

Intermediate – Stay On Task And Avoid Distractions

<p>TOM: “Argh, I’m so stressed! My manager just asked me to write a really important report and send it to the rest of the team. I also have some tasks of my own to complete before the working day is done, in about an hour or so. This office is so noisy, I can’t concentrate! Also, when I get home, my spouse and I will go to a dinner party.”</p> <p>How can Tom manage to complete his tasks and be home on time for the dinner party?</p>	<p>MARTINOS: “I’m so tired! It’s almost time for my favourite TV program, but I haven’t finished my homework yet. I also have to get to bed early because I have an early hockey game tomorrow and need to have enough time to eat breakfast, or I’ll be too tired and hungry to compete. Coach won’t pick me to play if I make too many mistakes.”</p> <p>How can Martinos complete his tasks and get ready for his game the following day?</p>	<p>TAMSIN: “I’ve got a big project to finish tonight, but concentrating at home is no easy task. My older sister is video chatting her friends in our bedroom, my mom is cooking in the kitchen, and my brother is playing videogames in the living room. What does one have to do to get some peace and quiet?!”</p> <p>How can Tamsin manage to complete her tasks and finish her project on time?</p>
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Reflection Point

While it’s not easy to avoid distractions all the time, learning to stay on task is an important skill that can help us achieve better results at school, home, work, or any other areas in your life.