

## SPEAKING

### Giving advice



4.10

1 Look at the photo. Why do you think the girl is so tired? Listen and check.



**ROBBY** Hey, Nicole, are you feeling OK? You look exhausted!

**NICOLE** I'm really stressed. I have too many exams this week and not enough time to study.

**ROBBY** You really ought to get more sleep. You can't do anything well without enough sleep.

**NICOLE** Tell me about it! I always get stressed before exams. Do you have any advice?

**ROBBY** <sup>1</sup> How about going jogging? Exercise always <sup>2</sup> \_\_\_\_\_!

**NICOLE** Jogging isn't really my thing.

**ROBBY** <sup>3</sup> \_\_\_\_\_ go for a walk. You definitely shouldn't study all night.

**NICOLE** Hmm, I guess I could try.

**ROBBY** And drink lots of water. It improves your memory.

**NICOLE** Seriously? I didn't know that.

**ROBBY** <sup>4</sup> \_\_\_\_\_ is to listen to music with my eyes closed. It helps me relax. But <sup>5</sup> \_\_\_\_\_ listen to something gentle.

**NICOLE** OK, thanks. I'll give it a shot.



4.10

2 Complete the conversation with the phrases from the *Useful language* box. Then listen and check.

#### Useful language

How about... (+ing)?

Make sure you ...

Something else I find useful ...

... works for me.

You could just ...



3 Match the phrases (1–4) with the words and phrases in the *Everyday English* box.



1 Are you joking?

2 I know exactly what you mean.

3 I'm going to try it.

4 I don't really like ...



Watch video 4.4  
Everyday English

I'll give it a shot. ☐ ... isn't really my thing. ☐

Seriously? ☐ Tell me about it! ☐

### PLAN

4 Think of some advice for these problems. Write notes.

1 I want to make new friends, but I'm too shy.

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2 I can't sleep because I'm worried about school.

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5 Work in pairs. Choose one of the problems and compare your advice. Plan a conversation.

### SPEAK

6 Practise the conversation. Remember to use *should*, *shouldn't*, *ought to* and words and phrases from the *Useful language* and *Everyday English* boxes.

### CHECK

7 Work with another pair. Listen to their conversation. Do you agree with the advice?