

Prepare for {IELTS}

Part 1 – Concentration

When do you need to concentrate?

Mainly, when I'm working and particularly if I have a deadline to meet then it's crucial that I stay focused and complete the task on time.

What might distract you when you are trying to stay focused?

Absolutely loads of things, for example, social media is a major distraction and checking emails or messages. Sometimes it is my own thoughts though. I'm a procrastinator and that is a major problem* when I'm trying to concentrate because I think 'I can do it later'.

To procrastinate = to delay or postpone action; put off doing something

Procrastination is the thief of time

*I've used major twice, you could use massive/huge instead

What do you do to help you concentrate?

I'd like to say that I **switch off** my phone, close all my social media accounts and **shut out the world**, but **the reality** is that I don't. I'm **guilty of checking** my phone and social media when I should be concentrating.

Is it difficult for you to stay focused on something?

Without a doubt, yes. I'm too easily **distracted** and although I know what I should do to **prevent this happening**, I don't do it so **tasks and chores tend to take me** twice as long because I **get sidetracked** all the time.

<p>To get sidetracked = to have your focus/attention moved to something that is not as important</p>
