

《高中英语》（上外版）

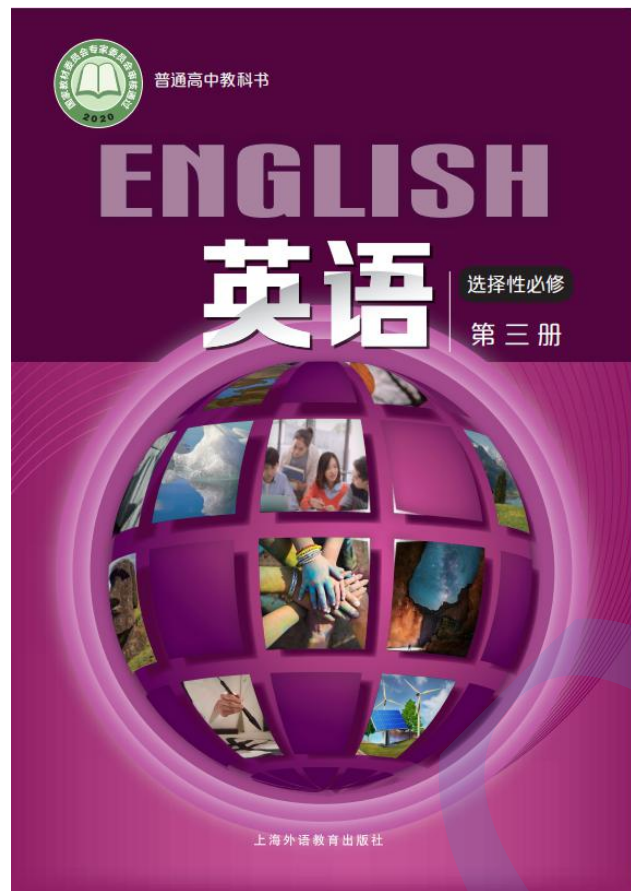
选择性必修第3册第1单元

Fighting Stress

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《高中英语》（上外版）

选择性必修第3册第1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, Viewing and Speaking
1	Reading B
1	Critical Thinking
1	Writing
1	Further Exploration/ Self-assessment

学习目标 **Learning Objectives:**

At the end of the lesson, you will be able to ...

1. 能了解如何设计问卷和实践

know the process of designing a questionnaire and be able to devise survey questions.

2. 能对压力有全面的了解，提高心理健康意识并找对应对方法

develop a comprehensive view of stress, raise mental health awareness and create solutions to stress-related problems.

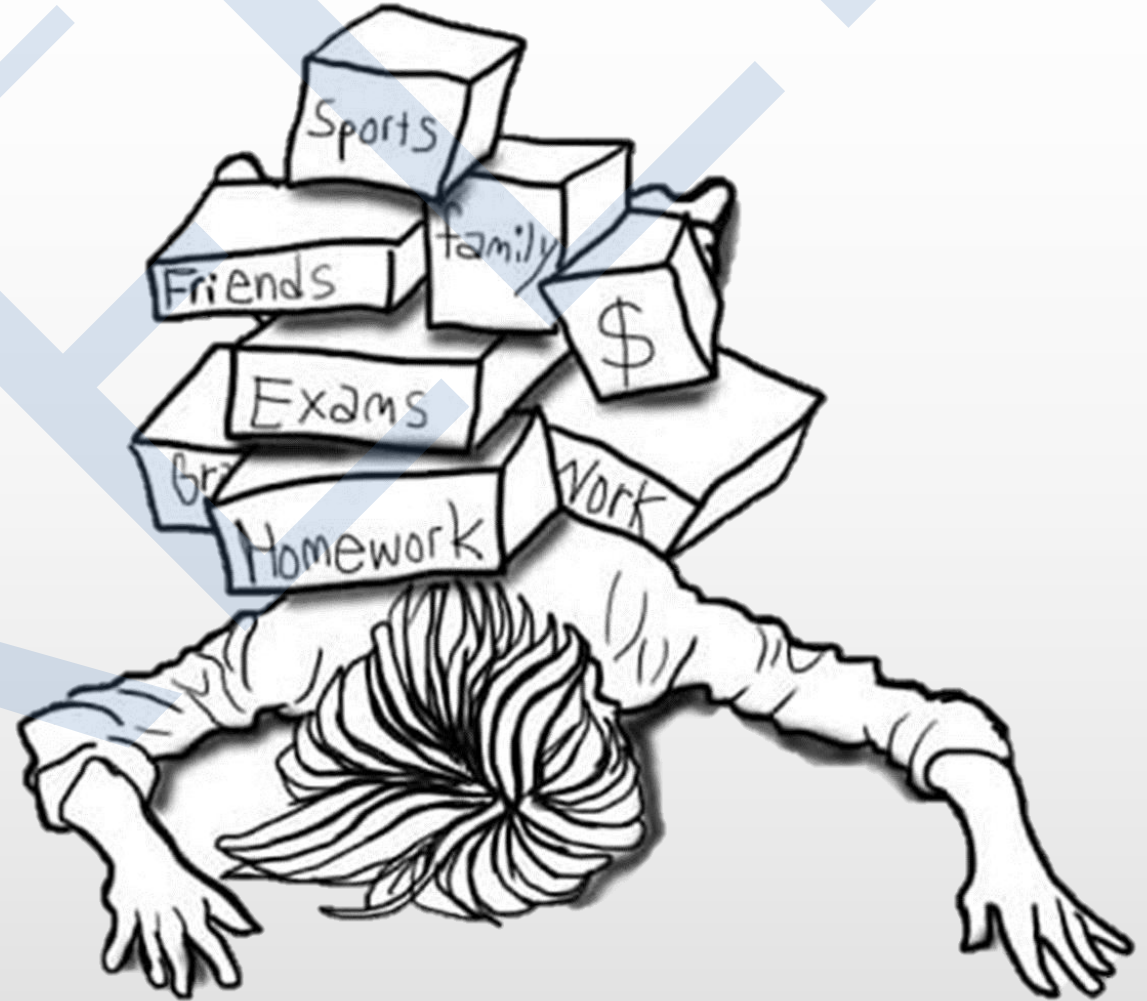
3. 能利用课本表格进行自我评测

conduct a self-assessment with the help of questions listed on the textbook.



Getting Started

- Do you usually feel stressed out in your daily life?
- What are the common stressors?



Dear students:

High school life can be genuinely stressful sometimes, and we want to find out ways to support our students in stress management. So we sincerely invite YOU to design a questionnaire on stress to help students better understand stress and know how to cope with it effectively.

Many thanks!

School Health Club



The process of carrying out a survey

Activity 1. Fill in the boxes with verbs.

THE PROCESS OF CARRYING OUT A SURVEY

Design

Distribute

Receive

Complete

Return

Analyze

+
a questionnaire



Enlarge your word bank

Aspects	Word Bank	
1 Levels of stress	e.g. low	
2 Types of stress	e.g. emotional	
Signs/Symptoms/Effects of Stress		
3	Physical/ Behavioral	e.g. headache 3.
		1. 4.
		2. 5.
	Emotional	e.g. depression 3.
		1. 4.
		2. 5.
4	Sources /Causes of stress	e.g. family 3.
		1. 4.
		2. 5.
5	Stress busters/ Ways to cope with stress	e.g. talking with trusted people 3.
		1. 4.
		2. 5.
6	Collocations: Verbs And others	e.g. bring about/ cause / trigger stress

Activity 2 : [4 mins]

Enlarge your word bank!

1. Work in a group of 4

A: signs

B: sources



C: ways

D: collocations

2. Discuss and fill in your word bank together.



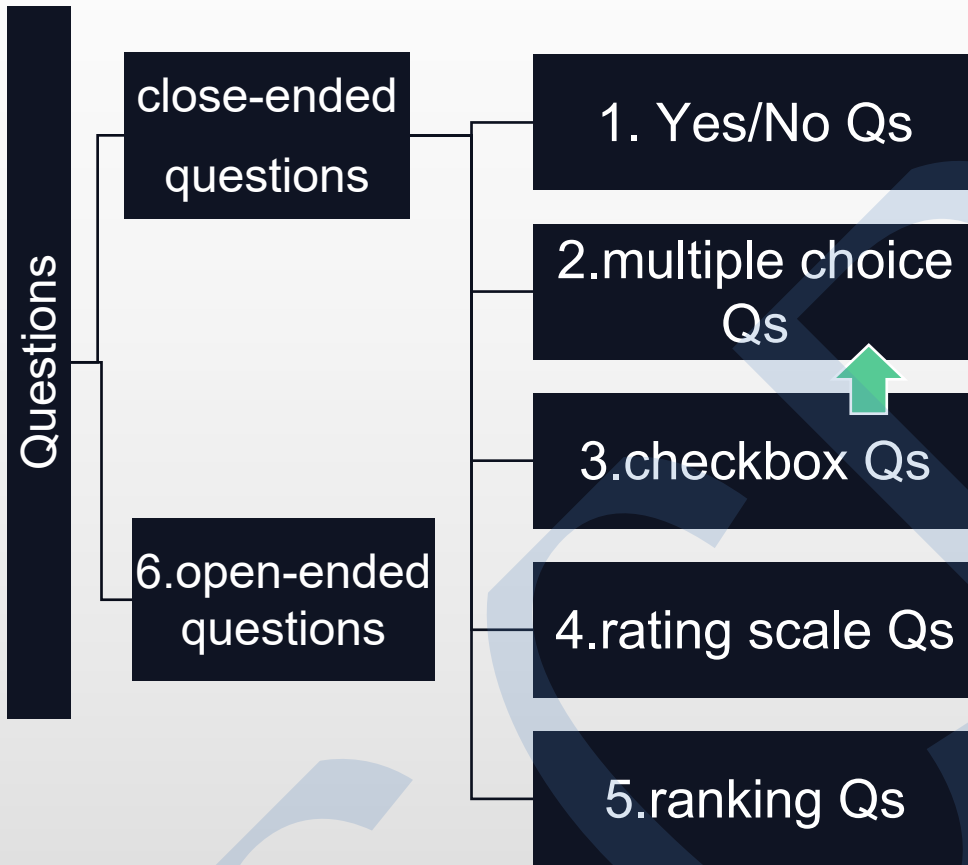
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	Aspects	Word Bank	
1	Levels of stress	e.g. low, high, moderate	
2	Types of stress	e.g. emotional	social
		financial	academic
3	Signs/Symptoms/Effects of Stress		
	Physical/ Behavioral	e.g. headache	3. periods of crying
		1. sleep disturbance / insomnia	4. fatigue
		2. bad memory	5. overeating
	Emotional	e.g. depression	3. low self-esteem
		1. anger / irritability	4. feeling hopeless/helpless
		2. anxiety	5. feeling misunderstood/ isolated
4	Sources /Causes of stress	e.g. family	3. illness/ injuries
		1. study (workload/grade)	4. financial issues
		2. social relationship	5. traumatic events (bullying, accidents, disasters)
5	Stress busters/ Ways to cope with stress	e.g. talking with trusted people	3. eating well / having comfort food
		1. doing physical exercise/ sports	4. getting medical treatment
		2. doing fun stuff	5. removing the triggers of stress

Collocations: Verbs and others
e.g. bring about/cause/ trigger alleviate/ease/relieve/remove suffer/endure/experience cope with/handle/manage stress buster/control reliever / management



Types of survey questions



1. Do you ...?

- A. Yes.
- B. No.
- C. Not sure.

4. How often do you ...?

	Never	Rarely	Sometimes	Often	Always
Item 1	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Item 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Item 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Item 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Which of ... do you like best?

- A. Option 1
- B. Option 2
- ☒ C. Option 3
- D. Option 4
- ☐ E. Other: _____

3. Which of the following factors lead to your ... ?

(Select all that apply)

- ☒ Option 1
- ☐ Option 2
- ☒ Option 3
- ☐ Option 4
- ☐ Other: _____

5. Rank the following in terms of ...?

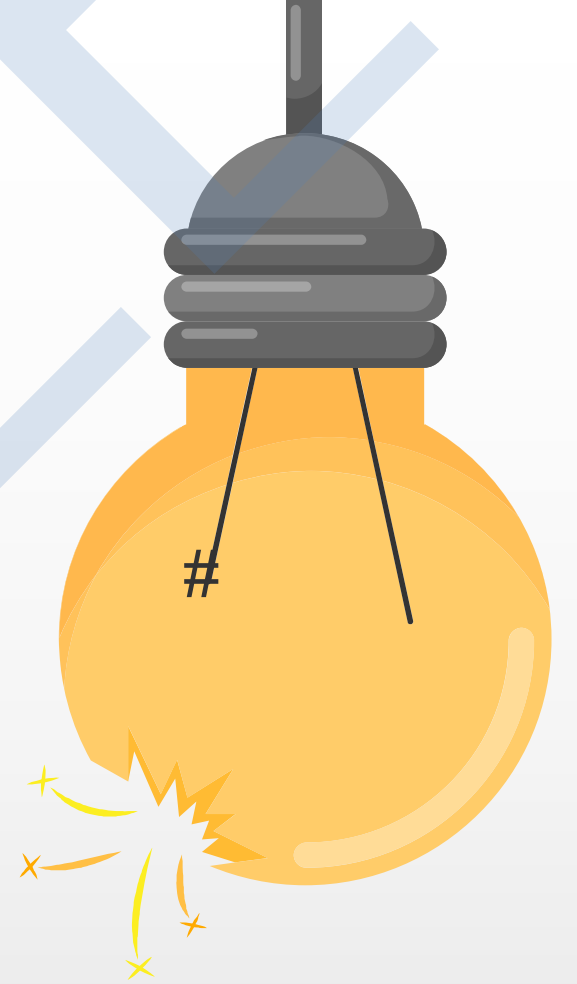
- _____ Option 1
- _____ Option 2
- _____ Option 3
- _____ Option 4
- _____ Option 5
- ☐ Other: _____

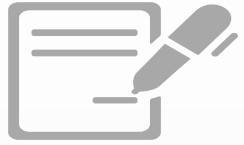
6. If you have any for..., please note them down.



Devise a survey question

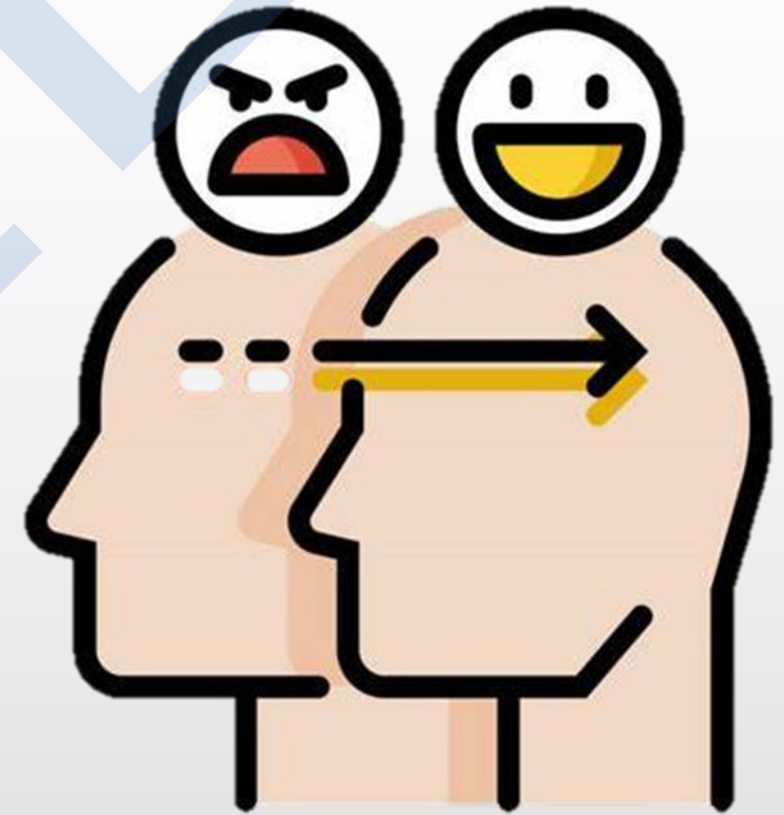
1. Get into a group of 4
1. Decide the question and the options.
2. Think about the purpose and reason(s) for setting this question and the options.
3. Send a representative to explain the reasons on the stage.





Sharing

Share your questionnaire!





Self assessment

Look at the expected learning outcomes of this unit.

- ☐ A. Understanding causes and types of stress
- ☐ B. Talking about different views about stress and ways to relieve stress
- ☐ C. Identifying signs of excessive anxiety and proper ways to cope with stress across culture
- ☐ D. Finding solutions to stress-related problems
- ☐ E. Using effective visuals in a presentation
- ☐ F. Writing a letter of advice about worries

Write a reflective note on the above items. You may include some or all of the following points:

- ✓ What you think you have done well and why
- ✓ One strategy that really has helped your learning
- ✓ One important thing you have learned about
- ✓ What you need to improve in the future
- ✓ What learning resources you find useful



Assignment

1. Finish devising the questionnaire.
2. Test and revise it.



Thank you!