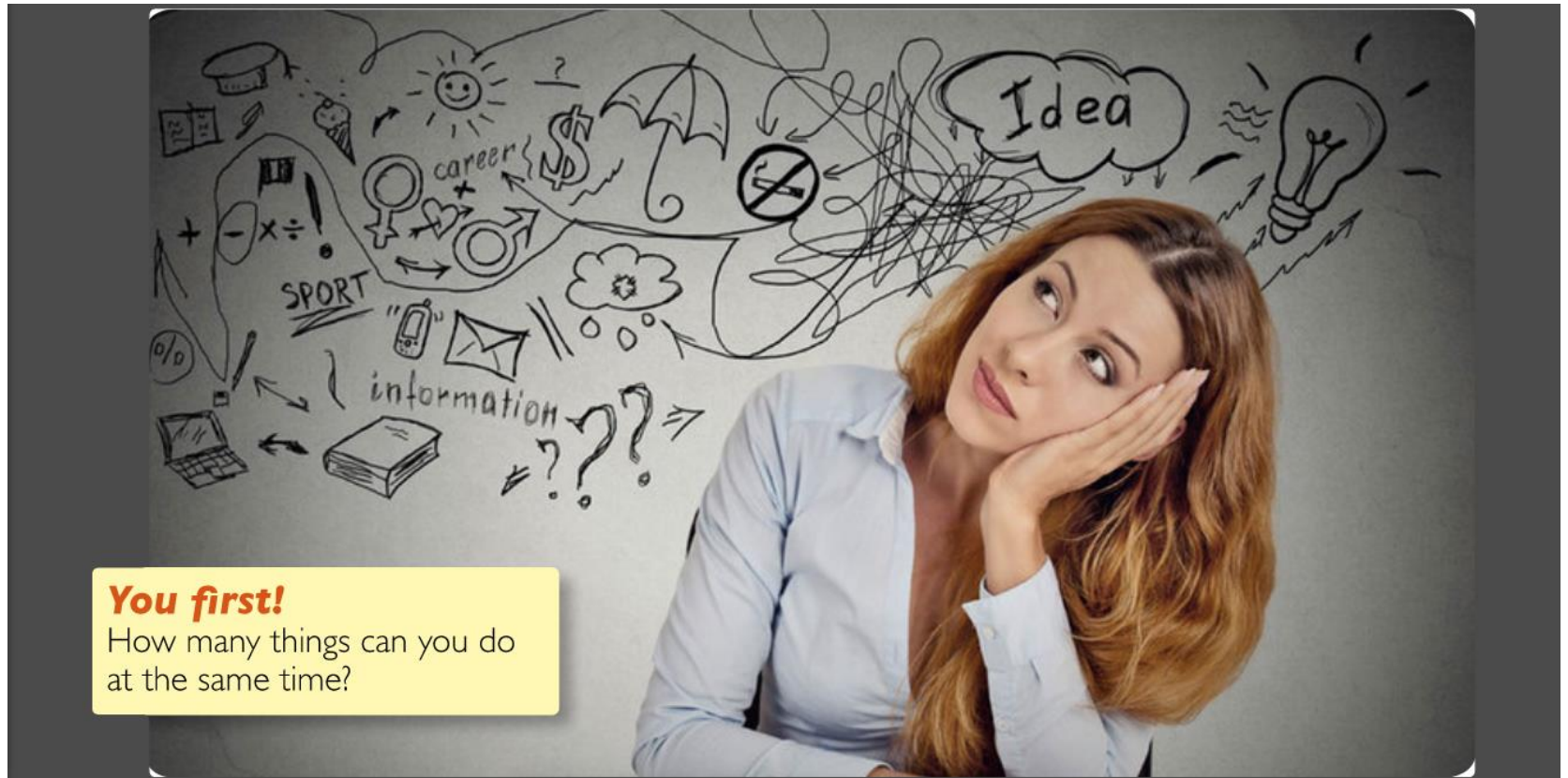


UNIT 1: WAYS OF LEARNING


LESSON 1: ARE YOU A MULTI-TASKER?



You first!

How many things can you do at the same time?

GRAMMAR: PRESENT CONTINUOUS

3.  1.8 The woman in the picture is doing six things in her head at the same time. Complete sentences 1–6 with these verbs. Then listen and check. Which activity is missing from the sentences?

do have eat answer pay send work on

- | | | |
|--------------------------------|--------------------------|-------------------------|
| 1. She's _____ a math problem. | 3. She _____ a big idea. | 5. She _____ ice cream. |
| 2. She _____ her cell phone. | 4. She _____ a bill. | 6. She _____ an e-mail. |

4.  1.9 Complete the table with these phrases. Then listen and check.

coffee a decision homework a mistake a noise
a phone call sports Sudoku a test
yoga dinner

make	do
coffee	homework

FURTHER PRACTICE: exercises 1,2,3 page 5 (workbook)

GRAMMAR: PRESENT SIMPLE

4.  1.9 Complete the table with these phrases. Then listen.

coffee a decision homework a mistake a noise
a phone call sports Sudoku a test
yoga dinner

1. Which of the things in Exercise 4 do you ...
 - a) do every day?
 - b) sometimes do?
 - c) never do?

PRACTICE

4. Choose the correct answers.

1. I *am writing* / *write* an e-mail. Please don't disturb me!
2. *Are you sending* / *Do you send* a lot of text messages when you are on vacation?
3. He *isn't doing* / *doesn't do* his homework. He *is playing* / *plays* computer games. I can hear him!
4. **A** *Does she buy* / *Is she buying* the vegetables for dinner tonight?
B Yes, I think so!
5. They *are making* / *make* a lot of noise! I can't concentrate.

PRACTICE

5. Complete the conversation with the present simple or present continuous tense of the verbs.

SARAH Hi, Mark. What ^{1.} you
 (do)?

MARK Hi, Sarah. I ^{2.} (make) dinner.
I ^{3.} (make) dinner every Saturday.

SARAH That's nice!

MARK And I ^{4.} (look after) the kids this
evening!

SARAH Where's Emma?

MARK She ^{5.} (have) a drink with some
friends. I can send her a text.

SARAH No, don't worry. She always ^{6.}
(call) me on Sundays. I'll talk to her about it then!

8. Read the extract from an article. Do you agree with Dave Crenshaw?

Is multi-tasking a myth?

Many employers say they like **employees** who are good at multi-tasking. But in his recent time management **bestseller**, *The Myth of Multi-tasking: How "Doing it All" Gets Nothing Done*, Dave Crenshaw says that people can't do two things at once. It's impossible. A person only has one brain. If you're doing one thing, you can't do something else at the same time. Multi-tasking doesn't exist. What we're doing is "switch-tasking". We move very quickly between two or more **tasks**, and pay little attention to each of them in turn. Crenshaw says that if we do this for a long time—as many people do—it's very bad for us. It can make us stressed and unhappy and **inefficient** at our job.

9. Match the words in bold in the extract with the correct meaning in Exercise 8.

1. activities

3. not working well

5. people who work for someone

2. a story that isn't true

4. a book that lots of people buy

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10. Read the extract again and choose the best answers.

1. Many employers

- ☐ a) are good at multi-tasking.
- ☐ b) think multi-tasking is a good thing.
- ☐ c) agree with Dave Crenshaw's ideas.

2. Dave Crenshaw says

- ☐ a) we can only do two things at once.
- ☐ b) some people are better at multi-tasking than others.
- ☐ c) multi-tasking isn't possible.

3. "Switch-tasking" means

- ☐ a) moving quickly from one activity to the next.
- ☐ b) spending a long time on each activity.
- ☐ c) doing several things at the same time.

4. In the long-term, switch-tasking

- ☐ a) is very good for us.
- ☐ b) can lead to stress.
- ☐ c) can make us happy.

GRAMMAR 3

EXPRESSIONS + -ING FORM

✓	X	XX
good at multi-tasking	not good at sitting still	bad at reading maps
like / love taking photos	don't like drawing	hate doing Sudoku
enjoy solving problems	doesn't like singing	hopeless at making things

WRITING

6. Use the words below to write sentences. Then write a true sentence using two of the verbs.

1. Kate / good at / do / crosswords. She / not good at / do sudukos.

Kate is good at doing crosswords. She isn't
good at doing Suduko.

2. Matt and Tim / not like / draw. They / love / take photos.

3. Maria / not like / sing. She / not good at / read music.

4. Harry hate / solve problem. He / enjoy / make things.

SPEAKING 1

After this lesson, you should be able to make a **3 - minute speech**. Video your speech and send it to your teacher via Moodle.

You must talk about:

- things you always do
- things you sometimes do
- things you never do
- things you are very good at
- things you are bad at