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| perform up to expectations | 表现符合预期 |
| write that all down to stay organised | 把这些都写下来保持合理性 |
| create a rough weekly schedule | 制定一个粗略的周计划 |
| get rid of distractions | 摆脱焦虑分心 |
| accountability | 名词 责任, 问责制, 负责 |
| with the right mindset | 正确的心态, 正确的思维方式 |
| last minute work | 临时抱佛脚 |
| Don’t cram for exams | 不要突击准备考试 |
| Outperforming your classmates | 超过你的同学 |
| Have a specific objective or plan | 没有明确的目标或计划 |
| In advance | 提前 |
| Lose sight of this | 忽视了这一点 |
| As if | 仿佛, 好像, 似乎 |
| What values you want live by | 你想要什么价值观的生活 |
| Joint debugging | 联调 |
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