

Listen to the teacher giving students advice for exams and do the exercises to practise and improve your listening skills.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                                  |   |
|----------------------------------|---|
| 1..... advice                    | a. nervous and worried  |
| 2..... last but not least        | b. to be strongly attracted to doing something  |
| 3..... to be tempted             | c. a good or full amount  |
| 4..... anxious                   | d. the act of doing something again   |
| 5..... plenty                    | e. an opinion or recommendation about what someone should do                                  |
| 6..... repetition                | f. a short walk around your local area  |
| 7..... a stroll around the block | g. to put something over something so that you can't see it                                   |
| 8..... to cover something up     | h. an expression used before the last thing in a list, to say that it is equally as important |

### 1. Check your understanding: multiple choice

Circle the best option to complete these sentences.

- The teacher wants the students to ...
  - take notes after she has finished speaking.
  - take notes while she is speaking.
  - forget about taking notes.
- The teacher suggests eating ...
  - sugary snacks.
  - only apples.
  - fruit and cereals.
- The teacher suggests finding a study place with a lot of ...
  - light.
  - space.
  - books.

4. If students feel stressed they should ...
  - a. go to bed.
  - b. go out for a walk.
  - c. drink some water.
  
5. Students are advised to ...
  - a. select the important things to learn.
  - b. read through everything once.
  - c. make notes about every topic.
  
6. The teacher understands that repeating things can be ...
  - a. difficult.
  - b. uninteresting.
  - c. tiring.
  
7. Students can do past exam papers ...
  - a. in the library only.
  - b. at home if they take photocopies.
  - c. in the after-school study group.
  
8. The teacher recommends a break of five minutes every ...
  - a. hour.
  - b. two hours.
  - c. thirty minutes.
  
9. It's important to ...
  - a. eat regularly.
  - b. sleep when you feel tired.
  - c. keep hydrated.
  
10. The teacher is sure that the students will ...
  - a. pass their exams.
  - b. fail their exams.
  - c. do their best.

**2. Check your understanding: grouping**

Write the advice in the correct group.

a. Get very comfortable.	b. Read your notes again and again.	c. Try to learn everything.	d. Eat sugary food while you are studying.
e. Focus on the details.	f. Take regular breaks.	g. Start by choosing the important things to study.	h. Photocopy past exam papers.

Do	Don't

Discussion
<p>Does any of this advice surprise you?</p> <p>Have you got any good advice to share about studying for exams?</p>

Vocabulary Box	Write any new words you have learned in this lesson.