



NOMBRE DEL ESTUDIANTE _____ GRUPO _____ GRADO _____

1. REWRITE THE FOLLOWING SENTENCES USING THE CONNECTORS IN BRACKETS

- We decided to walk but it was raining (in spite of)

- Isabel apologised several times but Paul wouldn't speak to her (although)

- Roger works very hard to help his parents. He's also a good student (In addition)

- You're late again, you haven't brought your books (besides)

- I wouldn't love to go, I really haven't got the time (however)

2. COMPLETE WITH THE RIGHT CONNECTOR

- Rome is a great place to visit _____ it has got terrible traffic problems.
- _____ I'd like to say that I agree and, second, explain why.
- The government is having problems with illegal immigration _____ their economic policies are failing
- _____ The continued use of fossil fuels is now the biggest threat to humanity
- I love those soft French cheeses _____ Camembert

3. READ THE TEXT AND MAKE A GOOD SUMMARY

Stress - Signs, Symptoms and How to Manage Stress

Stress is a feeling we have when we react to events that don't make us feel very good. Such events can happen at school, like a test or examination, at your office, like getting a new boss or in your private life, like preparing for a divorce.

Our body has certain hormones that it releases during times of stress. In this period more adrenalin gets into your blood. The hormones make your heartbeat go up and change your blood pressure and the way you breathe. Blood vessels become wider and let more blood pass through. Our body heats up and produces sweat to cool it down.

Stress response is what your body does to fight stress. It makes you handle stress and do well during such situations. Stress response happens, for example, when you are in a car and step on the brakes to avoid an accident. Or when you are the one chosen to shoot a penalty in a football game that may decide if you win or lose.

Stress can also be long term, like preparing for a difficult exam or having private problems with your parents, teachers or friends. Stress happens when you work too much and don't have the time to relax. This long-term stress keeps your body alert and pumps hormones into your bloodstream for a longer time. This can hurt your body, make you tired and weaken your immune system.

Although the right amount of stress can be good, too much stress isn't. A little stress can motivate you to study hard. But if stress lasts too long your body can't cope with it



any more. Some people overact to stress and even make small problems seem difficult to solve. They feel worried, upset and anxious all the time.

4. ACCORDING TO THE COMPOSITION RULES WRITE SOME TEXT