

## Learn how to manage your time with Zack

Things were tough for Zack when Coronavirus hit. In this video he talks about how he got through it by effectively managing his time and not giving up hope for the future.

### Tasks

Do the preparation task first. Then watch the video and do the exercises.

#### Preparation task

Match the definitions (a–j) with the vocabulary (1–10).

##### Vocabulary

1. .... an objective
2. .... precious
3. .... a smuggler
4. .... the bush
5. .... self-motivated
6. .... push-ups, planks and donkey kicks
7. .... tough
8. .... a life jacket
9. .... to oversleep
10. .... a schedule

##### Definition

- a. an area of land, especially in Africa and Australia, that is covered with bushes and trees
- b. someone who takes goods or people into or out of a country illegally
- c. an object that is filled with air, which helps you float if you fall into water
- d. something that you plan to do or achieve
- e. of great value because of being rare, expensive or important
- f. types of physical exercise
- g. to sleep for longer than you wanted to
- h. a list of activities or things and the times that they are to be done
- i. wanting to work, study, etc. without someone telling you what to do
- j. difficult to do or to deal with

#### Task 1

Write a number (1–7) to put the events in the order they are mentioned.

\_\_\_\_\_ His worries because of the Coronavirus pandemic.

\_\_\_\_\_ His online classes and study time.

\_\_\_\_\_ His journey from Ghana to Greece.

\_\_\_\_\_ How he felt when he started at the American Community School.

\_\_\_\_\_ How he plans to help young people in the future.

\_\_\_\_\_ His morning exercise routine.

\_\_\_\_\_ Zack's advice to others about time management.

## Task 2

Put the words and phrases in order to make sentences.

1. this knowledge, everything in world. you have If you have
2. negative mind. thoughts All these come to my
3. myself. have to I decided I to help do something
4. hard for my time. me, but I It was very learned how to manage
5. your to make life. for Try a schedule
6. to believe I want self-motivated and kids to be in themselves. to help

## Discussion

How do you motivate yourself during a tough time?

## Answers

### Preparation task

1. d
2. e
3. b
4. a
5. i
6. f
7. j
8. c
9. g
10. h

### Task 1

1. His journey from Ghana to Greece.
2. How he felt when he started at the American Community School.
3. His worries because of the Coronavirus pandemic.
4. His morning exercise routine.
5. His online classes and study time.
6. Zack's advice to others about time management.
7. How he plans to help young people in the future.

### Task 2

1. If you have knowledge, you have everything in this world.
2. All these negative thoughts come to my mind.
3. I decided I have to do something to help myself.
4. It was very hard for me, but I learned how to manage my time.
5. Try to make a schedule for your life.
6. I want to help kids to be self-motivated and to believe in themselves.