# UNIT 3 TEEN STRESS AND PRESSURE

## A. PHONETICS

**I. Look at the verb form of *be* in bold in each pair of sentences. Tick (✓) Stressed or Unstressed.**

| | Stressed | Unstressed |
|---|---|---|
| 1. - **Isn't** too late to say sorry?<br>- No, it **isn't**. | | |
| 2. - **Was** he busy with his schoolwork?<br>- Yes, he **was**. | | |
| 3. - **Isn't** fried chicken your favorite food?<br>- Yes, fried chicken **is** my favorite food, but it can make me fatter and fatter. | | |
| 4. - **Is** it your mobile phone?<br>- Yes, it **is** my mobile phone. | | |
| 5. - Do you think they **are** on the way here?<br>- They **are** on the way. Don't worry. | | |
| 6. - You **aren't** working this weekend?<br>- I **am**, but I can't spend some time meeting you. | | |

**II. Place a mark over the verb form of *be* that should be stressed in the following sentences.**

1. She is interested in Korean films but her husband isn't.
2. A: Are you reading this book?
   B: Yes, I am.
3. A: Isn't it the best way to release stress?
   B: Yes, it is.
4. A: Do you think he is a great actor?
   B: He is. But he's quite reserved.
5. A: Is she confident that she will get the job?
   B: Yes, she is. She has prepared for the interview very well.
6. A: Will Hoa visit you this summer?
   B: Yes, she will fly here on her own.
   A: But she is too young!
   B: She is. But she can take care of herself.



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## B. VOCABULARY AND GRAMMAR

**I. Complete the sentences with the words from the box. There are two words that you do not 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. Match the beginnings to the correct endings.**

| A | B |
|---|---|
| 1. It might be a good idea to resolve | a. a big risk by going skiing. |
| 2. Have you ever thought about breaking | b. for support from friends when I am under pressure. |
| 3. If I were you, I would try to overcome | c. your budget to have enough money for the things you need. |
| 4. I don't think you should take | d. serious conflicts between neighbors. |
| 5. If I were you, I would ask | e. a healthy habit of doing exercises regularly? |
| 6. Have you ever thought of developing | f. informed decisions about their occupational goals. |
| 7. You should manage | g. stress by maintaining a healthy lifestyle and staying healthy. |
| 8. It might help to give students advice so they can make more | h. the habit of staying up late for better concentration? |

**III. Put the skills in their category.**

*stay calm with others, feel sympathy for others, follow directions or rules, cope with loneliness, comprehend reading materials, determine the problems you're facing, listen to others, go to sleep early, clean your room, fix the light bulb, ask for help, take out the trash, be grateful, determine the symptom of common diseases, use appropriate words in certain circumstances, drink enough water*

| | |
|---|---|
| **Social skills** | |
| **Cognitive skills** | |
| **Housekeeping skills** | |



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| | |
|---|---|
| **Emotion control skills** | |
| **Self-care skills** | |

**IV. 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. "Yesterday I couldn't watch my favourite cartoon on Disney Channel," he said.

_____

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

_____

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

_____

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

_____

7. "I'll come and help you on Saturday," Joana told me.

_____

8. "When will you come back home?" my mom asked me.

_____

9. "Do you need any help on this assignment?" the teacher asked me.

_____

10. "My friend got engaged to a German last month," Danny told Ann.

_____

**V. Complete the sentences with correct tense of verbs.**

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. Jason and Victoria told me they _____(do) their best in the exams the following day.
6. I wondered why Nick _____(not go) to New York the summer before.
7. John told me that there _____(may) not be dessert after dinner.
8. She asked me if everyone _____(must) contact the Magic Number in emergency situations.
9. My mom said she _____(be) going to visit a friend of hers in London.
10. Shannon said that she _____(need) to take care of her baby.



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