

SET 7 CANDIDATE A

TASK 1 MONOLOGUE

- Read the title of the topic and the suggestions.
- Choose one or more ideas to include in your monologue. You can add ideas of your own.
- Talk about the topic for 3 to 3:30 minutes.

13 STRESS



- Do you think stress is a problem in current society? How does it affect our lives?
- Is everybody affected by it, even children? Give examples.
- How can we avoid or relieve stress? Talk about different methods you can think of.
- Are you stressed? What causes this feeling? What are the consequences for you? How do you relax?