

Transcript for **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.