

3D-note 作業 (一)



Source: WorkLife with Adam Grant

Episode: Season 3—The real reason you procrastinate (你拖延的真正原因)

Link: [The real reason you procrastinate](#)

Transcripts

WorkLife with Adam Grant

Chunks	Tags	Explanation	Sentence
<u>sth. to come at a cost</u>	Idioms	某事的發生或形成是有代價的	Tom's success in his career came at a cost , he lost his wife's company.
<u>to be on top of sth.</u>	Idioms	有能力處理或控制某事	Steven is on top of his work, especially in the face of those difficult clients.
<u>keep on</u>	Phrasal Verbs	持續；繼續	You should keep on going, it's a good opportunity.
<u>lead to</u>	Phrasal Verbs	導致……	That traffic accident led to Paul lost his daughters.
<u>put off</u>	Phrasal Verbs	拖延；延宕	Jonas has been put off attending business meetings for a few months.
<u>(high) levels of stress</u>	Lexical Collocations	很大的壓力	When your brain experiences high levels of stress , your body reacts accordingly.

Aa Chunks	Tags	Explanation	Sentence
<u>a hypothetical example</u>	Lexical Collocations	假設性的例子	Speaker describes a hypothetical example to clarify her point.
<u>a neat house</u>	Lexical Collocations	乾淨整潔的房子	Tony wants his home to be a neat house , but his nephew doesn't.
<u>chronic procrastinator</u>	Lexical Collocations	慣性的延宕者	Molly's brother is a chronic procrastinator , he always does his work on the last day.
<u>do the dishes</u>	Lexical Collocations	洗碗盤	Nowadays robots not only do the dishes but also make the coffee.
<u>feel guilty</u>	Lexical Collocations	感到有罪惡感	After Rory shouted at her father, she feels guilty about that.
<u>give sb. a / an Adj. look</u>	Lexical Collocations	給……一個怎樣的表情	Mr. Robinson gives those teenagers a dirty look after seeing them smoking in his garden.
<u>make a mistake</u>	Lexical Collocations	犯錯	"Everybody makes mistakes ." You have tried your best.
<u>mental health</u>	Lexical Collocations	心理健康	"Working ruins my daily life, that stuff hurt my mental health! " Zoe said.
<u>operate in</u>	Lexical Collocations	在……上的作用	We can not ignore the effects operate in the market, which could be change everything.
<u>poor + sleep quality</u>	Lexical Collocations	糟糕的睡眠品質	I suffer from insomnia and poor sleep quality makes me look like a dinosaur every morning.

Aa Chunks	Tags	Explanation	Sentence
<u>seek</u> (<u>seek-sought-sought</u>) <u>help</u>	Lexical Collocations	尋求幫忙	It's time to seek help from William, or I could be burning this kitchen.
<u>stir up</u> + <u>negative</u> + <u>emotions</u>	Lexical Collocations	激起負面的情緒	It stirs up Christina's negative emotions that the finish of the vacation.
<u>take</u> + <u>energy</u> / <u>effort</u>	Lexical Collocations	……需要精力、努力	Making a video takes energy , including shooting, recording, editing etc.
<u>take a look at</u> <u>sth.</u>	Lexical Collocations	看；檢視；查看……	Police officers are taking a look at Jeff's driver's license to make sure he's not driving without a license.
<u>have difficulty</u> + <u>Ving</u>	Grammatical Collocations	做……有困難	Oscar has difficulty singing on the stage, which leads to he can't be an idol.
<u>put off</u> + <u>V-ing</u>	Grammatical Collocations	對……拖延	I often put off doing my homework when I was a student, unfortunately, I'm still the same.
<u>to procrastinate</u> + <u>on / over</u> <u>sth.</u>	Grammatical Collocations	對……拖延	When you are distracted, it causes unnecessary stress and makes you procrastinate on your work.
<u>it takes</u> (<u>a lot of</u>) <u>energy</u> <u>to</u> <u>V.</u>	Formulaic Expressions (headings)	……需要(大量)精力、努力	It takes a lot of energy to prepare a professional speech.
<u>It's</u> (<u>pretty</u>) <u>clear that...</u>	Formulaic Expressions (headings)	(極為)顯而易見的是……	It's pretty clear that James didn't want to go hiking with us.