



Stressed Out (How To Cope With Exams)

A2 – B1

Module 7

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



Summary

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

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.