A Read the text below. Choose from (A-H) the one which best fits each space (1-6). There are two choices you do not need to use.



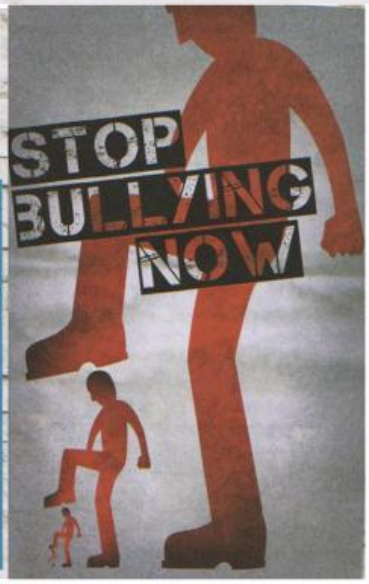
Anti-bullying week

Last year at Lanford High, many parents and teachers were worried about the rise in bullying. There was a PTA (Parent-Teacher Association) meeting and they invited the organisation NMB (NO MORE BULLIES) to attend. NMB works to help stop bullying in schools and also aims to create awareness about cyberbullying. This type of bullying occurs through the use of social media and (1) _____, especially among children.

NMB informed the PTA of some of the signs of bullying. The physical signs, such as cuts, bruises and torn clothes, are easy to spot. There are, however, also emotional and behavioural ones that need to be kept in mind. A child that acts strangely, stops eating or talking, is unhappy and cries or often loses money and other personal belongings is definitely going through something (2) _____. The organisation gave advice on how teachers and parents should talk to a child that they think (3) _____ and how best to deal with the bullies themselves.

At the meeting, the school decided to have an Anti-Bullying Week, which turned out to be a huge success. The aim of this campaign was to raise awareness through discussion. Pupils were encouraged to speak out against bullying and (5) _____ to let victims of bullies know that they are there to help. One of the ideas that came from this campaign was to start a website and phone-line. These act as a support system (6) _____. There is also a link to the NMB website where students can reach online counsellors, 24 hours a day, seven days a week.

There was also a detailed discussion on cyberbullying. They placed emphasis on the importance of helping children understand what they need to look out for and (4) _____.



A. bullies are often pupils who feel insecure
B. is a victim of bullying
C. that requires attention
D. how to protect themselves from this type of bullying
E. we must take action
F. the teachers spoke to classes
G. is increasingly common
H. that may be used by anyone requiring help or advice about bullying

LIVEWORKSHEETS

Read the text below. Choose from (A-H) the one which best fits each space (1-6). There are two choices you do not need to use.

The best tips for studying

If you didn't do so well in your last exam and another one is approaching fast, don't worry; there's a way not to become a dropout. Far from **(1)** _____, the latest study hacks* have put forward a number of study techniques for those who think they've tried everything. For instance, twenty minutes of exercise before an exam is said to improve your brain's performance. This offers the ideal opportunity to get your body and marks in shape.

Another popular study hack is to read out loud instead of **(2)** _____. Apparently you are fifty percent more likely to remember what you have read because your mind will store both what it has seen and what it has heard. It might be wise to try this one out at home though. You don't want strangers to think that the pressure has become too intense and you've lost it!

Studying notes on a computer, laptop or tablet has become increasingly popular in recent years, but there are some guidelines that need to be followed in order to get the most out of this type of studying. All documents should be changed to a font which is easy to read on a screen. Arial, Verdana and Calibri are three such fonts **(3)** _____. Also, don't forget to download an application to block Internet usage for a certain period of time, or at least block some of the most distracting sites, especially social networking sites that ding with notifications every few minutes. The last thing **(4)** _____.

In the past, the ideal study environment was said to be the peace and quiet of your bedroom. Well, times have changed. An important component of modern study methods is the soundtrack that will accompany your material. Find a music genre that elevates your mood without distracting you. Strangely enough, classical music has become popular with students because of the steady rhythm and lack of lyrics. Vary the place that you choose to study as well. The mind will associate each location with the material that was learnt there, **(5)** _____.

So, you think you've done a pretty good job revising the material you were given? Time to prove it! Not only to yourself, but also to family or friends. Find an audience that you are comfortable with and try to teach them what you have revised. Welcome any questions and make a note of them **(6)** _____.

*hack = a clever solution to a tricky problem



A. that you want is to be interrupted in full flow
B. because they might just come up in the exam
C. that you need to learn a lesson by heart
D. which will optimise your reading efficiency
E. suggesting you walk away from your problems
F. which will make it easier to recall when needed
G. reading your study material to yourself
H. because you do not get easily distracted when studying

LIVEWORKSHEETS

B Read the text below. For questions (1-5) choose the correct answer (A, B, C or D).

Taking exams



Taking exams will be one of the most stressful times of your life, especially when you have your parents and your teachers telling you all the time how important exams are. You will probably be under even more pressure if you have an older brother or sister who has already done well in their exams and your parents expect you to do so too. But don't worry, because it's natural to feel stressed before taking an exam. In fact, research has shown that a little stress in your life can motivate and energise you. However, when the level of stress is too high, it can cause health problems.

When preparing for exams, there are many things you can do to lower your level of stress. First of all, you should not leave revision to the last minute. When you give yourself plenty of time to revise, you will be more confident and less stressed out, since you know that you have prepared well. If you don't understand something, getting stressed out will not help. Talk to your teacher or your classmates and ask them to help you out. Now, if you find that you cannot concentrate when you are studying, it is probably because you are too tired; take a short break as this will refresh you. Other things you should make sure you do when preparing for your exams are eat healthily and exercise regularly. Eating the right kind of food will give your brain the nutrients it needs. Exercising regularly will give you more energy, clear your mind and make you feel less stressed. Most importantly, give yourself some time for fun and relaxation, otherwise you will be too tired to study.

On the day of the exam, there is no point in worrying any longer over whether you have studied hard enough. You should, therefore, try to remain calm and do your best. If you do not do well, it is not the end of the world, and remember, there is no shame in retaking an exam you have failed.

POINTS FOR DISCUSSION

- What are some of the main rules in your school?
- Why is it important to succeed at school?
- Do you think that all subjects taught at school are of equal importance?
- What would your ideal school be like?

1. What makes students feel even more stressed out about taking exams?
   - A. teachers always telling their parents how important exams are
   - B. having a brother or a sister who is taking the same exam
   - C. pressure from their parents to do even better than their brother or sister
   - D. their parents' high expectations
2. What have scientists learnt about stress?
   - A. Even a little stress can be harmful to your health.
   - B. A lot of stress makes a person more energetic.
   - C. A little stress can have a positive effect on a person.
   - D. All unhealthy people have lots of stress.
3. What is one way to avoid feeling stressed out about taking an exam?
   - A. by revising for an exam up to the last minute
   - B. by starting your revision long before your exams
   - C. by doing plenty of revision exercises
   - D. by becoming more confident
4. What should you do if you can't concentrate?
   - A. Relax for a few minutes.
   - B. Eat some healthy food.
   - C. Get some exercise.
   - D. Go to sleep as you will awake refreshed.
5. What does the writer believe?
   - A. Failing an exam is not as embarrassing as retaking an exam.
   - B. There is no point in taking an exam if you haven't studied for it.
   - C. Life goes on even if you do badly in an exam.
   - D. Being calm will not help very much.

LIVEWORKSHEETS