

Sociology: Modern life and stress

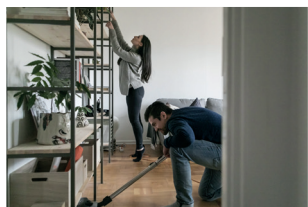
Listening: Listening for details

Speaking: Presentation introductions;
Defining new ideas

1 SPEAKING

a How many hours a day do you spend doing these things?

studying _____ working _____
travelling to school/university/work _____ helping family/friends _____
cleaning/cooking at home _____ free time activities _____



b Compare your answers. Do you think your life is busy? Do you sometimes feel stress? Why / Why not?

2 VOCABULARY Collocations

a Check the meaning of these words in a dictionary. Match 1–4 with a–d to make phrases.

- | | |
|-------------|-----------|
| 1 full-time | a disease |
| 2 daily | b study |
| 3 heart | c health |
| 4 mental | d life |

3 LISTENING



a 3.1 Listen to Abby's presentation about daily life. Answer the questions.

- Which idea does Abby **not** talk about?
 - It's difficult to work and have a family life.
 - People need to exercise more so they don't feel stress.
 - Busy lives and stress mean people get sick.
- Is it the beginning or the end of Abby's presentation?

b 3.1 Listen again and complete the detailed notes from Abby's presentation.

We live busy lives

- people work & ¹ _____
- e.g. Silvia studies ² _____, works 15 hours, helps ³ _____

Busy lives = stress problems

- people are worried & ⁴ _____ → don't do things ⁵ _____
→ feel stress
- stress = mental health ⁶ _____ & physical ⁷ _____ e.g. heart disease & diabetes

STUDY SKILLS: SYMBOLS AND ABBREVIATIONS FOR NOTES

1 Match the symbols and abbreviations (1–4) with the words and expressions (a–d).

- | | |
|--------|------------------|
| 1 & | a for example, |
| 2 = | b and |
| 3 e.g. | c so |
| 4 → | d is the same as |

2 Why is it a good idea to use symbols and abbreviations in notes? Do you know any others?

c Talk about the questions.

- Do you agree with Abby? Why / Why not?
- Do you think Abby's friend Silvia feels stress? Why / Why not?
- Who do you know who has a busy life and feels stress? Say why they are very busy and the possible reasons for their stress.

d CRITICAL THINKING ORGANISING INFORMATION

Answer the questions.

- In her presentation, what does Abby do? Choose the best answer.
 - She talks about her main point and then gives detailed information.
 - She gives detailed information and then talks about her main point.
- Speakers and writers often organise their information in this way. How does this help you when you read and listen to new information?

4 LANGUAGE FOCUS 1 Defining things

- a Look at the underlined expressions from Abby's presentation. Why does she use them?

They always feel tired and they feel they never do anything very well, so they have a kind of illness that we don't see. This illness is called stress. So stress is a type of mental health problem. But it's also a physical health problem.

- 1 To give examples and details.
- 2 To say what things are and what they mean.

- b Which two expressions explain something? Which expression gives a name for something?

- c Check in a dictionary that you understand the words in bold. Complete the gaps with one of the underlined expressions in 4a. More than one answer is sometimes possible.

- 1 **Pilates** is _____ exercise.
- 2 Doing exercise in a gym _____ a **workout**.
- 3 A careful choice of what you eat _____ a **diet**.
- 4 **Muesli** is _____ breakfast food.
- 5 The time when there is a lot of traffic _____ **rush hour**.



- d Think of a word in English that you think your partner doesn't know. Explain the word.

5 PRONUNCIATION Joining words

- a 3.2 Listen and notice the way the words join together when we say them. Choose the correct rule.

they have a kind of illness
stress is a type of mental health problem

- 1 A vowel sound at the end of a word joins a vowel sound in the next word.
- 2 A consonant sound at the end of a word joins a vowel sound in the next word.

- b 3.2 Listen and repeat.

- c 3.3 Listen to these examples and put _ to show where two words join.

- 1 Often people try to work and study.
- 2 But she also works 15 hours a week in a shop.
- 3 But it's also a physical health problem.
- 4 People who have a lot of stress in their lives
- 5 I also want to look at different ways to help you have less stress in your daily life.

- d In pairs, practise saying the examples.

6 LANGUAGE FOCUS 2 An introduction to a presentation

- a Listen to the expressions that help introduce Abby's presentation. Complete each gap with one word.

- 1 Today my presentation is _____ modern life.
- 2 In my presentation today, I want to _____ you why people feel stress.
- 3 I also want to _____ different ways to help you.

- b Answer the questions.

- 1 Which expression introduces the main idea of the presentation?
- 2 'tell' and 'look at' are important verbs in expressions 2 and 3. What's the other important verb in both expressions?

- c Put the phrases in the correct order to make an introduction sentence.

- 1 exercise helps you / presentation is / this afternoon my / with stress / about how
- 2 to tell you / I want / about useful exercises / in my presentation
- 3 at how a good / I also want / diet helps you stay healthy / to look

7 SPEAKING

- a Work alone. Use the notes below to prepare the introduction of a presentation. Check the name of your presentation in a dictionary and add your own idea as an example.

Student A – Traffic stress syndrome

my talk today ... kind of mental health problem ... called 'traffic stress syndrome'
... talk about the way people use their cars ...
... also ... look at ways to stop travelling at rush hour
for example, ...

Student B – Part-time work anxiety

my talk this afternoon/morning ... kind of study and work problem ... called 'part-time work anxiety'
... talk about students that study full-time and work part-time
... also ... look at ways to help students study and work at the same time
for example, ...

- b Work in pairs (Student A and B). Take turns to introduce your presentation.