UNIT 3 TEEN STRESS AND PRESSURE – TEST 1

C/LISTENING: Listen and fill in the blanks

Interviewer: …So how do you like this work?

Miss Blue Hair: Oh very much. I feel like I'm living my (1)…… years again! But really, it's great that I can help our dear readers in this way.

Interviewer: Do you find it (2)…… to give advice?

Miss Blue Hair: Well, yes… I take time to think of the best possible (3)…… that I can give. I think it's most important that we put (4)…… in other people's shoes.

Interviewer: So it's about being (5)…… to empathise…

Miss Blue Hair: Exactly. But even so, we also need to be very (6)…… about how to put the advice into words. We need to be (7)…….. It's not only about giving the best solution, it's also about helping the person (8)…… the negative feelings. For example, I (9)…… use 'It might be a good idea to…' rather than 'You ought to…'. Or perhaps 'I think you should…' for me sounds much better than 'You must…'.

LIVEWORKSHEETS

D/ WRITING

1. Have you ever overcome stress? How did you do it?

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2. Have you got any healthy habits? What are they?

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LIVEWORKSHEETS