**BE54: Stress: Language Review & Skills**

Answer the questions in brackets about the sentences in italics.

*1 She has worked in Paris for five years. (Does she work in Paris now?)*

*2 She worked in Hong Kong for three years. (Does she work in Hong Kong now?)*

Which sentence above (1 or 2) uses the past simple? Which uses the present perfect?

We use the past simple to:

• talk about completed actions that happened in the past.

*Larry Page and Sergey Brin created Google in January 1996.*

• refer to a definite moment or period in the past.

*I spoke to her on Tuesday.*

The present perfect connects the past and the present. We use the present perfect to:

• talk about past actions that affect us now.

*The boss has just given her a pay rise, and she's very pleased.*

• talk about life experiences.

*I've worked with many companies where stress was a problem.*

• announce recent news.

*Coca·Cola has just confirmed it has dropped Wayne Rooney.*

**A: Cross out the incorrect sentence in each pair.**

1 a) Stress levels have increased in recent years. b) Stress levels increased in recent years.

2 a) The finance sector changed dramatically over the past 5 years. b) The finance sector has changed dramatically over the past 5 years.

3 a) The risk factors for stress have risen significantly since 2009. b) The risk factors for stress rose significantly since 2009.

4 a) I resigned three months ago. b) I have resigned three months ago.

5 a) Have you ever been to a stress counsellor before? b) Did you ever go to a stress counsellor before?

so far; two years ago; ever; in 2009; yet; just; yesterday; for the past two weeks; already; never;

last Friday; during the 1990s; in the last few days; since 2005; when I was at university

**B: Write the time expressions from the box in the correct column of this chart.**

**Past simple Present perfect**

*two years ago so far*

Now talk about your life using the time expressions.

C: The present perfect is often followed by more detailed information in the past simple. Work in pairs. Ask and answer questions about these subjects.

• attend a conference • travel abroad on business • make a telephone call in English

• go on a training course • be late for an important meeting • make a presentation

EXAMPLE: A Have you ever travelled abroad before B: Yes, I have.

A Where did you go? B: I went to Frankfurt, Germany. It was a very nice trip.

**A: Skills:** You are going to hear three members of the human resources department of a transportation company discussing ways of improving the staff's health and fitness. What ways do you think they will mention?

**B: Listening:** 1.47 Listen to the conversation and check your answers.

C: Listening: 1.47 The speakers use several expressions to make suggestions. Listen to the conversation again and complete the gaps in these sentences.

1 Well, I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ carry out a survey, find out why the staff are so stressed...

2 I have another idea \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we encourage staff to keep fit? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ paying their subscription to a gym?

3 We \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more staff for them, give them an assistant.

4 Well, it might be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to set up a counselling service...

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meet tomorrow, same time, and try to come up with a plan...

D: Listening: 1.48 At the next meeting, the team discusses plans for staff to attend a local sports centre. Listen and tick the expressions they use in their conversation. Then write 'A' if the expression shows agreement or 'D' if it shows disagreement.

1 Mm, I don't know.

2 It would be popular, but it could be expensive.

3 I think I agree with you.

4 OK, but we can solve it. The sports centre has great facilities . ..

5 Exactly. It would really help staff to be more healthy ...

6 I'm not in agreement, Danielle. It isn't a great idea.

7 I still think it's a good idea. It's well worth trying.