**Topic: Listening Test. Date 1/04/2020**

**Group: 73**

**Listen to the text** <https://learnenglishteens.britishcouncil.org/skills/listening/intermediate-b1-listening/organising-your-time>

**Task 1.** Circle True or False for these sentences.

|  |  |  |
| --- | --- | --- |
| 1. The Pomodoro Technique was invented in the 1980s. | True | False |
| 2. Students and workers can use the technique. | True | False |
| 3. The technique is a bit complicated to use. | True | False |
| 4. You need to break down your tasks into smaller sections. | True | False |
| 5. Each break is called a ‘pomodoro’. | True | False |
| 6. Peter uses an app on his mobile to time himself. | True | False |
| 7. After four or five short breaks you can have a longer break. | True | False |
| 8. Peter takes less time to do his homework these days. | True | False |

**Task 2.** Complete the sentences with a word from the box

|  |  |  |  |
| --- | --- | --- | --- |
| **list** | **breaks** | **productivity** | **five** |
| **item** | **timer** | **task** | **time** |

The Pomodoro Technique is designed to help people work effectively and avoid wasting 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It helps you to get the maximum 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the time you have. First you have to break down each 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into steps. Then you use a 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to organise your time into intensive work and 5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. You write a list of the things you need to do, set the timer to twenty-five minutes and start working on the first 6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on your list. When the timer goes off you stop work for 7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes. Then you repeat these steps four or five times, ticking off items on your 8.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as you finish them. After a few short breaks you can take a longer break.

**Task 3.** Complete the sentences with the correct form of the word in brackets.

1. It is important to find the most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ way of working. (effect)

2. We can be more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if we work together as a team. (product)

3. Do you think that is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ idea? (sense)

4. I keep all my notes in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ folders. (separation)

5. You can use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help you cook the perfect boiled egg. (time)

6. You will feel really \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when you finish. (satisfaction)

7. It isn’t a very \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ time to wait. (length)

8. The Pomodoro Technique is a system to help you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your time. (management)