

**Narrator:** Unit Two Test.

**Luke:** Are you OK, Emma?

**Emma:** Well, no, I feel really exhausted.

**Luke:** Any particular reason?

**Emma:** Umm ... how about all the exams we've got coming up?!

**Luke:** Yeah, but I'm sure you're on top of all of that. You're usually so organised around exam time, like me.

**Emma:** Are you kidding Luke? I haven't even started studying yet.

**Luke:** Have you made a study timetable? I do a little every day so that I don't have to do everything the night before the exam. Perhaps you should do the same.

**Emma:** Sounds sensible but there's so much other stuff going on.

**Luke:** Like what?

**Emma:** Mum's not well so I have to help her at home and then there's the dog. I have to take it for a walk every day because Dad's at work.

**Luke:** But that's good. You *should* get some exercise every day. That helps you concentrate.

**Emma:** I know that but it's not the same as going to the gym or playing tennis.

**Luke:** Well, perhaps you should do more exercise and spend less time on the computer. I know how you love your computer games.

**Emma:** Oh come on! I need to have a bit of time for fun. It's easy for you to say as you're always so calm. What do *you* do when you feel stressed then?

**Luke:** Sounds crazy but I cook! I just love cooking and of course I have two brothers who'll eat anything!

**Emma:** And I guess it's creative too ...

**Luke:** Well, I'm not sure about that!