

FUNCTION #13

Exam Stress & Coping – Parlare di stress da esame, strategie, supporto reciproco

EPISODE 13 • Library, Exam Prep

VOL. 1

1

Three weeks till mocks. I've opened my revision guide once. **Once. I'm actual toast.**

3

What if I **blank in the actual exam**? All that work, just... gone.

5

Have we though? Or have we just been **panic-eating crisps** and calling it studying?

2

Same energy. I've been staring at the same page for twenty minutes. **Brain's empty.**

4

You won't. We've been revising together every day. You know this stuff.

6

Valid strategy. Look, we've got this. One chapter at a time. No cap, we **survive together.**

★ **REMEMBER!** 2 phrases you **NEED**:

★ **"I'm actual toast"** / **"Brain's empty"** = "Toast" = done for. **"Brain's empty"** = can't think. Humorous exam stress vocab.

★ **"I've opened..."** / **"Have we though?"** = Present Perfect for revision progress. **"Have we though?"** = natural spoken doubt/challenge.

🇬🇧 Prof. ddf_online ❤️