3D-note 作業(一)

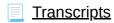


Source: WorkLife with Adam Grant

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

因)

Link: The real reason you procrastinate



WorkLife with Adam Grant

<u>Aa</u> Chunks	▼ Tags	E Explanation	■ Sentence
sth. to come at a cost	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.
to be on top of sth.	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.
keep on	Phrasal Verbs	持續;繼續	You should keep on going, it's a good opportunity.
lead to	Phrasal Verbs	導致	That traffic accident led to Paul lost his daughters.
put off	Phrasal Verbs	拖延;延宕	Jonas has been put off attending business meetings for a few months.
(high) levels of stress	Lexical Collocations	很大的壓力	When your brain experiences high levels of stress, your body reacts accordingly.

<u>Aa</u> Chunks	▼ Tags	E xplanation	≡ Sentence
<u>a</u> <u>hypothetical</u> <u>example</u>	Lexical Collocations	假設性的例子	Speaker describes a hypothetical example to clarify her point.
a neat house	Lexical Collocations	乾淨整潔的 房子	Tony wants his home to be a neat house , but his nephew doesn't.
chronic procrastinator	Lexical Collocations	慣性的延宕 者	Molly's brother is a chronic procrastinator, he always does his work on the last day.
do the dishes	Lexical Collocations	洗碗盤	Nowadays robots not only do the dishes but also make the coffee.
feel guilty	Lexical Collocations	感到有罪惡感	After Rory shouted at her father, she feels guilty about that.
g <u>ive sb. a /</u> an Adj. look	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.
make a mistake	Lexical Collocations	犯錯	"Everybody makes mistakes." You have tried your best.
mental health	Lexical Collocations	心理健康	"Working ruins my daily life, that stuff hurt my mental health!" Zoe said.
operate in	Lexical Collocations	在上的作用	We can not ignore the effects operate in the market, which could be change everything.
poor + sleep quality	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.

3D-note 作業 (一) 2

<u>Aa</u> Chunks	▼ Tags	E Explanation	■ Sentence
seek (seek- sought- sought) help	Lexical Collocations	尋求幫忙	It's time to seek help from William, or I could be burning this kitchen.
stir up + negative + emotions	Lexical Collocations	激起負面的情緒	It stirs up Christina's negative emotions that the finish of the vacation.
take + energy / effort	Lexical Collocations	需要精 力、努力	Making a video takes energy, including shooting, recording, editing etc.
take a look at sth.	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.
have difficulty + Ving	Grammatical Collocations	做·····有困 難	Oscar has difficulty singing on the stage, which leads to he can't be an idol.
put off + V- ing	Grammatical Collocations	對拖延	I often put off doing my homework when I was a student, unfortunately, I'm still the same.
to procrastinate + on / over sth.	Grammatical Collocations	對拖延	When you are distracted, it causes unnecessary stress and makes you procrastinate on your work.
it takes (a lot of) energy to V.	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 (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.

3D-note 作業 (一) 3