

UNIT 3. TEEN STRESS AND PRESSURE

LANGUAGE FOCUS

Topic:

Teen stress and pressure

Phonetics:

Stress on the verb be in sentences

Grammar:

- Review: Reported speech
- Questions words before to-infinitive

Vocabulary:

Changes in adolescence

Skills:

- Reading and talking about teen stress and pressure, and how to cope with them
- Listening about the work of an advice columnist
- Writing short notes to ask for advice and give advice

PRACTICE

I. Choose a word in each line that has different stress pattern

- | | | | |
|--------------------|----------------|----------------|----------------|
| 1. A. Medicine | B. Graduate | C. Confident | D. Encourage |
| 2. A. Expect | B. Depress | C. Manage | D. Assure |
| 3. A. Cognitive | B. Abandon | C. Emotion | D. Important |
| 4. A. Disappointed | B. Preparation | C. Adolescence | D. Communicate |
| 5. A. Pressure | B. Convince | C. Friendship | D. Guidance |

II. Complete the sentences with the words from the box. Use each word once only.

angry *bored* *confident* *confused* *delighted*
disappointed *embarrassed* *frustrated* *tired* *worried*

1. I feel so _____. I don't have anything to do.
2. Jane is _____ because she doesn't know if she got an F or an A in her test.
3. I feel so _____ because I've worked all night.
4. The headmaster was very _____ with Tom because of his bad behaviour at school.
5. Peter was _____ when he heard his song on the radio.

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6. Mum is _____ because my sister hasn't come home yet.
7. Phong is _____ that he will pass the examination.
8. Nick felt _____ when he was treated in front of some girls.
9. The students felt _____ because they couldn't go camping.
10. Bob looks depressed and _____. He's constantly sighing and complaining.

III. Give the correct form of the word in CAPITALS to complete each of the following sentences.

1. I think Tom and Mary have known each other since their _____. (CHILD)
2. My brother feels _____ when he's playing the guitar. (RELAX)
3. Lan was upset because her parents _____ her. (UNDERSTAND)
4. I often suffer from _____ during the wintertime. (DEPRESS)
5. Everything was _____ to me when I visited Gold Coast for the first time. (EXCITE)
6. When you grow up, you'll feel you want more _____ and responsibility. (DEPEND)
7. We all _____ with you when we heard that you failed the driving test again. (SYMPATHY)
8. Nga's dream is to be a _____, but her parents want her to be a medical doctor. (MUSIC)
9. Between 11 and 13 years of age, the adolescent's brain experiences rapid _____ of nerve cells. (GROW)
10. I feel really tired after spending a _____ night studying for the exam. (SLEEP)

IV. Rewrite the following sentences using questions words + to-infinitives.

1. We don't know where we should put the sofa.

2. The rules didn't specify who I should speak to in case of an emergency.

3. Mai wondered how she could ride the scooter.

4. Let us decide when we should start the project.

5. Could you tell me where I can find a good hotel?

6. We must find out what we are to do next.

7. A good dictionary tells you how you should pronounce the words.

8. We are not sure who we will meet at the entrance.

9. I can't remember when I have to turn off the oven.

10. Do you know what you should look for?

V. Turn the following statements into reported speech.

1. "Who do you talk to when you have problems?" Mary asked me.

2. "I'll help my mum cook dinner tonight", said Hoa.

3. "Tell your teacher what happened," Jack advised me.

4. "My best friend hasn't called me for one week", said Nam.

5. "Are you at the sports centre now?" Lucia's mother asked her.

6. "What time did you come home last night, Mark?" said Tom.

7. "Don't go to the park when it gets dark," said Mrs. Brown.

8. "We spoke to your parents yesterday," said Mr. Quang to Trung.

9. "Can I meet you at 4.30 tomorrow afternoon?" Minh asked Phuong.

10. "I'm staying with my aunt and uncle in the suburbs", said Nga.

VI. Fill each blank with a suitable word to complete the following passage.



Teenagers today live in a very competitive world. It is (1) _____ important than ever to succeed at school if you hope to (2) _____ a chance in the job market afterwards. It's no wonder that many young people worry (3) _____ letting down their parents, their peers and themselves. To try to please everyone, they take on too (4) _____ tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends. The result is that young people (5) _____ from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the (6) _____ of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which (7) _____ become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better (8) _____ to deal with stress: physical exercise is a good release for stress, (9) _____ it increases certain chemicals in the brain which calm you down. You have to get enough sleep to (10) _____ stress and to stay healthy and full of energy.

VII. Read the following passage and choose the best answer for each question.

What Is It Like Being a Teenager in Britain?

School

British teenagers spend most of their time at school. Students in Britain can leave school at sixteen (grade 11). This is also the age when most students take their first important exams, the GCSE (General Certificate of Secondary Education). Most teens take between 5-10 subjects, which means a lot of studying. They are spending more time on homework than teenagers ever before. Forget watching TV, teenagers in Britain now spend 2-3 hours on homework after school.

School uniform

Visit almost any school in Britain and the first thing you'll notice is the school uniform. Although school uniform has its advantages, when they are 15 or 16 most teenagers are tired of wearing it. When there is more than one school in a town, school uniforms can highlight differences between schools. In London there are many cases of bullying and fighting between pupils from different schools.

Clothes and looks

In Britain, some teens judge you by the shirt or trainers you are wearing. 40% of British teenagers believe it's important to wear designer labels. If you want to follow the crowd, you



need to wear trendy labels. Teenage feet in Britain wear fashionable trainers and the more expensive, the better.

1. Most students in Britain take the GCSE when _____.
A. They are 11 years old
B. They are 16 years old
C. They finish grade 10
D. They begin grade 11
2. What is the first thing you'll notice when you visit almost any school in Britain?
A. The school logo
B. The school gate
C. The school playground
D. The school uniform
3. What do most teenagers in Britain prefer to wear?

4. The word 'highlight' in paragraph 2 is closest in meaning to _____ .
A. Confuse
B. Remark C.
Emphasise D.
Decrease
5. According to the passage, which of the following statements is NOT true?
A. Students in Britain can take 8 subjects at the GCSE.
B. Most British teenagers spend 2-3 hours watching TV after school.
C. Most 16-year-old students in Britain don't like school uniforms.
D. Many British teenagers judge their friends by their shirts or trainers.

VIII. Find a mistake in the four underlined parts of each sentence and correct it.

Example:

0. There isn't two chairs in the living room.

A B C D

Answer: 0. A (aren't/ are not)

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1. We have no idea who talking to when we have problems.

A B C D

2. Nick asked Phong whether he had gone to Mai's birthday party last night.

A B C D

3. Lan is very depressing because her closest friend is moving to another city.

A B C D

4. Their daughter said that she doesn't want to take exams into economics universities.

A B C D

5. I don't know what to do as these instructions are extremely confused.

A B C D

IX. Finish each of the following sentences in such a way that it is as similar as possible in meaning to the original sentence. Use the word given and other words as necessary. Do not change the form of the given word.

Example:

0. There are five rooms in our house. HAS

Our house has five rooms.

1. "What do you think about teenagers who dye their hair?" (THOUGHT)

2. It was quite surprising for us that he passed the exam. (SURPRISED)

3. "If I were you, I would tell her the truth", said Phong to Khoa.(ADVISED)

4. We don't know how we should solve the problems. (TO)

5. "Have I ever met him before?" Laura said to herself. (WONDERED)
