

CPE Speaking Part 3 Prompt Cards - Discourse Markers

TASK: Here's a card with a question written on it. I'd like you to tell us what you think.
There are also some ideas on the card for you to use if you like.

How much is people's level of happiness influenced by their lifestyle?

- eating habits
- sports
- stress

Use discourse markers to connect and clarify your ideas.

The sense of satisfaction we have is directly related with the overall way we live.

In the first place, it's the level of stress that characterizes our daily routine. **To be more specific**, the less hectic our schedule is the more likely we are to have a feeling of balance. **In fact**, we need some breaks during our day to unwind and pull ourselves together before we proceed with our jobs.

Another point to consider is food. **What I mean by that** is that eating is not just a chore that we must do away with as fast as possible. What we eat gives us energy to carry out our tasks and nutrients to keep our body healthy. **In particular the latter**, is of utmost importance **because if** we eat junk food we may get energy but we undermine our health.

On top of all these, comes our level of activity. **Basically**, the more sedentary we are the more sluggish we feel. **In any case** we have to endorse some activity in our daily routine. **After all**, we don't need more than a 10' minute walk to boost our level of happiness. **At any rate** some **sort of** daily physical activity should top our priority list.

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<p>Is fashion an unnecessary social convention or does it have a role to play in society?</p> <ul style="list-style-type: none"> • at work • youth culture • fashion victims 	<p><u>Introduce</u></p> <ul style="list-style-type: none"> • To begin with • In the first place • For one thing 	<p><u>Add</u></p> <ul style="list-style-type: none"> • Another point to consider is • On top of that • In the same way
	<p><u>Explain</u></p> <ul style="list-style-type: none"> • In fact • In particular • In any case • Basically • Well actually • To be more specific • In other words • What I mean is that 	<p><u>Conclude</u></p> <ul style="list-style-type: none"> • After all • At any rate • In any case • Anyhow

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<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>Is peer pressure always negative?</p> <ul style="list-style-type: none"> • spending habits • career choices • use of substances </div>	<p><u>Introduce</u></p> <ul style="list-style-type: none"> • To begin with • In the first place • For one thing 	<p><u>Add</u></p> <ul style="list-style-type: none"> • Another point to consider is • On top of that • In the same way
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<p>Is boredom a chance to become more creative?</p> <ul style="list-style-type: none"> • hectic pace of life • a sense of achievement • time of introspection 	<p><u>Introduce</u></p> <ul style="list-style-type: none"> • To begin with • In the first place • For one thing 	<p><u>Add</u></p> <ul style="list-style-type: none"> • Another point to consider is • On top of that • In the same way
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