

Score:

PART 1. Listen to the conversation and mark the 2 situations that Randy asks for.

- ☐ dealing with a problem
- ☐ feeling homesick
- ☐ feeling overwhelmed with workload
- ☐ feeling stressed
- ☐ feeling sick
- ☐ feeling tired
- ☐ having a conflict with someone
- ☐ having trouble studying
- ☐ struggling with a difficult situation



PART 2. Listen to the second part of the conversation and mark the 2 recommendations that Jeny gives.



- ☐ break tasks into smaller steps
- ☐ ask for help
- ☐ drink fluids
- ☐ drink coffee to stay awake
- ☐ find a quiet place to focus
- ☐ get a good sleep
- ☐ relax for a few minutes
- ☐ rest
- ☐ see a doctor
- ☐ stay active
- ☐ take deep breaths
- ☐ take one step at a time



How does Randy feel when he

1. has trouble studying?

2. feels tired?