

Silent preparation tips:

1. Identify key words
2. Two to three main ideas → PEEL!
3. Examples:
 - Personal experience → happened in your life
 - observation → what you saw in your surroundings.
 - Articles you have read / noticed.
4. Effective words / phrases. → theme.
5. connectors / transition words.

* Firstly

* As a result

* For example

* This shows that

* However

* That is way.

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Planned Response:

1. Response to question [PEEL]

* would you enjoy?...

* How would you feel?...

* would you want to do / participate?...

2. Apply to self [personal preference]

* feelings / thoughts / opinions → reason.

3. Story [personal experience]

4. Ending [link to question]

connectors:

* Therefore * consequently * As a result.

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→ Discursive → share your thoughts & interests.

Spoken Interaction:

1. Point [yes / No... why?]

* Tell me about...

* What kind of _____ do you like / enjoy...

* What are some ways...

2. Explain [explain why]

3. Example [general example] /

[personal experience] /

[observations]

connectors:

* conversely * on the other hand * in contrast

* similarly

Additional:1. Presenting a point:

→ To begin with.

→ Moreover

2. However:

→ Still

→ Yet

3. For example:

→ For instance

→ Namely

→ Including

4. Act against:

→ In response

→ To address

→ As a result.

5. Benefits / Drawbacks:

→ Strengths / Limitations

→ Opportunities / challenges.

1. Technology & Its impact

Key vocabulary:

- * Digital transformation
- * online etiquette
- * Cybersecurity threats
- * Artificial intelligency
- * Tech dependency

Issues:

- * Over reliance on tech, ↓ social interactions
- * overuse of automation, reduces need for manual labour.

Impact:

- * Threatens mental well-being
- * Reduces attention span & focus

Phrases:

- * Double - edged sword
- * At your fingertips
- * Fall into a rabbit hole.

2. Environmental Issues

Key vocabulary:

- * Carbon footprint
- * Eco - friendly practices
- * Climate action
- * Renewable resources
- * Environmental Stewardship

Issues:

- * Rising sea levels [melting glaciers]
- * Global warming intensifies
- * Deforestation [disrupts ecosystem & displaces wildlife].

Impacts:

- * Threat to well-being of future generations.
- * Accelerated climate change, affecting food security & water supply.
- * Loss of biodiversity & irreversibly damage to natural habitats.

→

Solutions:

- * Responsible disposal of waste
- * Reduce carbon emission & industrial pollution.
- * World renowned Greta Thunberg [advocate for climate change].
- * Started movement called 'Fridays for Future' in demand of climate action.

3. Health & wellness

Key vocabulary:

* Mental wellbeing

* Preventive healthcare

* Balanced lifestyle

* Emotional resilience

* Health advocacy

4. Social media & communications.

Key vocabulary:

- * Digital footprint
- * Cyberbullying
- * Online disinhibition effect
- * Social connectivity
- * Responsible posting

Issues:

- * Oversharing of personal information, ↓ privacy
- * Echo chambers, limits exposure to different perspectives.

Impacts:

- * Weakens communication skills, ↓ ability to hold real conversations.
- * Addiction to validation - likes & followers affects self-worth.
- * A breeding ground for hate speech.

Phrases:

- * Goes viral
- * A ripple effect
- * Cut off from the real world

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5. Education & future careers.

key vocabulary:

- * skills - based learning
- * Interdisciplinary knowledge
- * career adaptability
- * Global workforce
- * Entrepreneurial spirit.

Positive:

- * Encourages goal setting & long term planning
- * Builds resilience & emotional maturity
- * Promotes self discipline & time management
- * Equips students with coping strategies.

Negative:

- * Academic overload & unrealistic expectations.
- * Burnout & emotional exhaustion.
- * Constant pressure
- * Neglect wellbeing
- * Equates grades with self worth.

6. National Issues & Current Affairs

Key vocabulary:

- * Social cohesion
- * Multiculturalism
- * Public health campaigns
- * Economic resilience
- * Urban development

Issues:

- * Ageing population, ↑ burden on healthcare system
- * Rising cost of living, ↓ quality of life for lower income group.

Impact:

- * Mental health crisis among youths, ↑ stress & anxiety
- * Widening income gaps, creates social divide
- * A ticking time bomb.

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Phrases:

* Bear the brunt

* A wake-up call

* At the crossroads

* Nip it in the bud.

7. Personal Experiences & Reflections

Key vocabulary:

* Perseverance

* Empathy

* Lifelong learning

* Gratitude

* Personal Growth

Issues:

* Peer pressure, ↓ ability to make independent decisions.

* Failure & setbacks, ↑ self-doubt & loss of confidence.

Impact:

* Builds resilience & character through hardship

* Shapes values & perspectives, influences future choices.

* A blessing in disguise

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Phrases:

* Every cloud has a silver lining

* A turning point

* Shaped me into who I am today

* Took it in my stride.

8. Competition

key vocabulary:

- * Perseverance
- * Rivalry
- * Rivalry
- * Pressure cooker environment
- * Benchmark
- * Sportsmanship
- * Excellence
- * stress management.
- * Pressure

Positive:

- * Sharpens focus & discipline
- * strengthens national pride
- * fosters self confidence
- * Boosts resilience

Negative:

- * Fear of failure
- * Pressure to succeed
- * Burnout

9. Elderly

Key vocabulary:

- * Intergenerational bonding
- * Eldercare
- * Social isolation
- * Dementia
- * Retirement

Positive:

- * Intergenerational bonding
- * Active ageing & lifelong learning
- * Preserves cultural heritage & identity
- * Bridge generation gap.

Negative:

- * Reduced mobility
- * Digital exclusion & fast pace of technology
- * Rapidly evolving society
- * Barriers in accessing modern services.

→

Key points:

* Cultural & community context.

→ uphold family values & tradition customs.

→ celebrate multicultural society.

→ keep cultural story & practices alive

* Intergenerational context

→ Learning goes both ways

→ Listening is the 1st step of understanding

→ Breaking stereotypes about ageing.

10. Recreation

key vocabulary:

- * Leisure
- * well-being
- * work-life balance
- * Recreational facilities
- * Mindfulness

positive:

- * Boost physical health
- * fosters creativity
- * Encourage social connection
- * Builds life skills.

Negative:

- * sedentary habits [long hrs seated / inactive]
- * screen-dominated leisure
- * Time poverty [no time to do an activity]
- * Reduced social interactions.

→

Descriptive words / phrases:

- * Energising
 - * Refreshing
 - * comfortable
 - * convenient & accessible
 - * intentional & mindfulness
 - * emotional uplifting
- outdoor
- Indoor
- Meaningful
leisure

11. National education / pride

key vocabulary:

- * National identity
- * Cultural appreciation
- * over - commercialisation
- * Patriotism
- * Heritage

Positive:

- * Builds local pride
- * Promotes cultural appreciation
- * celebrate local talent
- * Boosts national identity.

Negative:

- * overcrowding
- * over - commercialised culture
- * Rising prices.

12. Arts & culture

Key vocabulary:

- * Heritage
- * Creativity
- * Cultural diversity
- * Self-expression
- * Commercialisation

Positive:

- * Open-mindedness
- * Confidence & self-expression
- * Creative risk-taking & innovation

Negative:

- * Overlooked in favour of academics
- * Declining interest in younger generations.
- * Struggle to stay relevant
- * Under valued in exam-driven systems.

★ A tradition I personally experienced is ...

1. Planned Response

*1: Describe the video instead of answering the question.

*2: Explanations stops too early.

*3: Limited range of emotions.

*4: Weak links in personal example

*5: Delivery issues

→ Weak Example:

They are taking photos & spending time with family. It is good because it strengthens family bond.

→ Strong Example:

They seem joyful & relaxed because taking photos together allows them to enjoy the moment & forget their daily stress.

2. Spoken Interaction

- * 1: Not answering the actual question.
- * 2: Descriptive instead of analytic response
- * 3: Rambling & losing focus
- * 4: Lack of depth
- * 5: Generic responses
- * 6: Strong students showed balance

→ Basic:

Students study hard

→ Analytic:

Students may be overly focused on grades because SG's competitive environment makes many students feel that academic success determines their future.

Thought → Reason → Example