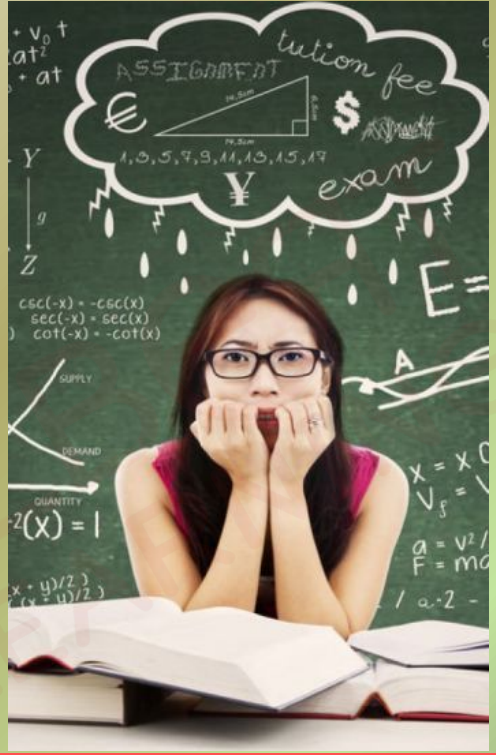

Stressed Out (How To Cope With Exams)

A2 – B1

Module 7

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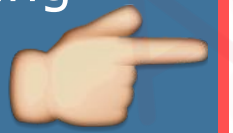
Here's What We Will Be Learning in this Presentation:



Summary

- ❑ Introduction.
- ❑ Beating Stress During A Test.
- ❑ Exercises.

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Vocabulary

Panic: a sudden strong feeling of fear that prevents reasonable thought and action.

Beat: (in this context) to take action before the thing happens.

Diet: food and drink in general.

Reward: something given in exchange for good behaviour or good work, etc.

Distract: prevent (someone) from concentrating on something.

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