

بنام خدا

جلسه دوم: یکشنبه ۹۹/۱/۳۱ ساعت ۸ - ۱۰

جهت تهیه فایل های PDF و link فایل های ضبط شده به **homepage** استاد **خانم مهندس کرامتی** در page دانشکده ریاضی، آمار و علوم کامپیوتر ، گروه علوم کامپیوتر مراجعه فرمایید.

توجه :

- ۱- فایل های PDF با نام موضوع درسی نوشته شده اند.
مثلا English2(U2,R1)
- ۲- فایل های ضبط شده با نام **تاریخ English** نوشته شده اند.

نام فایل ضبط شده این جلسه: English 99-1-31

Getting Help for Procrastination

- 5 The first thing we need to know about procrastination is that we should set realistic goals. It is not something we can fix overnight, but it is something we can fix. All we need is the willingness to try something new.
- 6 Second, our ability to be successful at any task is not dependent upon our mood. Sometimes we have to do things we don't like to do. That doesn't mean our results are going to be of lesser quality or that the task will be failure. It just means that sometimes motivation comes after we have started working on something. In addition, sometimes, working on a project may change our mood. Neither should we expect to work only when we are in the right mood.

It just means that sometimes **motivation** comes after we have started working on something.

Motivation: انگیزه

In addition, sometimes, working on a project may change our **mood**.

In addition : مضافاً، بعلاوه

Mood: خلق، حالت

Neither should we **expect** to work only when we are in the right mood.

Expect: انتظار داشتن

- 7 Third, challenging our thoughts and beliefs about how to complete a task is something we need to do every day. It is sometimes helpful to keep a little

journal of our thoughts that need to be challenged, as well as a response to the thought.

Third, **challenging** our thoughts and **beliefs** about how to complete a task is something we need to do every day.

Challenging: مبارزه طلبیدن، چالش **beliefs:** اعتقادات

It is sometimes helpful to keep a little journal of our thoughts that need to be challenged, as well as a response to the thought.