

PROPÓSITO:

Students will understand how to give advice not only about personal life but also about different fields in life. They will also learn how to use should and shouldn't in written texts and conversations.

MOTIVACIÓN:

Dear students the present guide has the pedagogical intention, to know about should and shouldn't, and how we can use them in oral and written texts. What advice would you like to say about different topics?

EXPLICACIÓN:

EXPLANATION Should is an auxiliary verb - a modal auxiliary verb. We use should mainly to: give advice or make recommendations talk about obligation talk about probability and expectation express the conditional mood replace a subjunctive structure Structure of should The basic structure for should is: subject + auxiliary verb should + main verb Note that: The auxiliary verb should is invariable. There is only one form: should The main verb is usually in the base form (He should go). Look at the basic structure again, with positive, negative and question sentences: subject auxiliary should not main verb base + He should work. - You should not go. ? Should we help? Note that the main verb is sometimes in the form: have + past participle (He should have gone.) be + -ing (He should be going.) The main verb can never be the to-infinitive. We cannot say: He should to go. There is no short form for should, but we can shorten the negative should not to shouldn't. Use of should should for advice, opinions We often use should when offering advice or opinions (similar to ought to): You should see the new James Bond movie. It's great! You should try to lose weight. John should get a haircut. He shouldn't smoke. And he should stop drinking too. What should I wear? They should make that illegal. There should be a law against that. People should worry more about global warming. People often say "They should...do sthg." Usually, the "they" is anonymous and means the government, or the company, or somebody else - but not us! Here are some examples: They should fix this road. They should have more staff in this shop. They should have abolished this tax years ago. should for obligation, duty, correctness Another use of should (also similar to ought to) is to indicate a kind of obligation, duty or correctness, often when criticizing another person: You should be wearing your seat belt. (obligation) I should be at work now. (duty) You shouldn't have said that to her. (correctness) He should have been more careful. Should you be driving so fast? should for probability, expectation We use should to indicate that we think something is probable (we expect it to happen): Are you ready? The train should be here soon. \$10 is enough. It shouldn't cost more than that. Let's call Mary. She should have finished work by now. Retrieved from: <https://www.englishclub.com/grammar/verbs-modal-sh...>

EJERCICIOS:

1. Read the text carefully and answer the questions, below. The Effects of Stress 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems. There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of

sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk. It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop your activities, relax and rest for a while.

1.- What does stress mean? 2.- How does stress affect the heart? 3.- How does stress affect the respiratory system? 4.- How does stress affect the stomach? 5.- how does stress affect emotions? 6.- What are the effects of long term stress? 7.- What can people do to reduce stress?

2. Read the text carefully and write your own summary

The Right Job for You

What are some important considerations¹ when you look for a new job? According to experts, you ought to think about these things: First, know yourself! You should ask yourself exactly what you want from a job. Is it money, interesting work, nice co-workers, or something else? Different people want different things from a job. Assess² yourself. Where³ are you now, and where do you want to be? You also might want to think about your personal relationships. Consider which relationships are going well, which ones are not, and, most importantly, why. This will help you understand how you relate to people you work with. Make changes! If you had problems in another job (maybe you were always late, or you did not finish projects), then you should make changes before you take a new job. It is too late when you are in the job. Decide what you don't want! If you just want a nine-to-five⁴ job, you had better not work for a company that expects you to be on call 24-7.⁵ If you have an interview, prepare! You should find out about an employer's business before your interview. Study the company's website. You could also call the company. Ask to speak with someone about the job. Of course, many of these ideas are common sense,⁶ but a lot of people just don't think about them. As a result, they are very unhappy in their jobs.

VOCABULARY

1 consideration: something to think about when making decisions | 2 assess: judge or decide about | 3 where: in what situation | 4 nine-to-five: 9:00 a.m. to 5:00 p.m., a typical workday | 5 24-7: twenty-four hours a day, seven days a week, all the time | 6 common sense: the ability to use good judgment in making decisions and to live in a safe way

EVALUACIÓN:

NOTE: Please write a short advice for one of your friends, about the academic issues.

AND SELF EVALUATION

1. What I have learned? 2. What was easy from the lesson? 3. What was difficult?

BIBLIOGRAFÍA:

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