**话题：人与自我《健康与生活》Writing学法指导**

**[学习目标]**

1. 回顾*Advice from Grandad*的文章结构和使建议性具有说服性的写作方法并写出所给作文框架。
2. 总结面对考试压力过大可能给人们带来的危害及解决该问题的相关建议。
3. 积累文章中的优美的语言和建议信的相关句式；
4. 根据评价量表，对自己所写的作文进行评价、润色和修改。

**[学法指导]**

观看微课视频，通过对所学内容的回顾和对文章中优美语言和与建议信有关句式的积累，对自己所写作文进行修改和润色。

Task 1. Recall the structure and the writing method of the text *Advice from Grandad*.

Task 2. Think over the following questions:

* Why does your friend have a great deal of pressure in preparing the exam?
* What are the harmful effects of having too much pressure in preparing the exam?
* What advice should you give him to help him relieve pressure in preparing the exam?

Task 3. (1) Accumulate the useful expressions in the text which can be used in the writing in *Advice from Grandad.*

(2) Accumulate the expressions related to the letter of advice.

Beginning:

Middle:

（Giving advice）

Ending:

Task 4. Polish your writing and write it down on your notebook.