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?

LIVEWORKSHEETS