**Task 1: Listen to Grace and Tom talking about exams. Tick the tips that Grace mentions.**

| Create a revision schedule – and follow it! |  |
| --- | --- |
| Don't get exhausted - get plenty of sleep. |  |
| Study in a group from time to time. |  |
| Be positive – imagine yourself passing the exam. |  |
| Take regular breaks – do things you enjoy. |  |
| Remember it's only an exam. You won't die if you fail! |  |

**Task 2: Listen to the conversation again. Are statements 1–6 true or false?**

| **Statements** | **True** | **False** |
| --- | --- | --- |
| **1**. Tom doesn't usually get good grades at school. |  |  |
| **2**. Grace thinks Tom will get sick if he doesn't relax. |  |  |
| **3**. Grace thinks Tom should spend less time on his own. |  |  |
| **4**. Grace doesn't get stressed about exams. |  |  |
| **5**. Grace tells Tom to go out and have a good time. |  |  |
| **6**. Tom will say it's Grace's fault if he fails his exams. |  |  |

**ANSWER KEY**

**Task 1.**

| Create a revision schedule – and follow it! | ✔ |
| --- | --- |
| Don't get exhausted - get plenty of sleep. |  |
| Study in a group from time to time. | ✔ |
| Be positive – imagine yourself passing the exam. | ✔ |
| Take regular breaks – do things you enjoy. | ✔ |
| Remember it's only an exam. You won't die if you fail! |  |

**Exercise 2.**

1. False 2. True 3. True

4. False 5. True 6. True

***AUDIO SCRIPT (***(Recording 2.29)

Grace: Hi Tom. Are you coming out with us tonight?

Tom: Oh no I can't. I'm revising for exams. I need to learn fifty French verbs by heart tonight.

Grace: But the exams don't start until next month.

Tom: I know, but I get really nervous about exams. If I don't revise every night, I'll get stressed.

Grace: I don't know why you're so worried. You always get good marks in class.

Tom: I know, but that's different. In exams, I panic. And I really want to get good grades for my A levels. I want to get into a good university.

Grace: Listen, you need to take it easy. If you continue like this, you'll get ill.

Tom: Well, what can I do?

Grace: Okay, first you need to make a revision timetable. If you make a timetable, you'll see that you have plenty of time to do everything.

Tom: Um, yeah, that's quite a good idea.

Grace: And I think you spend too much time alone – sometimes it's good to study with other people.

Tom: Is it? I'm not so sure. They might know more than I do!

Grace: You're so negative.

Tom: Well, it's okay for you, you don't get nervous.

Grace: Of course I get nervous. But I try to be positive. For example, before an exam, I imagine myself in the exam – I know all the answers, and I pass the exam with the best marks.

Tom: Hm. It's true, I'm not very confident.

Grace: Also, you need to take breaks from time to time – go out and enjoy yourself. If you study all the time, you'll get exhausted. So you're coming out with us tonight.

Tom: Oh, am I? Okay, but if I fail my exams, I'll blame you.