



## Unit 18 Staying fit and healthy

### Task 06

Announcer: Listen to Martha and Dave talk about problems with learning.

Martha: Hi Dave. How are you?

Dave: Hi Martha. I'm feeling a bit tired, although I had enough sleep, last night.

Martha: Is there something troubling you?

Dave: Recently, a few things have happened. It hasn't been going so well, lately.

Martha: Do you want to talk about it?

Dave: Well, maybe that's a good idea. I really could do with somebody to talk to about it all right now. I was always good at school, but now there are so many new things to learn. I just don't know how to deal with everything.

Martha: Actually, I had the same problem in the beginning, so I talked to my teacher about it and she told me about the Pareto principle. It's used to manage tasks. This Pareto principle says you only need 20% of your time to do 80% of the work. However, for the remaining 20% of the work you need the remaining 80% of your time!

Dave: So, when I'm doing my homework, I could do 80% of it in one hour, but for the last 20% I need four hours?

Martha: Unfortunately, yes, that's right. Sometimes, when we're working on something, a small problem that needs a lot of time to solve ... just distracts us. However, if you focus on the main parts, you can save a lot of time.

Dave: And if there is any time left, I can then take care of the small issues. That really sounds useful. I'll give it a try. I also read in a newspaper article that certain foods as well as some exercises could help to improve learning.

Martha: That sounds interesting. Can you tell me more about it?

Dave: I just remember that you shouldn't eat too much before you start studying something because it makes you tired. They also suggested eating some fruit and nuts as a snack. In addition, you can do some simple exercises or just walk around a little bit. This might also help.

Martha: I need at least a 15-minute break after an hour of studying with my books.

Dave: Right ... but sometimes I watch some videos on my smartphone in this break and don't realise, that I actually spend a lot more time watching videos than studying.



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Martha: That can easily happen. In that case, you should set yourself an alarm, when the break is over.

Dave: Well, now that you mention it ... our lunch break is also nearly over. We need to get back to work.

Martha: You're right. Maybe we can continue this after work.

Dave: I would be glad to. Thanks for your help.

Martha: You're welcome.