for two hours or even more and then get tired. We should know when we need to **take a break**. These breaks are very helpful and if we use them, we can focus better while studying.

Finally, when we study, we may remember other activities that we need to do. For example, we remember that we need to **buy something for home** or we need to **help a friend** to move some furniture. These thoughts happen and I guess we cannot stop them. There's one thing we can do. We can **have a small notebook**. When **something comes to our mind**, we write it in our notebook. We tell ourselves that when I finish studying, I will do the activity. This way we will complete our studying and not forget about the activity.

There are many ways to deal with distractions. What is your favorite?

Exercise 1- Listen to the podcast and fill in the blanks.

Studying is very important for 1) _____. We can learn a lot when we study, but some people have problems when they study. They cannot focus. When they want to study, they easily think about other 2) _____. So they cannot focus and learn. These people have a hard time preparing for exams. I think they usually spend many hours to 3) _____ for an exam. Their exam marks are also not good enough. This is called in English distraction. When a person cannot focus on what they are reading or studying, they are distracted. Their minds are paying 4) _____ to something else. This is not a big problem if you know what to do.

When we want to study, we can 5) _____ our desk. We should look at what items are at the desk. If there is an item that we don't need, we should put it 6) _____ else. For example, I don't need my cell phone so I can put it in the drawer. Of course, I have to silent it. If someone calls, I don't want to be 7) _____. I can call them after I study. When we put unnecessary items in other places, we can focus on what we're studying more easily. 8) _____ me and do this next time. You will understand what I mean.

Another way to deal with distraction is to use noise cancelling headphones. These interesting headphones are very good when there are some unwanted 9) _____ around us. These headphones can cancel those noises so when don't lose our focus. I don't have one, but I guess they will help greatly. Imagine you have a child or a smaller 10) _____ at home. You want to study for an important exam, but their noise is a big problem. Noise cancelling headphones are amazing in 11) _____ like this.

Sometimes the distraction is because we are tired of studying. There are different times, but everyone gets tired when they study. Some people 12) _____ tired after studying for half an hour because they are not used to. There are others who can study for two hours or even more and then get tired. We should know when we need to take a 13) _____. These breaks are very helpful and if we use them, we can focus better while studying.

Finally, when we study, we may 14) _____ other activities that we need to do. For example, we remember that we need to buy something for home or we need to help a friend to move some furniture. These thoughts happen and I guess we cannot stop them. There's one thing we can do. We can have a small 15) _____. When something comes to our mind, we write it in our notebook.

We tell ourselves that when I finish studying, I will do the activity. This way we will complete our studying and not forget about the activity.

There are many ways to deal with 16) _____. What is your favorite?

Exercise 1- Check your answers.

Studying is very important for **1) everyone**. We can learn a lot when we study, but some people have problems when they study. They cannot focus. When they want to study, they easily think about other **2) subjects**. So they cannot focus and learn. These people have a hard time preparing for exams. I think they usually spend many hours to **3) prepare** for an exam. Their exam marks are also not good enough. This is called in English distraction. When a person cannot focus on what they are reading or studying, they are distracted. Their minds are paying **4) attention** to something else. This is not a big problem if you know what to do.

When we want to study, we can **5) tidy** our desk. We should look at what items are at the desk. If there is an item that we don't need, we should put it **6) somewhere** else. For example, I don't need my cell phone so I can put it in the drawer. Of course, I have to silent it. If someone calls, I don't want to be **7) distracted**. I can call them after I study. When we put unnecessary items in other places, we can focus on what we're studying more easily. **8) Trust** me and do this next time. You will understand what I mean.

Another way to deal with distraction is to use noise cancelling headphones. These interesting headphones are very good when there are some unwanted **9) noises** around us. These headphones can cancel those noises so when don't lose our focus. I don't have one, but I guess they will help greatly. Imagine you have a child or a smaller **10) sibling** at home. You want to study for an important exam, but their noise is a big problem. Noise cancelling headphones are amazing in **11) situations** like this.

Sometimes the distraction is because we are tired of studying. There are different times, but everyone gets tired when they study. Some people **12) feel** tired after studying for half an hour because they are not used to. There are others who can study for two hours or even more and then get tired. We should know when we need to take a **13) break**. These breaks are very helpful and if we use them, we can focus better while studying.

Finally, when we study, we may **14) remember** other activities that we need to do. For example, we remember that we need to buy something for home or we need to help a friend to move some furniture. These thoughts happen and I guess we cannot stop them. There's one thing we can do. We can have a small **15) notebook**. When something comes to our mind, we right it in our notebook. We tell ourselves that when I finish studying, I will do the activity. This way we will complete our studying and not forget about the activity.

There are many ways to deal with **16) distractions**. What is your favorite?

Exercise 2- Complete these sentences. Use the words below.

problems- deal- problem- learn- unnecessary- break

1. We can _____ a lot when we study, but some people have _____ when they study.
2. This is not a big _____ if you know what to do.
3. When we put _____ items in other places, we can focus on what we're studying more easily.
4. Another way to _____ with distraction is to use noise cancelling headphones.
5. We should know when we need to take a _____.

Exercise 2- Check your answers.

1. We can **learn a lot** when we study, but some people **have problems** when they study.
2. This is not a **big problem** if you know what to do.
3. When we put **unnecessary items** in other places, we can focus on what we're studying more easily.
4. Another way to **deal with distraction** is to use noise cancelling headphones.
5. We should know when we need to **take a break**.

Exercise 3- Are the sentences true (T) or false (F)?

1. Everyone has a hard time preparing for exams.
2. Being distracted is always a big problem.
3. Noise cancelling headphones can help us better.
4. People get tired at different times while studying.
5. We can control our thoughts when studying.

Exercise 3- Check your answers.

1. Everyone has a hard time preparing for exams.
False. People who get distracted easily have a hard time preparing for exams.
2. Being distracted is always a big problem.
False. It's not big if you know what to do.
3. Noise cancelling headphones can help us better.
That's true.
4. People get tired at different times while studying.
That's true.
5. We can control our thoughts when studying.
False. Some thoughts just come to our mind. We cannot stop them.

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