

### DANIELA DEL ROSARIO RUIZ SANTIZ

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TERCER CUATRIMESTRE

GRUPO: "B"

Comitán de Domínguez Chiapas , a 28 de julio del 2025.

## ESPRESS Y REACT

### PERSONAL PROBLEM

I get distracted easily when I try to study

#### ADVICE

You should study in a quiet place without your phone.

You must créate a Schedule to manage your time better.

#### **REAL SITUATION**

If I concéntrate more in all classes I Will be able to get good grades.

### PLLUTION OPINION

In my opinión, the kind of pollution that I believe harms people the most is the one that alters life's basic condiction, and that reach our lungs.

I think that essential that each person takes measures to reduce therir ecological footprint, such as reducing plastic consumption, recycling, using public envionmental protetion intiatives.

# BIBLIOGRAFIA

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