

Class: _____ Name: _____

Score: _____ / 10



• Listen and choose the correct answers.

1

(a)



(b)



(c)



2

(a)



(b)



(c)



[3-4] Listen and choose the correct answers.

3 Why is Tim stressed out?

- (a) He forgot to turn in his assignment on time.
- (b) He forgot to come to class on time.
- (c) He forgot to fix his bad habits.

4 What will Sarah do to fix her bad habit?

- (a) She will turn off her phone at night.
- (b) She will mark her assignments on her calendar.
- (c) She will stay up late to finish her homework.

[5-6] Listen and choose the correct answers.

5 What are the speakers mainly talking about?

- (a) ways to manage stress
- (b) examples of good stress
- (c) two types of stress

- 6** What is NOT true about Sally?
- Ⓐ She read about two different types of stress on the internet.
 - Ⓑ She experienced good stress while performing for her school play.
 - Ⓒ She experiences bad stress when having arguments with her friends.

[7-8] Listen and choose the correct answers.

- 7** What are the speakers mainly talking about?
- Ⓐ how to relax during a workout
 - Ⓑ how to exercise under stress
 - Ⓒ how to feel better when stressed
- 8** How does running around the track help Ted when he is stressed?
- Ⓐ It helps him feel refreshed.
 - Ⓑ It helps him concentrate better.
 - Ⓒ It helps him forget about his problems.

[9-10] Listen and choose the correct answers.

- 9** Which is NOT true about animals and stress?
- Ⓐ Animals get stressed just like humans.
 - Ⓑ Changing an animal's food can cause them stress.
 - Ⓒ Animals act as usual when they are stressed.
- 10** What do some birds do when they are stressed?
- Ⓐ They lick themselves a lot.
 - Ⓑ They hide for a long time.
 - Ⓒ They bite more than usual.