

Согласно образовательному стандарту «Общее среднее образование. Иностранный язык» выпускники классов филологического направления гимназии должны достичь порогового уровня владения иностранным языком B1+ (по общеевропейской шкале). На этом этапе иностранный язык во многом становится уже не целью, а средством обучения. Данное учебное занятие является своего рода психологическим антистрессовым тренингом, вся информация для участников которого предъявляется на английском языке.

Учебное занятие является последним из трёх, отведённых на повторение темы SchoolandEducation (Школа и образование) в рамках подготовки к обязательному устному экзамену по английскому языку по завершении обучения и воспитания на III ступени общего среднего образования. В центре внимания актуальная для выпускников проблема – подготовка к выпускным и вступительным экзаменам. Одними из главных задач занятия, наряду с формированием коммуникативной компетенции учащихся, является стремление снизить общий уровень тревожности, неизбежно возникающий у выпускников накануне экзаменов, а также способствовать формированию важного умения рационально организовать процесс повторения учебного материала.

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Учебное занятие по английскому языку в XI классе

Тема: “Getting Ready for Exams”

Образовательные цели:

- актуализировать и углубить знания учащихся по теме;
- способствовать формированию коммуникативной компетенции учащихся по предложенной теме.

Развивающие цели:

- содействовать развитию способности самостоятельно аналитически мыслить, критически анализировать полученную информацию и решать возникающие проблемы в условиях свободной и естественной коммуникации на уроке;
- создавать условия для развития творческих способностей учащихся, речи, мышления, памяти, эмоционально-волевой и потребностно-мотивационной сферы.

Воспитательные цели:

- содействовать воспитанию трудолюбия, самодисциплины и товарищества;
- способствовать формированию навыка работы в команде.

Практические задачи:

- создавать условия для развития умений говорения;
- способствовать развитию умений чтения с извлечением необходимой информации, а также умения воспринимать и понимать устную речь на слух при непосредственном общении и в звукозаписи;
- совершенствовать навыки устного связного высказывания, стимулом к которому служит прочитанный или прослушанный текст.

Оборудование: раздаточный материал, листы ватмана, маркеры, компьютеры с наушниками, видеоролики «RevisingforExams–TopTenTips» (www.youtube.com), «Cheating» (www.youtube.com).

Тип занятия: занятие комплексного применения знаний, умений и навыков.

Формы обучения: фронтальная, работа в парах и малых группах.

Методы обучения: интерактивный, коммуникативный, проблемный, игровой, метод развития критического мышления через чтение и письмо.

Ход занятия.**1. Greeting and warm-up.**

Good morning! I'm really glad to see you all. Today we continue talking about school and education.

Spring has come at last, the end of the school year is closer and closer each day. So it's high time to talk about your exams. It is not the first time you take exams, is it? So, you are quite experienced already.

- What exams did you take?
- What exams have you passed with flying colours or by the skin of your teeth?
- Do you burn the midnight oil before exams and important tests?
- How useful is it to learn things parrot fashion?
- Do you feel nervous about exams?

2. Setting the tasks.

As you can see your answers are different, but most of you are confused, not knowing exactly what to do about all these exams. And my greatest desire is to make this lesson really helpful for you.

We will talk about the ways to cope with examination stress and discuss the most appropriate techniques to get ready for passing exams with flying colours.

First of all I would like you to fill out the cards you have on your desks. It will help us to monitor the effectiveness of our activity at the lesson. [Appendix 1]

Answer the questions using the grades out of 10. Fill in the column "At the beginning of the lesson". Questions are as follows:

1. Estimate your pre-examination stress level.
2. Do you know how to cope with your excitement?
3. Do you know any effective techniques of getting ready for exams?

Thank you. Try not to lose your cards. We will need them at the end of the lesson.

3. Reading Activity.

Psychologists say that if people see the aim clearly and know exactly what to do to achieve it, they feel less nervous and can control their emotions.

I suggest reading the text in which four British students say how they cope with examination stress. [Appendix 2]

Let's do it in the following way: you will be working in two groups. Each group will be given the text divided into four parts. Each member of the group will be working with his/her own part of the text. While reading group 1 is to write down the things people should do to cope with examination stress, while group 2 is to choose the things people are advised not to do.

First you should work only with your part of the text. Then after you hear the bell ringing all the group starts working together, exchanging information so that you can get the whole idea of the text. Put the tips you will find on the sheets of paper I will give to you. Remember: group 1 is searching for DOs, while group 2 is searching for DON'Ts.

4. Watching a video.

After all I hope you will be able to cope with excitement. But to pass exams with flying colours it is also very important to organize your revision in a proper way, to concentrate on some key points.

You know there are some special memorization techniques. Now I offer you to watch a video containing 10 top tips for better revising for exams. [Appendix 3]

Take seats in front of computers. While watching and listening, continue working in groups. Your tasks are the same. Group 1 is to write down all the things you are advised to do, group 2 is searching for the things you shouldn't do getting ready for exams.

After watching the video:

- Have you learnt anything new?
- What can you add to our DOs list?
- What is about the DON'Ts list?

Look through our completed lists once again. Let's see what you have learnt from your classmates' reports.

5. Oral Speech Activities.

There is one more important thing to discuss. But I'd like you to watch a video clip first. [Appendix 4]

After watching a video:

- Is such a situation familiar to you?
- Have you ever cheated?
- What are the reasons?
- Is it worth doing?

Shame on you! Does it really seem to you that nobody notices your cheating? Remember! Even a tiny cheating sheet looks like a huge map in your teacher's eyes. Don't be silly. Let's add cheating to our DON'Ts list.

6. Relaxation Pause.

While getting ready for exams you have to read and write a lot and work on your computers. Naturally, your eyes get tired. I'd like to offer you some exercises to prevent your eye-sight problems. [Appendix 5]

On your desks you can find sheets of paper. They will guide you in your exercises. Look at the figures for a little while and try to remember some of them. Then close your eyes and in your mind try to draw the figures you have seen. Keep your eyes closed. Try to relax.

7. Role-playing.

Now imagine that you have already passed your final exam. How do you feel? Can you suppose the results? What do they depend on?

I offer you think about two rather difficult situations and then to role play them. [Appendix 6]

*Students are divided into two groups. Each group gets a card describing a situation they are to role play. Two students in each group are chosen as actors. Others are supposed to be psychological experts. They are to give advice on how to behave in such situations to avoid conflicts and to lessen nervousness.

8. Summing up.

Our lesson is getting over. Let's sum up. What are the key points in getting ready for exams?

- ✓ to cope with stress
- ✓ to schedule your revision
- ✓ to use memorization techniques

- ✓ to keep a healthy lifestyle
- ✓ Comment on them.

9. Reflexion.

I hope you haven't lost the cards we filled out at the beginning of the lesson. [Appendix 1] Please, fill in the column "At the end of the lesson". You should use grades out of ten. The questions are as follows:

1. Estimate your pre-examination stress level.
2. Do you know how to cope with your excitement?
3. Do you know any effective techniques of getting ready for exams?

I hope the information you've learnt today will help you to pass exams with flying colours.

- How do you feel now?
- Are you still nervous?

10. Home assignment.

Your home task will be to schedule revision for your English exam. These websites contain some useful information on revision planning strategies:

[wikihow.com](http://www.wikihow.com)

[studyandexam.com](http://www.studyandexam.com)

11. Marks and comments.

You did great. Your marks are ...

I hope our lesson will be useful for you. If you study hard and follow these simple rules, you will definitely succeed in your exams. Everything will be OK!

Appendix 1

ESTIMATE YOUR (1-10 points)	pre-examination stress level	ability to cope with excitement	knowledge of effective preparation techniques
at the beginning of the lesson			
at the end of the lesson			

Appendix 2

HOW TO COPE WITH EXAMS

For many students, the run-up to important exams is a stressful time. Four students explain how they cope with it.

Text 1. Kelly Madsen

Revising for exams can be really tiring, so I try to stay active by drinking lots of clean water or fruit juice while I'm studying. You shouldn't drink a lot of coffee because it stimulates your nervous system and you will not be able to calm down. And no fast food, of course. It's also negative for those who study. But the most important thing for me is to make sure I sleep well the night before an exam. I need at least eight hours a night to feel really awake the next day. Before I go to sleep, I put on a CD of my favourite singer, or read a book or magazine – nothing to do with the exam. It really wouldn't help if I stayed up late studying because I would be too tired the next day to do my best.

Text 2. John Nott

For me the best way to stay on top of things during exams is not to worry too much and to take time off from revision. Some people give up everything to spend their time studying, but I don't actually think it helps you to do any better. I still meet up with my friends while exams are on as well as that, I do a lot of exercise and I make sure I have a good work-out the night before an exam. I just know that my brain will function better if I feel in good shape. Remember not to overeat. It's rather difficult to concentrate on your books with a full stomach.

Text 3. Richard Brook

I get stressed about exams long before they happen, and I have always wished I had more time to study. In the past, I have found that I got lower marks than I could have got because I spent time worrying, not studying. So now, I talk things over with my parents and teachers. They often give very good advice, as they have been through it all before, and it helps to get all my anxieties into the open. I'd rather do this than waste a lot of valuable revision time worrying about everything. Don't talk to nervous people who bring only negative emotions. Concentrate on something good.

Text 4. Helena Davies

While getting ready for exams I avoid all those negative people who are completely stressed out and wish they had done more work. The night before an exam, I go out with my friends – I don't believe in last-minute revision. We usually go for a walk, or go round to someone's house, order a pizza and watch a good video, preferably a comedy. It's important to laugh a lot, and to see the funny side of things when there is so much hard work to do the next day. When I go to bed, I simply glance through my notes one more time, and it helps me to feel ready for anything the next day.

Appendix 3

Video clip«Revising for Exams - Top Ten Tips» (www.youtube.com)

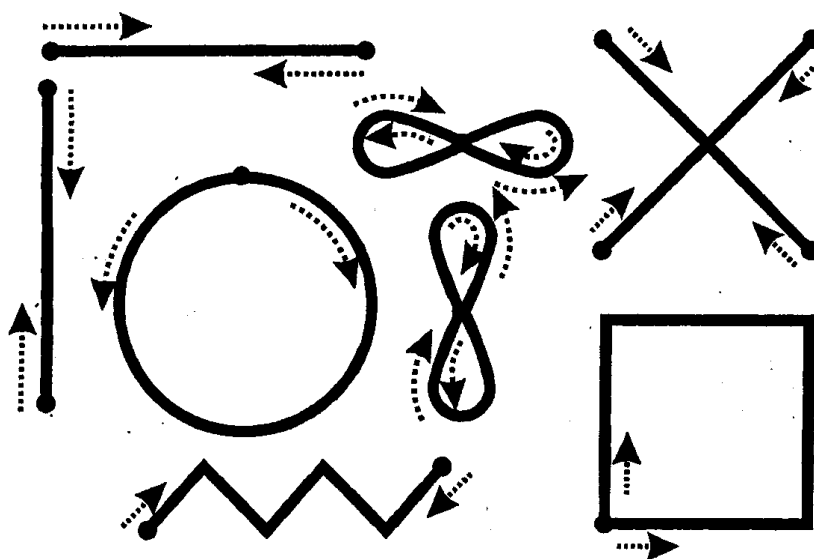
Appendix 4

Video clip«Cheating» (www.youtube.com)

Appendix 5

EYESIGHT EXERCISES

Each exercise is performed 5 - 10 times in each direction. Your eyes should be closed.



Appendix 6

Situation 1

Student A: You have failed your English exam. You admit that you didn't work hard but such a low mark has really put you out of humour. Your fellow-student got a "ten" and you feel a bit envy. She/he tries to calm you down and gives you some advice.

Student B: Your friend has failed his/her English exam and you have passed it with flying colours. In fact he/she didn't work hard while you did your best to prepare for the examination. You both realize it but there still seem to be some problem between you two. Now you are trying to calm her/him down and give some advice.

Situation 2

Student A: You have got a lower mark in English than you expected. Your mother/father is not very pleased at all but tries to cheer you up. You feel really sorry having fallen short of their expectations.

Student B: Your daughter/son has got a lower mark in English than she/he expected. On the one hand, you are not pleased at all, on the other hand, you feel really sorry for your child. You are trying to cheer your child up.