

Your stressful week- Simple Past and Present Perfect- Market Leader Pre New Ed U5

Find who had the most stressful and least stressful week, and the most stressful moments of your weeks. Possible topics:

Boss being away	Giving presentations/ conference speeches
Finishing in plenty of time/ early	Strict deadlines
A slack period	Criticism or complaints
Overstaffing	Physical discomfort or pain
Delegation	Commuting and other travel
Getting something off your chest	Delays Negotiations
Exercise	Budgets and other money worries
Fresh air	Applying for jobs
A change	Using another language
A lie in	Cultural differences Responsibilities
A bath	Medical treatment or worries
Massage	Restrictions Irritations
Long weekend	Queues Competition
Someone helping you	Redundancies
Being allowed to do something your own way	Working hours, e.g. overtime or irregular hours/ shift work
Something you are good at or confident at	Heavy workload
Good work-life balance	Dealing with head office or top managers
Leaving the rat race	Rude or aggressive people
Perks of the job	Impatience Cuts
Praise or encouragement	Overspending Breakdowns
Yoga	Demotivation Crowds
Meditation	Arguments Pressure
A change of pace	Poor light or ventilation
Flexitime	Low morale
A free afternoon	Paperwork
Seeing a counsellor	Bureaucracy/ Administration
A sauna	Being closely monitored
	Being cooped up/ Lack of space
	Noise
	Being interrupted
	Talking to a brick wall
	Threats

Your stressful week

Simple Past and Present Perfect- Market Leader Pre-Intermediate New Edition Unit 5
Grammar presentation

Fill the gaps below with the right tenses

“Do you often have to make phone calls in English?” “Actually, I _____
(never make) a phone call in English (in my life/ in my present job)?”

“Do you often make phone calls in English?” “Yes. Actually, I _____ a
phone call in English just before this lesson/ last night”

Why are the different tenses used?

What's the difference in meaning between?

“How was your week?” *and* “How has your week been?”

Stressful moments bluff

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Choose one of the things below and ask your partner about having that experience (in their life). They must answer "Yes". Then ask them three more questions and try to guess whether their "Yes" was true or not

A panel interview with a large panel
A test in a foreign language
Technical problems during an important presentation or meeting
Working nights
Team building exercises
A row with someone in authority
Physical danger
Having to learn something by heart
A competitive exam
Something disgusting at work

Ridiculous rules
Missing an important deadline
Losing something important
Getting in trouble for being late
A video conference
A conference call with many participants
Seeing a stress counsellor
Stand up for a very long time
Work in the dark or cold

What are the most stressful things above, do you think?

What jobs are the most and least stressful?