

Speaking Exam Instructions

Dear Students,

Please read the following information carefully regarding your upcoming **Speaking Exam**. This will help you understand the format, expectations, and timing of the assessment.

Exam Structure and Duration

Total Time Per Student: 5 minutes

The speaking exam will be conducted individually.

Timing Breakdown

Warm-up Questions – 1 Minute

You will be asked 1–2 simple everyday questions to help you relax and start speaking. These may include topics such as your hobbies, daily routines, school life, or preferences.

Read Aloud - 1 Minute

You will receive a 100-150 word passage, silently scan it for 10-15 seconds to note key terms and structure, then read it aloud at a moderate pace (120-150 words/minute) with clear pronunciation, varied intonation, brief pauses at punctuation, and expressive volume to ensure fluency and intelligibility. Practice by recording yourself to analyze and refine acoustic patterns for optimal oral precision.

Preparation Time – 1 Minute

You will receive a speaking topic along with some guiding clue words. During this time, you should:

- Read the topic aloud.
- Think about your ideas and how to organize them.
- Use the clue words to help structure your thoughts.

Speaking Time – 2 Minutes

You are expected to give a well-organized, fluent, and meaningful speech on the given topic by:

- Looking at the clue words if needed.
- Sharing personal thoughts, opinions, and relevant examples.
- Staying on topic and speaking clearly for the full 2 minutes.

Important: You are not obliged to speak only about the clues.

The clues are there to help you if needed, but you are free to add your own ideas, examples, and perspectives. You can expand on the topic in any meaningful and relevant way.

Transition Time / Time Lapses – 1 Minute

This time is allocated between students for transitions and possible short delays.

Important Notes

- You must read the topic aloud before you begin your speech.
 - Try to speak fluently and confidently without long pauses.
 - Structure your response logically (e.g., introduction – development – conclusion).
 - There are no right or wrong answers; your ability to communicate ideas in English is what matters most.
 - Use the clues only as a support – you are encouraged to bring in your own experiences, views, and ideas.
 - Please be on time for your exam and come prepared to express yourself clearly and confidently.
- We wish you the best of luck!

SAMPLE PROMPTS

Disadvantages of Smoking	Key Points
1. Health Hazards	Lung Cancer Risk: Smoking significantly increases the likelihood of developing lung cancer. Respiratory Diseases: Chronic bronchitis and emphysema are common consequences, compromising lung function. Cardiovascular Issues: Elevated risks of heart diseases, including stroke and coronary heart disease.
2. Financial Drain	Expensive Habit: Smoking is a costly habit, with expenditures extending beyond the purchase of cigarettes. Healthcare Costs: Higher healthcare expenses due to smoking-related illnesses. Insurance Premiums: Smokers often face increased insurance premiums.
3. Social Stigma	Isolation: Smokers may experience social isolation due to the smell and health concerns associated with smoking. Judgment: Negative judgments and disapproval from non-smokers, impacting social interactions.
4. Addiction Challenge	Nicotine Dependency: Nicotine, a highly addictive component of tobacco, leads to dependency. Difficulty Quitting: Quitting smoking can be challenging due to withdrawal symptoms and the addictive nature of nicotine.
5. Environmental Impact	Pollution: Cigarette butts contribute to environmental pollution. Secondhand Smoke: Passive smoking poses health risks to nonsmokers, particularly in enclosed spaces. Littering: Smoking-related litter affects public spaces and ecosystems.
Reasons for Global Warming	Key Points
1. Greenhouse Gas Emissions	Carbon Dioxide (CO ₂): Burning of fossil fuels for energy releases CO ₂ , the primary greenhouse gas. Methane (CH ₄): Agricultural practices and livestock contribute to methane emissions.
2. Deforestation	Carbon Sink Loss: Trees absorb CO ₂ , and deforestation reduces this carbon sink. - Altered Albedo: Reduced forest cover affects the Earth's albedo, leading to increased absorption of sunlight.
3. Industrial Activities	Emission Intensive Processes: Certain industries release large amounts of greenhouse gases during manufacturing. Waste Management: Improper disposal and treatment of industrial waste contribute to emissions.
4. Agricultural Practices	Methane from Livestock: Ruminant digestion produces methane, a potent greenhouse gas. Nitrous Oxide (N ₂ O): Agricultural fertilizers contribute to the release of nitrous oxide, another potent greenhouse gas.
5. Transportation Emissions	Fossil Fuel Combustion: Vehicles burning fossil fuels release CO ₂ and other pollutants. Air Travel Impact: Aviation emissions contribute to the greenhouse effect, particularly at higher altitudes.

The Connection Between Diet and Mental Health

The food we eat not only affects our physical health but also has a significant impact on mental well-being. A balanced diet rich in fruits, vegetables, whole grains, and lean proteins can improve mood and cognitive function. On the other hand, excessive consumption of sugar, processed foods, and unhealthy fats has been linked to anxiety and depression. By making healthier food choices and staying hydrated, individuals can support both their bodies and minds. Education about the link between diet and mental health should be a priority in promoting overall wellness.

The Future of Renewable Energy

Renewable energy sources, such as solar and wind power, are becoming increasingly important in the fight against climate change. Unlike fossil fuels, these energy sources do not produce harmful emissions, making them more environmentally friendly. Advances in technology have made renewable energy more affordable and accessible than ever before. Governments and businesses worldwide are investing in these solutions to reduce their carbon footprint and create a sustainable future.

The Impact of Technology on Healthcare

Advancements in technology have revolutionized healthcare, making it more efficient and accessible. Devices like wearable fitness trackers monitor health in real time, while telemedicine allows patients to consult doctors without leaving home. Breakthroughs in medical research, such as robotic surgeries and AI-powered diagnostics, have significantly improved patient outcomes. However, these advancements come with challenges, including data privacy concerns and the high cost of new technologies. Balancing innovation with affordability and security will be crucial in ensuring that technology continues to benefit healthcare systems worldwide.

The Decline of Traditional Media

In recent years, traditional media like newspapers and television have faced a significant decline. With the rise of the internet, people now consume news and entertainment online, often for free. Social media platforms and streaming services provide instant access to information and entertainment tailored to individual preferences. While this shift offers convenience, it also raises concerns about misinformation and the loss of quality journalism. Traditional media outlets must adapt to the digital age by embracing online formats and finding ways to engage audiences effectively.