

# 《高中英语》（上外版）

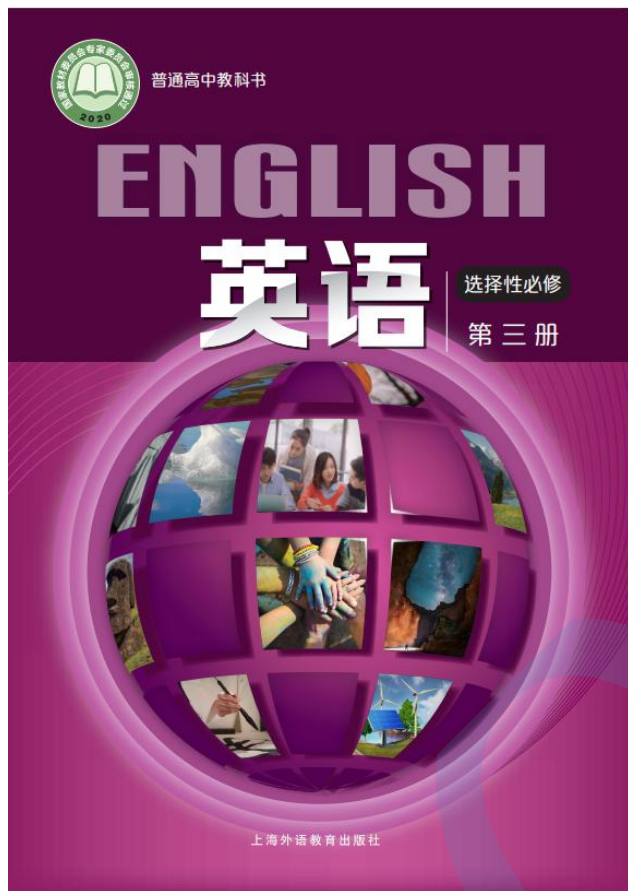
选择性必修第3册第1单元

Fighting Stress

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# 《高中英语》（上外版）

## 必修第一册第一单元



课时	授课内容
1	Getting Started/ Reading A
1	Reading A/ Vocabulary Focus
1	Reading A/ Grammar in Use
1	Listening and Viewing
1	Moving Forward
1	Reading B
1	Critical Thinking/Further Exploration/ Self-assessment



# Objectives



*By the end of this class, you will be able to...*

- grasp the key information of the audio *Dealing with School Stress*.
- have a good understanding of how to cope with school stress.
- understand and integrate the information the Video clip *How to Make Stress Your Friend* and figure out how to deal with stress
- share the understanding of how to cope with stress



# I. Listening task

## A. Brainstorming

### 1. What is stress?

**Stress is a physical and emotional reaction that people experience when they encounter changes in life.**



## **2. What makes you feel stressed?**

**exams, scores, ranking, fiercer competition, homework, deadline, interpersonal relationship, family problem...**

# Effects of stress

- Positive
  - Motivate you to work harder
  - Improve your work efficiency
  - Push you to accomplish greater things
  - ...
- Negative
  - Cause anxiety and health problems
  - Cause emotional problems
  - Reduce work efficiency
  - ...

# Ways to cope with stress

- Listen to music
- Do exercise
- socialize with friends
- Take deep breaths
- ...

# Listening

1. If a student has hours of homework to complete, taking several \_\_\_\_\_-minute breaks can reduce stress.
2. Danielle is a \_\_\_\_\_-year-old student. She likes to \_\_\_\_\_ before she \_\_\_\_\_.
3. The APA survey finds that the American students like to relax by :  
listening to music;  
\_\_\_\_\_  
going online;  
spending time with \_\_\_\_\_ or friends;  
exercising or \_\_\_\_\_





## **B. Self –evaluation**

- 1. Do you feel stressed?**
- 2. What makes you feel stressed?**
- 3. What symptoms do you have when feeling stressed?**
- 4. How often do you feel stressed?**

# Viewing Task

- Could you predict what the video clip is about?
- ***How to make stress your friend?***

# Watch again and fill in the blanks

- 1. This study tracked \_\_\_\_\_ United States, and they \_\_\_\_\_.  

- 2. They used public records for the next \_\_\_\_\_ years to find out who died.  

- 3. Every major stressful life experience increased the risk of dying by \_\_\_\_\_%.
- People who spent time \_\_\_\_\_ others showed zero stress-related increase in dying.

# Discussion

*How would you like to relax? Why ?*

- Ways to relax

- Reasons

# Assignment

- Make a presentation in groups with effective visuals
- Give a presentation with effective visuals on how you'd like to relax
- Surf online for visual aids used in presentation

**Thank You !**