

Listen to the teacher giving students advice for exams and do the exercises to practise and improve your listening skills.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                                  |                                                                                               |
|----------------------------------|-----------------------------------------------------------------------------------------------|
| 1..... advice                    | a. nervous and worried                                                                        |
| 2..... last but not least        | b. to be strongly attracted to doing something                                                |
| 3..... to be tempted             | c. a good or full amount                                                                      |
| 4..... anxious                   | d. the act of doing something again                                                           |
| 5..... plenty                    | e. an opinion or recommendation about what someone should do                                  |
| 6..... repetition                | f. a short walk around your local area                                                        |
| 7..... a stroll around the block | g. to put something over something so that you can't see it                                   |
| 8..... to cover something up     | h. an expression used before the last thing in a list, to say that it is equally as important |

### 1. Check your understanding: multiple choice

Circle the best option to complete these sentences.

- The teacher wants the students to ...
  - take notes after she has finished speaking.
  - take notes while she is speaking.
  - forget about taking notes.
- The teacher suggests eating ...
  - sugary snacks.
  - only apples.
  - fruit and cereals.
- The teacher suggests finding a study place with a lot of ...
  - light.
  - space.
  - books.

4. If students feel stressed they should ...
  - a. go to bed.
  - b. go out for a walk.
  - c. drink some water.
  
5. Students are advised to ...
  - a. select the important things to learn.
  - b. read through everything once.
  - c. make notes about every topic.
  
6. The teacher understands that repeating things can be ...
  - a. difficult.
  - b. uninteresting.
  - c. tiring.
  
7. Students can do past exam papers ...
  - a. in the library only.
  - b. at home if they take photocopies.
  - c. in the after-school study group.
  
8. The teacher recommends a break of five minutes every ...
  - a. hour.
  - b. two hours.
  - c. thirty minutes.
  
9. It's important to ...
  - a. eat regularly.
  - b. sleep when you feel tired.
  - c. keep hydrated.
  
10. The teacher is sure that the students will ...
  - a. pass their exams.
  - b. fail their exams.
  - c. do their best.

### 2. Check your understanding: grouping

Write the advice in the correct group.

|                          |                                     |                                                     |                                            |
|--------------------------|-------------------------------------|-----------------------------------------------------|--------------------------------------------|
| a. Get very comfortable. | b. Read your notes again and again. | c. Try to learn everything.                         | d. Eat sugary food while you are studying. |
| e. Focus on the details. | f. Take regular breaks.             | g. Start by choosing the important things to study. | h. Photocopy past exam papers.             |

| Do                                       | Don't                                    |
|------------------------------------------|------------------------------------------|
| <br><br><br><br><br><br><br><br><br><br> | <br><br><br><br><br><br><br><br><br><br> |

### Discussion

Does any of this advice surprise you?

Have you got any good advice to share about studying for exams?

### Vocabulary Box

Write any new words you have learned in this lesson.