

THEME 5 PSYCHOLOGY WRITING SKILL (NOTIFIER)

A. Write 5 mood adjectives.

1. _____
2. _____
3. _____
4. _____
5. _____

B. Write 3 instructions to your friend to help get over a problem.

1. _____
2. _____
3. _____

C. Read the situations below. Write the problem and the negative mood. Then, make (a) suggestion(s).

1. It seems to me that I won't be able to achieve my goals. Because of that, I cannot concentrate on my school subjects properly.

Problem _____

Negative Mood _____

Suggestion(s) _____

2. I am not in a good mood. I feel a little bit stressed. I don't want to go out or meet my friends, and that makes the situation even worse.

Problem _____

Negative Mood _____

Suggestion(s) _____

3. I am anxious nowadays. Whenever I have an exam, my heart bounces and my lips are dried out. I can't stop trembling. As a result, I can't get the desired scores in exams.

Problem _____

Negative Mood _____

Suggestion(s) _____