



EXERCISE: ALCOHOL AND STRESS READING

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EXERCISE INSTRUCTIONS

- Let's put into practice the learning so far.
- Read over the leaflet for Alcohol and Stress, carefully divulging the text before looking at the questions.
- Pretend the person marking your answers is a numpty who hasn't read the leaflet before.
- Use your reading toolkit to assist with the evaluation.
- Aim to provide two of each feature along with examples from the text.
- Answer the questions on the next page.



QUESTIONS

1. The leaflet provides information on how to identify if you are stressed. Provide three signs of stress which the leaflet states.
2. In your own words, state two problems that alcohol can cause.
3. According to the leaflet, how many units of alcohol should women not exceed per week?
4. Why is exercise a good way of coping with stress?
5. Say what the aim/purpose of the leaflet is and if you think it meets its purpose.
6. What was good/bad about the text?

In your answer, comment on these factors:

- if the text contains all the information the reader would need (CONTENT)
- if it is written using language the reader would understand easily (LANGUAGE)
- if it is laid out in a way that would make the reader want to read it (LAYOUT)

e.g. an eye-catching title/heading, attractive use of photos and colour, not too much text

Question 6 - should be your longest answer. Remember to use your toolkit to help you.



COMPLETION

- This exercise should take you around half an hour.
- Remember, upon completion place your answer / evaluation using the toolkit into the relevant folder on your One Drive share, naming the file: 1-**Alcohol**
- End of exercise.

