SPEAKING

Giving advice

1 4.10 **Look at the photo. Why do you think the girl is so tired? Listen and check.**



ROBBY Hey, Nicole, are you feeling OK? You look exhausted!

NICOLE I'm really stressed. I have too many exams this week and not enough time to study.

ROBBY You really ought to get more sleep. You can't do anything well without enough sleep.

NICOLE Tell me about it! I always get stressed before exams. Do you have any advice?

ROBBY [1] How about going jogging? Exercise always [2] _____!

NICOLE Jogging isn't really my thing.

ROBBY [3] _____ go for a walk. You definitely shouldn't study all night.

NICOLE Hmm, I guess I could try.

ROBBY And drink lots of water. It improves your memory.

NICOLE Seriously? I didn't know that.

ROBBY [4] _____ is to listen to music with my eyes closed. It helps me relax. But [5] _____ listen to something gentle.

NICOLE OK, thanks. I'll give it a shot.

2 4.10 **Complete the conversation with the phrases from the *Useful language* box. Then listen and check.**

Useful language

~~How about … (+ ing)?~~
Make sure you …
Something else I find useful …
… works for me.
You could just …

3 **Match the phrases (1–4) with the words and phrases in the *Everyday English* box.**

1 Are you joking?
2 I know exactly what you mean.
3 I'm going to try it.
4 I don't really like …



Watch video 4.4
Everyday English

I'll give it a shot. ☐ … isn't really my thing. ☐
Seriously? ☐ Tell me about it! ☐

PLAN

4 **Think of some advice for these problems. Write notes.**

1 I want to make new friends, but I'm too shy.

2 I can't sleep because I'm worried about school.

5 **Work in pairs. Choose one of the problems and compare your advice. Plan a conversation.**

SPEAK

6 **Practise the conversation. Remember to use *should*, *shouldn't*, *ought to* and words and phrases from the *Useful language* and *Everyday English* boxes.**

CHECK

7 **Work with another pair. Listen to their conversation. Do you agree with the advice?**

LIVEWORKSHEETS