

## Monthly exam.

### 1. After watching the video, answer the following questions.

- a. Where does the story take place?
- b. What age were the kids she had to teach?
- c. What did she mean when she said the kids started to “test the waters”?
- d. What did she do to discipline the kids?
- e. Why did she get angry?
- f. What did the kids think the teacher had told them?
- g. According to the video, what’s the difference between “shut your mouth” and “shut up”?

### 2. Read and explain the following text in your own words.

## STRESS FOR SUCCESS.

A pounding heart. Tense muscles. Sweat-beaded forehead. The sight of a coiled snake or a deep chasm might trigger such stress responses. These physical reactions signal that the body is prepared to deal with a life-threatening situation.

Many people, however, respond this way to things that cannot actually hurt them. Sitting down to take a test, for example, or walking into a party won’t kill you. Still, these kinds of situations can trigger a stress response that’s every bit as real as those provoked by, say, staring down a lion. What’s more, some people can experience such reactions simply by thinking about non-threatening events.

The uneasiness we feel when we think about, anticipate or plan for non-threatening events is called anxiety. Everyone experiences some anxiety. It’s perfectly normal to feel butterflies in your belly

before standing up in front of the class. For some people, however, anxiety can become so overwhelming, they start to skip school or stop going out with friends. They even can become physically ill.

The good news: Anxiety experts have a number of techniques to help people control such overwhelming feelings. Even better, new research suggests that viewing stress as beneficial not only can reduce anxious feelings, but also help us to improve our performance on challenging tasks.