

LISTENING Unit 3

TEEN STRESS AND PRESSURE

1. Listen to a man talking about the findings of a survey on teenagers' stress. Decide if the following statements are true (T) or false (F).

According to the survey,

1. Unlike teenagers, adults don't get stressed. ..

2. 30 – to – 70 - year olds are experiencing
higher stress level than they
consider to be healthy.

3. The most common reason for teenagers' stress
is school.

4. Thinking about what to do after high school is
not a source of
stress for teens.

5. Stress affects teens emotionally only.

2. Listen again. List 5 stress symptoms mentioned in the talk.

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