

Exam stress

It's exam time again, but how do you manage? Leave your studying until the last minute and stop everything you enjoy and study all the time. Is it the right thing to do? Or is there another strategy to follow? All you need is to organise your time.

First of all, you need to begin studying early. If you just revise the day before, you will definitely get stressed! Just prepare a study plan and stick to it. In this way, you will make sure you complete everything on time. You will also be much calmer and a lot more relaxed.

Secondly, you have to eat well and get enough sleep. If you have plenty of energy and your mind is rested, you will be able to think more clearly. It is also a good idea to go for a walk, for example, or have a quick snack with friends. Don't forget you need to find time to relax and have fun. This can help to clear the mind.

All in all, what you need is to plan your time carefully. If you do this, exam stress will not be a problem.

Adapted from Upstream, Elementary A2
Virginia Evans-Jenny Dooley. Express Publishing 2008

Part One (14 pts)

A/-Reading Comprehension (07 pts)

Read the text carefully and do the following activities:

Activity One (03 pts): Read the following statements and write "true", "false" or "not mentioned":

- 1- Planning well for exams is the best way to avoid exam stress.
- 2- Studying in a library is better than studying at home.
- 3- You don't need to sleep well before exams.

Activity Two (02 pts): Answer the following questions:

- 1- Is it a good idea to revise the day before exams?
- 2- Do fun activities help to clear the mind?

Activity Three (02 pts) :

-Find in the text words that are closest in meaning to the following (01 pt):

like =

finish =

-Find in the text words that are opposite in meaning to the following (01 pt):

wrong ≠

relaxed ≠

B/-Mastery of Language (07 pts)

Activity One (02 pts): Spot the mistakes and write the corrected sentence.

If I were you. I would revised my lesons in home.

Activity Two (03 pts): Write the correct form of the verbs in brackets.

- 1- Relaxation (to be) important at exam time.
- 2- Learners could (to have) some fun activities when studying for exams.
- 3- If you leave your revision until the last minute, you (not / to avoid) stress.

Activity Three (02 pts): Find in the text four words that have the following sounds:

/ I / (sit)	/ i: / (meet)
1.....	1.....
2.....	2.....

Part Two (06 pts): Written Expression

Your classmate is always suffering before exams and becomes very anxious. She / He asks you before the B.E.M exam for advice to avoid this stress. Send her/ him an email in which you suggest some pieces of advice.

Write about:

- planning before exams
- revising in pairs or in group
- relaxing and having a healthy diet

DO NOT SIGN YOUR NAME