

Education Bureau
Territory-wide System Assessment 2023
Secondary 3 English Language

9EL1/3

Tapescript Part 2 (9EL1/9EL3)

Narrator *Your school is going to introduce a programme called Stress Free. To help you think about what to include in the programme, a recording of some students and their teacher talking about different ways to relax has been prepared for you.*

Listen to the recording and answer the questions. The recording will be played twice. Do as much as you can the first time and answer all questions the second time. You now have 30 seconds to read the questions. (*music 30 secs.*)

The listening will begin now.

[Narrator *Radio Teens Hong Kong*

Radio Teens HK Host - Sandra We're here today to talk about stress. On our panel, we have Mr. Pang and his students, Tony, Sally and John, ready to discuss this important topic. Welcome, everyone.

Mr Pang, is teaching stressful?

Mr. Pang Yes, definitely, Sandra. I think teaching and learning are stressful. That's why we all need to relax.

Radio Teens HK Host - Sandra So, Mr. Pang, how do you relax?

Mr. Pang By going for a walk with my kids and the dog. I also like taking a hot bath after a long day at work. On weekends, it's nice to sit outside, listen to music and watch the kids playing in the park!

Radio Teens HK Host - Sandra Thanks, Mr. Pang. Now let's hear from the students. How do you all relax? Tony?

Tony – Student I relax by going for a run some days after school. Sometimes I'll play basketball. I'm on the school team and we're not bad. On the weekend, I go out with my friends. We meet, eat something and go shopping or to the movies.

Radio Teens HK Host - Sandra So Tony plays sport and meets his friends. Sally, what about you?

Sally – Student I love to sit and read. After I have finished my homework, I snuggle on the sofa with a book in my hand. My cat is usually sitting next to me or lying in front of the sofa. In the summer, I go for walks in the park with my dog.

Radio Teens HK Pets do help people to relax. Reading is another great way.
Host - Sandra

John – Student (*snort*) We read all day at school and Sally reads after school for fun.
 Yuk!

Radio Teens HK So John, if you don't like to read, what do you do to relax?
Host - Sandra

John – Student (*emotional*) I **love** to play football and basketball. I failed my last
 exams so my parents have banned me from playing any sports.

Now I just sit in my room and study. Boring! I **hate** school and
 studying!

(*angry & upset*) Exams and school stress me out. I'm not good at
 studying and my results are getting worse.

(*plaintively*) I don't know what to do.

Radio Teens HK It sounds like John needs to relax more than anyone else on the panel
Host - Sandra today. He also needs some help and advice... (*fade out*)]

Narrator Now listen to the recording again. {*Repeat []*}

Narrator You have 30 seconds to check your answers. (*music 30 secs.*)

This is the end of Part 2.