

BROCHURE

You are advised to write between 250 and 350 words for this section.

You should look at the webpage printout on the next page, study the information carefully and plan your answer before beginning to write.

You are a Senior Prefect and you have been tasked by your Year Head to plan a brochure to advise your fellow students on how to cope with stress. You have some information from a webpage on the possible tips you can use in your brochure.

Create a brochure for your fellow students suggesting the following:

- why students feel stressed up
- three ways in which one can de-stress
- how to look out for signs of stress in others and help them

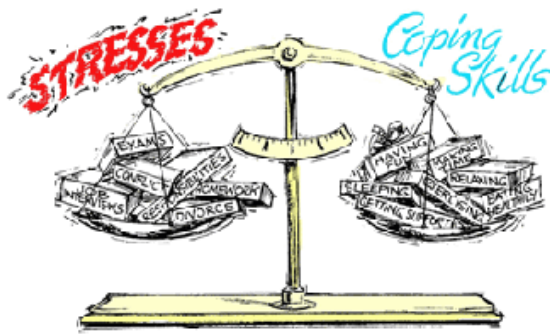
Write your **brochure** in clear, accurate English and in an informative and friendly tone to guide your peers regarding how they can cope with stress.

Your brochure should have a main heading and subheadings. You should also use bullet points where necessary.

You may add any other details that might be of interest.

You should use your own words as much as possible.

NB: Keep your writing to 350 words and do not spend more than an hour on this section



The school year can be hard on anyone. Academic stress can build upon self-esteem issues, your family, friends and even yourself. When not taken care of, your performance suffers, your morale suffers, and life just suffers. Instead of being on the brink of a constant freak out, grab life by the horns and get to relaxing. It may be easier than you think.

As a student, every spare minute seems to be filled with worrying – you feel like you have to achieve something and make plans for your future. If you're not careful, working too hard and worrying too much can lead to "burnout" – when everything seems bleak and you have nothing left to give.

It might not seem like it when you're feeling down, but living a more stress free life is possible. There are some really easy ways to beat stress effectively. Here are some that I have encountered as a student:

