

## D. SPEAKING



**XI** Work in groups of 3 or 4. List all the causes for stress or pressure on teenagers.

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Now write down two main things that you are now feeling stressed about.

- What? .....  
Why? .....  
.....
- What? .....  
Why? .....  
.....

Circle any symptoms you have experienced in response to stress.

|                    |
|--------------------|
| anger              |
| indigestion        |
| sleep difficulties |

|                |
|----------------|
| anxiety        |
| muscle tension |
| teeth grinding |

|             |
|-------------|
| fatigue     |
| nail biting |
| worry       |

|                   |
|-------------------|
| headaches         |
| eating disorders  |
| social withdrawal |

**XII** Work in pairs. Talk with your partner as suggested in the cue cards.

Student A asks student B about his/ her problems:

- What stress?
- Why?
- What symptoms?

Then give student B some advice.

Student B answers student A's questions.

Then listen to student's b advice

Now you change the roles.

## E. LISTENING



**XIII** Work in pairs. Discuss with your partner to order the followings from the most common to the least common stressors for teens.

| peer groups | lack of life skills | school | personal thoughts | parents |
|-------------|---------------------|--------|-------------------|---------|
| 1. ....     |                     |        |                   |         |
| 2. ....     |                     |        |                   |         |
| 3. ....     |                     |        |                   |         |
| 4. ....     |                     |        |                   |         |

5. ....

**XIV** 1. Listen to a man talking about the findings of a survey on teenagers' stress. Decide if the following statements are true (T) or false (F).

*According to the survey,*

1. Unlike teenagers, adults don't get stressed. ....
2. 30 – to – 70 - year olds are experiencing higher stress level than they consider to be healthy. ....
3. The most common reason for teenagers' stress is school. ....
4. Thinking about what to do after high school is not a source of stress for teens. ....
5. Stress affects teens emotionally only. ....

2. Listen again. List 5 stress symptoms mentioned in the talk.

.....  
.....  
.....  
.....  
.....

## F. WRITING



**XV** Rewrite the following sentences based on the given words.

1. Lan has been seriously stressed because of studying hard for the upcoming exam.  
→ Studying ..... (resulted)
2. Dave is pressed because his parents' high expectation of his study results.  
→ Dave parents' expectations ..... (put)
3. "My close friend and I had a quarrel last week, so I felt sad.", said Mary.  
→ Mary said .....
4. "I have just decided to register a dancing club to refresh myself.", said Lisa.  
→ Lisa said .....
5. "Why don't you go out for a while to relax?", John asked me.  
→ "If I ..... ", John said to me.

**XVI** Suppose you are feeling stressed for a certain reason. Write an email (100-120 words) to your friend and tell him/her about it.

*You should base on the suggestions below:*

- About what are you stressed?
- Why does it make you stressed?
- What stress symptoms are you experiencing?
- What have you done to overcome the stress?
- What kinds of advice would you like to have from your friend?



[illegible]

..... (Your signature)