

**TRABALHO DE ESTUDOS AUTÔNOMOS 2º TRIMESTRE 2023**

ALUNO (A): \_\_\_\_\_ TURMA: \_\_\_\_\_

VALOR: 12,0 Nota: \_\_\_\_\_

**INSTRUÇÕES:** Todas as questões devem ser respondidas a **CANETA**.

Preencha as lacunas abaixo com os “quantifiers” adequado.

**QUESTÃO 01.** The weather forecast predicted rain; \_\_\_\_\_, the day turned out to be sunny. (contrast/opposition)**QUESTÃO 02.** \_\_\_\_\_ feeling tired, she attended the late-night meeting. (express concession)**QUESTÃO 03.** She couldn't come to the movie \_\_\_\_\_ she was feeling unwell. (express cause/ reason)**QUESTÃO 04.** It was getting late, \_\_\_\_\_ I decided to leave. (express consequence)**QUESTÃO 05.** I haven't seen her \_\_\_\_\_ the party last week. (express cause/ reason)**Text: The Importance of Time Management**

Time management is a crucial skill that can greatly impact your success in various aspects of life, especially during your teenage years. As a teenager, you have to juggle schoolwork, extracurricular activities, social interactions, and personal interests. Effective time management can help you maintain a balanced and fulfilling life while achieving your goals.

One key aspect of time management is setting priorities. Understand what tasks are most important and allocate time accordingly. Create a to-do list, placing the most important tasks at the top. This way, you ensure that you tackle essential responsibilities before less crucial ones.

Another vital strategy is creating a schedule. Designate specific time slots for studying, engaging in hobbies, spending time with family and friends, and relaxation. Having a well-structured schedule can help you avoid last-minute rushes and reduce stress. Furthermore, learn to say 'no' when necessary. While it's important to explore different activities, overcommitting can lead to burnout and hinder your performance. Choose activities that align with your interests and goals, and decline those that might overwhelm your schedule.

Remember, effective time management doesn't mean eliminating all leisure activities. It means finding a healthy balance between work and play. When you manage your time wisely, you not only accomplish tasks more efficiently but also create room for personal growth and self-care.

Read the text carefully and then answer the following questions:

**QUESTÃO 06.** Why is time management considered important for teenagers?

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**QUESTÃO 07.** How can setting priorities help in managing time effectively?

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**QUESTÃO 08.** What is the benefit of creating a well-structured schedule?

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**QUESTÃO 09.** Why is it important for teenagers to learn to say 'no' sometimes?

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**QUESTÃO 10.** Show an example of a student's "to-do" list with at least ten activities and put them in order of priority.

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EX: Housekeeper to-do list

- Wash clothes
- Make lunch
- Clean... etc