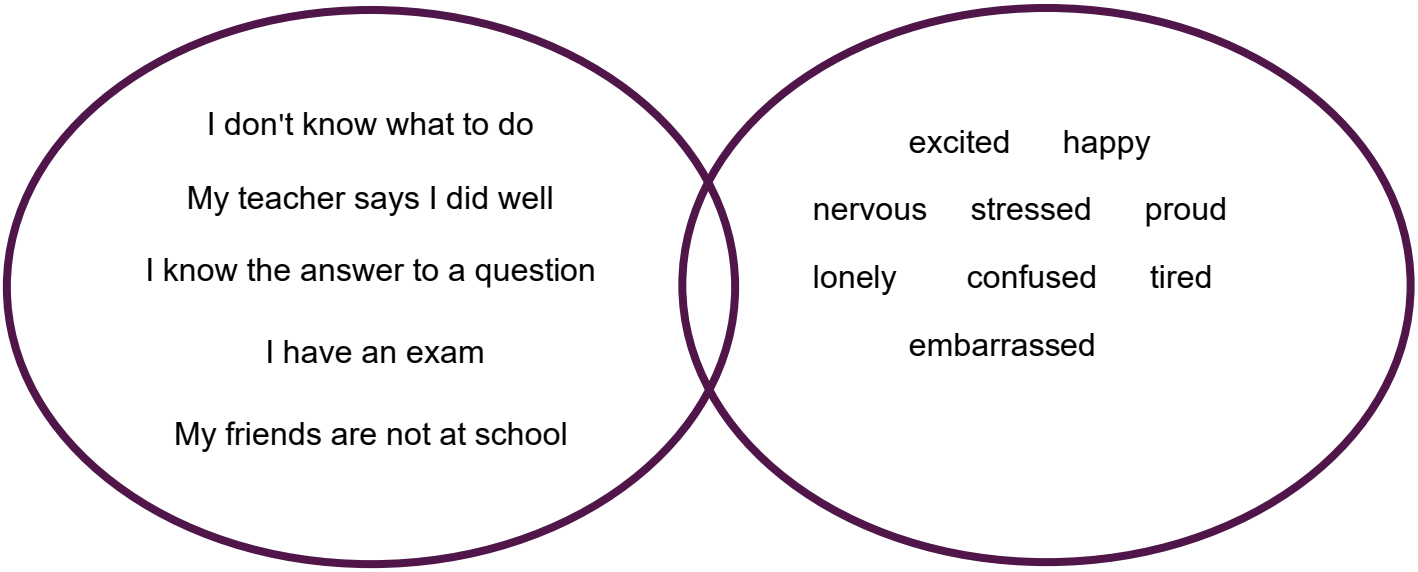
Challenges at school

Task 1: Look at the situations that we might face at school in the left circle, and how we might feel about them in the right circle. Tell your partner how you feel in each situation.

Example: When **I don't know what to do**, I feel **nervous**.



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Task 2: Read what these students say about the challenges that they have at school. Match the word or phrase in bold in Column A with the meaning in Column B.

A	B
1. **Ali** – 'When I can't understand what to do in class, I get really **frustrated**. Sometimes, I feel like crying or shouting!'	a) unable to be still or relax because you are bored or nervous
2. **Mira** – 'I get **confused** when my maths teacher talks a lot. I have no idea what she wants me to do.'	b) a sudden feeling that you must do something, without thinking about the results, and you can't stop it
3. **Paola** – 'When the teacher asks a question and I know the answer, I shout it out. He gets annoyed, but I can't **control my impulses**.'	c) unable to think clearly or to understand something
4. **Andrii** – 'I get really **restless** in class when we sit down for too long. I start to move my arms and legs, and it's difficult to stay still.'	d) annoyed because things are not happening in the way that you want, or in the way that they should
5. **Chen** – 'I **struggle with** two-hour lessons. They're too long for me!'	e) Someone who works at the same time as you online or in the same room. You work together, but maybe you do different things.
6. **Remi** – 'My **brain gets blocked** at home because my family are so noisy. Sometimes, I can't do my homework.'	f) to look through posts on social media
7. **Pape** – 'When I try and study for exams, I often stop and **scroll** on my phone for hours.'	g) to use a lot of effort to do something, or to find something difficult
8. **Bee** – 'I can only study for exams if I have **a study buddy**.'	h) to be unable to think

Read what the students say again. Which statements are true for you? Share with a partner.

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Task 3: Listen to Emma and Jay talking about problems at school. Which problems does Emma have, which problems does Jay have, and which problems do they both have? The first one has been done for you.

Emma	Jay	Both
		a)

a) It's difficult for me to concentrate.

b) It's hard to understand everything when my teacher talks a lot.

c) I have a condition called ADHD.

d) Some teachers think I'm not trying.

e) I think it's normal that people don't all learn in the same way.

f) I don't share the problems I have at school with anyone.

g) I get really anxious before exams.

h) Studying at home is really tough.

i) I should take fewer breaks when I study.

Task 4: Emma gives Jay some advice. Tick what she says. (The first one has been done for you.)

a) Make lists to remember important things.	✓
b) Remember to eat and drink regularly.	
c) Use a timer to let you know when to take a break from studying.	
d) When you take a break, do something physical.	
e) When you start a task, identify the first small step you should take.	
f) Give yourself a reward when you complete a task.	
g) Work with a study buddy to help you focus.	
h) Make sure your teachers know how you feel.	

What other advice would you give to Jay?

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Task 5: Role play

Work with a partner. Choose one of the challenges at school below:

- You can't focus on exam preparation.
- You don't understand your homework.

Work with your partner to decide:

- why this is happening
- what the possible consequences are
- what the possible solutions are.

Then role play the situation.

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