

**28.**

***Listen to the recording about study skills, and answer the questions below.***

***What are the TWO main reasons why students have trouble remembering information for tests?***

- A) stress
- B) nerves
- C) lack of time in the test
- D) lack of planning
- E) lack of preparation

***Which TWO relaxation techniques are NOT recommended by the speaker?***

- A) breathing deeply
- B) counting backwards
- C) closing your eyes
- D) visualising a relaxing image
- E) counting slowly

***Which TWO habits can parents help their children with?***

- A) eating properly and getting enough sleep
- B) organising their study schedules
- C) buying the right study guide
- D) breaking the exam down
- E) cramming