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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 |
| break apart | 分解，裂开 |
| Go of it and move on | 放下继续前进 |
| Unconscious=seems asleep can’t wake up | 不省人事 |
| Regain consciousness = awake | 苏醒 |
| In critical condition=does not look good, very sick,very ill. | 病情非常严重，情况紧急，很可能会死 |
| In serious condition | 情况严重但不知道变好还是变坏 |
| In stable condition= not getting worse， not change | 情况稳定 |
| Take a turn(for the worse) | 向糟糕转向，情况变糟 |
| Going to make it | Going to live |
| Not going to make it | Going to die |
| Take vitals：症状，一般四个 | Temperature 体温 |
|  | Breathing 呼吸 |
|  | Pulse 脉搏 |
|  | Blood pressure 血压 |
| Diagnosis：identity the problem | 诊断 |
| Diagnose：the doctor diagnosed me with flu | 诊断动词 |
| Prognosis：future condition outcome | 未来病情的发展 |
| Good prognosis | 病情恢复良好 |
| Poor prognosis | 没戏，可能会死 |
| Get under your skin | 惹怒你,让你心烦意乱 |
| Rowdy | 好吵闹的人,吵闹的,粗暴的 |
| Boils down to | 归结为 |
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