



VOCABULARY BANK

# Lifestyle and Daily Routines

Lifestyle and Daily Routines | Bank 1: habits, time management and study routines | Cambridge IGCSE ESL 0511

## 1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
daily routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
set a goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
manage my time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
keep a balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
avoid distractions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
put something off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
stick to a plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feel motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be under pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It helps me to...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One habit I would change is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Routines and habits	daily routine, morning routine, after-school routine, healthy habit, make progress, stick to a plan, be consistent
Time management	manage my time, set a goal, make a to-do list, prioritise tasks, meet a deadline, put something off, avoid distractions
Feelings and pressure	feel motivated, feel overwhelmed, be under pressure, lose focus, stay organised, keep a balance, have enough free time
Opinion chunks	It helps me to..., One habit I would change is..., I find it difficult to..., A useful strategy is..., It depends on my routine...

### 3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

No.	Word or phrase	Meaning
1	manage my time	a. delay doing something until later
2	prioritise tasks	b. feel that there is too much to deal with
3	put something off	c. use time in an organised and sensible way
4	stick to a plan	d. give enough time to different parts of life
5	feel overwhelmed	e. decide which jobs are most important
6	keep a balance	f. continue following a plan

### 4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

Useful chunk	Useful chunk	Useful chunk
manage my time	set a realistic goal	make a to-do list
avoid distractions	stick to a plan	feel under pressure
keep a healthy balance	make steady progress	put homework off

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 5. Read in context

Read the text. The bold words are from the vocabulary bank.

#### Finding a Better Routine

Many students have busy lives, so a clear **daily routine** can make schoolwork feel more manageable. Some students like to **make a to-do list** before they start studying, while others prefer to plan the week in advance.

Good time management does not mean studying every minute of the day. It means knowing how to **prioritise tasks**, **avoid distractions** and take sensible breaks. Students who try to do everything at once may **feel overwhelmed** and lose focus.

One common problem is that people **put homework off** until the last moment. This can create stress, especially when they also need to **meet a deadline**. A better approach is to set a realistic goal and **stick to a plan** for a short period each day.

A good routine should also include rest, hobbies and time with friends. Students are more likely to make progress when they **keep a healthy balance** between study and free time. Small habits, repeated regularly, can lead to big improvements.

## 6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

### READING CHECK

1. Why can a clear daily routine help students?

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2. What can happen if students try to do everything at once?

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3. Why is putting homework off a problem?

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4. What should a good routine include apart from study?

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### VOCABULARY IN CONTEXT

**What does 'prioritise tasks' mean in the text?**

- A. Decide which jobs are most important
- B. Do only the easiest work
- C. Stop making plans
- D. Take a break from school

**What is the writer's main advice?**

- A. Students should study all day.
- B. Small regular habits can improve routines.
- C. Free time is not important.
- D. Deadlines should be ignored.

## 7. Use the vocabulary

Task	What to do
Speaking 1	Describe one habit that helps you study and one habit that makes studying harder.
Speaking 2	Discuss this question: Is it better to plan every day carefully or be flexible?
Writing	Write a short paragraph giving advice to a student who often puts work off.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

## 8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- What is the most useful habit for a student?
- How can teenagers avoid distractions while studying?
- Is it better to work quickly or carefully?
- How much free time should students have each day?
- What makes you feel motivated?

**ANSWER KEY**

# Lifestyle and Daily Routines

## 3. Match the meaning

1. c = use time in an organised and sensible way
2. e = decide which jobs are most important
3. a = delay doing something until later
4. f = continue following a plan
5. b = feel that there is too much to deal with
6. d = give enough time to different parts of life

## 6. Check your understanding

1. It can make schoolwork feel more manageable and help students plan their time.
2. They may feel overwhelmed and lose focus.
3. It can create stress, especially when students need to meet a deadline.
4. It should include rest, hobbies and time with friends.

MCQ 1: A. Decide which jobs are most important.

MCQ 2: B. Small regular habits can improve routines.