

Part 1. Listening Script

Stop wasting time

Tom: I don't know what to do. I start off studying but I always end up doing something else.

Mum: I'll help you but please listen to me.

Tom: Of course! Go on!

Mum: Now first, you need to take away all of the things that stop you working.

Tom: What do you mean?

Mum: First, turn off your music. Music doesn't help you study.

Tom: OK. No music.

Mum: And put the dog outside!

Tom: What?

Mum: Well, every time the dog goes into your room, you stop studying to pat it. Spot stops you working!

Tom: OK. Bye, Spot!

Mum: Have an apple and a glass of water on your desk before you start. Here you are.

Tom: Why?

Mum: Because then you don't need to go to the kitchen for something to eat or drink.

Tom: OK.

Mum: Turn off your phone.

Tom: No way!

Mum: Yes. It stops you working. If you turn it off, it's easier to concentrate. You can read your messages later.

Tom: OK, but I can't turn off the internet on my computer. I need it to look up information.

Mum: OK, but you can turn off your instant messages.

Tom: I know! Mum?

Mum: Yes?

Tom: Thanks.