

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?