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Professor(a): CAROLINE

Disciplina: INGLÊS

Nome:

nº:

Série: 1º

4º bimestre

TRABALHO DE RECUPERAÇÃO DE INGLÊS

Put the verb into the correct first conditional form: (0,2 each – 2 total)

- a. He _____ (not / get) a better job if he _____ (not / pass) that exam.
- b. If you _____ (arrive) late, I _____ (not/ get) angry.
- c. If he _____ (not / see) her tomorrow, he _____ (not/ see) her next week.
- d. I _____ (not/ be) surprised if he _____ (come).
- e. If she _____ (not/ wait) here, she _____ (be) late.
- f. If we _____ (go) on holiday this summer, we _____ (go) to Rio.
- g. If it _____ (rain), we _____ (not / go) to the beach.
- h. If I _____ (not / go) to bed early, I _____ (be) tired tomorrow.
- i. If you _____ (be) late, you _____ (miss) the show.
- j. Mary _____ (be) happy if you _____ (call) her.

Use the information given to make sentences with GOING TO. Use the verbs and the information in parentheses to help. Use affirmative or negative sentences:

Get	Get	Rain	Watch
Have	Work	Do	Help

party	this day	new one	film
soon	her	a job	well

1. There are many clouds in the sky.

2. My friends and I love new films.

3. Tomorrow is my birthday.

4. Joe studied a lot for the test.

5. Melinda did very well on her job interview.

6. My computer broke.

7. Friday is a holiday.

8. Mary has a problem.

Match the definitions with the Study Skills:

a) Take breaks

b) Stay Focused.

c) Don't skip what you don't know

d) Just get started

9. Mary studies with her phone on, and listens to music all the time, she keeps in touch with everyone and with her computer on _____

10. Joe thinks that the smart people in his class were born intelligent and he also agrees that he doesn't need so much preparation.

11. Jonathan studies for hours and never stops whenever he has a test.

12. Patrick thinks that he needs to concentrate only on the things he understands very well. _____

Help Me Manage My Academic Stress

When you're stressed, it's hard to concentrate and keep to a study schedule. If you make these six tips part of your high school study skills plan, you will keep your stress level under control:

1. Eat healthy food.

Start the day with a healthy breakfast – whole grain toast or oatmeal, milk, yogurt, cheese, fruit, eggs, meat - and you'll get better grades than students who skip breakfast or eat junk food.

2. Sleep

Teenagers need eight to ten hours of sleep a night. You may not think you're tired, but if you are stressed, lack of sleep could be a major reason. Try this: for one week, sleep a full eight hours or more every night and notice how you feel. If you feel better, keep it up.

3. Study when you're most alert.

Schedule your study time when your energy is highest. If you know you feel sluggish from four to five in the afternoon but are energetic from seven to eight in the evening, study then.

4. Exercise.

Students who swim or jog regularly (at least twice a week) are less stressed, less anxious, less confused, and do better in school than students who don't exercise.

5. Laugh.

If you feel yourself stressing out (you can't focus, you're feeling panicky), take a break from studying. Go to a funny Website or watch a good sitcom for half an hour. Laughter can restart a stuck brain.

6. Ask for help when you need it.

If you are struggling in a subject, don't wait for the teacher to do something; stay after class and ask your teacher for help.

Smart students know that asking questions is the quickest way to defuse test anxiety and lessen stress.

Responda em Português:

13. Qual é a intenção do texto?

14. Na sentença... Teenagers need eight to ten hours of sleep a night. You may not think you're tired, but if you are stressed, **lack of sleep** could be a **major reason**. O que as palavras em negrito querem dizer?

15. O que o autor do texto explica na 3ª dica?

16. Explique a seguinte sentença: "Laughter can restart a stuck brain."

17. Explique a seguinte sentença:
"Smart students know that asking questions is the quickest way to defuse test anxiety and lessen stress."
