

BEATING EXAM STRESS

Questions

You are going to listen to a radio programme about exam stress. Listen and choose the correct answer.

1. According to Perry, one of the signs of exam stress is
 - a. sleeping all the time.
 - b. never being hungry.
 - c. buying everything in sight.
2. Half of the students in the survey
 - a. developed headaches during their exams.
 - b. argued with their parents more before their exams.
 - c. didn't think about their exams.
3. To control exam stress, students should
 - a. make a revision timetable.
 - b. begin to worry several weeks before the exam.
 - c. begin to study a few days before the exam.
4. Students should study
 - a. all day long.
 - b. for at least four hours at a time.
 - c. for no more than two or three hours at a time.
5. During a break, students should
 - a. do as little as possible.
 - b. do something active that they enjoy.
 - c. avoid watching television.
6. Before an exam, students should
 - a. avoid spicy foods.
 - b. eat as little as possible.
 - c. eat foods with sugar to get energy.
7. According to Perry, sugar causes people to
 - a. be nervous.
 - b. think more clearly.
 - c. feel tired.
8. Diane is concerned because
 - a. her parents don't think she studies enough.
 - b. she might fail her exam.
 - c. she knows she isn't trying her best.
9. Perry advises Diane to
 - a. argue with her parents.
 - b. promise her parents that she won't fail.
 - c. tell her parents about her concerns.
10. The last piece of advice Perry gives Diane is
 - a. to take the exam twice.
 - b. not to panic.
 - c. to think hard when she's taking the exam.