

BREVET DE TECHNICIEN SUPERIEUR (BTS)

ÉPREUVE OBLIGATOIRE ORALE DE LANGUES VIVANTES

LIBELLÉ DE LA LANGUE VIVANTE :

Communication en langue vivante étrangère

INDUSTRIEL/SCIENCES SANITAIRES ET SOCIALES
(support commun) *

TERTIAIRES

SPÉCIALITÉS : Négociation et digitalisation de la relation client

Niveau de langue (le cas échéant) : LVA LVB

Support annexe à télécharger : Audio Vidéo

Ce support d'épreuve intègre des éléments en couleur. S'il est choisi par l'évaluateur, il est nécessaire que chaque élève dispose d'une impression en couleur.

**L'usage de calculatrice, dictionnaire, appareil connecté est interdit.
Ce support d'épreuve doit être rendu à l'examineur à la fin de l'épreuve**

* cf. programme et définition de l'épreuve de langue selon l'arrêté du 22 juillet 2008

How many tabs do you have open right now?

Most of us are digital pack rats - we keep 10-12 open tabs that we will “need them” later. And that’s because bouncing from tab to tab makes us feel productive even if it isn’t actually the case.

But the truth is, all of those open tabs come with a heavy cost:

- 5 Mental exhaustion - Surprise - multitasking is a myth. Research shows that switching between tasks causes mental exhaustion, making us scatterbrained¹ and less likely to retain information.

Information Overload - Processing too much of information is proven to increase stress and anxiety.

- 10 Over stimulation - Boredom isn’t a bad thing. In fact, we need a little boredom to come up with new ideas. Having too many tabs open at once can be too stimulating, never letting you get the mental rest you need.

- 15 Similarly, if a student keeps hoping up on various aspects of his life like exams, preparation, relationships and many more without focusing on one, he or she will end up learning nothing.

Working on many subjects in a single session is like opening multiple tabs.

Having too many books for a single subject is like opening multiple tabs.

Joining multiple coaching classes is like opening multiple tabs.

- 20 Having too many friends and relationship while preparing for competitive exams is like opening multiple tabs.

Therefore, if someone really wants to keep a balance of everything - “one needs to prioritize things and focus on one thing at a time. Finish it and then move on to the another topic.”

- 25 Close all the tabs and just give all your focus and energies to single Tab – success in competitive exam.

Remember if you keep beating around the bush², you will end up wasting your time with no output. So, focused planning is very important. You should start your day by listing out your most important tasks to avoid hectic multitasking.

1: étourdi / 2: tourner autour du pot

Avinash Agarwal – LinkedIn – March 2nd 2023

Mise en situation



7 VIDEOS



Roll over image to zoom in



SAMSUNG Galaxy Tab S9 FE Wi-Fi 10.9" 128GB Android Tablet, IP68 Water- and Dust-Resistant, Long Battery Life, Powerful Processor, S Pen, 8MP Camera, Lightweight Design, US Version, 2023, Gray

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Color: Gray



Size: 128GB

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- **BUILT FOR ADVENTURE:** An IP68 rating makes Galaxy Tab S9 FE one of the only water- and dust-resistant** tablets on the market. It's built to last wherever you use it, making it a great choice for first-time tablet buyers.
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- **PEN-POINT PRECISION:** There's virtually no limit to what you can do with S Pen. Write notes by hand. Draw a comic strip or mark up a document. Pen features a responsive design that feels like you're writing on actual paper
- **STORAGE FOR ALL YOUR ADVENTURES:** Life's an adventure, so keep track of your favorite moments with up to 256GB of storage. That's plenty of space and if you need more room, add up to 1TB more with a microSD card.

Situation:

You are a sale advisor at Amazon and a potential customer would like to buy a tab. He needs a tab to work and he is travelling a lot.

Use the following hints to convince the client:

- The long-lasting battery
- The possibilities to work
- The storage