



KEMENTERIAN PENDIDIKAN MALAYSIA

Pejabat Pendidikan Daerah Segamat

CEFR SPM SPEAKING MODULE



Segamat ELT 2022



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FOREWORD

On behalf of Pejabat Pendidikan Daerah Segamat, I would like to extend my profound gratitude and appreciation for those involved in the production of CEFR SPM Module Series.

Since the new English Language SPM format was introduced last year, it has been a struggle for many teachers to find a good resource to help cater for the needs of language learning in the district. The different skills given the same weightage in assessment further put strife in their teaching efforts. Thus, the module series is the first endeavour from Segamat English Language teachers, a collaborative production which hopefully aid teachers and improve our students' English Language proficiency.

Pejabat Pendidikan Daerah Segamat is indeed delighted with the production of this module series. I am most grateful to the Learning Sector officials and the panel of module writers who have put their time and effort in coming up with the CEFR SPM Module Series. With confidence, this would trigger further development of English Language in Segamat especially where SPM English is concerned. Congratulations and best wishes to all.

Haji Abdul Rahman bin Haji Kechik
District Education Officer
Pejabat Pendidikan Daerah Segamat



KEMENTERIAN PENDIDIKAN MALAYSIA

Pejabat Pendidikan Daerah Segamat

MEET THE TEAM SPEAKING 1119/3



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Segamat ELT 2022

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USEFUL EXPRESSIONS FOR SPEAKING

1. Opening statements

How you open your statements is your first opportunity to impress the examiner. Making a good first impression will boost your chance of getting a high band score.

Examples:

- *Today, I'd like to share with you about...*
- *I'm going to tell you how...*
- *I want to tell you about...*
- *Today, I would like to discuss...*
- *Today, I want to talk about...*

2. Closing statements

The manner in how you end your statements plays a vital role in the speaking test too. It shows how fluent you are and how coherent your responses are.

Examples:

- *In conclusion.../ To conclude...*
- *To sum up... / To summarize...*
- *As a whole... / All in all...*

3. Beginning the main body of your response.

Once you are asked a question or given a topic to talk about, be creative and use phrases and expressions that the examiner will find appealing.

Examples:

- *First and foremost.../ To begin with...*
- *And why do I find it so appealing? It is after all....*
- *One of the most intriguing aspects about...*
- *This is the most significant day because...*
- *This is the opportunity of my life because...*

4. Building on your idea

When you have started talking about your topic, you would want to include some background information and some explanations and examples to help develop your topic.

Examples:

- *Another reason why I like...*
- *One of the main advantages...*
- *One of the consequences...*
- *This appeals to me because...*
- *Another unusual fact about...*
- *I like ... more than anything else because...*

5. Expressing your opinions

You should change your words while presenting your viewpoint on a subject, just as you should when adding personal experiences, rather than repeating the phrase 'I think'.

Examples:

- *In my opinion...*
- *I firmly believe that...*
- *From my point of view...*
- *It seems to me that...*
- *From my viewpoint...*
- *From my perspective...*
- *It appears to me that...*
- *I realize that...*
- *I understand that...*

6. Agreeing and disagreeing

You will be asked for your thoughts and given the option to agree or disagree in the Speaking test. This is an excellent opportunity to show your conversational skills in a group setting.

Examples:

- *I totally agree.*
- *I couldn't agree with you more.*
- *You are absolutely right.*
- *No doubt about it.*
- *Definitely / Absolutely / Precisely*
- *I'm afraid I disagree.*
- *I see your point, but...*
- *That's not always true.*
- *Not necessarily.*
- *That's one way of looking at it. However...*

7. Comparing and contrasting

You will also be asked questions throughout the Speaking test that will demand you to compare experiences, people, places, or things.

Examples:

- *Similar to...*
- *As (adjective) as ...*
 - *"as fun as traveling alone",*
 - *"as enjoyable as playing the guitar"*
- *Same (noun) as...*
 - *"the same age as me"*
 - *"same school as my brother"*
- *In contrast to...*
- *Compared to...*

8. Clarifying the questions

You may ask for clarification but it is not advisable.

Examples:

- *I'm sorry, I didn't get the question.*
- *Could you repeat the question, please?*
- *Could you say that again?*

9. Transition Words

If you want your response to sound coherent, organized, and connected, you should use cohesive features of transition words.

Examples:

- *Also/ as well as...*
- *Similarly/ in the same way...*
- *Even though/ despite/ yet...*
- *So that/ So, for this reason...*
- *For example/ For instance...*
- *Because/ since/ thus/ that is why...*
- *Actually/ I have to say...*
- *On the other hand...*

PART 1 (Phase 1 and 2)

PHASE 1

NO	QUESTION	ANSWER
1	What's your name?	My name is
2	Where do you live?	My family and I live in Taman Makmur, Bukit Siput Segamat.
3	Who do you live with?	I live with my parents.
4	How do you come to school?	
5	Do you live near the school?	
6	Where do you live?	
7	What class are you in?	
8	How many siblings do you have?	
9	When is your birthday?	
10	Where do you study?	

PHASE 2

SET 1 (Daily routine)

QUESTIONS	ANSWER
1. What do you normally do after you wake up? 1.1 What is the first thing you do every day?	I usually take my breakfast prepared by mother.
2. Do you have breakfast with your family every day? 2.1 Who has breakfast with you?	No I don't usually take breakfast with my family every day.
3. What do you like to eat the most for breakfast? 3.1 What is your favourite breakfast meal?	
4. What do you do after you have breakfast? 4.1 Do you do the washing-up after breakfast?	
5. What do you usually do during the weekend? 5.1 How do you spend your weekend?	
6. What subjects do you enjoy at school? 6.1 Tell us about your favourite subject.	
7. How many siblings do you have? 7.1 Are you the eldest in your family?	
8. What do you like about your school? 8.1 Do you like going to school? (Why (not)?)	

SET 2 (Your best friend)

QUESTIONS	ANSWER
1. Who is your best friend? 1.1 What is your best friend's name?	
2. How long have you known him/her? 2.1 How many years have you been friends with him/her?	
3. What do both of you usually do together? 3.1 What do you both have in common?	
4. Do you spend a lot of time together? 4.1 Do you spend time at the weekend together?	

SET 3 (Your free time)

QUESTIONS	ANSWER
1. What do you usually do after coming home from school? 1.1 What is the first thing you do when you come home from school?	
2. What do you usually do at the weekend? 2.1 Who do you spend time with at the weekend?	
3. Do you and your family spend a lot of time together at the weekend? 3.1 What do you do with your family at the weekend?	
4. Do you visit people at the weekend? 4.1 Who do you visit at the weekend?	

PART 2

1. Shopping experience (Debit Cards)

Question	Basic	Advanced	Own answer
Talk about e-wallet.	I would like to talk about e-wallet	E-wallet is essential.	
<ul style="list-style-type: none"> What an e-wallet is? 	E-wallet is electronic wallet	Digital wallet/ electronic wallet/ electronic transaction.	
<ul style="list-style-type: none"> Give one example of e-wallet 	Touch 'n Go eWallet/ Boost/ GrabPay	Paypal/ Apple pay/ Google Pay/ Venmo.	
<ul style="list-style-type: none"> Do you like to have one? (Why/Why not) 	Yes, it's easy to pay No, I don't know how to use	Yes-Save time/ shop online/ rewards/ contactless payment/ convenient, security. No- Limited retailers/ extra charges/ reckless spending.	
<ul style="list-style-type: none"> Why should people use them wisely? 	Avoid over-spending	Helps with budgeting/ security purposes/ better shopping experience.	
Partner Question: Do you think e-wallet is better than cash? Why?	Yes. It is safe as we don't have to carry cash No. Old people do not know how to use e-wallet.	Cashless/ Safer	

2. Family and relationship

Question	Basic	Advanced	Own answer
Talk about a person who has a great influence on you	I would like to talk about a person who has a great influence on me.	People -influence-good or bad	
<ul style="list-style-type: none"> Who is the person ? 	The person is (my teacher/ my father/ my brother)	Elon Musk/ Prime Minister/ Influencer/ Blogger/ artist (Prominent person).	
<ul style="list-style-type: none"> What kind of a person is she/he? 	She/He is (kind/ caring/ loving)	Powerful/ fortitude/ visionary, humble/ trustworthy/ sociable, creative/ approachable.	
<ul style="list-style-type: none"> Why does he/she have a great influence on you? 	She/ He always advises me to study hard	His/ her idea/ dream/ vision/ promises/ life story/ hardship/ humility.	
<ul style="list-style-type: none"> The importance of having a good influence in life. 	It's important to have good influence in life to motivate us to work harder	One step ahead/ stronger/ excel/ worthier/ becoming the best version.	
Partner Question: Do you have a role model? How does he/she influence you?	I've a role model. She/He is ___He/ she motivates me to study hard.	I've a role model. She/He is ___He/ she encourages/ inspires me to be _____(outstanding/ great/ excellent)	

3. Household chores

Question	Basic	Advanced	Own answer
Talk about housework that you had done recently.	I would like to talk about housework that I had done recently.	Housework/house chores	
<ul style="list-style-type: none"> When the housework was done 	I cleaned my house last week/yesterday.	Weekend/ free time/ routinely/ spare time	
<ul style="list-style-type: none"> What did you do? 	I swept and mopped the floor.	Scrubbing/ setting/ clearing table/ yardwork/ feeding pets/ mowing/ weeding.	
<ul style="list-style-type: none"> Did you enjoy yourself? (why/why not) 	<p>I enjoyed it because I did it together with my sister/ brother.</p> <p>I didn't enjoy it because I did it alone and I felt tired .</p>	<p>Fulfilling/ pleased/ productive.</p> <p>Spiritless/ fatigued/ dull/ disinterested.</p>	
<ul style="list-style-type: none"> Why is doing housework important? 	Doing housework means we help our parents. Helping our parents can make them happy.	life skills/ responsibility/ teamwork/ family bonding/ work first and play later.	
<p>Partner Question:</p> <ul style="list-style-type: none"> Do you normally help your family in doing housework? What do you do? 	Yes, I normally help my family doing housework like washing the dishes and cleaning the house.	Refer 2nd point	

4. Gadgets

Question	Basic	Advanced	Own answer
Talk about your favourite device	I would like to talk about my favourite device	Definition of device	
<ul style="list-style-type: none"> What Is the device? 	The device is smartphone.	iPad/ tablet/ iPhone/ PlayStation/ laptop.	
<ul style="list-style-type: none"> What can you do with the device? 	I normally play games with my handphone	Communication/ record heart rate and vital sign/ stream and play music/ tracking fitness/ travel buddy	
<ul style="list-style-type: none"> How does the device make life easier for you? 	I use my handphone to call and text my friends/ I use it to contact my teacher asking about schoolwork.	Increased ability to communicate/ access to modern applications and services/ receive important notifications/ simplify communication process.	
<ul style="list-style-type: none"> If you would be able to go without it for a week. (Why? Why not?) 	I cannot live without it as it is very important to me.	Life without gadgets - isolated from the world/ no multitasking/ disconnected with friends and family.	
Partner Question: <ul style="list-style-type: none"> Do you have a favourite device? How often do you use it? 	Yes. I often use it. I'm not using it when I go to school and sleep.		

5. Social media

Question	Basic	Advanced	Own answer
Talk about social media you prefer	Introduce the topic	Social media is (definition)	
<ul style="list-style-type: none"> What is the social media you prefer? 	Facebook/ Instagram/ TikTok	Facebook/ Instagram/ TikTok	
<ul style="list-style-type: none"> What do you use the social media for? 	To find friends/ update status/ watch movie	Discover new ideas and trends/ build brand/ expand network/ review product/ content/ entertainment/ interacting and sharing.	
<ul style="list-style-type: none"> Is it suitable for all ages? (why / why not) 	Yes, can help in boosting social interaction among kids No, not all contents are suitable for the kids	Yes, better and wider interaction. Inappropriate content/ lack interaction with surroundings/ Danger of online predators/ Poor communication skills.	
<ul style="list-style-type: none"> Why should social media be used carefully? 	Not to be scammed, to avoid cyberbullying	To avoid criminal activities: identity theft/ hacking/ impersonator/ stalking/ Fake news/ Violation of privacy.	
Partner Question: What social media do you like? Why do you enjoy using it?	Facebook/ Instagram/ TikTok make friends/ share interest		

6. Online games

Question	Basic	Advanced	Own answer
Talk about online games	Introduce the topic	Online games (definition)	
<ul style="list-style-type: none"> What is your favourite online game? 	PUBG	Fantasy Sports/ PUBG/ Casino Game.	
<ul style="list-style-type: none"> How much time do you spend on it? 	_____ hours	_____ hours a week, _____ hours every day, during free time. less than ____ hour(s).	
<ul style="list-style-type: none"> How does the game benefit you? 	Get new friends from all over the world/Learn to speak English	Develop hand-eye coordination/ Increase decision making and problem-solving skills/ Improve and encourage creativity/ Inspire new interest/ computer literacy and competency/ absorb information in a fun way.	
<ul style="list-style-type: none"> Can you live without playing the game for a week? (Why/Why not) 	No. Playing game is fun and can keep me away from boredom.	No. to prevent loneliness/ to keep interacting.	
Partner Question: What do you normally do online? Do you think it is a good activity? Why?	I use social media. Yes. I can update status and can know friends' status.		

7. Shopping experience

Question	Basic	Advanced	Own answer
Talk about your shopping experience	Introduce topic	Shopping in stores/ online	
<ul style="list-style-type: none"> Where do you normally shop? 	My favorite shopping place is _____	Places outside Segamat	
<ul style="list-style-type: none"> What do you normally shop? 	I normally buy _____	Personal care products/ toiletries/ cosmetics/ hair product/ groceries/ gadgets.	
<ul style="list-style-type: none"> How much money do you spend on shopping? 	I spend about _____	Fork out/ shell out/ it costs/ I would splurge/ my expenses.	
<ul style="list-style-type: none"> Do you enjoy shopping? (why yes/ why not?) 	Yes. It makes me happy. No. I don't like shopping/I don't like to go out.	Yes Satisfied/ amazing/ pleased/ lively/ energize/ delighted. No - Not my cup of tea/turn me off.	
Partner Question: How often do you shop? Who do you normally buy things for? Why?	Once in a week. For my family. For their birthday		

8. My favourite series/ movie

Question	Basic	Advanced	Own answer
Talk about your favourite series/ movie	Introduce the topic	Definition of movie.	
<ul style="list-style-type: none"> What is the title of the series/ movie? 	Mat Kilau	Any movies/ series	
<ul style="list-style-type: none"> What is the series/ movie about? 	About Malay warriors who fought against the British.	Movie Genre: Action/ thriller/ romantic comedy/ western/ crime/ science fiction/ drama. The movie is set _____ The story unfolds in _____	
<ul style="list-style-type: none"> What do you like about the series/ movie? 	I like to see Malay martial art which is Silat	I was impressed by unexpected plot twists/ exceptional performance/ wonderful characters/ the OST(Original Sound Track)/ The film is close to reality.	
<ul style="list-style-type: none"> What do you learn from it? 	We should love and protect our country	A wake-up call/ New insight/ perspective/ knowledge. Valuable experience.	
Partner Question: Do you enjoy watching series/ movie? Why/ why not?	Yes. It is a good way to spend my time with my family or friends. No. It is a waste of time.		

9. Holiday

Question	Basic	Advanced	Own answer
Talk about your holiday experience.	Introduce the topic	Definition of Holiday.	
● What activities did you do?	Swimming and fishing	Travelling/ Hiking/ lazing on the beach/ Sunbathing/ Visiting historic sites.	
● Did you enjoy yourself? (Why/Why not?)	Yes. I caught many fish. No. It rained.	YES - Learn new things/ improve relationship/ Boost happiness/ Improve mental health/ Decrease burnout. NO - Lack of sleep/ Bad Weather/ Hidden cost/ terrible accommodation/ Pickpockets/ Falling prey to scam.	
● Would you invite your friends to join you?	Yes I would invite my friends.	YES- Travelling with loved ones. Share same/ common interest/ Bonding time/ Travelling in group is fun/ safe/ easy/ Being free. NO – Holiday alone/ no hassles/ Back packing/ Meeting more people/ Carefree	
● What made this memorable?	I can spend my time with my family as my parents are very busy.	Holiday with family/ Family bonding/ Less expenses/ better experience and education/ scenery/ family bonding/ new discovering of oneself/ challenges.	
Partner Question: What would you want to do during the next school holiday? Why?	I want to go to _____ because it is the most beautiful place in Malaysia.		

10. Hobby

Question	Basic	Advanced	Own answer
Talk about a hobby.	Introduce the topic	Definition of hobby.	
<ul style="list-style-type: none"> • What is your hobby? 	Reading	Blogging/ journaling/ learning a new language/ bird watching/ origami.	
<ul style="list-style-type: none"> • What you need for your hobby and when do you do this activity? 	Handphone. At night before I sleep	Laptop/ good internet connection/ content/ trail camera/ night vision monocular/ all-weather field notebook/ paper trimmer/ paper scoring tools. Weekend/ holiday/ free time.	
<ul style="list-style-type: none"> • Why do you do this activity? 	I like to read online comic because it's fun	Improve writing ability/ Share knowledge/ learn new skills/ Inspire audience/ spend time with nature/ lower my stress level/ enjoy fresh air.	
<ul style="list-style-type: none"> • Do you think it is important for people to have a hobby? (why/ why not) 	Yes. We can spend time with beneficial activities	YES - Helps to destress your life. Increases confidence. Helps you socialize/ Helps you become more patient/ Create bond with others. NO - It takes time/ some are expensive/ Distract you from family/ A lot of unfinished projects/ Take a lot of space	
Partner Question: What do you do during your free time? Why?	Playing games/watching YouTube, Netflix. To release stress		

11. An unfortunate event

Question	Basic	Advanced	Own answer
Talk about an emergency you have personally experienced.	Introduce topic	Definition/example of emergency.	
<ul style="list-style-type: none"> When and where it took place? 	Yesterday during class	Last year/ month/ week/ yesterday/ during class/ holiday/ vacation/ At home/ shopping complex/ Library.	
<ul style="list-style-type: none"> What caused it 	Friends fell from stairs after being pushed	Someone collapses/ heart attack/ breathing difficulties/ flash flood/ a car breaks down/ missing children/ infectious diseases.	
<ul style="list-style-type: none"> The people who were involved 	My classmates and teacher	Elderly / stranger/ children/ police/ fire fighter/ medical assistant/ school administration / teachers.	
<ul style="list-style-type: none"> How you reacted? 	Called teacher	Traumatic/ emotional shocked/ emotional outbursts/ feeling overwhelmed/ confused/ find shelter/ calm/ move to a safe location/ provide first aid.	
Partner question: What can teenagers do when they face an emergency?	Call ambulance/ elders		

12. A famous place.

Question	Basic	Advanced	Own answer
Talk about a place that you would like to visit.	Introduce the topic	Visiting places - my hobby.	
<ul style="list-style-type: none"> The name of the place 	Langkawi Island/ Gunung Ledang/ Bekok Waterfall	Place outside Segamat.	
<ul style="list-style-type: none"> How do you know about this place? 	From internet/ friends	Travelling agency/ advertisement campaign/ virtual tourism expo.	
<ul style="list-style-type: none"> Who you would like to go with 	Family/ friends	Family/ friends/ schoolmate.	
<ul style="list-style-type: none"> What you would like to do there 	Swimming/ boat riding/ taking pictures	Visit local attractions/ take photos/ explore markets/ food hunt/ roaming/ strolling/ visit beaches.	
Partner question: Where would you like to go? Why?	Cameron Highland, to eat strawberry / Langkawi Island, to feed the eagles		

13. Celebration/festive

Question	Basic	Advanced	Own answer
Talk about a festival that you had celebrated recently.	Introduce the topic	Definition of festival	
<ul style="list-style-type: none"> What festival it was 	Chinese New Year/ New Year Celebration/ Eidul Fitri/ Deepavali celebration	Chinese New Year/ New Year Celebration/ Eidul Fitri/ Deepavali celebration	
<ul style="list-style-type: none"> How did you celebrate it? 	Having small gathering with family and relatives	Family dinner/ gathering/ decorating house/ baking/ cooking together/ perform prayers/ meditating/ giving / helping the poor/ helping underprivileged	
<ul style="list-style-type: none"> Did you enjoy it? (Why/why not) 	Yes, meeting relatives while enjoying the food No, my relatives are nosy and noisy.	YES - Pleased/ joyful/ glad meeting family/ eating traditional cuisine/ exchanging gifts/ news.	
<ul style="list-style-type: none"> Why celebrating festivals is important in Malaysia? 	Can strengthen relationship	Strengthen family bond/ culture appreciation/ build social communication and relationship.	
Partner question: What festival did you celebrate recently? Was it a good experience? Why/Why not?	Mooncake Festival. Yes because I ate a lot of mooncake No. I was forced to go there.	.	

14. Biggest fear

Question	Basic	Advanced	Own answer
Talk about your biggest fear	Introduce the topic	Definition of fear.	
<ul style="list-style-type: none"> What you consider as your biggest fear 	Lizards/ cockroaches/ frogs/ public speaking.	Entomophobia (insects) Acrophobia/ Arachnophobia/ Coulrophobia (Clown)	
<ul style="list-style-type: none"> Why do you feel that way? 	Disgusting/ nervous talking in front of people.	Traumatic event/ childhood background (history) / panic/ experiencing long term stress/ anxiety.	
<ul style="list-style-type: none"> What you can do to overcome your fear 	Kill the insects/ practise a lot (public speaking)	Therapy/ breathing exercise/ medicine/ self-help books/ counselling/ support groups.	
<ul style="list-style-type: none"> Do you think it is important for people to face their fears? (why?/why not?) 	Yes. To overcome our fear/ help us to grow	YES-To set yourself free/ it will help you to control your mind/ knowing your true strength/ helping to overcome fear/ develop wisdom.	
Partner Question: What do you consider to be your biggest fear? Why?	Fail in exam/ cannot go to university/ cannot find a job.		

PART 3
DISCUSSION (PAIRS)

A	Hello, _____	➤ Greet your friend
B	Hi, _____	➤ Greet your friend
A	Let's talk about _____ . * Use the question from the bubble map	➤ State the topic ➤ Give some background context
B	I think _____ is a good idea because _____ Do you agree (with me)?	➤ Give opinion ➤ Give reason ➤ Ask if your friend agrees
A	I agree. / I don't really agree. Well, I think _____ is a better idea because _____ Do you think so, too?	➤ Agree/Disagree ➤ Give opinion ➤ Give reason ➤ Ask if your friend agrees
B	I think you are right. / I'm afraid I don't agree. Well, I think _____ is a better idea because _____ Would you agree with that?	➤ Agree/Disagree ➤ Give opinion ➤ Give reason ➤ Ask if your friend agrees
A	Yes, I totally agree with you. / I don't think that is a very good idea. It would be better if you _____ because _____ How do you think?	➤ Agree/Disagree ➤ Give opinion ➤ Give reason ➤ Ask if your friend agrees
B	I think both of us agree that _____ is the best idea because _____ Do you agree?	➤ Conclude with a choice ➤ Conclude the reason
A	Yes, I agree with you. _____ is the best choice.	➤ Agree with the choice

PART 3
DISCUSSION (PAIRS)

Steps	Useful Expressions	Steps	Useful Expressions
1. Greet your partner	Hi! / Hello, (name of partner)! Good morning, (name of partner)!	4. Ask if your partner agrees	How about you? What / How do you think about ... ? What is your opinion about ... ? So, what do you do to... ? Do you think it is important to ... ? Would you agree that ... ? Do you agree (with me)? Do you think so, too?
2. State the topics / Open discussions	Let's talk / discuss about (topic). Let's begin / start by looking at (topic). Let's move on to (topic). Today, we are going to talk about (topic). How do you think about (topic)? Shall we start with this (topic)? To begin with, shall we talk about (topic) now?	5. Agree/Disagree	I agree. Yes, I totally/ quite agree with you. I think you're quite/ absolutely right. Yes, I think ... would be a good idea because ... Actually, I think you are right ... Yes, that's a good point, I hadn't thought of that.
3. Give opinion + reasons	My opinion is ... If I were him, I would ... For me, I think that ... To be honest, I'd ... About (topic), I think ... We should (also) ... Perhaps we should ... then we ... It is great if we can ... It is a good idea that we ... I really think it's best to ... because ... I think ... is a good idea because ... I think it would be better to ... because ...	6. Conclusion / Decision related to topic (Choose from the options that have been discussed)	Actually, I don't really agree. I'm afraid I don't agree. I don't think that is a very good idea because ... Well, I don't think you should ... Are you sure about that? Do you really think that ... ? I'm sure ... is better because So, we agree that ... Right, let's make a decision ... I think we will choose ... Do we think that the best one is ... In the end we think ... because ... So, to sum up, the best choice is ... So, do we agree that ... is the best option?



Further discussion task:
How does time management help in reducing stress?

Suggested answers.

Candidate A:	Let's talk about ways to manage time. First, we set a time limit. Time is important.
Candidate B:	Besides, we take short breaks. This is because we need rest.
Candidate A:	Next, we set goals. It helps us. You can try it too.
Candidate B:	We also make to-do lists. This is not too difficult. It is easy.
Candidate A:	Other than that, we keep a schedule. We do not do the wrong thing.
Candidate B:	Finally, we know our priorities. We do what is right.

Discussion: Which is the best way?

Candidate A:	In my opinion, keeping a schedule is the best way. When I do that, I will keep track of what I do. I will not waste time. My parents believe that if I manage my time well, I will do well in my exam. I want to make them proud.
Candidate B:	True. I agree with you because as teenagers, we spend too much time online. My parents will always advise me to have a balanced lifestyle. They hope that I will stay strong and healthy.
Candidate A:	Both of us agree that keeping a schedule is the best way. Let's do this together.
Candidate B:	Indeed, it is the best choice.

1. The benefits of online shopping

- a. cheaper
- b. save time
- c. wide variety
- d. no traffic congestion
- e. no crowd
- f. convenient
- g. easier to send gift to others
- h. follow the trend

Further discussion task:

What are the dangers of online shopping?

Further discussion task:

In what ways does advertising on social media influence people's buying behaviour?

Suggested answers.

Candidate A:	Today, we are going to talk about the benefits of online shopping. First, it is cheaper. We save money. Money is useful. We use money every day.
Candidate B:	Next, online shopping saves time. Time is gold.
Candidate A:	Besides, online shopping gives us a wide variety. We must be careful when we choose the things we buy.
Candidate B:	Furthermore, there is no crowd. We do not have to wait. We save a lot of time.
Candidate A:	Online shopping is convenient to everybody. It makes life easy.
Candidate B:	Finally, with online shopping, it is easier to send gift to others. Your family and friends will feel happy.

Discussion: Which is the most popular reason for online shopping?

Candidate A:	For me, I think the most popular reason for online shopping is things are cheaper. We work very hard to earn money. Nowadays, everything is expensive. We should save as much money as possible.
Candidate B:	I am afraid I do not really agree with you. To be honest, I like online shopping because it is convenient. I do not have to go to the shopping mall. I can do it anytime I want.
Candidate A:	That is a good point. Moreover, as new buyers, we can read reviews from other customers. Then, we will make wise decisions.
Candidate B:	So, we agree that online shopping is convenient.

2. Money management /How to manage money wisely?

- a. save before spending money
- b. create a budget
- c. buy in bulk
- d. do not indulge in branded items
- e. do research before buying
- f. do part-time jobs
- g. make a shopping list

Further discussion task:

Is going cashless an effective way to manage our money wisely? Give reasons for your answer.

Suggested answers

Candidate A:	Let's discuss about money management. We must know how to manage money wisely. We learn about it in school. First, we save before spending money.
Candidate B:	You are right. Our parents always talk about it at home too. We create a budget so that we do not spend money on other things.
Candidate A:	We must always remember to buy in bulk. For example, when we buy pens, we save money if we buy the whole box.
Candidate B:	Also, we do not indulge in branded items. We are only teenagers. So, we must be thrifty.
Candidate A:	Before we do anything, we must ask ourselves if it is the right thing to buy? We spend time to do research and talk to others. We listen to advice before we make decision.
Candidate B:	As teenagers, it is good if we do part-time jobs. We gain valuable experience and we become wiser too.

Discussion: Which is the most effective way?

Candidate A:	How to manage money wisely? The most effective way is to save before spending. Every week, my father gives me RM20. I save RM10 and use RM10. What about you?
Candidate B:	That is a good idea but I think I will do part-time jobs. Doing part-time jobs gives you extra money. You also get to fill your time by doing meaningful activities.
Candidate A:	I think you are quite right. I should have thought about it too.
Candidate B:	In conclusion, doing part-time job helps us to manage our money wisely.

3. How to study smart/tips to prepare for the exam

- a. pay attention in class
- b. make notes
- c. set a schedule
- d. form study group
- e. watch educational videos
- f. stay away from distractions
- g. be more proactive

Further discussion task:

Besides doing well in academics, what else is important for a student?

Further discussion task:

Are examinations necessary to ensure effective education? Why or why not?

Suggested answers

Candidate A:	Exam is indispensable in our lives. We have been sitting for exams since primary school. That is why we must know how to prepare for exams.
Candidate B:	A journey of a thousand miles begins with a single step. We pay attention in class. We do not chit chat with our friends. If we do not understand what we learn, we seek help from our teachers and friends.
Candidate A:	In addition, we make notes. This helps us to remember what we have learnt.
Candidate B:	I also set a schedule. I do not waste time doing unnecessary activities.
Candidate A:	I form a study group with friends. We meet every Friday and Saturday. We do our revision together.
Candidate B:	Finally, I watch educational videos to improve my understanding. There are plenty of videos on YouTube.

Discussion: Which is the most effective way?

Candidate A:	Many students want to do well in exams. The most effective way is to be more proactive. When I do not understand, I will find someone who can help me.
Candidate B:	Very true, indeed. We learn new chapters in school each day. We must make sure we understand the new knowledge. In class, when there is something new, we must try. By being proactive, we gain new experience.
Candidate A:	We should not be shy nor timid. Teenagers have no fear.
Candidate B:	Let's be more proactive in class so that we will do well in our studies and exams.

4. How to relieve stress

- a. exercise
- b. learn a new skill
- c. talk to a good listener
- d. cooking/ baking
- e. caring for animals
- f. go on a trip
- g. listen to music
- h. have a good sleep

Further discussion task :

What are the causes of mental stress and why is mental health important?

Suggested answers.

Candidate A:	Everyone faces stress in their lives. Some manage it well, some struggle with it. For me, when I face stress, I exercise. I run and I swim. These are my hobbies.
Candidate B:	I love to talk. So, when I face stress, I want to talk to a good listener. For example, my best friend, Salzul. He listens to all my stories. He keeps my secrets well. I feel happy when I tell him about my problem.
Candidate A:	Besides, I learn a new skill. Last year was a challenging year for me. To relieve stress, I learnt how to play the violin. I liked it very much.
Candidate B:	We can go on a trip alone, with family or with friends too. You get to rest, relax and recharge.
Candidate A:	I listen to music. My favourite singers are BTS. When I sing their songs, my mood is lifted spontaneously.
Candidate B:	I have a pet. I play with it when I need to relieve stress.

Discussion: Which is the most effective way?

Candidate A:	Stress is the feeling of being under too much pressure. In my opinion, when I feel stressed, I exercise. I find to be the most effective way to help me to relieve stress. I like running. Exercise improves my mood. I forget about my problems when I move my body.
Candidate B:	You are right. When we exercise, it pumps up our endorphins. We feel good and happy. It can be a team sport, it can also be an individual sport.
Candidate A:	You can play indoor sports too, like yoga and skipping.
Candidate B:	So, remember - when you feel overwhelmed, stay active. Things will be better soon.

5. Things that interest teenagers (Hobbies)

- a. using social media
- b. playing games
- c. meeting new friends
- d. going to the mall/
shopping
- e. watching tv/ movies
- f. following latest trend or
fashion

Further discussion task:

What can teenagers gain from meaningful activities?

Suggested answers

Candidate A:	Teenagers are naturally curious. There are many things that interest teenagers. What do teenagers do?
Candidate B:	Among my friends, we use a lot of social media. For example, Instagram, Tik Tok. These platforms offer good entertainment.
Candidate A:	Some of my friends play online games too. They get new online friends. Some are from Malaysia and some are from other countries.
Candidate B:	As a teenager, I like to watch movies. My last movie was Haunted Universities. It was a horror movie.
Candidate A:	Teenagers like going to the mall too. Especially during hot weather, the mall is a good place to escape the unbearable heat.
Candidate B:	Following the latest trend or fashion is something that teenagers like to do too. Teenagers like to be trendy. It may be a pair of sport shoes, a hairstyle, a brand. The list goes on.

Discussion: Which is the most interesting activity among teenagers?

Candidate A:	Among the many choices, I believe teenagers enjoy meeting new friends. New friends are new doors to new experiences.
Candidate B:	I am afraid I don't agree. For an introvert, meeting new friends is very stressful. I believe most teenagers prefer to use social media to explore anonymously.
Candidate A:	Now that you have mentioned, it reminds me about a close friend of mine. She is very quiet in person but she is active on social media, like the rest of us.
Candidate B:	Hence, I think we will choose social media as the most interesting activity among teenagers.

6. How to be a good friend/ Qualities of a good friend

- a. be a good listener
- b. be supportive
- c. see the best in your friend(s)
- d. show up during tough time
- e. be honest/ truthful
- f. a good role model

Further discussion task:

What do you think is the cause of broken friendship and how to mend the friendship?

Suggested answer

Candidate A:	There are many qualities of a good friend. How do we be a good friend? To me , I will be a good listener to my friends. Friends are my everything. I treasure them.
Candidate B:	When my friends face problems, I will show up during tough times.
Candidate A:	You are right. We need to be supportive to our friends and family. Sometimes, they need help or a shoulder to cry on. Other times, they need encouragement or motivation. Either way, when we support our friends, they will support us in return.
Candidate B:	Besides, no one is perfect. We should see the best in our friends. Everyone has weaknesses and strengths.
Candidate A:	Always remember to be honest when we offer our opinion and advice. We want the best for our friends. We must not tell lies.
Candidate B:	Friends are like mirrors. You see yourself when you see them. So, we must be a good role model to our friends.

Discussion: Which is the most important criteria?

Candidate A:	For me, I think that the most important criteria of being a good friend is to show up during tough times. When I am sad, I want to talk to my friend because they understand me.
Candidate B:	I totally agree. During the last exam, I did badly. Luckily, my friends always advise me to try and try again. Quitters never win and winners never quit.
Candidate A:	To sum up, showing up during tough times is the most important criteria.
Candidate B:	Correct. I agree with you.

7. How to be a good friend/ Qualities of a good friend

- g. be a good listener
- h. be supportive
- i. see the best in your friend(s)
- j. show up during tough time
- k. be honest/ truthful
- l. a good role model

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Candidate B:	Correct. I agree with you.

8. Things teens spend money on

- a. food
- b. clothing and shoes
- c. entertainment
- d. personal care
- e. education
- f. electronic gadgets

Further discussion task:

Young adults today are suffering from credit card debts. What should the government do to overcome this problem?

Suggested answers

Candidate A:	Let's talk about the things teens spend their money on. In my opinion, teens spend most of their money on food. Eating good food is very important. What do you think?
Candidate B:	I agree with you. Besides food, I think they also spend money on clothing and shoes. This is because teens are into the latest fashion. Don't you think so?
Candidate A:	You are right. In addition, they also spend money on electronic gadgets like mobile phones and computers because they like to play online games and chat with friends online.
Candidate B:	I totally agree with you. Apart from that, teens like to spend money on personal care such as cosmetics and skin care products. Would you agree with that?
Candidate A:	Of course you are right. Teens also like to spend money on education. For example, they will buy reference books and modules for revision.
Candidate B:	Lastly, they also spend money on entertainment where they can enjoy themselves and relieve stress.

Discussion: Which is the most popular item teenagers spend money on?

Candidate A:	I think both of us agree that food is the most popular item teenagers spend their money on because food is a necessity.
Candidate B:	Yes, I agree because I like to go out with my friends during the weekend to find a nice place to eat good food.
Candidate A:	This also helps to relieve stress and make us happy.
Candidate B:	You are right. So, both of us believe that food is the most popular item teenagers spend their money on.

<p>9. The benefits of playing sports</p> <ul style="list-style-type: none"> a. stay healthy b. learn teamwork and sportsmanship c. make friends d. can lead to a career e. improves mental health f. helps people perform daily activities easily <p>Further discussion task: How do we make Malaysia a healthier nation?</p> <p>Further discussion task: In what ways do sports bring people together?</p>	Suggested answer	
	Candidate A:	Today, we are going to discuss the benefits of playing sports. The first benefit is staying healthy. This is because playing sports is a form of exercise. What do you think?
	Candidate B:	I agree with you. Furthermore, we learn about teamwork and sportsmanship from playing sports. We learn to work together as a team and winning is not everything.
	Candidate A:	Yes, you are right. Another benefit of playing sports is we can make many new friends. We will meet with other people who are not from our own school and area. Don't you think so?
	Candidate B:	From my point of view, by playing sports, it can also lead to a career. For instance, if we like to play football, we can practise hard and train to be a professional football player like Cristiano Ronaldo. As a result, we can also earn a lot of money.
	Candidate A:	I totally agree with you. I think playing sports also improves our mental health. Being healthy is not just physically but mentally as well.
	Candidate B:	Finally, when you are healthy, it helps people to perform their daily activities easily. You will not get tired easily and will be able to do many tasks at one time.
	Discussion: Which is the most popular benefit?	
	Candidate A:	We have come to an agreement that the most popular benefit is staying healthy.
	Candidate B:	Many people play sports to stay healthy because they know that health is wealth.
Candidate A:	Without good health, we will not be able to do a lot of things.	
Candidate B:	Therefore, our final decision is to stay healthy.	

<p>10. How to protect the environment</p> <ul style="list-style-type: none"> a. reduce water and electricity usage b. plant more trees c. carpool d. use public transport e. lead by example - “green” ways and habit f. bring reusable bag for shopping <p>Further discussion task: What can the government do to make the effort more effective?</p> <p>Further discussion task: Is it necessary to sacrifice the environment for the price of development?</p>	Suggested answers.	
	Candidate A:	Protecting the environment is our responsibility. Firstly , we can reduce water and electricity usage. We should not waste water and electricity. For example , we should turn off water tap and electricity after using. Do you agree?
	Candidate B:	Yes, I agree with you. Besides , we should plant more trees. Trees are very important to our environment because they help produce oxygen. Thus , we should not cut down more trees.
	Candidate A:	In addition , we should practise carpooling. Too many vehicles on the road can harm the environment because they emit carbon monoxide into the air which can be toxic to us.
	Candidate B:	Apart from carpooling , we can also use public transport such as bus and train more often. This can also help to reduce the number of vehicles on the road. Don't you think so?
	Candidate A:	You are right. As responsible citizens, we should also lead by example. We should practise ‘green’ ways and habit. We should practise the 3Rs: Reduce, Reuse and Recycle
	Candidate B:	Yes, for example , we should bring reusable bag when we go shopping. We should reduce the use of plastic bags which can be harmful to our environment.
	Discussion: Which is the most effective measure?	
	Candidate A:	Both of us agree that leading by example is the most effective measure to protect our environment.
	Candidate B:	Yes. This is because each and everyone of us has a role to play in protecting our environment. Good practices should be encouraged.
Candidate A:	When you lead by example, it means that you practise all the above measures mentioned.	
Candidate B:	Hence, we agree that this is the best choice of all. Thank you.	

11. Ways to do charity

- a. soup kitchen
- b. donate blood
- c. helping out at orphanage/ old folks home
- d. sell or donate unwanted stuff
- e. charity run
- f. raise fund

Further discussion task:

Organ donation should be encouraged. Would you sign up as an organ donor? Why or why not?

Suggested answers.

Candidate A:	Charity means the voluntary giving of help to those in need. There are many ways to do charity. The first way is setting up soup kitchen. The soup kitchen provides a safe and sheltered place for people in need to have free daily meals.
Candidate B:	Yes. Hungry and homeless people will not go hungry. The second way is donating blood. When you donate blood, not only would you help others but also yourself.
Candidate A:	We can also help out at the orphanage and old folks' home. This is also a form of doing charity. For example, we can help them clean up their places and spend time communicating with them.
Candidate B:	Other than that, we can also sell or donate unwanted stuff to those in need. One man's rubbish is another's treasure.
Candidate A:	Charity run is another form of charity work. The proceeds from the charity run can be donated to various charity organisations.
Candidate B:	All these charity activities can help to raise funds for those who are in need.

Discussion: Which is the best way to do charity?

Candidate A:	Both of us agree that helping out at orphanages and old folks' homes is the best way to do charity. This is because it is a more direct approach to helping people in need.
Candidate B:	Yes. We can perform a lot of tasks like cleaning up the areas and most importantly, we can spend quality time with them.
Candidate A:	They lack companionship so when we spend time with them, they will not feel lonely.
Candidate B:	That's why we both think that this is the best way to do charity.

12. How to be a good citizen

- a. follow rules and regulations.
- b. respect the property of others
- c. respect the rights of others
- d. be a good neighbour
- e. protect the environment
- f. take part in charity work

Further discussion task:

Malaysia is a multiracial country. Explain why it is important to take responsibility of our actions.

Suggested answers

Candidate A:	It is important to be a good citizen. Firstly , we should follow the rules and regulations. We should be law-abiding citizens. For instance , we should not go against the laws that are set by the government. What is your opinion on this issue?
Candidate B:	In my opinion , we should also respect the property of others. Vandalism is wrong.
Candidate A:	Furthermore , we should respect the rights of others. We should know our own rights too.
Candidate B:	Being a good neighbour is also a way to be a good citizen because we respect our neighbours and help them when they are in need. We should play our role as citizens of the country.
Candidate A:	Another way is we should protect our environment. We help the government by playing our part as responsible citizens. We help to plant more trees, practise the 3Rs which are reduce, reuse and recycle.
Candidate B:	Finally , taking part in charity work is also a way to become a good citizen. As the saying goes, charity begins at home. Every one of us should play our part in helping the country to progress and develop. That is one way to become a good citizen.

Discussion: Which is the most impactful action?

Candidate A:	We both agree that following the rules and regulations is the most impactful action among them. A law-abiding citizen is a good citizen.
Candidate B:	A law-abiding citizen will not break the rules and regulations and will help to protect and develop his or her country.
Candidate A:	Furthermore , they will not create chaos and cause disruption which is bad for the country.
Candidate B:	Hence , we agree that following the rules and regulations is the most important action of all.

<p>13. Why technology is important in education</p> <ul style="list-style-type: none"> a. improves interaction b. helps students to remember c. encourages individual learning d. encourages collaboration e. provides many resources f. saves time <p>Further discussion task: Technology is taking over the roles of humans in various fields. What are the effects?</p>	Suggested answers.	
	Candidate A:	Technology is important in education because it improves interaction among human beings. The Internet helps students to communicate with each other easily with just a click of the mouse. Do you agree with me?
	Candidate B:	Of course I do. The existence of technology also helps students to remember.
	Candidate A:	Besides, it encourages individual learning when students can learn from the Internet, and they can learn according to their own pace and time. This also indirectly helps the students to be independent learners.
	Candidate B:	Moreover, technology encourages collaboration among students. With technology, students can work together easily and more conductively.
	Candidate A:	Tech like the Internet provides many resources for students to refer to without having to leave their homes.
	Candidate B:	Lastly, technology saves time. People do not need to spend a lot of time performing various tasks like doing research, writing, and reading. The development of technology has made all these easier.
	Discussion: Which is the main reason?	
	Candidate A:	Our decision is technology saves a lot of our time in education. It makes things easier for us.
	Candidate B:	With technology, students do not need to spend a lot of time finding ways to solve their problems.
	Candidate A:	Everything is made easier with just a click of the mouse and a touch of the button.
	Candidate B:	As the saying goes, time and tide wait for no man. So, anything that can help save time is a plus in our life.

<p>14. Why do people use the internet?</p> <ul style="list-style-type: none"> a. for communication b. shop from home c. for education d. job search e. for entertainment f. for business <p>Further discussion task: How to prevent misuse of the internet?</p>	Suggested answers	
	Candidate A:	Firstly , we are going to talk about why people use the internet. The first reason is people use the internet for communication. They can talk to each other online easily.
	Candidate B:	I agree with you. Moreover , we can shop from home by using the internet. We can buy everything we want via the internet. We do not need to leave our house
	Candidate A:	Yes. This saves time and energy.. Besides , people use the internet for education. We gain knowledge through the internet as the internet is the source of information. What do you think?
	Candidate B:	I agree with you. People also use the internet for job search. It is easier for them to look for jobs on the internet because the internet contains many sources and websites that post job vacancies.
	Candidate A:	Nowadays , people use the internet for entertainment. For example , they watch drama series and movies online. They also listen to music online.
	Candidate B:	In addition , they can play games online too. Lastly , people use the internet for business. Now, they need not do business in person. They can interact online and perform business transactions online.
	Discussion: Which is the main reason?	
	Candidate A:	Both of us agree that the main reason people use the internet is for communication. Nowadays, communication is made easier via the internet.
	Candidate B:	Yes. People can talk and call their friends and family easily by using the internet. They do not need to go to their homes to talk to them.
	Candidate A:	Besides , people can access the internet using not only computers. They can access it using mobile phones. This is more convenient for the people.
	Candidate B:	Hence , we think that people use the internet mainly for communication.

<p>15. How to stay safe online</p> <p>a. keep track of their children’s online activities</p> <p>b. cover the webcam</p> <p>c. do not surf questionable websites</p> <p>d. do not open suspicious emails</p> <p>e. do not share personal details</p> <p>f. use strong passwords</p> <p>Further discussion task: Cyberbullying is an extension of bullying. What would you do if you become a victim of cyberbullying?</p> <p>Further discussion task: What can the government do to be more proactive in keeping the Internet safe for teenagers?</p> <p>Further discussion task: Do you agree with the statement social media is a ‘silent killer’ of your mental health?</p>	Suggested answers	
	Candidate A:	It is important to stay safe online. The internet can be a dangerous place. So , there are many ways to stay safe online. Firstly , parents should keep track of their children’s online activities. They should know what their children are doing online and who they are talking to online.
	Candidate B:	Secondly , when you are using the internet, it is important to cover the webcam so as not to show your whereabouts. You should not show too much of yourself. What do you think?
	Candidate A:	You are right. Apart from that , you should not surf questionable websites. This is because these websites contain cookies that can track us. As a result , they will get our private information when we go into their websites. This can be dangerous for us.
	Candidate B:	Furthermore , we should not open any suspicious emails. We should not open emails from strangers because they may contain links that can hack into our devices. Do you agree?
	Candidate A:	Yes I do . Most importantly we should not share our personal details with anyone online. They can do many harmful things to us such as they can break into our bank account and steal our money.
	Candidate B:	Finally , it is very important to use strong passwords online. Else , it is easy to break into our computer. Our passwords must contain letters, numbers and symbols.
	Discussion: Which is the most effective way to stay safe online?	
	Candidate A:	Both of us agree that using a strong password is the most important and effective way to stay safe online. This should be the first and most important way.
	Candidate B:	This is to make your online accounts more secure and not easy for hackers to break into.
Candidate A:	Yes I agree . Having a strong password, together with a strong firewall will protect us.	
Candidate B:	So, we decide that having a strong password is the most effective way to stay safe online.	



KEMENTERIAN PENDIDIKAN MALAYSIA

Pejabat Pendidikan Daerah Segamat



Segamat ELI 2022

SPEAKING 1119/3