



How to tell about your activities without being boring

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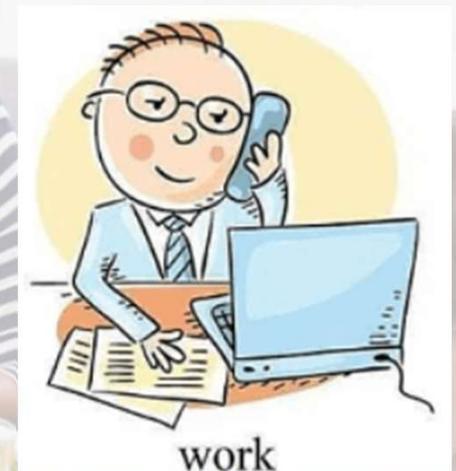
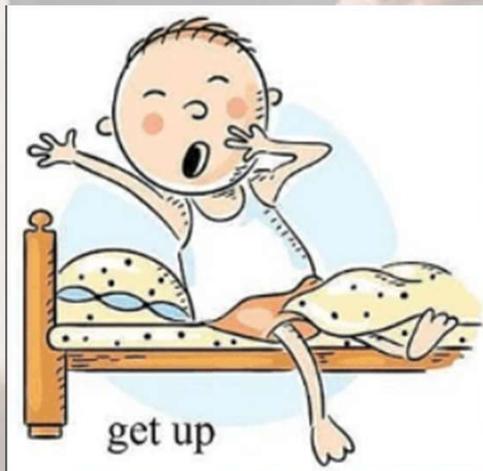
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What is the Difference Between a Routine and an Activity?

- A **routine** is an event that is predictable, happens every day, and has several steps.
- An **activity** is a scheme that can occur within a routine or stand alone.
- **Routines happen every day, daily activities happen frequently but uncertainly.**

Source : Cambridge Team (2023) *Mindset for IELTS with Updated Digital Pack Foundation Student's Book with Digital Pack*. Available at <https://www.cambridge.org/id/cambridgeenglish/catalog/cambridge-english-exams-ielts/mindset-ielts-updated-digital-pack/mindset-ielts-updated-digital-pack-foundation-students-book-digital-pack> (accessed 01 October 2025).

Routine



100% (constantly, always, every, should)

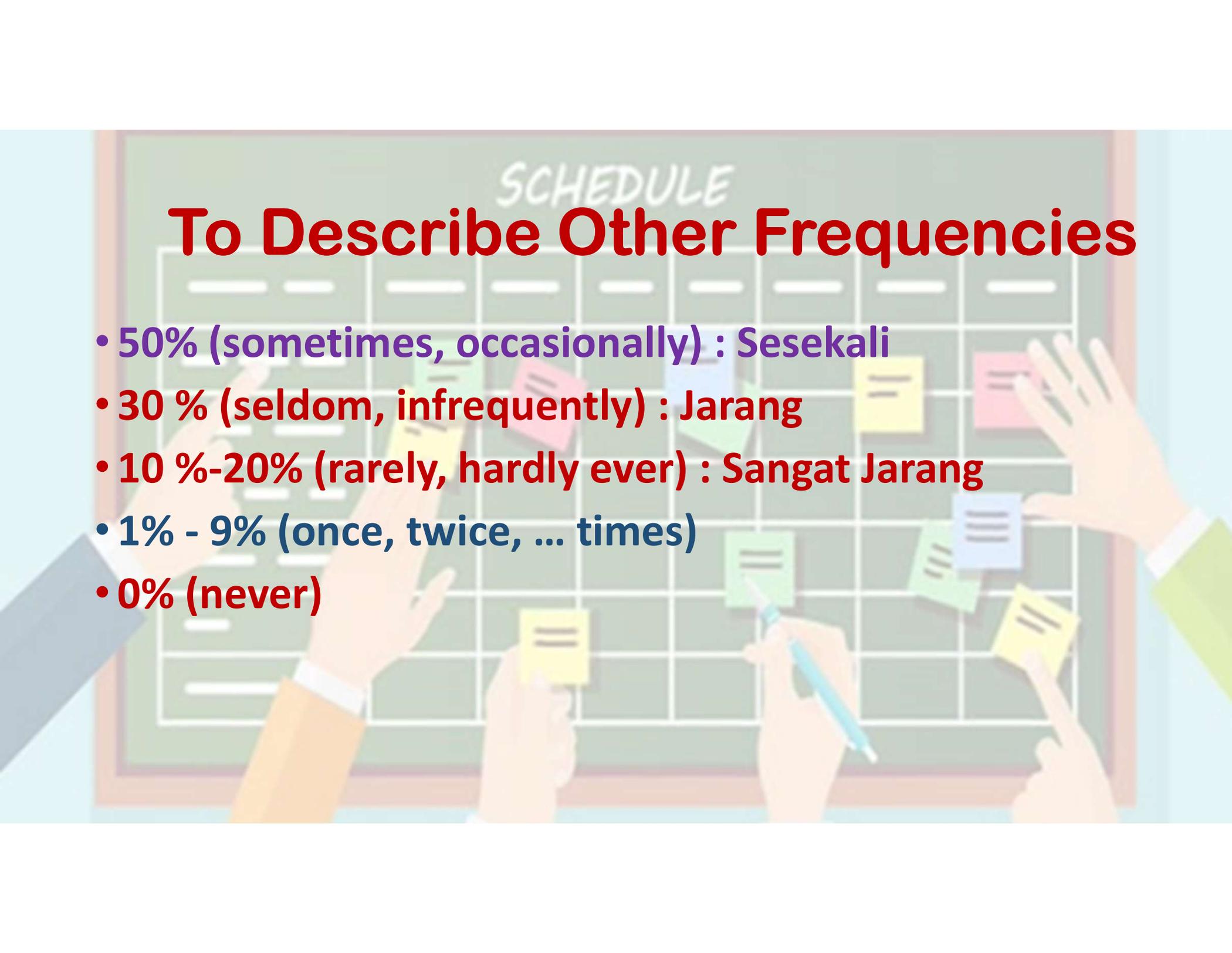
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Activity



60% – 70% (usually, normally, frequently, regularly, daily, weekly, monthly, often)



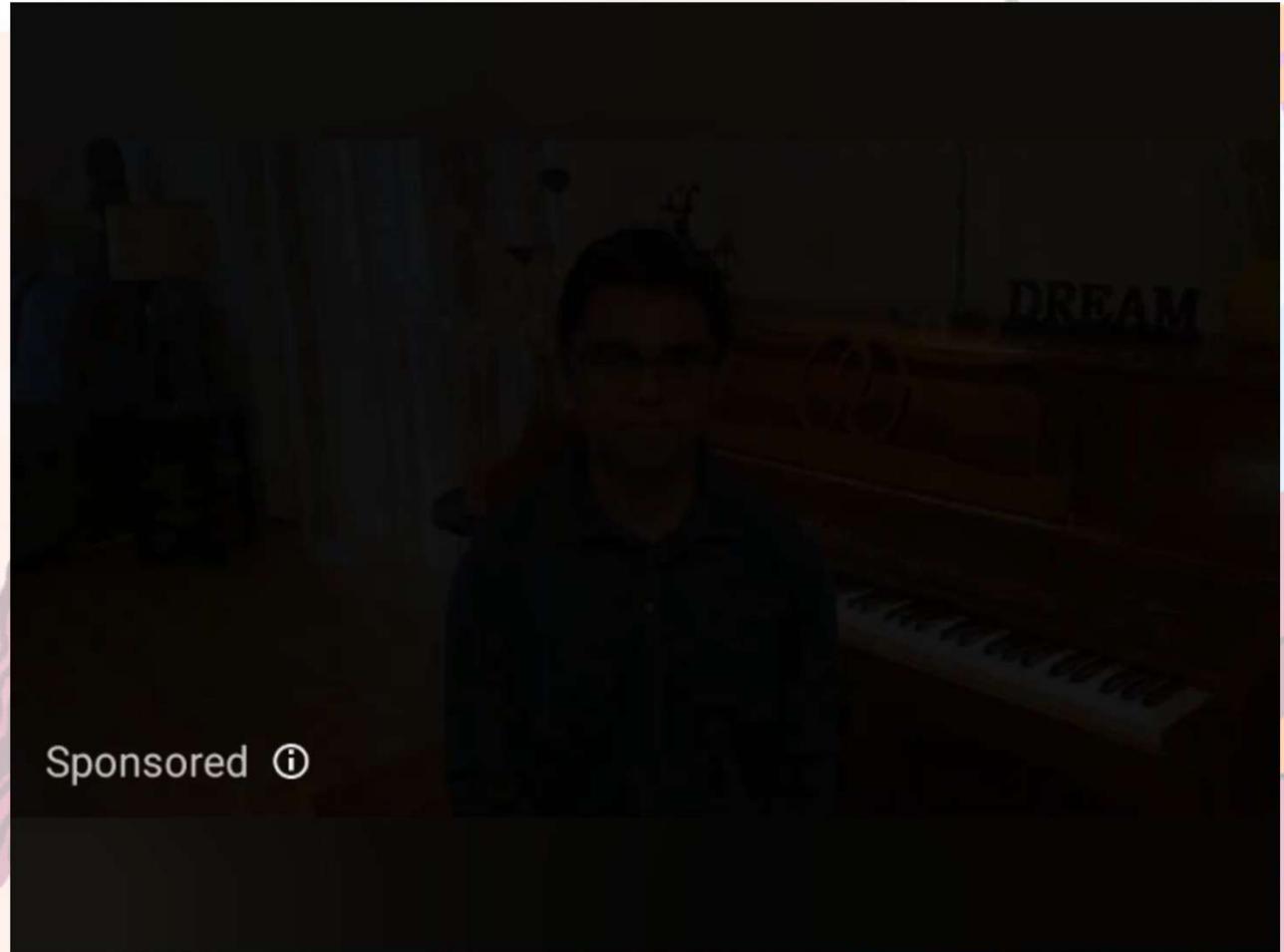
SCHEDULE

To Describe Other Frequencies

- 50% (sometimes, occasionally) : Sesekali
- 30 % (seldom, infrequently) : Jarang
- 10 %-20% (rarely, hardly ever) : Sangat Jarang
- 1% - 9% (once, twice, ... times)
- 0% (never)

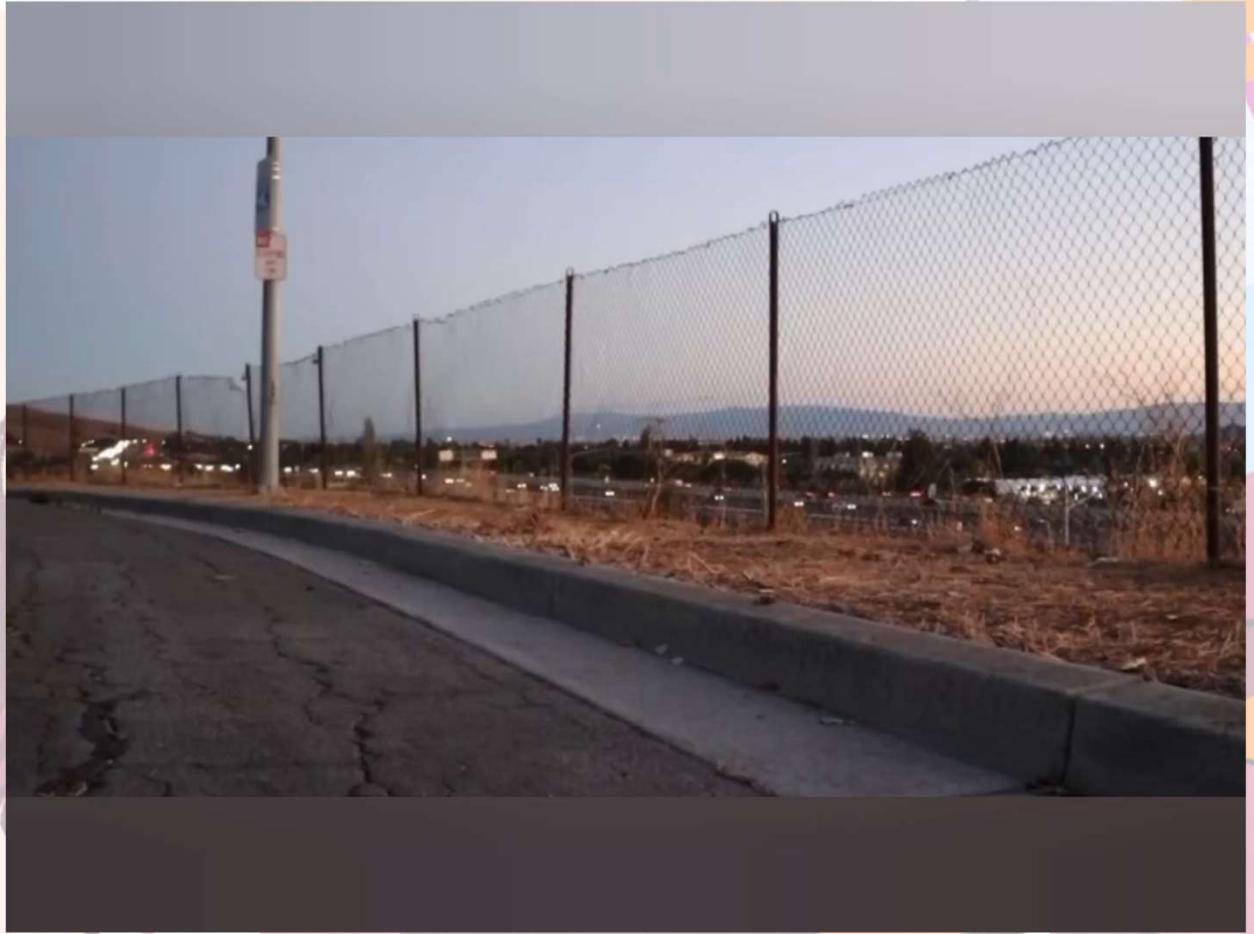
Elaboration

Do!



Elaboration

Don't (X)



Elaboration

Do!



Elaboration

Don't (X)

Introducing My Self

Example

Hello there,
I'm Liza Chalisah. Call me Lisa, Liza, or Liz, whatever makes you comfortable. I currently teach at the University of Jakarta. Let's start by telling you a little about why I chose to teach at University.



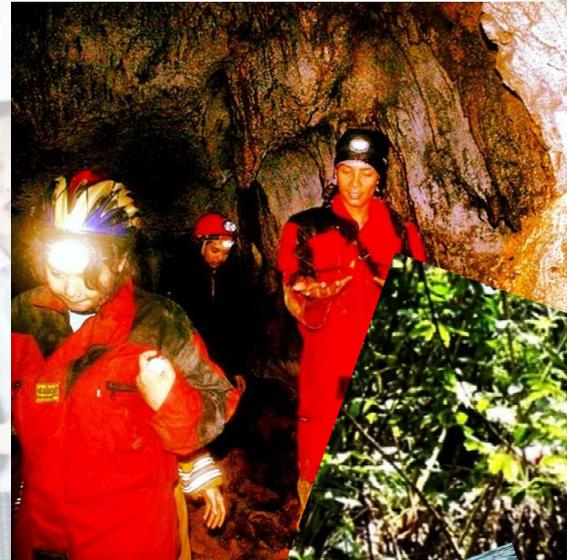
Example

My father was a sailor, and my mother was a medical midwife. I ultimately loved sailing, it felt like it was part of me, or maybe I was half mermaid. But being a sailor felt too much for me.



Example

Since childhood, I often accompanied my mother to the hospital to work helping mothers and children. Perhaps that background shaped me today; I enjoy adventure, cave exploration, hiking to the top of mountain, and diving.



Example

I also enjoy helping others, sharing and caring, especially women and children. I enjoy connecting with new people, traveling to many places, Beijing, South Korea, Monterey, including the Indonesian border.



Example

It seems that studying International Relations is a very suitable choice for me. It is at the University of Jakarta that I currently dedicate myself to caring and sharing.

Thank's for your attention.



Now, is your turn!

Buatlah suatu draft Portfolio Video dalam format power point (seperti contoh). Berisi pengenalan diri, aktivitas anda, minat anda pada prodi yang dipilih, harapan anda (cita-cita/proyeksi masa depan).

