SKILLS FOR PROBLEM SOLVING



Intermediate – Make Sure Your Message Comes Across

A. Your teacher has asked you to prepare a short presentation on well-being during exam periods. In your talk, you should explain the benefits of taking breaks to move around, exercising at your desk, meditation, and eating and sleeping right.

How can you make sure the most important points of your presentation come across and reach your classmates?

B. You really like videogames, but your parents think they're just a waste of time. You believe that if they knew more about them and what types of benefits playing videogames has, they would like them too. Prepare a short presentation to explain to your parents what benefits can gaming have in your physical and cognitive skills and how it's not a waste of time (well, not entirely, at least).

How can you make sure the most important points come across and reach your parents? C. You are going to take part in a run for charity. You want other people in your neighbourhood to take part too. It's only 6km and for every person that completes the run, £30 will go to charity. Tell your neighbours about the run and what charity it is for. Explain that running is also good for their health and what other benefits doing exercise has.

How can you make sure the most important points of your presentation come across and reach your neighbours?

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Reflection Point

To get your point across during a talk, it's important to prepare well, speak clearly, and keep eye contact with your audience.

