

I. Complete the sentences with the words from the box. There are 2 words you don't need to use

confident	grateful	frustrated	tense	delighted
calm	worried	appreciated	depressed	relaxed

1. He gets _____ when people don't understand what he's trying to say.
2. I'm not _____ about her - she can take care of herself.
3. She was very _____ as she waited for the interview.
4. The teacher wants the children to feel _____ about asking questions when they don't understand.
5. Anna got 10 marks for her English test. She felt absolutely _____ about that result.
6. She's terribly _____ about losing her job.
7. He told himself to stay _____ whenever he was put into a harsh situation.
8. As soon as I had made the final decision, I felt a lot more _____.

II. Turn the following sentences into reported speech.

1. "Our daughter wants to study abroad for a year," they said.

2. "Have you ever experienced school pressures?" she asked me.

3. "Is the weather good in Shanghai in the summer?" Jane asked me.

4. "What are the skills that you find the most difficult to learn?" she asked me.

5. "Would you bring me a cup of coffee, please?" she told me.

III. Verb form

1. The interviewer asked me what I _____ (can) do if I were offered the job.
2. Mandy asked me if the boys _____ (read) the book at present.
3. The manager told me that I _____ (travel) from place-to-place the following month.
4. They said they _____ (never/ be) to Scotland until last year.
5. I wondered why Nick _____ (not go) to New York the summer before.

IV. Rewrite the following sentences using question words before to-infinitives.

1. I don't know where I should visit this summer vacation.

2. Could you tell me who I should ask for advice?

3. She wondered what she should write in the final essay.

4. I have no idea who I should contact in case of emergency.

5. They can't decide when they leave for America.

V. Complete the sentences with suitable question words.

UNIT 3: TEEN STRESS AND TENSION

SUMMARY

1. He doesn't know _____ to ask for advice about this situation.
2. Be sure _____ to eat when you arrive in Vietnam.
3. They are going to tell me _____ to do to survive in a storm.
4. I asked Jane to show me _____ to deal with bullying at school.
5. He wondered _____ to start revising for the final exam.
6. The rules didn't specify _____ to speak to in case of an emergency.
7. You need to find out _____ to overcome stress and worry.
8. I don't know _____ to turn for help.
9. I had no idea _____ to write my home paper about.
10. Tell me _____ to press the button.

VI. Preposition

1. He felt that they were making fun _____ him, though he could not understand why.
2. He wasn't able to cope _____ the stresses and strains of the job.
3. We have to improve and increase mass participation _____ sports.
4. This goes beyond the boundaries _____ what is accepted.
5. My parents never put any pressure _____ me to get a job.
6. You can dial 114 in case of fire _____ dealing area codes.
7. She gave up German in order to concentrate _____ her French.
8. Parents need to continue to empathize _____ the child.

VII. Reading

When we feel anxious, we often give ourselves negative messages like: "I can't do this", "I'm useless" and "I'm going to fail".

It can be difficult but (1) _____ to replace these with positive thoughts such as: 'this is just anxiety, it can't harm me' and, 'relax, concentrate - it's going to be okay'.

Picturing how you'd like things to go can help you feel more (2) _____. Try to imagine yourself (3) _____ up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

It can sometimes feel like your whole future depends on (4) _____ grades you get. There can be a lot of pressure (5) _____ young people to do well in exams which can cause a lot of stress and anxiety. You might have (6) _____ certain grades or put into a higher set, and feel if you don't get the grade, you'll let your teachers or parents (7) _____.

Remember, exams are important – but they're not the only way to a successful future. Lots of people (8) _____ success in life without doing well in school exams.

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|--------------------|--------------|-----------------|-------------------|
| 1. a. afford | b. allow | c. let | d. try |
| 2. a. positive | b. negative | c. tense | d. stressful |
| 3. a. to turn | b. turning | c. turn | d. turned |
| 4. a. why | b. when | c. what | d. how |
| 5. a. about | b. with | c. on | d. for |
| 6. a. been predict | b. predicted | c. be predicted | d. been predicted |
| 7. a. down | b. up | c. on | d. off |
| 8. a. take | b. achieve | c. go | d. seek |