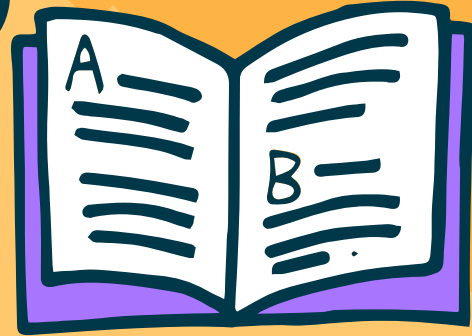


สนุกกับภาษา

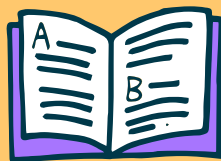
Learning Vocabulary in Context (4)





Learning Vocabulary in Context (4)

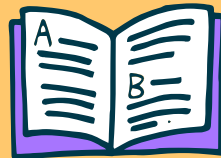
- **context** (n.) surrounding words
- **Learning vocabulary in context** means that you learn new words when you are reading or listening.
- You learn a new word by seeing how it is used in a sentence.





Learning Vocabulary in Context (4)

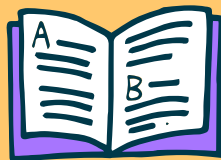
- **Context clues** are hints found within a sentence, paragraph, or passage that a reader can use to understand the meanings of new or unfamiliar words.





Learning Vocabulary in Context (4)

- **Four Types of Context Clues**
 - 1: Definition or Restatement
 - 2: Synonym
 - 3: Antonym /Opposite/Contrast
 - 4: Example or Explanation





Learning Vocabulary in Context (4)

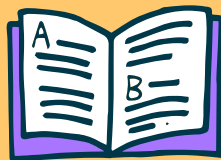
- The **initial** training period, the first six weeks, is the hardest.
- Many **octogenarians**, that is, people in their eighties, are still spry and healthy.
- You don't have to **concur** with what I say, but at least listen with an open mind.





Learning Vocabulary in Context (3)

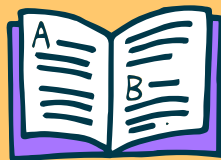
- **upcycling** (n.) the activity of making new furniture, objects, etc. out of old or used things or waste material
 - **Upcycling** is a great way to reduce waste.





Learning Vocabulary in Context (3)

- **recycling** (n.) the process of collecting and changing old paper, glass, plastic, etc. so that it can be used again





These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Sep 14, 2020

2.2K
VIEWS



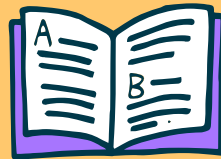
Tags: Habits, Micro Habits, Self-Care, Meditation





Learning Vocabulary in Context (4)

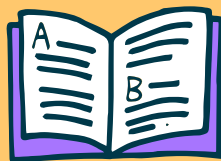
- Are you Looking to improve your physical, mental, and emotional health? **Micro habits** are the perfect way to begin your self-care journey.





Learning Vocabulary in Context (4)

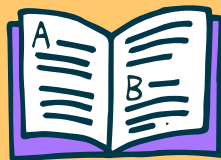
- Micro habits **are small actions** that can help you establish sustainable, healthier behavior patterns that will last a lifetime.





Learning Vocabulary in Context (4)

- The principle behind **micro habits** is that the best way to make a **major life change** is by starting off small, ingraining new habits via **baby steps**.
- <https://www.goodnet.org/articles/these-5-micro-habits-change-your-life>



★ These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Mini meditation sessions

Practicing mini meditation regularly can have a huge positive impact on mental health.

Meditation provides tons of benefits, including lower stress levels.

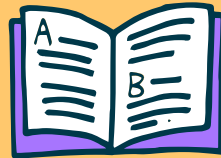


★ These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Unplug and power off for an hour

It's critical to unplug and power off on a regular basis to let your mind rest and recharge, free of electronic distractions.



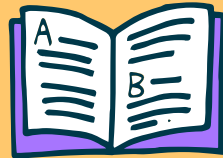
★ These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Sip water throughout the day

It's common knowledge that drinking water has a **tremendous** positive impact on the body.

<https://www.goodnet.org/articles/these-5-micro-habits-change-your-life>

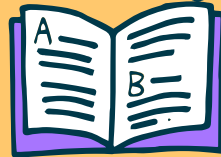


★ These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Always take a pause before replying

In today's super-connected world, many people feel the pressure to be "on" at all times and instantly reply when others reach out to us, especially when it's through text message or email.

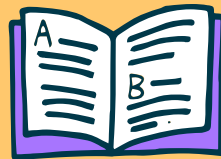


★ These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Always take a pause before replying

But in both electronic communications and face-to-face interactions, it's critical to remember that you always have the right to take a pause before responding - especially when emotions are running high.

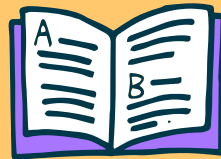


★ These 5 Micro Habits Can Change Your Life

These habits are a great way to start your self-care journey.

Take a daily walk

..... millions of people are spending more time at home than ever before. Without a physical office that requires a commute, it's easy to slip into couch potato mode.





Bangkok Post

THAILAND

WORLD

BUSINESS

OPINION

AUTO

LIFE

THAILAND > PR NEWS

Bangkok Prep Drive to Create Sustainable Sports Uniforms

PUBLISHED : 30 SEP 2020 AT 09:00



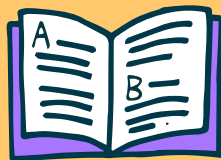


Learning Vocabulary in Context (4)

- **sustainable** (adj.)
- **sustain** (v.)

PLANET:

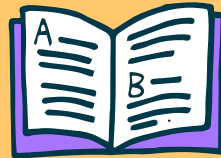
Doing good for the environment and living a sustainable life





Learning Vocabulary in Context (4)

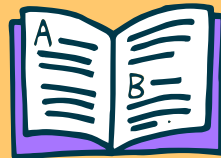
- **sustain** (v.) to make or allow something to continue for a period of time
- **sustainable** (adj.)
- **sustainability** (n.)
- A more useful index of environmental **sustainability** is ecosystem resilience.





Learning Vocabulary in Context (4)

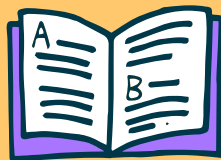
- Bangkok Prep is the first school in Thailand to partner with the global athletic leader New Balance to provide sustainable sport uniforms and leisurewear.
- <https://www.bangkokpost.com/thailand/pr/1993699/bangkok-prep-drive-to-create-sustainable-sports-uniforms>





Learning Vocabulary in Context (4)

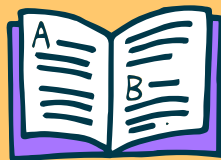
- **partner** (n. / v.)
- He is a partner in this company.
- I've invited John and his **partner** over for dinner.
- George **partnered** with Sarah during a dance class and they fell in love.





Learning Vocabulary in Context (4)

- Bangkok Prep is driving the use of **sustainable fabric** in its new range of sports uniforms – which are **made-to-order** fabrics created from 100% recycled PET plastic bottles.
- <https://www.bangkokpost.com/thailand/pr/1993699/bangkok-prep-drive-to-create-sustainable-sports-uniforms>





ABOUT LEARNING ENGLISH

BEGINNING LEVEL

INTERMEDIATE LEVEL

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EDUCATION

October 03, 2020

English Professor in Panama City Helps Families, Schools

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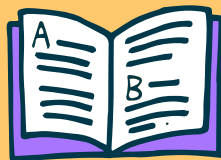
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Learning Vocabulary in Context (4)

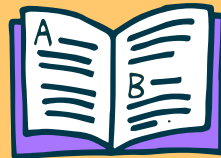
- English (n. / adj.)
- Do you speak English ?
- He is an English teacher.
- Is she English ?





Learning Vocabulary in Context (4)

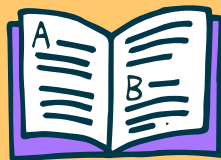
- *“If we are living in our bubbles, we will never know how difficult (a time) others are having.”*
- Living in a bubble means to live in one's own world, completely isolated from what is happening all around.
- Getting to know different people make us more empathetic and more patient.





Learning Vocabulary in Context (4)

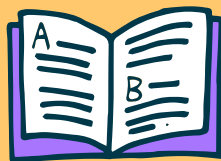
- He requests and gathers **donations** from friends and other people.
- Francisco Santamaria is one of Alvarez's friends and a **donor**.
- <https://learningenglish.voanews.com/a/english-professor-in-panama-city-helps-families-schools-/5606373.html>





Learning Vocabulary in Context (4)

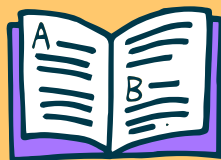
- donor (n.) donation (n.) donate (v.)
- I'm a blood donor.
- I'd like to make donations of food and money.
- She donated one thousand dollars to the charity.





Learning Vocabulary in Context (4)

- She dances well.
- She is a good dancer.
- He has done humanitarian work for a long time.
- **humanitarian** (n. / adj.) involved in or connected with improving people's lives and reducing suffering





Learning Vocabulary in Context (4)

- human (n. / adj.)
- I'm not perfect. I'm only human.
- humanity (n.) = people; kindness; subject
- A humanitarian's goal is to save lives, relieve suffering, and maintain human dignity.





THAILAND

'Reopen now'

Pailin Chuchottaworn, head of a panel steering

Man for the job

The appointment of Arkhom Termpittayapaisith, the former transport minister, as the new finance minister has received blanket praise from business and academic circles.



06:00  11

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China sentences Canadian to death on drugs charge

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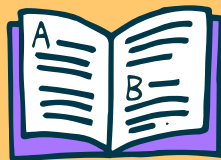
Learning Vocabulary in Context (4)

- **sentence** (n. / v.)

Sorry, could you just say that last sentence again please?

He **was sentenced** to life imprisonment.

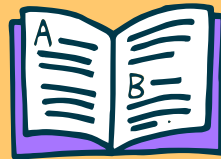
How many countries still have the **death penalty** ?





**“You must be the change you wish to see
in the world.”**

- Mohandas Gandhi (1869-1948)





มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ 10300

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