

## **JAG04 Unit 1**

### **Task 1 About the course**

Work in small groups. Share all the information you have about the current course and the compulsory exam JA002 or talk about your hopes and expectations.

Consider the following:

- credit requirements - attendance, homework, assignments...
- exam – level, structure, content, pass mark...

### **Task 2 Academic skills**

- A) Which skills do you think are the most important for your academic studies? Which are the least important?
- B) Which two skills do you think are your strengths and which do you think you need to practise more?
- Understanding lectures in English
  - Taking part in group work
  - Giving presentations
  - Reading academic texts
  - Finding information to include in my own writing
  - Summarising what I have read
  - Writing academic texts
  - Learning academic vocabulary
  - .....
- C) In pairs, discuss your answers. Do you have any advice to give on how to improve these skills?

### **Task 3 Speaking**

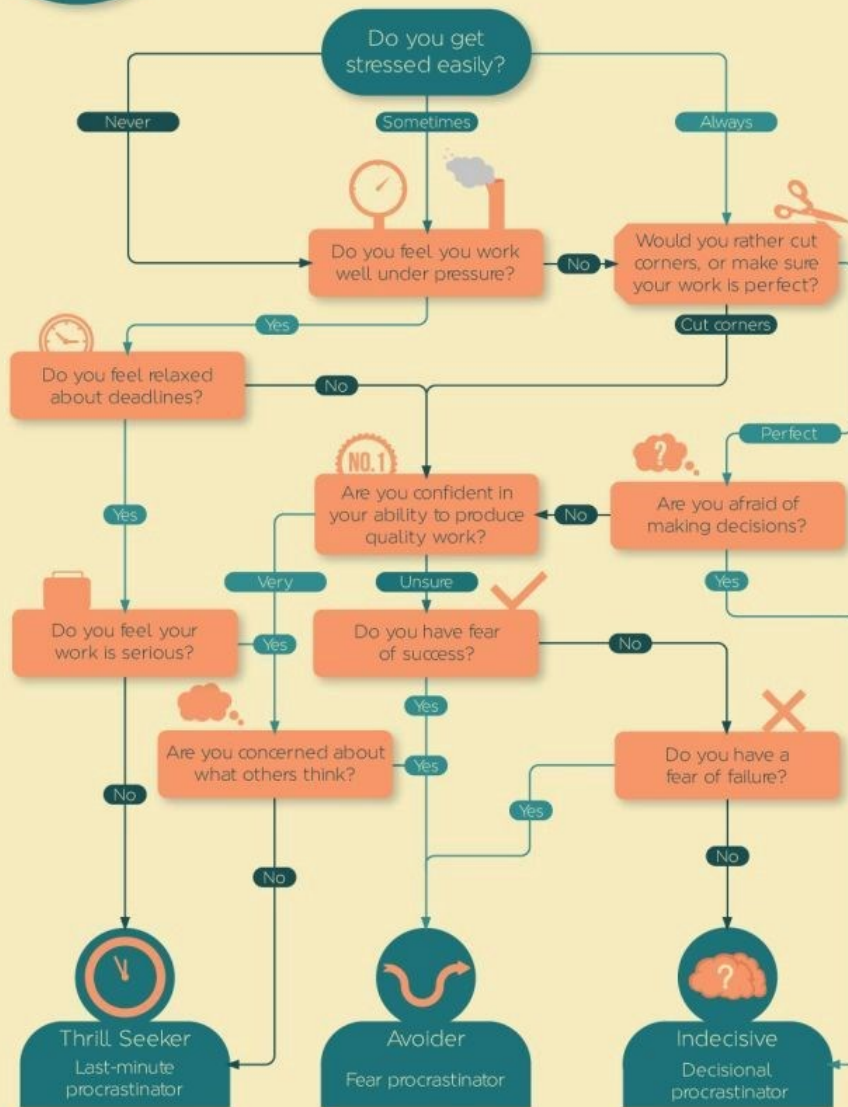
- A) Work in pairs. Everyone wastes time sometimes. When you waste time, what do you think is the reason? Stress? Boredom? Something else?
- B) What is the purpose of the flow chart?  
Work your way through the questions on the chart. What does it tell you about yourself?  
Do you find the tips useful?

# What Type of Time Waster Are You?

Three-fourths of workers believe negative emotions such as stress and boredom are the leading contributors to time-wasting.



However, Joseph Ferrari, Ph.D., associate professor of psychology at De Paul University in Chicago, identifies three different types of procrastinators, each with different motives.



Thrill seekers feel they can procrastinate, as they enjoy the feeling of working against a deadline.

Avoiders prefer to procrastinate as a means to avoid being judged, whether it's from success or failure.

Indecisive people are often perfectionists but procrastinate to shift responsibility from themselves.

## Tips

Constantly set and adjust deadlines so that you still get the adrenaline rush, but are using your time more effectively than procrastinating.

Success is a good thing and nothing to be ashamed of. Failure is a way to learn and improve. Focus on doing the best job you can do and not on what others think.

Not everything has to be perfect so try to take small risks and use your intuition. Mistakes may mean you learn something new. Try to split the task up into more manageable parts.