

My Speaking and Listening Exam

1. Before my speaking and listening exam, I might feel nervous or worried.



2. This is a normal feeling, and many learners feel the same way.



3. My speaking and listening exam is a presentation and discussion with in a small online group, with an adult assessor.



4. The adult is there to help me show what I can do.



5. I do not have to be perfect or know all the answers.



6. I only need to do my best in that moment.



7. If I get stuck or feel worried, I can take a breath and ask for help.



8. The adult will help me feel calm and supported.



9. Preparation helps me feel more ready and less scared.



10. After my exam, I will have done something brave.

