

WRITING SECTION 1

TASK 1

Listen to Margaret's message to her friend Larry **again**. **USE** the space in the **Writing Booklet** provided to take notes. **You can use** the information from the recording and the notes you have taken to write an **email** to a friend of yours giving him or her advice about how to deal with exam stress.

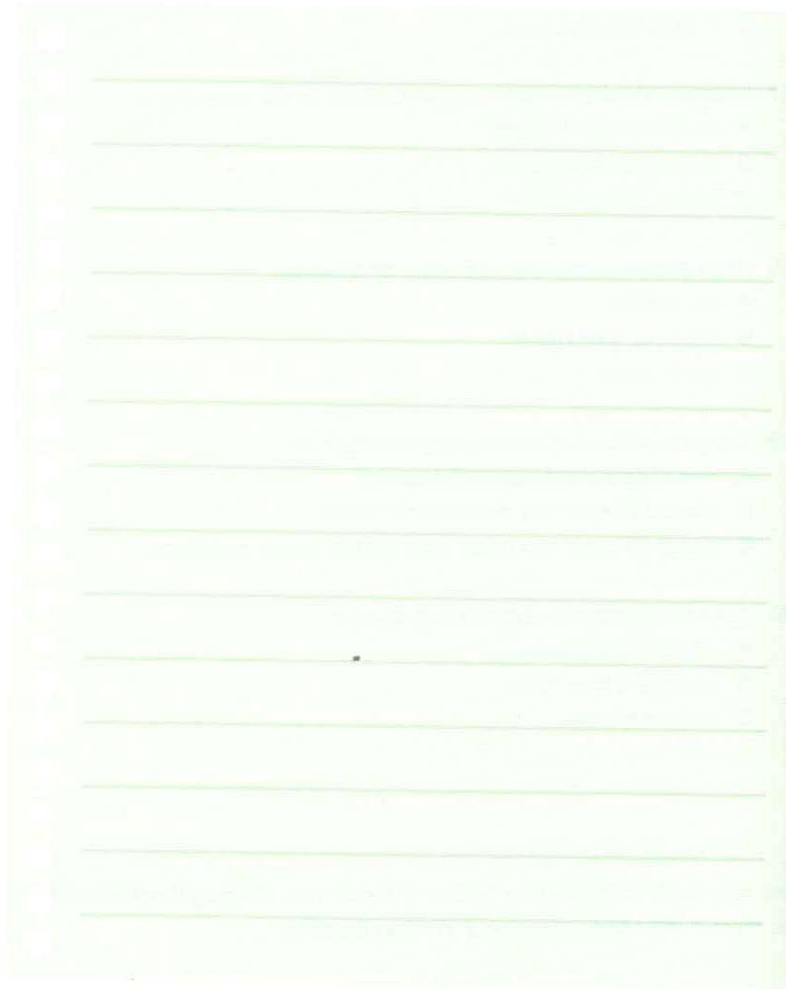
Your notes will not be marked.

Take notes for the following information or for anything else you wish.

What Larry should do or not do:

- before starting to study
- when taking a break
- the night before an exam
- while sitting an exam
- after an exam

How to study for an exam:



TASK 1

You must do Task 1.

Write your **email**. You can use the notes you have taken. You may add any other relevant information you wish. Write your **email** in **90-110** words.

"Write an email to a friend of yours giving him/her advice about how to deal with exam stress."

In your email, you should tell your friend

- *what to do to decrease exam stress*
- *how to prepare for an exam*
- *what not to do while studying*