

ENGLISH LANGUAGE PAPER 4

GENERAL INSTRUCTIONS

This paper consists of two parts: Part A, Group Interaction; and Part B, Individual Response. Part B will immediately follow Part A. DO NOT write anything on this page.

PART A Group Interaction

You will be given 10 minutes to prepare. The time allowed for the group interaction is 8 minutes (or 6 minutes for a group of 3 candidates). You may make notes on the notecard provided and refer to your notes during the discussion.

This article appeared in an online magazine:

Student Stress and Mental Health

In recent years, the mental health of students has become an important topic in many societies. Many young people face pressure from different sources, including academic expectations, examinations, family expectations, and social relationships. With increasing competition in education, some students feel stressed about achieving good results and meeting the expectations of their parents and teachers.

In addition to academic pressure, the rise of social media has also influenced students' mental well-being. Some young people compare themselves with others online and may feel anxious or dissatisfied with their own lives. As a result, many educators and health professionals believe that schools should pay more attention to students' emotional well-being.

To address this issue, some schools have introduced programmes that promote mental health. These may include stress-management workshops, counselling services, and activities that encourage students to relax and develop healthy habits. Schools may also organise activities such as sports events, mindfulness sessions, or hobby clubs to help students maintain a balanced lifestyle.

However, some people believe that schools already have a heavy academic workload and may not have enough time to organise additional activities. Others argue that promoting students' mental health is just as important as academic achievement.

You and your classmates are members of the student council. Your school would like to introduce new initiatives to support students' mental health. You may want to talk about:

- the main causes of stress among students in your school
- what activities or programmes the school could organise to improve students' mental health
- how teachers, parents, and students can work together to support students' well-being
- anything else you think is important

PART B Individual Response

The examiner will ask you one or more questions based on Part A. You will have up to 1 minute to respond.

PART A Group Interaction

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PART B Individual Response

1. Do you think students today experience more stress than students in the past?
2. What do you usually do when you feel stressed?
3. Why do some students find it difficult to talk about their mental health problems?
4. Do you think schools should reduce homework to help students manage stress?
5. How can friends support each other during stressful periods such as examinations?
6. Do you think social media has a positive or negative effect on students' mental health?
7. In your opinion, what are the most effective ways to relax and reduce stress?
8. How important is it for schools to provide counselling services for students?