

3 READING

A Make predictions. Read the title and the first paragraph.

1. What is the student's problem?
2. What can the student do? List ideas.
3. Read the entire passage and check your answers in 2.

HOW TO DEAL WITH STUDY STRESS

I'm getting ready to take the university entrance exam. To prepare, I'm studying six hours a day. I want to do well, but I'm really stressed these days. I can't sleep. What can I do?

B Read for main ideas. Write each sentence below in the correct place in the reading (1, 2, 3, or 4).

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|--------------------|----------------------|
| Eat well. | Get a study partner. |
| Don't do too much. | Stop and relax. |

I'm getting ready to take the university entrance exam. To prepare, I'm studying six hours a day. I want to do well, but I'm really stressed these days. I can't sleep. What can I do?

1. _____ Don't wait until the last minute, or just a day or two before the exam. Make a study schedule for yourself, but don't study too much in one day. You remember more by studying one hour each day for six days than six hours in one day. Also, don't study late at night. We often forget information studied then.
2. _____ You learn best when you study for two hours and then stop. Every hour, take a break for 10 to 15 minutes. Go for a walk. Exercise is a great way to reduce stress.
3. _____ Don't eat a lot of sugar or drink beverages with a lot of caffeine, like coffee or energy drinks. Eat foods high in vitamin B (for example, eggs, yogurt, green vegetables, tofu, and rice). These things give you energy and help you think better.
4. _____ A study partner can help you practice for the test. When you're under pressure and nervous about the exam, you can talk to your partner. This can reduce stress, too.

C Infer meaning. Find the phrases in italics in the reading. Complete each sentence.

1. Tip #1: If you *wait until the last minute*, you do something **early** / **very late**.
2. Tip #2: If you *take a break*, you **stop** / **keep** working for a short time.
3. Tip #4: If you are *under pressure*, you're feeling very **stressed** / **relaxed**.

D  Understand a writer's opinion. Which sentences would the writer of the tips agree with? Explain your answers to a partner.

- ☐ It's best to study a little bit each day.
- ☐ The best hours for studying are from 11 PM to 1 AM.
- ☐ Breaks are good, but it's best to stay indoors.
- ☐ Drinking coffee helps you remember information better.
- ☐ It's good to tell a study partner your feelings.