

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 2

#110 How to handle stress

Skills/ Objectives: Reading, Speaking, Listening and Writing Skills

PART 1: Before you read...

Preparatory questions

Qt 1: Can touching a pet, such as a cat or dog, help you relax?

Qt 2: Laughing obviously helps you relax. Besides improving your mood better, do you know how laughing makes you relaxed physically?

Answers to the above questions will be provided in the next set of exercises.

The answers to relevant questions in the preceding set of exercises (How to learn grammar) are as follows:

Qt 1: What is grammar? Can you find a simple definition from the text quoted below.

Ans: Grammar is simply the set of rules that people follow when they use a language.

Qt 2. How does reading English books help us improve our grammar?

Ans: The writer says that, "all the time you are reading English (and also listening to English), you are taking in models of correct grammar that will help you in your own writing and speaking. It will help you when you express your ideas and when you come to check your work."

Qt 3. As mentioned by the writer, learning English by doing grammar exercises can be an unhelpful mechanical process. What is the way to make best use of doing grammar exercises?

Ans: To make the best use of grammar exercises, you should write out some sentences of your own that follow the same rule that you are practising.

Vocabulary

- Juggle with: To handle two or several tasks at the same time.
- Burnout: feeling exhausted because of too much work.

- Bleak: empty and hopeless
- Therapeutic: making someone feel happier and healthier
- Endorphin : a chemical naturally, released in the brain to reduce pain, that in large amounts can make you feel relaxed or full of energy

PART 2: Article for Reading

Read the articles posted on the following link of the Guardian. You will learn a lot of useful tips about how to handle stress in your study.

How to Handle Stress

<https://www.theguardian.com/education/mortarboard/2013/nov/06/students-ten-ways-to-beat-stress>

PART 3: Speaking Skills Practice

How do you pronounce the following words?

Word(s)	(a) Pronounced with individual syllables	(b) Pronounced with linking
burnout	Burn – out	Bur – nout
sign off Facebook	Sign – off	Sig – noff
too much of computer time	Too much – off	Too mu – choff
switch off	Switch - off	Swit - choff

More often than not, the syllables in the above words are pronounced together in a smooth series like those in column (b) instead of individually like column (a). This is called linking.

PART 4: Listening Comprehension

Press the following link to practise listening in English while you get some more tips for effective study methods.

Six tips for dealing with study stress

https://www.youtube.com/watch?v=bfMw8OAGXTg&list=PLcetZ6gSk969ut_8fqiLtGeeVCNjcELix&index=13

PART 5: Writing Practice

Write a short response to the following question:

The writer says in the passage: “Trying to manage all these things at once can leave

you feeling overwhelmed.” Do you understand what it means by saying “Somebody leaves a person in a certain state”? It means the person is still doing something when somebody has left. Examples of this usage are as follows:

- (a) Santa Claus walked away and left the children feeling disappointed.
- (b) After checking everything was in order, the mechanic left the machine running on its own.

Now, think of two situations in which you can describe with a similar expression:

- (i) _____ leaves/left _____
- (ii) _____ leaves/left _____

Send your writing to: see.u@cccu.edu.hk.

Remember! Our SEE U teachers are always ready to give you feedback.