



Джонас Тичерман

**Речевой  
тренажер для  
интервью в ЕГЭ  
по английскому  
языку**

Речевые шаблоны  
и интервью для  
старшеклассников

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«Издательские решения»

## **Тичерман Д.**

Речевой тренажер для интервью в ЕГЭ по английскому языку.  
Речевые шаблоны и интервью для старшеклассников /  
Д. Тичерман — «Издательские решения»,

Эта книга предназначена для подростков, готовящихся к устной части ЕГЭ по английскому языку. Она предлагает актуальные темы, полезные выражения с примерами и вопросы с готовыми ответами. Материал помогает развивать навыки разговорной речи, формировать уверенность при общении на английском и системно готовиться к экзамену, обсуждая темы, близкие школьникам и подросткам.

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**Джонас Тичерман**

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## **Введение**

Дорогие читатели,

Эта книга предназначена для подростков и старшеклассников, которые готовятся к устной части Единого государственного экзамена по английскому языку. Она помогает структурировать подготовку и развивать навыки устной речи через практику по разным темам, актуальным для школьников.

Каждая глава посвящена конкретной теме и содержит полезные выражения с переводом и примерами использования, а также вопросы с примерными ответами. Ответы построены так, чтобы подросток мог научиться говорить о себе, о сверстниках или об общем опыте.

Рекомендуется сначала изучать новые выражения и примеры, затем читать вопросы и ответы, обращая внимание на структуру и лексику. После этого полезно тренировать собственные ответы, используя изученные формулировки.

Книга будет полезна тем, кто хочет подготовиться к экзамену системно, развивать уверенность в разговорной речи и свободно обсуждать различные темы, интересные и близкие подросткам.

Желаю успехов!

## About Myself

### 20 полезных фраз и выражений

- To introduce oneself — представиться  
Students should know how to introduce themselves clearly.
- To give basic information — давать основную информацию  
Teenagers are often asked to give basic information about themselves.
- To describe one's personality — описывать свой характер  
It is important to describe one's personality during an interview.
- To talk about strengths — говорить о сильных сторонах  
Students should be able to talk about their strengths.
- To mention weaknesses — упоминать слабые стороны  
Sometimes teenagers mention their weaknesses honestly.
- To be hardworking — быть трудолюбивым  
Many students consider themselves hardworking.
- To be responsible — быть ответственным  
Responsible students usually achieve good results.
- To be friendly — быть дружелюбным  
Teenagers often describe themselves as friendly.
- To get along with others — ладить с другими  
Students should get along with classmates.
- To have good communication skills — иметь хорошие коммуникативные навыки  
Good communication skills are important for everyone.
- To be interested in — интересоваться  
Many teenagers are interested in different activities.
- To take responsibility — брать ответственность  
Students learn to take responsibility for their actions.
- To set goals — ставить цели  
Teenagers should set goals for the future.
- To achieve success — достигать успеха  
Hard work helps students achieve success.
- To improve skills — улучшать навыки  
Students try to improve their skills every day.
- To learn something new — учиться новому  
Teenagers like to learn something new.
- To have experience in — иметь опыт в  
Some students have experience in different activities.
- To be motivated — быть мотивированным  
Motivated students usually do well at school.
- To make progress — делать прогресс  
Practice helps students make progress.
- To develop as a person — развиваться как личность  
Teenagers want to develop as a person.

## **5 вопросов с примерными ответами**

1. How can teenagers introduce themselves successfully?

Teenagers can introduce themselves successfully by giving basic information clearly.  
They should describe their personality and interests.  
It is also useful to talk about strengths and goals.  
Such an introduction helps create a good impression.

2. What personal qualities are important for students?

I believe some personal qualities are especially important for students.  
Students should be hardworking and responsible.  
It is also important to be friendly and polite.  
Good communication skills help teenagers get along with others.

3. Why is it important to talk about strengths and weaknesses?

I think it is important to talk about strengths and weaknesses.  
Talking about strengths helps show abilities and talents.  
At the same time, mentioning weaknesses shows honesty.  
This makes the answer more balanced and realistic.

4. What can teenagers do to improve themselves?

In my opinion, teenagers can improve themselves in several ways.  
They can set goals and work hard to achieve them.  
Teenagers should also try to learn something new every day.  
Such efforts help students become more confident.

5. How do personal qualities influence success?

I believe personal qualities strongly influence success.  
Hardworking and motivated students usually achieve better results.  
Good communication skills also help in many situations.  
As a result, teenagers can reach their goals more easily.

## My Daily Routine

### 20 полезных фраз и выражений

- To wake up early — просыпаться рано  
Many students wake up early on weekdays.
- To follow a routine — следовать распорядку  
Teenagers should follow a daily routine.
- To get ready for school — собираться в школу  
Students get ready for school in the morning.
- To have breakfast — завтракать  
It is important to have breakfast every day.
- To go to school — идти в школу  
Teenagers go to school five days a week.
- To attend classes — посещать занятия  
Students attend different classes at school.
- To take notes — делать записи  
Many students take notes during lessons.
- To have a break — делать перерыв  
Students usually have a break after lessons.
- To come back home — возвращаться домой  
Teenagers come back home in the afternoon.
- To do homework — делать домашнее задание  
Students do homework in the evening.
- To help about the house — помогать по дому  
Teenagers often help about the house.
- To spend time on hobbies — уделять время хобби  
Students spend time on hobbies after school.
- To watch videos — смотреть видео  
Some teenagers watch videos in their free time.
- To use social media — пользоваться социальными сетями  
Many students use social media every day.
- To relax — отдыхать  
It is important to relax after a busy day.
- To go for a walk — идти гулять  
Teenagers sometimes go for a walk in the evening.
- To have dinner — ужинать  
Families usually have dinner together.
- To go to bed — ложиться спать  
Students should go to bed on time.
- To get enough sleep — высыпаться  
Teenagers need to get enough sleep.
- To manage time — управлять временем  
It is important to manage time properly.

## **5 вопросов с примерными ответами**

1. Why is it important for teenagers to have a daily routine?

I believe it is important for teenagers to have a daily routine.  
A routine helps students manage their time properly.  
It allows teenagers to complete all their tasks during the day.  
As a result, students feel more organized and less stressed.

2. What do students usually do in the morning?

I think students usually have a busy morning routine.  
They wake up early and get ready for school.  
Teenagers often have breakfast before leaving home.  
After that, they go to school and attend classes.

3. How do teenagers usually spend their time after school?

In my opinion, teenagers spend their time after school in different ways.  
They usually come back home and have some rest.  
Then students do homework and help about the house.  
Many teenagers also spend time on hobbies or relax.

4. Why is it important to manage time properly?

I believe it is important to manage time properly.  
Time management helps students complete all their tasks.  
Teenagers can balance studies, hobbies and rest.  
As a result, they avoid stress and become more organized.

5. How can teenagers improve their daily routine?

I think teenagers can improve their daily routine step by step.  
They can plan their day and follow a schedule.  
It is also important to avoid wasting time and get enough sleep.  
Such habits help students live a healthier and more productive life.

## My Family

### 20 полезных фраз и выражений

- A close-knit family — дружная семья  
Many teenagers live in a close-knit family.  
Family members — члены семьи  
All family members support each other.  
To get along well — хорошо ладить  
Students often get along well with their parents.  
To spend time together — проводить время вместе  
Families like to spend time together.  
To support each other — поддерживать друг друга  
Family members always support each other.  
To take care of — заботиться о  
Parents take care of their children.  
To respect each other — уважать друг друга  
It is important to respect each other in a family.  
To share responsibilities — делить обязанности  
Family members share responsibilities at home.  
To help about the house — помогать по дому  
Teenagers help about the house.  
To have arguments — ссориться  
Sometimes family members have arguments.  
To solve problems — решать проблемы  
Families try to solve problems together.  
To trust each other — доверять друг другу  
Trust helps build strong relationships.  
To give advice — давать советы  
Parents often give useful advice.  
To set an example — подавать пример  
Parents set an example for their children.  
To grow up — вырастать  
Teenagers grow up in their families.  
To be proud of — гордиться  
Parents are proud of their children.  
To have a good relationship — иметь хорошие отношения  
Students want to have a good relationship with parents.  
To spend holidays together — проводить праздники вместе  
Families often spend holidays together.  
To feel safe — чувствовать себя в безопасности  
Family helps teenagers feel safe.  
To play an important role — играть важную роль  
Family plays an important role in life.

## **5 вопросов с примерными ответами**

1. Why is family important for teenagers?

I believe family is very important for teenagers.  
Family members support each other and help in difficult situations.  
Teenagers feel safe and confident in a close-knit family.  
As a result, family plays an important role in their lives.

2. What do teenagers usually do with their families?

I think teenagers usually spend time with their families in different ways.  
They often talk, watch films or have meals together.  
Many families spend holidays together or go for walks.  
Such activities help family members become closer.

3. How can family members build good relationships?

In my opinion, family members can build good relationships by respecting each other.  
It is important to trust and support each other.  
They should also share responsibilities and solve problems together.  
This helps create a positive atmosphere at home.

4. Why do family members sometimes have arguments?

I believe family members sometimes have arguments because of different opinions.  
Teenagers and parents may not always understand each other.  
Stress and lack of communication can also cause problems.  
However, it is important to solve conflicts peacefully.

5. What can teenagers do to help their families?

I think teenagers can help their families in many ways.  
They can help about the house and share responsibilities.  
It is also important to respect parents and listen to their advice.  
Such behavior helps build strong and positive relationships.

## My Friends

### 20 полезных фраз и выражений

Close friends — близкие друзья  
Teenagers often have close friends they trust.  
To make friends — заводить друзей  
Students like to make friends at school.  
To get along with — ладить с  
It is important to get along with classmates and friends.  
To share interests — делиться интересами  
Friends often share interests and hobbies.  
To spend time together — проводить время вместе  
Teenagers enjoy spending time together with friends.  
To trust someone — доверять кому-то  
Good friends always trust each other.  
To support each other — поддерживать друг друга  
Friends support each other in difficult situations.  
To have fun — веселиться  
Teenagers like to have fun with friends.  
To help each other — помогать друг другу  
Friends help each other when it is necessary.  
To give advice — давать советы  
Close friends often give advice to each other.  
To argue sometimes — иногда ссориться  
Friends sometimes argue but usually make up quickly.  
To respect each other — уважать друг друга  
Respect is important in friendship.  
To spend weekends together — проводить выходные вместе  
Friends sometimes spend weekends together.  
To communicate online — общаться онлайн  
Many teenagers communicate with friends online.  
To share secrets — делиться секретами  
Close friends often share secrets.  
To celebrate together — праздновать вместе  
Friends celebrate birthdays and holidays together.  
To play games together — играть в игры вместе  
Teenagers often play games together.  
To listen to each other — слушать друг друга  
Good friends listen to each other carefully.  
To motivate each other — мотивировать друг друга  
Friends can motivate each other to study or achieve goals.  
To be loyal — быть верным  
Loyalty is an important quality in friendship.

## **5 вопросов с примерными ответами**

1. Why are friends important for teenagers?

I believe friends are very important for teenagers.  
Friends provide support and help in difficult situations.  
Teenagers feel happy and relaxed when they spend time with friends.  
Good friends also teach teenagers how to communicate and respect others.

2. How do teenagers usually spend time with friends?

I think teenagers spend time with friends in different ways.  
They often go to the cinema, play games, or have meals together.  
Some friends communicate online or chat on social media.  
Such activities help strengthen friendship.

3. What makes a good friend?

In my opinion, a good friend is loyal and trustworthy.  
Friends should support each other and give advice when necessary.  
It is also important to respect each other and listen carefully.  
These qualities help build a strong and long-lasting friendship.

4. Why do friends sometimes argue?

I believe friends sometimes argue because of misunderstandings.  
Different opinions or small mistakes can cause arguments.  
However, good friends usually solve problems quickly.  
Arguing can also help teenagers understand each other better.

5. How can teenagers maintain their friendships?

I think teenagers can maintain friendships by spending time together regularly.  
They should communicate honestly and support each other.  
It is also important to respect friends' opinions and feelings.  
These habits help friendships stay strong for a long time.

## My School

### 20 полезных фраз и выражений

- To attend school — посещать школу  
Teenagers attend school five days a week.  
School subjects — школьные предметы  
Students have different school subjects every day.  
To have lessons — иметь уроки  
Students usually have lessons in the morning.  
To take notes — делать заметки  
It is important to take notes during lessons.  
To do homework — делать домашнее задание  
Teenagers do homework after school to practice skills.  
To study hard — усердно учиться  
Students should study hard to achieve success.  
To participate in activities — участвовать в мероприятиях  
Teenagers participate in school activities and clubs.  
To get good marks — получать хорошие оценки  
Students want to get good marks in all subjects.  
To follow school rules — соблюдать школьные правила  
It is important to follow school rules every day.  
To be attentive — быть внимательным  
Students need to be attentive during lessons.  
To prepare for exams — готовиться к экзаменам  
Teenagers prepare for exams throughout the year.  
To take part in competitions — принимать участие в соревнованиях  
Students sometimes take part in competitions at school.  
To make friends — заводить друзей  
School helps teenagers make friends.  
To respect teachers — уважать учителей  
Students should always respect teachers.  
To learn new skills — осваивать новые навыки  
Teenagers learn new skills at school every day.  
To be motivated — быть мотивированным  
Motivated students usually do better at school.  
To ask questions — задавать вопросы  
It is important to ask questions if something is unclear.  
To work in groups — работать в группах  
Students sometimes work in groups during lessons.  
To enjoy learning — получать удовольствие от учебы  
Teenagers enjoy learning when lessons are interesting.  
To balance studies and rest — совмещать учебу и отдых  
It is important to balance studies and rest to avoid stress.

## **5 вопросов с примерными ответами**

1. What do students usually do at school?

I think students usually attend lessons and study different subjects at school.  
They take notes and do homework to improve their skills.  
Teenagers also participate in school activities and clubs.  
School helps students develop knowledge and important skills.

2. Why is it important to follow school rules?

I believe it is important to follow school rules because they create order.  
Rules help students behave politely and respect teachers.  
Following rules also helps teenagers focus on learning.  
As a result, school becomes a safe and productive place.

3. How can teenagers achieve good marks?

In my opinion, teenagers can achieve good marks by studying hard.  
They should pay attention during lessons and ask questions if necessary.  
Doing homework regularly and preparing for exams is also important.  
Motivation and persistence help students get the best results.

4. What activities can students do at school?

I think students can take part in many activities at school.  
They can join clubs, participate in competitions, or work on projects.  
Teenagers can also play sports and attend cultural events.  
These activities help students develop new skills and make friends.

5. How can teenagers enjoy school life?

I believe teenagers can enjoy school life by balancing studies and rest.  
It is important to study hard but also spend time on hobbies.  
Making friends and taking part in interesting activities also helps.  
When students feel confident and motivated, they enjoy school more.

## My Favourite Subjects

### 20 полезных фраз и выражений

School subjects — школьные предметы  
Students have different school subjects every day.  
Favourite subject — любимый предмет  
Many teenagers have a favourite subject at school.  
To enjoy learning — получать удовольствие от учебы  
Teenagers enjoy learning subjects they like.  
To be interested in — интересоваться  
Students are often interested in subjects related to their future plans.  
To understand the material — понимать материал  
It is important to understand the material in every lesson.  
To have good marks — получать хорошие оценки  
Students usually get good marks in subjects they enjoy.  
To study hard — усердно учиться  
Teenagers study hard to succeed in their favourite subjects.  
To attend lessons — посещать уроки  
Students attend lessons and take part actively.  
To ask questions — задавать вопросы  
It is important to ask questions if something is unclear.  
To do experiments — проводить эксперименты  
In science classes, students often do experiments.  
To write essays — писать эссе  
In English lessons, students write essays to improve skills.  
To read books — читать книги  
Reading books helps students understand literature.  
To solve problems — решать задачи  
Math lessons teach teenagers how to solve problems.  
To learn new skills — осваивать новые навыки  
Different subjects help students learn new skills.  
To prepare for exams — готовиться к экзаменам  
Teenagers prepare for exams in every subject.  
To enjoy challenges — получать удовольствие от сложных задач  
Students enjoy challenges in subjects they like.  
To participate in discussions — участвовать в обсуждениях  
Students participate in discussions to express opinions.  
To improve knowledge — улучшать знания  
Favourite subjects help teenagers improve their knowledge.  
To do projects — делать проекты  
Students sometimes do projects to demonstrate understanding.  
To gain experience — получать опыт  
Different subjects help teenagers gain experience for the future.

## **5 вопросов с примерными ответами**

1. What is your favourite subject at school?

I think my favourite subject is English.  
I enjoy learning new words and improving my speaking skills.  
It is also interesting to read stories and write essays.  
English lessons help me understand the world better.

2. Why do you like this subject?

I like this subject because it is useful and interesting.  
Learning English helps teenagers communicate with people from other countries.  
I also enjoy challenges and new tasks during lessons.  
This subject motivates me to study and improve myself.

3. How do you usually study your favourite subject?

I usually study my favourite subject by reading books and doing exercises.  
I also take notes and ask questions during lessons.  
Sometimes I do projects or participate in discussions.  
These activities help me understand the material better.

4. How can favourite subjects help students in the future?

I believe favourite subjects help students gain knowledge and skills.  
They can prepare teenagers for future studies or careers.  
Favourite subjects also develop thinking and creativity.  
As a result, students become more confident and motivated.

5. What advice would you give to other students about favourite subjects?

I think other students should find a subject they enjoy.  
It is important to study hard and participate actively in lessons.  
They should also try to understand the material and do additional tasks.  
Favourite subjects make learning more interesting and useful.

## School Rules

### 20 полезных фраз и выражений

School rules — школьные правила

Following school rules is important for every student.

To obey rules — соблюдать правила

Teenagers should obey rules at school.

To respect teachers — уважать учителей

Students must respect teachers and school staff.

To be punctual — быть пунктуальным

Being punctual shows responsibility and discipline.

To be attentive — быть внимательным

Students should be attentive during lessons.

To listen carefully — внимательно слушать

It is important to listen carefully to teachers and classmates.

To follow instructions — выполнять инструкции

Students should follow instructions in class.

To avoid cheating — избегать списывания

Teenagers must avoid cheating during exams.

To complete homework — выполнять домашнее задание

Completing homework is part of school rules.

To respect classmates — уважать одноклассников

Students should respect classmates' opinions.

To wear a uniform — носить форму

In some schools, students have to wear a uniform.

To keep the classroom clean — содержать класс в чистоте

Students should keep the classroom clean and tidy.

To be polite — быть вежливым

Being polite is part of good behaviour at school.

To use mobile phones properly — правильно пользоваться телефоном

Teenagers should use mobile phones only when allowed.

To follow safety rules — соблюдать правила безопасности

It is important to follow safety rules at school.

To arrive on time — приходить вовремя

Students should arrive on time for lessons.

To participate in class — участвовать в уроках

Participation in class is encouraged by school rules.

To respect school property — уважать имущество школы

Students should respect desks, books, and other school property.

To behave responsibly — вести себя ответственно

Teenagers should behave responsibly both in class and outside.

To avoid conflicts — избегать конфликтов

Following rules helps students avoid conflicts with teachers and classmates.

## **5 вопросов с примерными ответами**

1. Why is it important to follow school rules?

I believe it is important to follow school rules because they create order at school. Rules help students behave politely and respect teachers. Following rules also helps teenagers focus on learning. As a result, school becomes a safe and productive place for everyone.

2. What school rules are most important for students?

I think the most important school rules are to respect teachers and classmates. It is also important to be punctual and attentive during lessons. Students should complete homework and avoid cheating. These rules help teenagers study better and maintain good relationships.

3. How can students respect school property?

In my opinion, students can respect school property by taking care of books, desks, and equipment.

They should not damage school furniture or write on walls. Students can also help keep the classroom clean and tidy. Respecting school property shows responsibility and good behaviour.

4. Why do some students find it difficult to follow rules?

I believe some students find it difficult to follow rules because of laziness or lack of discipline. Teenagers may sometimes forget instructions or ignore rules. Peer pressure can also make following rules harder. However, understanding the importance of rules helps students behave properly.

5. How can teenagers develop responsibility at school?

I think teenagers can develop responsibility by obeying rules and following instructions. They should complete homework on time and participate in lessons. It is also important to respect teachers, classmates, and school property. Being responsible helps students succeed at school and in life.

## Homework and Studies

### 20 полезных фраз и выражений

- To do homework — делать домашнее задание  
Teenagers need to do homework regularly to improve skills.
- To study hard — усердно учиться  
Students should study hard to succeed in exams.
- To revise lessons — повторять уроки  
It is important to revise lessons before tests.
- To prepare for exams — готовиться к экзаменам  
Teenagers prepare for exams throughout the year.
- To manage time — управлять временем  
Students need to manage time between homework and rest.
- To concentrate — концентрироваться  
Concentration helps teenagers complete tasks faster.
- To understand the material — понимать материал  
It is important to understand the material, not just memorize it.
- To ask for help — просить о помощи  
Students can ask teachers or friends for help if something is unclear.
- To take notes — делать заметки  
Taking notes during lessons helps with studying at home.
- To complete assignments — выполнять задания  
Teenagers should complete assignments on time.
- To review mistakes — проверять ошибки  
Reviewing mistakes helps students avoid them in the future.
- To set priorities — расставлять приоритеты  
It is useful to set priorities when studying.
- To make a study plan — составлять план учёбы  
Making a study plan helps students organize their time.
- To be motivated — быть мотивированным  
Motivated students usually achieve better results.
- To do exercises — выполнять упражнения  
Exercises help teenagers understand lessons better.
- To read textbooks — читать учебники  
Reading textbooks is important for understanding the subject.
- To learn by heart — учить наизусть  
Sometimes students learn important facts by heart.
- To ask questions — задавать вопросы  
It is important to ask questions if something is unclear.
- To practice regularly — практиковаться регулярно  
Regular practice helps students improve skills.
- To achieve success — достигать успеха  
Homework and studies help teenagers achieve success at school.

## **5 вопросов с примерными ответами**

1. Why is it important for teenagers to do homework?

I believe it is important for teenagers to do homework because it helps them understand lessons better.

Homework allows students to revise material and practice skills.

It also develops responsibility and discipline.

As a result, students achieve better results at school.

2. How can teenagers study effectively?

I think teenagers can study effectively by making a study plan and setting priorities.

They should concentrate and avoid distractions during study time.

Asking questions and taking notes also helps understanding.

Regular practice ensures better learning and progress.

3. What difficulties do students face with homework?

In my opinion, students sometimes face difficulties with homework because of lack of time or motivation.

Some assignments may be difficult or confusing.

Teenagers may also get distracted by social media or hobbies.

However, planning and asking for help can solve most problems.

4. How can students prepare for exams?

I believe students can prepare for exams by revising lessons and reviewing mistakes.

It is important to do exercises and read textbooks carefully.

Making a study plan and practicing regularly also helps.

Preparation increases confidence and improves exam results.

5. How can homework and studies help in the future?

I think homework and studies help teenagers develop knowledge and skills for the future.

They teach discipline, responsibility, and time management.

Studying regularly also improves thinking and problem-solving abilities.

As a result, students become more confident and ready for future challenges.

## Exams and Preparation

### 20 полезных фраз и выражений

- To prepare for exams — готовиться к экзаменам  
Teenagers should prepare for exams in advance.
- Exam schedule — расписание экзаменов  
It is important to know the exam schedule to plan studies.
- To revise lessons — повторять уроки  
Students revise lessons to remember important information.
- To make a study plan — составлять план подготовки  
Making a study plan helps students manage time efficiently.
- To focus on weak points — концентрироваться на слабых местах  
Teenagers should focus on weak points to improve results.
- To take notes — делать заметки  
Taking notes during revision helps remember key points.
- To do exercises — выполнять упражнения  
Exercises help students practice and check understanding.
- To ask for help — просить о помощи  
It is useful to ask teachers or friends for help if something is unclear.
- To stay motivated — сохранять мотивацию  
Motivation helps teenagers study more effectively.
- To avoid distractions — избегать отвлекающих факторов  
Students should avoid distractions during preparation.
- To get enough sleep — выспаться  
Getting enough sleep helps teenagers concentrate better.
- To eat healthy — правильно питаться  
Healthy food gives energy for studying.
- To practice past papers — решать прошлые варианты экзаменов  
Practicing past papers helps students understand exam format.
- To manage time — управлять временем  
Time management is important during both preparation and exams.
- To stay calm — сохранять спокойствие  
Staying calm helps students perform better in exams.
- To review mistakes — проверять ошибки  
Reviewing mistakes helps avoid repeating them in exams.
- To summarise information — обобщать информацию  
Summarising information makes revision easier.
- To test yourself — проверять свои знания  
Testing yourself helps evaluate how well you are prepared.
- To discuss with classmates — обсуждать с одноклассниками  
Discussing difficult topics with classmates helps understanding.
- To do your best — делать всё возможное  
Teenagers should always try to do their best in exams.

## 5 вопросов с примерными ответами

1. How can teenagers prepare for exams effectively?

I believe teenagers can prepare for exams effectively by making a study plan.  
They should revise lessons and focus on weak points.  
Doing exercises and practicing past papers also helps.  
Planning and regular preparation make students more confident.

2. Why is it important to stay motivated during exam preparation?

I think it is important to stay motivated during exam preparation because motivation helps students work consistently.

Motivated teenagers study regularly and avoid procrastination.  
It also gives energy to complete tasks on time.  
As a result, students feel more confident and ready for exams.

3. How can students manage their time before exams?

In my opinion, students can manage their time by making a timetable for revision.  
They should divide time between different subjects and focus on weak areas.  
It is important to include short breaks to avoid fatigue.  
Time management helps teenagers prepare effectively and avoid stress.

4. What habits can help students stay calm during exams?

I believe some habits help students stay calm during exams.  
Getting enough sleep and eating healthy food are important.  
Regular practice and reviewing mistakes also increase confidence.  
Breathing exercises or short walks can help reduce stress.

5. How do exams help teenagers in the future?

I think exams help teenagers develop responsibility and discipline.  
They teach students to manage time and work hard.  
Exams also improve knowledge and problem-solving skills.  
As a result, students become more prepared for future studies and challenges.

## My Future Plans

### 20 полезных фраз и выражений

- Future plans — планы на будущее  
Teenagers often think about their future plans.  
To set goals — ставить цели  
Students should set goals to achieve success.  
To make decisions — принимать решения  
It is important to make decisions carefully.  
To choose a career — выбирать карьеру  
Teenagers often choose a career based on interests.  
To continue studies — продолжать обучение  
Many students plan to continue studies after school.  
To get a job — устроиться на работу  
Teenagers think about how to get a job in the future.  
To achieve dreams — достигать мечт  
Planning helps students achieve dreams.  
To plan ahead — планировать заранее  
It is useful to plan ahead to avoid problems.  
To improve skills — улучшать навыки  
Students try to improve skills needed for future plans.  
To follow interests — следовать интересам  
Following interests helps teenagers choose the right path.  
To be determined — быть решительным  
Determined students are more likely to succeed.  
To work hard — усердно работать  
Hard work is necessary to achieve future goals.  
To take responsibility — брать ответственность  
Teenagers learn to take responsibility for their decisions.  
To be confident — быть уверенным  
Confidence helps students achieve future plans.  
To explore options — изучать варианты

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