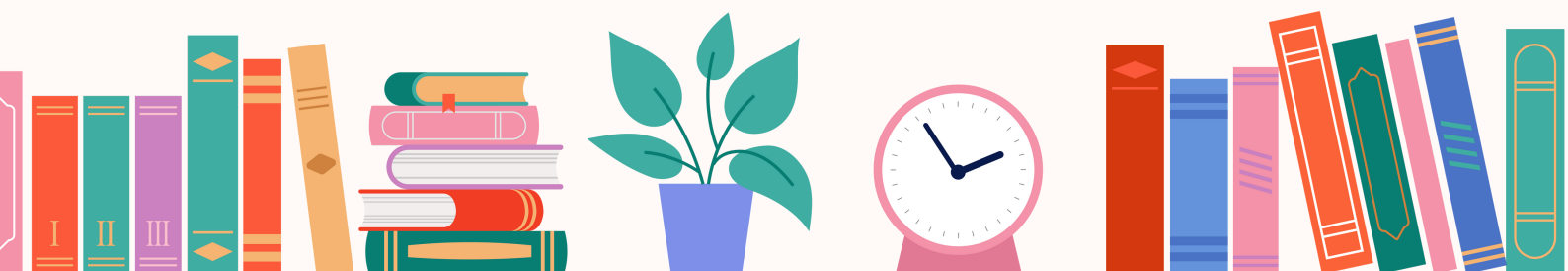




Collection of Speaking Questions

2025 SPM Trial Papers

(With suggested answers)



(For internal use only)

KEDAH SET 1

PART 2	
A restaurant	Family routine at home
- I'd like to talk about a restaurant called The Green Terrace. It's a nice place that offers both Asian and Western food. When I went there, I had grilled salmon with teriyaki sauce and some garlic butter rice. - The food was really tasty — the salmon was fresh and soft, and the sauce added a sweet and rich flavor. - What made it special was the quality of the ingredients and the beautiful presentation. - I believe eating out with family should be encouraged, because it helps people spend time together and enjoy a different atmosphere. It's also a good way to relax and talk after a busy week. Eating out sometimes can make family relationships stronger and more enjoyable.	- An activity I always do with my family is having dinner together. - We usually do it every evening, especially on weekends when everyone is at home and not too busy. During dinner, we talk about our day, share stories, and sometimes make plans for the weekend. - I really enjoy this time because it helps me relax and feel connected to my family. Even if we're tired after work or school, eating together makes the atmosphere warm and friendly. - I definitely think family activities can strengthen the bond between family members. When we spend time together, we understand each other better and build trust. It also helps create happy memories, which makes the family relationship stronger and more supportive.

PART 3: Ways to Protect Wildlife	
Spread Awareness	Limit plastic bags usage
We can also spread awareness by educating others about why wildlife is important for our environment. For example, schools, social media, and community programs can encourage people to act more responsibly.	it's essential to limit the use of plastic bags and other waste. Plastic often ends up in the ocean or forests, and animals can mistake it for food or get trapped in it. Using reusable bags and recycling can make a big difference.
Be a volunteer	Plant more trees
Another good idea is to be a volunteer in local or global wildlife organizations. People can join clean-up campaigns, tree-planting activities, or even help rescue injured animals.	we should plant more trees, because trees give shelter and food to many animals. They also help clean the air and keep our planet balanced.
Avoid buying illegal wildlife products	Preserve natural habitats
We should avoid buying illegal wildlife products like ivory, animal skins, or exotic pets. When people stop buying these things, it reduces the demand and helps stop illegal hunting and trading.	Another important way is to preserve natural habitats. Many animals lose their homes because of deforestation and urban development. Protecting forests, rivers, and oceans gives them a safe place to live and grow.

HOTS: There is still a lot more to do to protect the environment.
Opinion 1: Yes, I think there's still a lot more to do to protect the environment. Problems like pollution and deforestation are still serious in many places. Governments should make stricter laws, and people should be more responsible in daily life, like reducing waste and using less plastic. We've made some progress, but it's not enough yet.
Opinion 2: I partly agree. We've already made good progress — for example, using renewable energy and raising awareness about recycling. But many people still don't follow eco-friendly habits, so we need to keep improving. It's important to continue working together to protect our planet.

KEDAH SET 2

PART 2	
A smart device	A fashion trend
- I would like to buy a smartwatch. - You can buy it online or in electronics stores like Amazon or official brand shops. - A smartwatch can help me keep track of my fitness, like counting steps and monitoring my heart rate. It also lets me check messages and calls without using my phone, which is very convenient when I'm busy or exercising. - However, I think it's important to limit the use of technology because too much screen time can cause problems like eye strain and reduce real social interaction. So, it's good to use devices carefully and take breaks.	- My favourite fashion trend right now is wearing oversized hoodies. - I first learned about this trend from social media, especially Instagram and TikTok, where many influencers and celebrities wear them. - I like oversized hoodies because they're very comfortable and casual, but they also look stylish. You can wear them with jeans or leggings, and they're perfect for both relaxing at home and going out with friends. - About whether following fashion trends is important for teenagers, I think it depends. For some, it helps them express their personality and feel confident. But it's also important not to follow trends just to fit in or spend too much money. So, teenagers should choose trends that suit their own style and make them feel good.

PART 3: Why do people prefer shopping at a mall?	
Service	Brands
First, service is a big factor. Malls usually have friendly staff who can help customers find what they need or answer questions, which makes shopping easier and more enjoyable.	Second, malls offer a wide variety of well-known brands all in one place. This means shoppers can find everything from clothes and shoes to electronics and cosmetics without going to different stores around the city.
Outlets	Safety
Another reason is the presence of outlets or discount stores. Many malls have special shops where people can buy high-quality products at lower prices, which is great for those looking for good deals.	Safety is also important. Malls are generally safe and secure environments with good lighting and security guards, so people feel comfortable spending time there, especially families.
Entertainment	Facilities
Besides shopping, malls offer entertainment options like cinemas, game zones, and food courts. This makes it a fun place to spend several hours with friends or family, not just for buying things.	Finally, malls have excellent facilities like clean restrooms, parking spaces, and seating areas. These conveniences make the shopping experience more pleasant and stress-free.

HOTS: Malaysia should build more shopping malls
Opinion 1: I think Malaysia should build more shopping malls because it can create jobs and help the economy grow. More malls mean more stores and services, which gives people more shopping options and supports local businesses.
Opinion 2: I don't think building more malls is always a good idea. It can cause more traffic and pollution, and small local shops might suffer because people prefer big malls. Instead, the focus should be on improving existing malls and supporting small businesses.

KEDAH SET 3

PART 2	
Natural disaster	An unexpected journey
- I'd like to talk about a natural disaster in Malaysia — the big flood that happened in Kelantan in 2014. It was caused by heavy rain during the monsoon season, and many areas were badly affected. Houses were destroyed, roads were closed, and thousands of people had to move to temporary shelters. - Even though I didn't experience it directly, I remember seeing it on the news and feeling very sad for the families who lost their homes. Many volunteers and rescue teams worked hard to help the victims, which was really inspiring. - I think it's very important to take action to reduce natural disasters. The government and communities should improve drainage systems, plant more trees, and educate people about flood safety. We can't stop the rain, but we can be better prepared to protect lives and property.	- I'd like to talk about an unexpected journey I had last year. I had to travel to Penang suddenly because my cousin was in the hospital after an accident. I didn't plan the trip at all — I just packed a small bag and took the next bus from Kuala Lumpur. - At first, it was quite stressful because I didn't know where to stay or how long I'd be there. But I managed to handle the situation by staying calm, booking a hotel online, and asking my relatives for help. Thankfully, my cousin recovered quickly. - I think it's always good to have backup plans because life is full of surprises. If we prepare a little, like keeping some extra money or emergency contacts, it's easier to deal with unexpected situations without too much stress.

PART 3: Ways to be a smart traveller	
Set daily budget	Take public transportation
First, it's important to set a daily budget. This helps you control your spending and avoid running out of money before your trip ends. You can decide how much to spend on food, transport, and souvenirs each day.	Second, try to take public transportation instead of taxis. It's much cheaper and also gives you a chance to experience how local people travel. In many cities, buses and trains are very convenient and safe.
Do research	Plan activities
Next, you should always do some research before you go. Learn about the local culture, food, and attractions, so you know what to expect and can avoid scams or unsafe areas.	It's also smart to plan your activities in advance. When you have a clear plan, you can make the most of your time and visit the places that really interest you.
Use student discount	Travel with friends
Another great idea is to use student discounts if you're still studying. Many museums, transport services, and even restaurants offer special prices for students, so bringing your student card can save a lot of money.	Lastly, travelling with friends can make the trip more fun and affordable. You can share accommodation, split costs, and look out for each other while exploring new places.

HOTS: Malaysia should build more shopping malls
Opinion 1: Yes, I agree that the government should focus more on local tourism. Promoting local destinations can help small businesses like hotels, restaurants, and souvenir shops grow. It also creates more jobs for local people. Besides that, it encourages citizens to learn about their own country's culture and heritage. When more people travel locally, the economy improves and local traditions are preserved.
Opinion 2: I partly agree. Local tourism is important, but international tourism also brings in foreign money and helps promote Malaysia to the world. The government should support both by improving transport, promoting eco-tourism, and protecting natural attractions. A balance between local and international tourism would make the country's tourism industry stronger and more sustainable.

KEDAH SET 4

PART 2	
A weekend retreat	My favourite social media platforms
- I would like to take a short trip to Langkawi, a beautiful island in Malaysia. - What attracts me most to Langkawi is its amazing beaches and clear blue water, which look perfect for relaxing and enjoying nature. - During the trip, I could do many fun activities like swimming, snorkelling, and visiting the famous Langkawi Sky Bridge to see stunning views. There are also interesting places to explore, like waterfalls and mangrove forests. - I think short breaks are very important for teenagers. It helps us relax and forget about school stress for a while. Traveling also lets us learn new things and experience different cultures, which can be very inspiring. Overall, a short trip is a great way to recharge and feel happier.	- My favourite social media platforms are Instagram and TikTok. - I use them almost every day, usually in the evenings or during free time. - I like Instagram because it's great for sharing photos and seeing what my friends are doing. TikTok is fun because of the short, creative videos that can make me laugh or teach me new things. Both platforms help me stay connected with people and keep up with trends. - I think social media definitely affects teenagers' daily lives. It can be good because it helps us communicate and find information quickly. But sometimes, people spend too much time on it, which can distract them from studying or spending time with family. So, using social media in balance is really important.

PART 3: Ways to reduce stress	
Listen to music	Do exercise
There are several effective ways to reduce stress, and everyone can find what works best for them. One popular method is to listen to music. Music can be very relaxing and helps calm the mind, especially after a long or difficult day. Many people find that their favourite songs improve their mood and reduce anxiety.	Another good way to manage stress is to do exercise. Physical activities like jogging, yoga, or even walking release endorphins, which are natural mood boosters. Exercise also helps improve sleep and overall health, making it easier to handle stressful situations.
Go for a vacation	Take a break
Going for a vacation is also an excellent way to reduce stress. Taking a break from daily routines and spending time in a new place helps refresh your mind. Whether it's a short trip or a longer holiday, vacations give you time to relax and recharge.	Sometimes, the best thing to do is to simply take a break from whatever is causing stress. This might mean stepping away from work or studies for a few minutes, meditating, or doing a hobby you enjoy. Taking short breaks helps prevent burnout and keeps you focused.
Seek help	Get enough sleep
It's also important to seek help when stress becomes too much. Talking to friends, family, or even professionals like counsellors can provide support and advice. Sharing your problems can lighten the emotional load and offer new perspectives.	Lastly, getting enough sleep is crucial for stress reduction. Lack of sleep makes it harder to think clearly and cope with challenges. A good night's rest helps your brain and body recover, making it easier to stay calm and focused during the day.

HOTS: Malaysia should build more shopping malls
Opinion 1: I believe schools are very important for promoting mental health awareness because they can teach students about mental health through lessons and activities. This helps students understand their emotions better and reduces the stigma around mental health problems. Schools can also provide counselors or support groups, so students know where to get help if they need it.
Opinion 2: I partly agree because while schools do play a key role in raising awareness, mental health education should also involve families and communities. Students spend a lot of time at school, but support at home and in the community is also important to create a safe and understanding environment. So, promoting mental health should be a combined effort.

KEDAH SET 5

PART 2

An interesting occupation	Protecting the environment
- A job that I think would be interesting is a flight attendant. This job involves traveling to different countries and taking care of passengers on the plane. - I find it interesting because you get to see many new places, meet people from around the world, and experience different cultures. It's also an exciting job because every flight is different, and you're always on the move. - To do this job well, you need good communication skills, patience, and a friendly attitude. You should also be able to stay calm in emergencies and work well in a team. - I would like to try this job in the future because I love traveling and meeting new people. However, it might be quite tiring because of the long hours and time differences, but I think the experience would be worth it.	- One thing I do to help protect the environment is recycling. I always separate plastic bottles, paper, and glass from other trash at home. - I usually do this every week before the garbage is collected, and I also try to reuse containers or bags whenever possible. - I feel proud when I do this because I know I'm helping to reduce waste and pollution. It's a small action, but if everyone does the same, it can make a big difference. - I think both global and local environmental problems are important, but we should start with local problems first. If each community takes care of its own environment—like keeping the streets clean and reducing waste—it will also help solve global issues in the long run.

PART 3:

Ways to take a good care of your pets

Show love and attention	Provide safe environment
First, it's very important to show love and attention. Pets need care and affection just like humans do. Spending time with them, talking to them, and showing kindness helps them feel safe and loved. A happy pet is usually a healthy pet.	owners should provide a safe environment. This means keeping their living area clean, comfortable, and free from dangerous objects or harmful food. Pets should have enough space to move around and rest properly.
Prepare nutritional food	Send for grooming
Next, preparing nutritional food is another key point. Giving pets the right type of food helps them grow strong and stay active. It's also important to avoid giving them human snacks, which can sometimes be bad for their health.	Another way is to send pets for grooming regularly. Grooming keeps them clean and prevents skin problems or infections. For example, brushing their fur, trimming nails, and bathing them can make a big difference.
Go for veterinary care	Have a regular playtime
It's also necessary to go for veterinary care. Regular check-ups and vaccinations help prevent diseases and ensure the pet stays healthy. If pets show any signs of sickness, visiting the vet early can save their lives.	having regular playtime with pets is very helpful. It gives them exercise and keeps them mentally active. Activities like playing fetch or going for a walk also strengthen the bond between owner and pet.

HOTS: Children should be taught responsibilities by keeping a pet

Opinion 1: I agree because keeping a pet helps children learn care and discipline. When kids feed their pets on time, clean their cages, or take them for walks, they learn to follow routines and take their duties seriously. It also teaches them patience and empathy because they have to look after another living being.
Opinion 2: I also agree because caring for a pet helps children develop life skills and emotional strength. They learn about commitment, time management, and teamwork if the whole family helps. Having a pet can also make children more responsible and understanding, which are important values they can use in the future.
Opinion 3: However, I don't fully agree because not all children are ready to take care of pets. Some might lose interest quickly, and the responsibility then falls on the parents. Also, having a pet requires time, money, and effort. It's better for children to start with simple tasks at home first before taking care of an animal.

KEDAH SET 6

PART 2

House appliances	My recent online purchase
- The most important house appliance I need in my daily life is the washing machine. - I use it to wash my clothes quickly and easily, especially when I have a busy schedule. It saves a lot of time and energy compared to washing clothes by hand. - You can buy a washing machine in most electrical or home appliance stores, or even online from websites like Shopee or Lazada. There are many brands and sizes to choose from depending on your needs. - I think everyone should have a washing machine in their house if they can afford it. It's very useful for families and helps keep clothes clean and fresh without much effort. However, people should still learn how to take care of it properly to save water and electricity.	- Recently, I bought a pair of wireless earphones online. - I ordered them from Shopee, which is one of the most popular online shopping platforms in Malaysia. - The earphones cost around RM80, and I was quite happy with the price because it was cheaper than buying them in a physical store. The sound quality was good, and the delivery took only a few days. - I think buying online can be better because it's more convenient — you can compare prices easily and shop anytime without leaving home. However, sometimes there's a risk of getting the wrong item or poor quality, so it's important to read reviews carefully before buying.

PART 3:

Reasons for students to get involved in sports

Entertainment	Health
First of all, sports provide entertainment and fun. Playing games or joining sports activities helps students relax after studying and reduces stress. It's a great way to balance school life with something enjoyable.	Secondly, sports are very important for health. Regular physical activity keeps students fit, strong, and energetic. It also helps prevent problems like obesity and improves concentration in class.
Discipline	Self-esteem
Another important reason is that sports teach discipline. Students learn to follow rules, manage their time, and stay committed to training. These habits can also help them become more focused and responsible in their studies.	Sports also help build self-esteem. When students achieve something, like winning a match or improving their skills, they feel more confident and prouder of themselves.
Teamwork	Communication
In addition, sports teach teamwork. Students learn how to work with others to reach a common goal. They understand the importance of cooperation, trust, and supporting each other.	Finally, sports improve communication. Students need to talk, listen, and share ideas with teammates and coaches. This helps them express themselves better and develop strong social skills.

HOTS: Government should build more sport facilities in schools.

Opinion 1: I agree that the government should build more sports facilities because it encourages students to be physically active. With better courts, fields, and gyms, students will have more opportunities to exercise regularly. This helps them stay healthy and fit, which is very important, especially with the rise of sedentary lifestyles and health problems among young people.

Opinion 2:

I also think more sports facilities can motivate students to join sports and team activities. When schools have good facilities, students feel more excited and confident to participate. Playing sports teaches important values like teamwork, discipline, and communication, which are helpful for their personal growth.

Opinion 3:

On the other hand, I think the government needs to balance its budget and focus on other important areas like improving classrooms or providing better teaching materials. Building more sports facilities can be expensive, and some schools may not have enough students interested in sports to justify the cost. It's important to invest wisely based on the actual needs of each school.

TERENGGANU SET 1

PART 2	
An enjoyable website	An ideal job
- One website I really enjoy visiting is YouTube. - I usually visit it every day, especially in the evening after finishing my homework. - I like it because there's such a wide variety of videos — from music and travel vlogs to educational content and funny clips. It's both entertaining and informative, so I can relax while also learning new things. - However, I think students should be careful when browsing the internet. Not all content online is suitable or reliable. Some websites may share false information or distractions that affect studies. So, it's important to use the internet wisely and visit safe, trustworthy sites	- A job I want to do in the future is to become a teacher. - I choose this job because I enjoy helping others learn and grow. I think teaching is a meaningful career where I can share knowledge and make a positive impact on students' lives. - To achieve this goal, I plan to study education at university and gain teaching experience through training or volunteer work. I also need to improve my communication and patience, which are very important for teachers. - I believe work-life balance is important because teachers, like everyone else, need time to rest and recharge. When you have a balanced life, you can perform better at work and stay motivated.

PART 3: What are the reasons people take art classes?	
Career	Self-expression
First, some people take art classes to build a career. For example, they may want to become designers, painters, or illustrators in the future. Learning art formally helps them gain skills and knowledge that can open up career opportunities in creative industries.	Second, art classes allow people to show self-expression. Through drawing, painting, or crafting, they can express their emotions and ideas in a unique way. It's a healthy outlet for feelings that might be difficult to express with words.
Relaxation	Talent
Another reason is relaxation. Many people find art calming because it helps them forget stress and focus on something they enjoy. It's almost like a form of therapy that improves mental health and gives peace of mind.	Some people join art classes because they have a natural talent. Taking lessons helps them improve their skills and learn new techniques from experienced teachers.
Hobbies	Interest
Others take art classes simply as a hobby. They may not want to become professionals but just enjoy creating beautiful things during their free time	Finally, many people do it because of interest. They are curious about different art forms like painting, pottery, or digital art, and they want to explore their creativity.

HOTS: How far do you agree that art is just as important as science and math in education?
Opinion 1: I agree that art is just as important as science and math because it helps students develop creativity, imagination, and problem-solving skills. While science and math focus on logic and facts, art allows students to think creatively and express ideas in different ways. These creative skills are also valuable in many careers today, not just in artistic fields.
Opinion 2: I also agree because art helps students manage stress and express their feelings. It teaches patience, confidence, and emotional balance, which are just as important as academic success. A good education should develop both the mind and the heart, so art should be given equal importance in schools.
Opinion 3: I don't really agree because science and math are more essential for most careers. Many jobs today, like engineering, medicine, and technology, require strong knowledge in these subjects. They also contribute more directly to the country's development and economy. Art is enjoyable, but it's not as necessary for everyone's future.

TERENGGANU SET 2

PART 2	
Saving money	Healthy eating habit
- I try to save a small amount of money every month, usually around RM100 from my allowance. - I keep my savings in a bank account, because it's safer than keeping cash at home and I can track my balance easily through online banking. - I plan to use the money for my future needs, like buying a new laptop or maybe for my studies. Sometimes, I also save for short-term goals like gifts or travel. - I think it's very important to have savings because we never know when emergencies might happen. Having some extra money gives us security and helps us become more responsible with our spending. It also teaches good financial habits for the future.	- One of my healthy eating habits is having vegetable stir-fry with rice. It includes broccoli, carrots, and tofu, which are full of vitamins and protein. - It's quite easy to prepare — I just cut the vegetables, stir-fry them with a bit of olive oil, garlic, and soy sauce, and serve it with steamed rice. - I really enjoy this meal because it's tasty, colourful, and makes me feel energetic after eating. It's also light and not oily, which is good for my health. - I think it's better to cook at home than to eat out because home-cooked food is healthier and cleaner. You can control the ingredients, use less salt and oil, and make sure everything is fresh. Eating at home also saves money and brings the family together.

PART 3: How to raise awareness about protecting wildlife?	
Education	Exhibitions
First of all, education is one of the most effective ways. Schools can teach students about the importance of wildlife and how animals contribute to the environment. When young people understand this, they will grow up to be more responsible and caring towards nature.	Next, exhibitions are a great way to show people the beauty of wildlife and the problems they face. These events can include photos, videos, and live talks that help visitors understand why protecting animals is necessary. Exhibitions make the issue more real and personal.
Campaigns	Donation
On the other hand, campaigns are activities designed to spread messages to a wider audience, often through social media, posters, or public events. Campaigns can encourage people to take action, like reducing plastic use or supporting wildlife charities. They reach many people quickly and raise awareness on a larger scale.	Another way is through donations. Many wildlife organisations need funds to rescue injured animals or protect natural habitats. By donating money or even volunteering, we can help them continue their important work.
Posters	Join clubs
We can also create posters and banners to raise awareness in schools or communities. Simple messages and eye-catching designs can remind people to avoid harming wildlife and to protect the environment.	Finally, joining wildlife clubs is a great way for people to get involved directly. Clubs often organise activities like tree planting, clean-ups, or talks about conservation. Being part of a group helps people stay motivated and inspire others to care about wildlife.

HOTS: In what ways can sustainable development balance economic growth with environmental protection?
Opinion 1: Sustainable development encourages the use of renewable energy sources like solar, wind, and hydro power instead of fossil fuels. This reduces pollution and protects the environment while still allowing industries to grow. Investing in green technology also helps businesses produce goods in eco-friendly ways, which supports economic growth without harming nature.
Opinion 2: Governments and companies can create policies that limit waste and emissions, and encourage recycling and conservation. This means businesses need to be responsible about how they use resources. At the same time, consumers can choose to buy products that are environmentally friendly, which pushes companies to balance profits with protecting the environment.
Opinion 3: Sustainable development means growing the economy while protecting the environment. This can happen by using clean energy like solar power, which does not pollute. There should also be rules to stop companies from wasting and polluting too much. People can help by buying products that are good for the environment. This way, the economy grows without hurting nature.

TERENGGANU SET 3

PART 2	
A place to visit	A sport athlete
• A place I wish to visit is Kyoto, Japan. • It is special because it has many beautiful temples, traditional gardens, and a rich history. I've seen pictures of the cherry blossoms there, and it looks really peaceful and unique. • To get there, I would probably take a flight from Malaysia to Osaka and then take a train to Kyoto. The train rides in Japan are famous for being fast and comfortable. • I think travelling can sometimes require a lot of money, especially for flights and accommodation, but it doesn't have to be expensive. If you plan carefully, like booking tickets early or staying in budget hotels, you can enjoy travelling without spending too much.	• The sport athlete I would like to meet is Lionel Messi, a famous football player. • He is not very tall but very fit and quick. He usually wears the jersey of his team and has a friendly smile. • If I met him, I would like to ask about his training routine and how he stays motivated during difficult times. I would also want to learn how he handles pressure in important matches. • Having a role model like Messi can really help teenagers. It teaches them to work hard, stay focused, and believe in themselves. Role models also inspire young people to set goals and never give up, which is very important in both sports and life.

PART 3: How to be a smart shopper?	
Budget	Price
• First, it's important that we set a budget before shopping. This helps us avoid spending too much or buying unnecessary items	• Next, we should compare prices because the same product might cost less in another store or online. Checking prices helps us find the best deal and save money.
Quality	Reviews
• But price isn't everything — we also need to check the quality. It's better to spend a bit more on something durable than to buy something cheap that breaks quickly.	• Reading reviews from other buyers is helpful too. Reviews give us real opinions and warn us about any problems, so we can make better decisions.
Be yourself	Return policies
• Another tip is for us to be ourselves and buy things that suit our style and needs, rather than just following trends or sales. This way, we avoid impulse buying and wasting money on things we won't use.	• Finally, it's good for us to check the return policies before buying. If a product doesn't work out, knowing we can return or exchange it gives us peace of mind.

HOTS: To what extent are students aware of the growing trend of unnecessary purchases and their impact?
Opinion 1: Many students understand that buying too many unnecessary things can waste money and harm the environment. They know that constantly buying new items creates more waste and pollution. However, despite this awareness, they are often influenced by peer pressure and advertisements. Social media, in particular, encourages students to follow trends and buy items to fit in or look popular. This makes it harder for them to resist unnecessary purchases even if they know the impact.
Opinion 2: While some students are aware, many do not fully understand the long-term consequences of overconsumption. Without proper education about sustainable buying habits and environmental effects, students may not change their behaviour. Schools and communities can help by organizing campaigns or lessons that teach students about smart shopping and the importance of reducing waste. This can help increase their awareness and encourage responsible consumption.
Opinion 3: Many students know that buying too many unnecessary things can waste money and harm the environment. However, they often still buy these items because friends and advertisements encourage them to follow trends and fit in. Also, some students don't fully understand how serious the problem is. Schools should teach more about smart shopping and protecting the environment to help students make better choices and reduce unnecessary purchases

PERLIS SET 1

PART 2	
Part-time job	Favourite festive celebration
- If I could have a part-time job after SPM, I'd like to work as a barista in a café. I really enjoy the warm and relaxing atmosphere in coffee shops, and I think it would be fun to learn how to make different kinds of drinks while meeting new people. - I choose this job because it can help me improve my communication and teamwork skills, which are important for my future career. I'd love to work at a local café near my town, especially one that's popular among students, so I can gain experience and still be close to home. - I believe part-time jobs are important for teenagers because they teach us responsibility, time management, and how to handle money. We also learn to appreciate the value of hard work while becoming more independent.	- My favourite festive celebration is Hari Raya Aidilfitri. - I really enjoy it because it's a time when families and friends come together to celebrate the end of Ramadan. The atmosphere is always joyful — people wear beautiful traditional clothes, prepare delicious food, and visit one another to strengthen relationships. - My family usually celebrates by going to the mosque for prayers in the morning, and then we have a big meal with dishes like rendang and ketupat. Later, we visit our relatives and give <i>duit raya</i> to children. It's one of the few times when everyone in the family gathers, so it feels very special. - I think celebrating festive occasions is important because it helps us appreciate our culture and traditions. It also reminds us to be thankful, forgive others, and value the bonds we share as a community.

PART 3: How to promote tourism in our country?	
Use social media	Give brochures and flyers
First of all, we can use social media platforms like Instagram, TikTok, and Facebook to share attractive photos and videos of beautiful destinations. Since many people spend time online, this is a powerful and modern way to attract both local and foreign tourists.	Another way is to give out brochures at airports, hotels, and shopping malls. These brochures can include maps, cultural highlights, and special activities that tourists can enjoy. It's a simple but effective method, especially for visitors who prefer printed information.
Organise campaigns	Introduce cheap travel packages
We can also organise tourism campaigns, such as "Visit Malaysia Year" or cultural festivals that highlight traditional music, dances, and local crafts. These events not only promote our culture but also bring communities together.	Besides that, the government or travel agencies should introduce cheap travel packages to make it easier for families or students to explore the country. Affordable options can really encourage more domestic tourism.
Advertise local food	Improve tourist facilities
Another good idea is to advertise our local food, because food tourism is becoming very popular. Dishes like nasi lemak or laksa can attract visitors who love to try new flavours.	Moreover, it's important to improve tourist facilities, such as public transport, cleanliness, and accommodation. When tourists have a comfortable experience, they're more likely to return and recommend the destination to others.

HOTS: In what ways too much tourism can harm a country's culture and environment?
Opinion 1: Too much tourism can cause a country's culture to become commercialised. When local people focus mainly on pleasing tourists, traditional customs may be changed or performed only for money, not for real cultural meaning. For example, traditional dances or ceremonies might be shortened or modernised just to entertain tourists. Over time, young people might lose interest in practising their true culture, and it becomes less authentic.
Opinion 2: Another negative effect is on the environment. When too many tourists visit beaches, forests, or islands, they produce large amounts of waste and damage natural habitats. For instance, coral reefs can be destroyed by irresponsible diving or littering. The increase in transportation, such as buses and boats, also leads to air and water pollution. This harms wildlife and makes the area less beautiful for future visitors.

PERLIS SET 2

PART 2	
Social media	Learning device
• My first experience using social media was when I started using Instagram a few years ago. • My older sister introduced it to me because she said it was a fun way to share photos and stay connected with friends. At first, I was really excited to post pictures of my pets and school activities. I also followed my friends and favourite celebrities to see their updates. • However, I learned that it's important to stay safe online, so I set my account to private and only accepted requests from people I know. I also avoid sharing personal information like my location or school name. • Overall, my first experience with social media was enjoyable, but it also taught me how to use it responsibly and protect my privacy.	• The learning device I like the most is my laptop. • I use it almost every day for studying, doing assignments, and attending online classes. It's very convenient because I can access notes, watch educational videos, and even communicate with my teachers and classmates easily. • Usually, I spend around three to four hours a day using it, especially when I have to do research or prepare presentations. Sometimes I also use it to relax by listening to music or watching documentaries. • This device really makes my life better and more productive because it helps me learn independently and manage my time efficiently.

PART 3: Ways to keep in touch	
Writing letter	Texting
• There are many ways people can keep in touch nowadays. One of the oldest methods is writing letters. Although it's not very common today, letters feel more personal and meaningful because they show effort and emotion.	• A faster and more popular way is texting. It allows us to send short messages instantly, no matter where we are. It's convenient for daily communication, especially among friends.
Calling	Video calling
• We can also call someone if we want to have a more direct conversation. Hearing a person's voice can make communication feel warmer and more personal.	• Similarly, video calling lets us see the person's face, which is great for long-distance relationships or family members living abroad.
Sending e-mail	Video conferencing
• Besides that, sending emails is useful for formal communication, such as contacting teachers, applying for jobs, or sharing documents. It's more professional and organised compared to texting.	• video conferencing has become very popular, especially after the pandemic. It helps people hold meetings, attend online classes, or discuss projects even if they're in different places.

HOTS: How can students use modern communication tools smartly?
Opinion 1: Students should use communication tools like Google Meet, WhatsApp groups, or online forums to discuss lessons, share notes, and do group projects. This helps them learn more efficiently and stay connected with classmates in a positive way instead of wasting time on social media.
Opinion 2: Students must be careful about what they share online. They should avoid posting personal information and be respectful in messages or group chats. By using privacy settings and thinking before they post, they can communicate safely and build a good digital reputation.
Opinion 3: Modern tools like Canva, Padlet, or online brainstorming apps can help students express ideas creatively and work together on projects. Using these tools smartly makes learning more interactive and fun while building teamwork skills.

PERLIS SET 3

PART 2	
Favourite healthy food	Favourite outdoor exercise
- My favourite healthy food is grilled chicken salad. It's made with fresh vegetables like lettuce, tomatoes, and cucumbers, topped with grilled chicken and a light dressing. - I usually eat it at home or sometimes at a café near my school because it's quick and easy to prepare. - I try to eat it at least twice a week, especially when I want a lighter meal. I like how it tastes fresh and gives me energy without feeling too heavy. - Eating healthy food like this is very important because it helps our body stay strong, improves our focus in school, and prevents health problems in the future. I believe that eating well is the first step to living a balanced and happy life.	- My favourite outdoor exercise is jogging. - I usually jog around the park near my house because the air is fresh and the scenery is peaceful. It's a great place to relax my mind while staying active. - I try to jog three times a week, usually in the evening when the weather is cooler. Sometimes I go with my friends, which makes it more fun and motivating. - I think exercising is very important because it helps us stay healthy, reduce stress, and improve concentration. It also teaches discipline and self-control, since we need to make time and effort to stay consistent. In the long run, this habit helps us build not just a healthy body, but also a positive mindset.

PART 3: How can teenagers can save the environment?	
Turn off electrical devices	Use reusable items
First, we can turn off electrical devices like lights, fans, or chargers when we're not using them. It may seem small, but saving electricity also reduces carbon emissions.	Second, we should use reusable items such as water bottles, shopping bags, and food containers instead of single-use plastics. This helps to reduce waste in landfills and oceans.
Recycle	Pick up litter
Another good habit is to recycle paper, plastic, and glass. Schools can also set up recycling bins to make it easier for students to take part.	Besides that, we can pick up litter in public places like parks and beaches. Keeping our surroundings clean shows we care about our community.
Join clean-up events	Use public transport
Teenagers can also join clean-up events or environmental campaigns, which are great opportunities to learn teamwork and raise awareness among others.	Lastly, using public transport or carpooling can help reduce traffic and air pollution. If more young people do this, it can make a real difference to the environment.

HOTS: How far do you agree that small daily actions can stop big environmental problems?
Opinion 1: I agree because when everyone takes small steps every day, like saving electricity, recycling, or reducing plastic use, the results can add up. For example, if every student brings a reusable bottle, thousands of plastic bottles can be saved in a year. These habits may seem small, but together, they help reduce waste and pollution significantly.
Opinion 2: Small actions can also influence others to care about the environment. When teenagers practice eco-friendly habits, their friends or families might follow. This creates a positive chain reaction and can even push the government or companies to adopt greener policies. So, small daily efforts can lead to larger environmental awareness and long-term change.
Opinion 3: Even if small steps don't change the environment overnight, they help develop awareness and responsibility. When students make eco-friendly choices every day, they grow up with green habits and influence future generations. In this way, small actions help build a culture of environmental care in the long term.

PERLIS SET 4

PART 2	
Online shopping application	Favourite shop
- The online shopping application I like the most is Shopee. It's very popular in Malaysia because it offers a wide range of products, from clothes and books to electronics and groceries — all in one place. - I like Shopee because it's convenient and affordable. I can compare prices easily, read reviews before buying, and enjoy discounts during special sales. The delivery is usually fast, and I don't have to waste time going to physical shops. - I use the app almost every week, especially when I need school supplies or small gifts for my friends. It's simple and saves me a lot of time. - I think people shop online because it's easy, time-saving, and available anytime. It's also helpful for people who live far from shopping malls or prefer to shop comfortably from home.	- One shop I really like to go to is Mr. DIY. It's a popular store that sells all kinds of household items, school supplies, and stationery. - I usually buy things like notebooks, pens, and small decorations for my room because the prices are reasonable and the products are quite good. - I go there about once or twice a month, especially when I need to buy something for school or my family. It's also fun to look around because there are so many useful items. - I think it's important to plan before buying things so we don't waste money on items we don't really need. Planning helps us manage our budget wisely and make smarter decisions. However, sometimes it's okay to buy something small just to reward ourselves — as long as we spend responsibly.

PART 3: How teenagers protect themselves when shopping online?	
Use trusted websites	Check reviews and ratings
There are many ways teenagers can protect themselves when shopping online. First, they should use trusted websites like Shopee or Lazada. These platforms are safer because they have proper security systems and refund policies.	Second, it's important to check reviews and ratings before buying. This helps teenagers know whether the seller is reliable and if the product is genuine.
Use safer payment methods	Do not share personal information
Next, they should use safer payment methods, such as e-wallets or cash-on-delivery, instead of sharing credit card details with unknown sellers.	Besides that, teenagers must not share personal information like their address, phone number, or passwords with strangers online, as this can lead to scams or identity theft.
Avoid clicking on suspicious link	Think before buying
They also need to avoid clicking on suspicious links that may contain viruses or fake promotions. Always double-check the source before opening any message or adverts.	Lastly, teenagers should think carefully before buying to avoid wasting money or falling for online traps.

HOTS: In what ways can schools and communities help spread awareness on online safety to teenagers?
Opinion 1: Schools can organise talks, workshops, or classroom lessons to teach teenagers how to protect personal information and avoid scams. For example, teachers can include cyber safety topics in ICT classes. When students learn these skills early, they become more responsible internet users.
Opinion 2: Communities can hold online safety campaigns or talks using posters, social media, or local events. For instance, a youth centre could invite cyber experts to share safety tips. These efforts can remind both teenagers and parents to stay alert and protect themselves online.
Opinion 3: Schools can involve students in cyber safety projects or poster competitions. This allows teenagers to research online dangers and share what they learn with others. When students teach their friends, the message spreads faster and becomes more meaningful.
Opinion 4: Communities can create short videos or online campaigns that show examples of scams or unsafe behaviour. Teenagers often use social media, so this is an effective way to reach them. By seeing real stories online, they will be more alert and cautious when using the internet.

PERLIS SET 5

PART 2	
Favourite celebrity	Favourite household chore
- My favourite celebrity is Emma Watson. She is not only a talented actress but also a passionate activist for gender equality and education. - I admire her because she uses her fame to raise awareness about important social issues rather than just focusing on acting or fashion. - Emma Watson has influenced me and many others by showing that celebrities can make a real difference in the world. For example, her work with the United Nations has encouraged young people to speak up for equality and education. - I believe celebrities can be role models because they have a platform to inspire positive change. However, it's also important for us to think critically and not follow someone blindly. We should choose role models who show responsibility and integrity.	- My favourite household chore is washing the dishes. - I usually do this every evening after dinner because it helps keep the kitchen clean and organised. - To do this chore, I need basic tools like a sponge, dishwashing liquid, and a drying rack. I find it quite satisfying to see the sink empty and all the dishes sparkling clean afterwards. - I think teenagers should be responsible for household chores because it teaches them important skills like discipline, time management, and teamwork. Sharing chores also helps lighten the burden on parents and encourages a sense of responsibility.

PART 3: Ways to maintain a good family relationship	
Spend quality time together	Avoid comparing family member
Firstly, families can spend quality time together, like having meals or going on weekend outings. This helps everyone feel closer and share their thoughts and experiences.	In addition, it's important to avoid comparing family members, because it may cause jealousy or resentment. Appreciating each person's strengths encourages respect and self-confidence.
Celebrate special occasions	Do activities with family
Moreover, families can celebrate special occasions such as birthdays or festivals. These moments create happy memories and a sense of togetherness.	Another way is to do activities together, like playing games or exercising. Shared activities are fun and help improve teamwork and communication.
Be patient and forgiving	Support one another
Furthermore, family members should be patient and forgiving, because arguments are natural. Forgiveness prevents misunderstandings from escalating and teaches empathy.	Finally, it is essential to support one another by listening, helping with tasks, or offering encouragement. This builds a caring and secure environment for everyone.

HOTS: What would happen if the family members stop spending time together?
Opinion 1: If family members stop spending time together, they may become emotionally distant. Without shared experiences or regular conversations, it's harder to understand each other's feelings or daily struggles. Over time, this can lead to misunderstandings or arguments over small matters, and family members may feel less connected and supported.
Opinion 2: Not spending time together can also weaken family bonds and support systems. Teenagers or younger children might feel isolated and miss guidance when facing challenges, such as school stress or personal problems. This can affect their emotional wellbeing and reduce the sense of harmony and trust in the home.
Opinion 3: If family members stop spending time together, they may lose connection with family values and traditions. For example, children might miss learning cultural practices, celebrating festivals, or understanding family history. Over time, this can weaken the sense of identity and belonging within the family.
Opinion 4: When families spend little time together, teenagers may become more influenced by friends, social media, or peers. This can lead them to adopt habits or behaviours that don't align with the family's values. As a result, relationships may feel distant, and family guidance may lose its impact.

PERAK SET 1

PART 2

Favourite television show	Personal care product
- One of my favourite television shows is "Projek: High Council", a Malaysian drama about high school students facing academic and personal challenges. - I usually watch it in the evening after school, which helps me relax after a busy day. - I like this show because it is entertaining and relatable. The characters' struggles and friendships reflect real-life student experiences, which makes the story engaging. - Watching shows like this also helps in learning a language. The dialogues are mainly in Malay, which improves listening skills, vocabulary, and understanding of everyday expressions. Overall, watching television is both enjoyable and educational, allowing me to relax while learning new language skills naturally.	- One important personal care product for me is moisturising cream. I use it every day, especially after washing my hands or face. - The cream I use costs about RM20 to RM30, which I think is reasonable for its quality and benefits. - It is important because it keeps my skin hydrated, soft, and healthy, especially in Malaysia's hot weather where skin can dry out easily. Using moisturiser regularly also helps prevent skin problems like flakiness or irritation. - I would definitely recommend it to others because it is easy to use, affordable, and makes a noticeable difference in skin health. Everyone should take care of their skin to feel comfortable and confident every day.

PART 3:

What do teachers spend their money on?

Food and drinks	Fashion
Firstly, they often spend on food and drinks, both for themselves and sometimes as treats for their students. For example, they may buy snacks for the classroom to encourage students, which helps build positive relationships.	In addition, some teachers spend money on fashion, not only for themselves but also for students, especially accessories or outfits for competitions and school events. This ensures students look presentable and feel confident during performances.
Entertainment	Technology
Moreover, teachers may spend on entertainment, like watching movies, streaming series, or going to concerts, which helps them relax and relieve stress after work.	Another area is technology, such as laptops, tablets, projectors, or educational software. Teachers often use these tools to prepare lessons, create engaging activities, and communicate with students. Investing in technology not only helps them teach more effectively but also saves time and makes lessons more interesting for students.
Hobbies	Education
Furthermore, teachers often spend on hobbies, like sports, gardening, or music. These activities allow them to unwind and maintain a balanced lifestyle.	Finally, some teachers invest in education, such as attending courses, workshops, or buying professional books. This helps them improve their teaching skills, stay updated with new methods, and develop professionally.

HOTS: Schools should teach financial management skills. Discuss

Opinion 1: Teaching financial management in schools helps students learn to budget, save, and spend wisely from a young age. For example, if teenagers understand how to manage pocket money or plan for expenses, they are less likely to overspend or fall into debt in the future. These skills prepare them for adult responsibilities and make them more independent.
Opinion 2: Financial education also helps students make informed and responsible choices about money. For instance, they can learn the difference between needs and wants, understand the importance of saving, and avoid impulsive spending. This not only benefits their personal lives but can also help them contribute positively to their families and communities.
Opinion 3: Financial education can also encourage creativity and entrepreneurship. Students who understand budgeting, profit, and investment may be more confident in starting small businesses or saving for personal projects. This not only builds financial literacy but also critical thinking and problem-solving skills.

PERAK SET 2

PART 2	
Reusable item	Extreme sport
- One reusable item that I often use is a stainless-steel water bottle. - I usually carry it to school, tuition, or when I go out, so I always have water with me. - I use it by filling it with water or other drinks and drinking directly from it throughout the day. After use, I wash it and refill it again, which makes it very convenient and eco-friendly. - There are several advantages to using reusable items like this. First, it reduces plastic waste, helping protect the environment. Second, it saves money in the long run because I don't need to buy bottled water every day. Finally, using a reusable bottle promotes good habits, like caring for the planet and being more responsible.	- One extreme sport I would like to try is paragliding. - I first heard about it from a documentary on adventure sports and also from friends who have tried it abroad. - I would like to try paragliding because it looks thrilling and gives a sense of freedom. The idea of flying high above mountains or beaches while enjoying the scenery is very exciting, and it seems like a unique way to challenge myself. - To ensure safety while playing extreme sports, it is important to wear proper safety gear, follow instructions from trained instructors, and check equipment carefully before use. It's also wise to start with beginner lessons and never take unnecessary risks. - Overall, paragliding seems exciting and challenging, but safety should always be the top priority when trying extreme sports.

PART 3: Why should people travel?	
Food	Relationship
Firstly, traveling allows people to enjoy different types of food. By tasting local dishes, they can better understand the culture and traditions of a place. For example, trying street food or visiting local markets can give a deeper appreciation of the country's lifestyle and flavours.	In addition, travel can strengthen relationships. Going on trips with family or friends helps create shared memories and improve bonds. Spending quality time together in new environments encourages teamwork, communication, and understanding.
Relaxation	Language
Moreover, traveling provides relaxation. Visiting peaceful places such as beaches, mountains, or resorts allows people to reduce stress, forget daily worries, and recharge their energy. This can also improve mental health and overall wellbeing.	Another reason is that travel can help with language learning. Interacting with locals, reading signs, or using another language daily improves communication skills and boosts confidence. It also exposes travellers to new expressions and accents, making learning more practical and fun.
Memories	Experience
Furthermore, it creates lasting memories. Seeing new places, meeting people, and trying new activities can be remembered for a lifetime. Photos, souvenirs, and stories from trips can be cherished and shared with others, making the experiences even more meaningful.	Finally, traveling offers unique experiences. For instance, adventure sports, cultural festivals, or volunteering abroad can teach new skills, challenge personal limits, and broaden perspectives. These experiences often change the way people view the world and themselves.

HOTS: Do you think that tourism brings more benefits than problems to a country?
Opinion 1: I think tourism brings more benefits because it creates jobs and generates income for the country. Hotels, restaurants, travel agencies, and local attractions benefit from visitors, which also helps small businesses. For example, local artisans and food vendors earn more when tourists buy their products, boosting the economy.
Opinion 2: Tourism also encourages cultural exchange. Visitors learn about the country's traditions, history, and way of life, while locals gain a better understanding of different cultures. This can promote tolerance and global awareness, which are positive outcomes that outweigh some of the problems like traffic or pollution.

PERAK SET 3

PART 2	
An animation character	Green school campaign
- One animation character I really like is SpongeBob SquarePants. - He is from the popular cartoon show “SpongeBob SquarePants”, which I often watch on television or online. - I like SpongeBob because he is funny, optimistic, and always enthusiastic, no matter what challenges he faces. His positive attitude and determination make me smile and sometimes even inspire me to stay cheerful in difficult situations. - If I had the chance to meet him in real life, I would definitely like to, because it would be fun and exciting. Meeting a character I admire could also make me feel happier and remind me to stay positive, just like SpongeBob.	- Last year, I joined a Green School campaign organized by my school’s environmental club. - It took place during Earth Week in April, and many students and teachers took part. - During the campaign, we did several activities, such as planting trees, picking up litter around the school, and creating posters to raise awareness about recycling. I also helped teach younger students how to separate waste properly. - From this campaign, I learned the importance of caring for the environment and how small actions, like reducing waste or planting trees, can make a big difference. I also realized that teamwork is essential because working together with others can achieve much more than doing things alone.

PART 3: Why should we preserve historical sites?	
Knowledge	Culture
We should preserve historical sites for several reasons. To begin with, they provide knowledge about the past. By visiting old buildings or monuments, people can learn about history, important events, and how society has developed over time.	In addition, preserving historical sites helps maintain culture. Traditions, architecture, and art are part of a country’s heritage, and protecting them ensures that future generations can understand and appreciate their roots.
Country’s image	Love
Also, it enhances the country’s image. Well-maintained historical sites show that a nation respects its heritage, which can create pride among citizens and admiration from foreigners.	Another reason is that preserving these sites encourages love and respect for one’s country. When people see the efforts to protect historical landmarks, they are more likely to value their heritage and feel connected to it.
Tourism	Future
Besides that, historical sites promote tourism. Visitors come to see landmarks, which generates income for local businesses and helps the economy grow.	Finally, protecting these sites is important for the future. If we don’t preserve them, valuable history and culture could be lost forever, leaving future generations with less knowledge about their country.

HOTS: What would you include in a campaign to promote love for the country?
Opinion 1: I would include activities that teach students about the country’s history, culture, and heroes. For example, school workshops, museum visits, or heritage tours can help people understand and appreciate their roots. When people learn about the struggles and achievements of their nation, they are more likely to feel proud and develop a deeper love for their country.
Opinion 2: I would also include campaigns that encourage active participation in improving the country, such as tree planting, clean-up drives, or volunteering for social causes. Being involved in positive actions for the nation helps citizens feel responsible and connected, creating a sense of pride and attachment to their country.
Opinion 3: The campaign could include videos, posts, or stories about the country’s achievements, culture, and natural beauty. Sharing positive and inspiring content online can reach many people, especially teenagers, and encourage them to feel proud of their country.
Opinion 4: Another idea is to organise events for citizens to participate in national holidays, festivals, or cultural performances. Experiencing these traditions firsthand can create a stronger emotional connection and a sense of belonging, helping people appreciate their country more deeply.

PERAK SET 4

PART 2	
School trip	Relaxation
- Last year, my school organised a trip to the National Science Centre in Kuala Lumpur. - During the trip, we explored various science exhibits, watched interactive demonstrations, and even took part in a workshop about robotics. I really enjoyed myself because it was both fun and educational. Not only did I learn many new things about science that we don't usually study in class, but it was also exciting to try hands-on activities together with my friends. - Moreover, school trips help create better friendships among students. Spending time together outside the classroom allows us to communicate more freely, cooperate during activities, and support each other in new experiences.	- My favourite way to relax is listening to music. - I usually do this every evening after school or during weekends. For me, music helps me feel calm and takes my mind off any worries from studies or other activities. - I prefer relaxing alone because it allows me to fully focus on the music and unwind without distractions. However, sometimes I also enjoy listening with friends, especially when we share our favourite songs or attend concerts. In my opinion, relieving stress is very important because stress can affect both our mood and health. When we take time to relax, we can think more clearly, make better decisions, and feel happier.

PART 3: How content creators influence our lives?	
Information	Entertainment
One way is by providing information. Many creators share tips, news, or educational content, which helps people stay informed and learn new things. For example, a cooking channel can teach easy recipes, while a science vlogger can explain experiments in a simple way	In addition, content creators offer entertainment. Videos, vlogs, or funny posts can make people laugh and relax after a busy day. Watching entertaining content can also help people relieve stress and improve their mood.
Lifestyle	Decision-making
Another way they influence us is through our lifestyle. Many creators share ideas about fashion, food, or fitness, which sometimes affects how people dress, eat, or exercise. Following these ideas can inspire people to adopt healthier or more creative habits.	Moreover, they can affect our decision-making. Reviews or recommendations from trusted creators can guide people in choosing products, travel destinations, or services. This can save time and help people make more informed choices.
Inspiration	Awareness
Besides that, content creators provide inspiration. Their stories of success, challenges, or creativity can motivate people to pursue goals or try new hobbies. Seeing others overcome difficulties can encourage viewers to work harder and stay positive.	What is more, they raise awareness about social or environmental issues. For instance, some creators promote eco-friendly habits or support charitable causes, encouraging viewers to take action. This helps people become more responsible and thoughtful about the world around them.

HOTS: Can you live without the internet for a week? Explain

Opinion 1:

Yes, it is possible to live without the internet for a week, but it would be quite challenging. Most of our daily activities, like studying, communication, or even entertainment, rely on the internet. For example, I use it to research for schoolwork and to keep in touch with friends, so I would need to find alternatives such as books or calling on the phone.

Opinion 2:

On the other hand, taking a break from the internet can actually be beneficial. Without constant notifications and social media, people can focus more on real-life activities, spend quality time with family, and reduce stress. This break can also encourage creativity and personal reflection, which are often overlooked in our busy online lives.

Opinion 3:

I don't think I could live without the internet for a week because it is very important for **communication and learning**. I use social media and messaging apps to keep in touch with friends and family, and school assignments often need online resources.

PERAK SET 5

PART 2	
A good person	Smartphone
- A good person that I know is my neighbour, Mrs. Lim. - She is very kind, helpful, and always polite. She often helps others in the community and treats everyone with respect, no matter who they are. - I got to know her because she lives next door and often invites me and my family to join community activities. She also shares advice and supports neighbours when they need help, which makes her very reliable and caring. - I think saying “Please” and “Thank you” is very important because it shows politeness and respect. Mrs. Lim always uses these words, and it makes people feel appreciated and valued.	- A smartphone that I wish to have is the latest iPhone. - I would buy it at an official store or a trusted online retailer to make sure it is genuine and works properly. - I want this smartphone because it has many advanced features, such as a high-quality camera, fast performance, and useful apps for learning and entertainment. With it, I can take better photos, study online more efficiently, and stay connected with friends and family. - Regarding whether students should be allowed to bring smartphones to school, I think yes, but with rules. Smartphones can be useful for learning and communication, but students should not use them during lessons unless permitted, so they do not get distracted.

PART 3: Ways to encourage harmony in your community	
Festival	Competition
To start with, organising festivals can bring people together. Celebrating cultural activities allows neighbours to meet, share experiences, and develop better understanding of each other.	In addition, competitions such as sports or art contests can promote teamwork and cooperation, which helps strengthen relationships among community members.
Volunteering	Sharing
Another way is through volunteering. When people work together to help others, for example in clean-up drives or charity events, it creates a sense of unity and shared responsibility.	Moreover, sharing is important. People can share knowledge, food, or resources with those in need, encouraging generosity and goodwill.
Respect	Role model
What is more, showing respect to everyone and listening to others' opinions can reduce conflicts and create a peaceful environment.	Besides that, having a role model in the community can inspire others to behave positively. When someone demonstrates kindness and responsibility, others are likely to follow their example.

HOTS: How can language unite a country?
Opinion 1: A common language allows people from different regions to communicate effectively. For instance, in Malaysia, Bahasa Malaysia helps citizens from various ethnic groups understand each other, which reduces misunderstandings and promotes harmony.
Opinion 2: In addition, language preserves culture and identity. Through a shared language, people can exchange stories, songs, and traditions, which strengthens a sense of national pride and belonging. This helps everyone feel connected to their country's heritage.
Opinion 3: Moreover, speaking a common language encourages cooperation and teamwork. In schools, workplaces, or community projects, people can work together more easily when they understand each other. This collaboration fosters understanding, shared goals, and unity across society.

PERAK SET 6

PART 2

A gift	House chore
- A gift that I gave someone was a handmade photo frame. - I gave it to my best friend on her birthday last year. - I chose this gift because I wanted it to be personal and meaningful, rather than something bought from a store. I decorated it with photos of our favourite memories together, so she could keep it as a reminder of our friendship. - I don't think gifts are a waste of money if they are given with sincere thought and care. The value of a gift is not in its price, but in the feelings it represents. A small, meaningful gift can make someone very happy and strengthen relationships.	- My favourite house chore is sweeping the floor. - I usually do it every morning or in the evenings, depending on how dirty the house is. - I like doing this chore because it is simple and relaxing. While sweeping, I can think about my day or listen to music, which helps me feel calm. I also enjoy seeing the floor clean and shiny afterwards, which gives me a sense of accomplishment. - I think doing house chores is important for children because it teaches responsibility and independence. When children help with chores, they learn to take care of their home and understand the value of teamwork in a family.

PART 3:

Why should students have enough sleep?

Focus	Health
One reason is that it helps with focus. When students get enough sleep, they can concentrate better in class and pay attention during lessons. For example, they are less likely to make mistakes in tasks or forget instructions.	Another reason is health. Sleep allows the body to recover and boosts the immune system, which helps prevent illnesses. It also supports growth and strengthens the heart and other organs.
Mood	Weight management
Sleep also affects mood. Students who sleep well tend to feel calmer and less irritable, which improves their interactions with teachers and friends. This makes it easier to solve problems and handle stress.	In addition, enough sleep is important for weight management. Lack of sleep can affect metabolism and lead to unhealthy eating habits. Sleeping well helps the body regulate hunger and reduces cravings for unhealthy food.
Memory	Energy
Memory is another factor. Sleep helps students retain what they learn, which is especially useful for exams and studying. During sleep, the brain organizes information and stores important knowledge for later use.	Finally, sleep provides energy for daily activities. Students who rest well are more active, alert, and productive throughout the day. They can participate fully in sports, hobbies, and school projects.

HOTS: Taking regular study breaks is essential. Discuss

Opinion 1: Taking regular study breaks helps students maintain focus for longer periods. For example, studying for one hour and then resting for 10 minutes prevents mental fatigue, making it easier to understand and remember new information.
Opinion 2: Regular breaks allow students to relax and recharge, which reduces stress levels. For instance, short walks or stretching during study sessions can calm the mind and prevent feelings of frustration or exhaustion.
Opinion 3: Stepping away from study materials for a while gives the brain a chance to think differently. During breaks, students might come up with new ideas or solutions that they couldn't see while continuously studying.

MELAKA SET 1

PART 2

Healthy habit	Mealtime
- One of my healthy habits is jogging every morning. - I like this habit because it helps me stay fit and feel refreshed at the start of the day. - I usually go jogging around 6 a.m., before school, when the air is fresh and it is quiet outside. I enjoy the feeling of moving my body and listening to the sounds of nature while jogging. - I don't think it is very hard to keep this healthy habit because once it becomes part of my daily routine, it feels natural. I also feel motivated when I notice improvements in my fitness and energy levels.	- My favourite mealtime is dinner. - I like it because it is a time when the whole family can sit together, talk about the day, and enjoy a meal. - During dinner, I usually eat rice with vegetables, meat, and some soup. Sometimes we also have fruits or dessert afterwards. I enjoy this mealtime not just because of the food, but also because of the family atmosphere and conversations. - I think we should share our meals with others whenever possible. Sharing food can strengthen relationships, show kindness, and make people feel cared for, whether it is with family, friends, or even neighbours.

PART 3:

Why teenagers should use online payment?

Pay easily using apps	Avoid lost cash
One reason is that they can pay easily using apps. With online payment, teenagers can complete transactions quickly without needing to handle cash or wait in line.	Another reason is that it helps avoid lost cash. Carrying physical money can be risky, but using digital wallets or banking apps keeps their money safe.
Share online transfer	Pay from anywhere
Teenagers can also share money through online transfer. For example, splitting bills or paying friends for group activities is much simpler and faster with online payment.	In addition, online payment allows teenagers to pay from anywhere. Whether at home, school, or on the go, they can complete purchases without needing to visit a shop.
Safer payment transfer	Get more discounts
Moreover, online payment provides safer transactions. Secure apps reduce the risk of fraud or theft compared to carrying cash.	Finally, many online platforms offer discounts or cashback. Teenagers can save money or get promotions when they make purchases digitally.

HOTS: To what extent do you agree that online payment can change the future of trading in Malaysia?

Opinion 1:

I agree that online payment can change the future of trading in Malaysia because it makes transactions faster and more convenient. Customers can buy products anytime and anywhere, and businesses can receive payments instantly. For example, e-commerce platforms like Shopee and Lazada rely heavily on online payments, which has made online shopping extremely popular and efficient.

Opinion 2:

Online payment also allows small businesses to reach more customers. Sellers no longer need a physical store to trade, and they can accept payments from people across the country or even internationally. This can help Malaysian businesses grow and compete globally, especially in the digital economy.

MELAKA SET 2

PART 2

Smartphone	Mobile application
- I usually use my smartphone for about 4 to 5 hours a day, depending on my schoolwork and free time. - I use it for many purposes, such as checking messages, browsing social media, watching videos, and sometimes for studying. For example, I use apps to learn new vocabulary or watch educational videos. - A smartphone is very important to me because it helps me stay connected with friends and family, and it also provides access to useful information anytime I need it. - I think smartphones are very useful because they combine communication, learning, and entertainment in one device. However, it is important to use them wisely and not spend too much time scrolling, so they remain helpful rather than distracting.	- My favourite mobile application is Spotify, which I use to listen to music and podcasts. - I like it because it has a large collection of songs and playlists, and I can choose music for different moods or activities. It also helps me discover new artists and trends in music. - Spotify helps me in my daily life by relaxing my mind and motivating me. For example, I listen to music while studying or jogging, which makes these activities more enjoyable and helps me focus. - If I were given a choice, I would create a new mobile application that combines music with language learning. This way, people could enjoy music while improving their language skills, which would make learning more fun.

PART 3:

What are some activities to do in a long journey?

Read favourite books	Take beautiful pictures
One activity is to read favourite books. Reading helps pass the time quickly and can be both entertaining and educational. It also improves your knowledge and vocabulary while keeping your mind active.	Another activity is to take beautiful pictures. Capturing the scenery or interesting moments creates memories to look back on later. These photos can also be shared with friends and family to show your journey.
Play online games	Scroll social media
Playing online games is also popular. It keeps travellers engaged and helps them stay entertained throughout the trip. Games can also help improve problem-solving skills and reaction time.	Scrolling social media is another option. People can catch up with friends, watch updates, or share their journey with others online. It also makes you feel connected, even when you are far from home.
Watch interesting film	Eat delicious snacks
Watching interesting films can make a journey enjoyable and relaxing. Films can also provide inspiration or ideas for future travels. Sometimes, watching movies can even teach you new languages or cultures.	Finally, enjoying delicious snacks is a simple way to feel comfortable and happy during the trip. Snacks can also give a quick boost of energy. Sharing snacks with fellow travellers can also make the journey more enjoyable.

HOTS: How far do you agree that travelling opens one's eyes to the world around them?

Opinion 1: I strongly agree that travelling opens one's eyes to the world. When people visit new places, they can experience different cultures, traditions, and lifestyles. For example, seeing local festivals, trying traditional food, or visiting historical sites allows travellers to understand and appreciate cultural diversity.
Opinion 2: Travelling also helps people see life from a different perspective. Meeting new people and facing unfamiliar situations can teach problem-solving, patience, and adaptability. For instance, navigating public transport in a foreign city can help someone become more confident and independent.
Opinion 3: I agree that travelling opens one's eyes because it allows people to see different landscapes and ecosystems. For example, visiting mountains, beaches, or forests helps travellers understand the beauty and importance of nature.
Opinion 4: Travelling also lets people observe how others live and work in different countries or regions. For instance, seeing local markets, schools, or public transport can teach travellers about different ways of life and encourage respect for diversity.

MELAKA SET 3

PART 2	
Advice	Cybersecurity
- The best advice I ever received was to “never give up, even if things get difficult.” - My older cousin gave me this advice when I was struggling with my studies last year. - This advice changed the way I think because it reminded me to be patient and keep trying, even when I face challenges. For example, when preparing for exams, I no longer feel discouraged by mistakes but see them as opportunities to learn and improve. - I think good advice can definitely help people make better choices in life. It provides guidance and a different perspective, which can prevent mistakes and encourage positive decisions.	- Staying safe online is very important, and one of the best ways to do it is to use strong passwords and avoid sharing personal information. I always make sure my accounts are protected and I never give out details like my address or phone number. - This is the best way because it reduces the risk of hackers, scams, or identity theft. It keeps your personal data private and ensures your online activities remain secure. - It is important to stay safe online because the internet can be unpredictable. Dangerous websites, strangers, or false information can cause problems if people are not careful. - I don't think the internet is completely safe for everybody. Some people, especially children or teenagers, may not know how to protect themselves online, which can lead to cyberbullying or other risks.

PART 3: How to create an eco-friendly school?	
Plant more trees	Recycle waste
One way is to plant more trees. Trees improve air quality, provide shade, and make the school environment more pleasant. They also create habitats for birds and insects, which supports biodiversity.	Another way is to recycle waste. Students can separate paper, plastic, and glass to reduce the amount of trash going to landfills. Recycling also teaches students the importance of resource management and responsibility.
Reduce the use of electricity	Reuse plastic bottles
Reducing the use of electricity is also important. Turning off lights, fans, or computers when not in use helps save energy and lowers carbon emissions. Using energy-efficient bulbs or solar panels can make the school even greener.	Reusing plastic bottles can reduce plastic waste. Students can use them as water bottles or even for creative projects like plant pots. This encourages students to think creatively while protecting the environment.
Use less paper	Collect rainwater
Using less paper is another simple step. Teachers and students can use digital platforms for assignments, notes, or announcements. It also helps save trees and reduces printing costs for the school.	Finally, collecting rainwater can be useful for watering plants or cleaning purposes. This conserves water and teaches students about sustainable practices. It also shows how small changes can have a big impact on the environment.

HOTS: How far do you agree that participation of Parents Teacher Association (PTA) can help in building an environmentally friendly school?

Opinion 1:

I agree that the participation of the Parents Teacher Association can help build an environmentally friendly school because parents can contribute funds, materials, or expertise. For example, they might donate saplings, recycling bins, or gardening tools, which allows the school to carry out eco-friendly projects more effectively.

Opinion 2:

PTA involvement can also motivate students to participate in green initiatives. When parents and teachers work together, students see that environmental care is important and are more likely to join activities like tree planting, recycling campaigns, or energy-saving projects.

MELAKA SET 4

PART 2

Future self	Childhood memory
- In 10 years, I see myself working as a school leader or education consultant. - I hope to live in a city with good opportunities, where I can balance my career and personal life comfortably. - To make this dream a reality, I plan to study hard, gain experience in school leadership, and improve my skills in managing people and projects. I know it will take dedication and continuous learning to achieve this goal. - I think having a dream for the future definitely makes people work harder. When you know what you want to achieve, it motivates you to plan carefully, stay focused, and overcome challenges along the way.	- One of my favourite childhood memories is celebrating my birthday with my family and friends at home. - Everyone gathered together, including my parents, siblings, and close friends from school. - I remember it so well because we played games, ate cake, and laughed a lot. My parents also gave me a small surprise gift, which made me feel very happy and loved. The atmosphere was full of joy, and it left a strong impression on me. - I think childhood memories do affect how people behave as adults. Positive experiences, like feeling loved and supported, can make people more caring and confident later in life. On the other hand, challenging experiences can also teach important lessons about patience and resilience.

PART 3:

Why do teenagers need a budget?

Save more money	Choose things wisely
One reason is to save more money. By planning how much to spend, teenagers can set aside some money regularly for future needs or special purchases. This also teaches them patience and the value of delayed gratification.	Another reason is to choose things wisely. A budget helps them decide which items are essential and which are not, preventing impulsive purchases. It also encourages critical thinking about wants versus needs.
Prepare for emergencies	Avoid borrowing money
Preparing for emergencies is also important. With some money saved, teenagers can handle unexpected situations like school trips or small accidents without stress. This makes them more independent and less reliant on others during urgent situations.	Avoiding borrowing money is another benefit. If teenagers manage their finances well, they won't need to ask for extra money from parents or friends. It also helps them avoid unnecessary debts or arguments over money.
Set future goals	Do not overspend
Setting future goals is easier with a budget. For example, saving for a new gadget, a holiday, or further studies can be done systematically when they plan their expenses. Having clear goals motivates them to stick to their budget consistently.	Finally, budgeting helps teenagers not overspend. They learn self-discipline and understand the value of money, which is important for adult life. This skill can benefit them in the long run, especially when managing larger finances in adulthood.

HOTS: How far do you agree that financial education for teenagers can contribute to the country's economic growth?

Opinion 1:

I agree that financial education for teenagers can contribute to the country's economic growth because they learn to manage money wisely and make informed spending decisions. **When young people spend and save responsibly, it creates a stable and growing domestic economy.**

Opinion 2:

Teaching teenagers about finance can also inspire them to start their own businesses in the future. **Young entrepreneurs can create jobs, innovate, and contribute to the country's income, which helps strengthen the overall economy.**

Opinion 3:

I agree that teaching teenagers about money can benefit the country because they learn how to save and invest. **When young people make smart financial choices, it increases savings and investments, which can support businesses and the economy.**

MELAKA SET 5

PART 2	
Electrical appliances	Streaming services
- The electrical appliance I always use is my refrigerator. - I use it to store food and drinks, keeping them fresh for longer. It is especially useful for fruits, vegetables, and leftovers, as it prevents them from spoiling quickly. - If it stops working, it would cause a lot of problems. Food could go bad, which might lead to wastage and extra expenses. We would also need to find temporary solutions to keep our food fresh, which can be inconvenient. - I don't think new appliances will completely replace jobs in the future. Although machines can make life easier, humans are still needed to operate, maintain, and repair them. For example, technicians will always be required to fix electrical appliances when they break down.	- My favourite streaming service is Netflix. - I like it because it offers a wide variety of shows, movies, and documentaries that I can watch anytime I want. The app is easy to use and regularly updates with new content, which keeps it interesting. - I normally watch dramas, educational documentaries, and sometimes comedy shows. For example, I enjoy watching science or history documentaries that help me learn new things while relaxing. - I think streaming services might replace traditional TV stations in the future because they are more flexible and allow viewers to choose what to watch and when. However, traditional TV is still useful for news, live events, and people who are not familiar with technology.

PART 3: How to avoid peer pressure?	
Say "no" clearly	Walk away faster
Firstly, you should say "no" clearly. Being confident and firm helps friends understand your decision without arguments. It also shows that you can make your own choices responsibly.	In addition, you can walk away quickly from situations that make you uncomfortable. This prevents you from being influenced by negative actions or comments.
Stay with good friends	Talk to someone
Another effective strategy is staying with good friends. Supportive friends encourage positive behaviour and help you make better decisions.	It also helps to talk to someone you trust, like a parent or teacher. They can give advice and guide you through difficult situations.
Think before you act	Avoid bad environment
Moreover, thinking before you act is key. It allows you to consider the consequences and avoid doing something you might regret.	Finally, avoiding bad environments is effective. By staying away from places where negative peer pressure is common, you reduce the risk of being influenced.

HOTS: To what extent do teenagers' choices today impact the society they will live in tomorrow?
Opinion 1: I agree that teenagers have a big impact on the society they will live in because their habits and attitudes influence their future behaviour. For example, if they practise eco-friendly habits, volunteer, or value education, they are more likely to contribute positively to their communities as adults.
Opinion 2: The choices teenagers make now, such as how they manage money, use technology, or interact with others, can shape the social and economic environment of tomorrow. Responsible decisions today can lead to a more stable, productive, and respectful society in the future.
Opinion 3: Teenagers today help shape the culture and values of the future. For instance, if they value equality, respect, and diversity, these attitudes can spread in society and influence how people treat one another as they grow older.

MELAKA SET 6

PART 2	
Gardening	Licences
- One type of plant that is suitable for gardening in cities is small vegetables such as chilies, tomatoes, and herbs like mint or pandan. They do not need a lot of space and can grow well in pots. - In cities, people can grow them on balconies, small yards, or even on rooftops where there is enough sunlight. - To grow them, we just need simple tools like pots, soil, water, and fertilizer. Regular watering and removing weeds help the plants stay healthy. It can be a relaxing hobby too. - In my opinion, growing our own food is not yet a strong culture in Malaysia because many people live in apartments and have busy lives. However, more city folks are starting to realize its benefits, such as saving money and eating fresh food.	- In my opinion, the suitable age for someone to own a licence is 18 years old. At this age, most teenagers are more mature and responsible to follow traffic rules. - Having a licence is important because it allows us to drive legally and safely without breaking the law. - To get a licence, a person needs to attend driving lessons, pass the theory test, and then the practical test. It takes time and effort, but it helps drivers understand the road rules better. - I believe having a licence is important for teenagers because it gives them independence and helps them travel for studies or part-time work. However, they must always drive safely and not take it as a way to show off.

PART 3: How to manage e-waste?	
Recycle old devices	Donate used electronics
To begin with, one effective way to manage e-waste is to recycle old devices like laptops, televisions, or smartphones. By recycling, we can recover useful materials such as metal and plastic, which helps reduce the need for new resources.	In addition, people can donate used electronics that are still working to others who might need them. This not only reduces waste but also helps less fortunate families or schools make good use of the items.
Reduce buying new gadgets	Repair broken gadgets
Moreover, it is wise to reduce buying new gadgets too often. Many teenagers love to upgrade their phones quickly, but using devices for a longer time helps decrease the total amount of e-waste produced.	Besides that, we should also repair broken gadgets instead of replacing them immediately. Repairing them is usually cheaper and prevents more electronic waste from ending up in landfills.
Teach about e-waste	Practice strict laws
At the same time, teaching about e-waste in schools and communities is very important. When people are aware of its harmful effects, they tend to handle electronic items more responsibly.	Lastly, the government should enforce strict laws to manage e-waste properly. With strong rules and penalties, companies and citizens will be more careful about recycling and safe disposal.

HOTS: To what extent can effective e-waste management reduce environmental and health problem in Malaysia?
Opinion 1: I strongly agree because proper e-waste management can prevent dangerous chemicals like lead and mercury from leaking into the soil and water. When people dispose of electronics correctly, it stops toxic pollution that can harm both the environment and human health. As a result, communities can enjoy cleaner air and safer water supplies.
Opinion 2: Effective e-waste management also helps Malaysia move towards a more sustainable future. By recycling old gadgets, we can reuse valuable materials such as gold, copper, and aluminium instead of mining new ones. This reduces environmental damage and teaches citizens to adopt eco-friendly habits in their daily lives.
Opinion 3: Besides protecting the environment, proper e-waste management can inspire companies to develop greener technologies. It also opens up new job opportunities in recycling industries and repair centres. This not only supports Malaysia's economy but also builds a more environmentally responsible society.

PAHANG SET 1

PART 2	
An important invention	A desirable product
- One invention I cannot live without is my smartphone. - I choose it because it helps me in almost everything I do, from studying to staying connected with my family and friends. - I use it every day, whether to search for information, set reminders, or listen to music when I need to relax. - Having technology like this is very important in my life because it makes learning easier and communication faster. It also keeps me updated with the latest news and helps me manage my time better.	- A product I would really like to have is a smartwatch. - I want it because it can help me monitor my health, such as tracking my steps, heart rate, and sleep patterns. It is also very convenient since I can check messages or calls without using my phone. - I can get it by saving my allowance or buying it online when there are good discounts. - For me, it is not always important to buy branded products because the function is more important than the name. Some non-branded items are just as good and can help us save money too.

PART 3: What are some aspects people would consider when travelling?	
Budget	Duration
One key aspect people consider when travelling is budget, as it helps them plan how much they can spend on food, transport, and accommodation. With a proper budget, travellers can enjoy their trip without worrying about money.	Another important factor is duration. Knowing how long the trip will be allows travellers to manage their time wisely and fit in all the activities they wish to do.
Accommodation	Safety
When it comes to accommodation, travellers usually look for a place that is safe, clean, and comfortable. A good place to stay can make the whole travel experience more enjoyable.	Apart from that, safety is something everyone values. Travellers want to go to places where they feel secure and where emergency help is easily available if needed.
Transport	Destination
Equally important is transport, as convenient transport makes it easier to move between destinations and explore more places.	Lastly, destination plays a big role too. People usually choose locations that match their interests. Some may prefer nature and beaches, while others enjoy shopping or historical sites.

HOTS: Suggest some strategies a country can do to promote tourism.
Opinion 1: In my opinion, one good strategy to promote tourism is by improving infrastructure such as roads, airports, and public transport. When travelling becomes easier and more comfortable, tourists will be encouraged to explore more places within the country. This can help local communities earn more income from tourism.
Opinion 2: For me, promoting local culture through traditional festivals, crafts, and food fairs is another effective way. Tourists love to experience something unique, and showcasing our culture allows them to see the country's identity while supporting local artisans.
Opinion 3: I also believe that using social media to advertise tourist attractions can attract more visitors. Many people look for travel ideas online, so sharing pictures, videos, and stories about beautiful places can inspire them to visit and learn more about the country.

PAHANG SET 2

PART 2	
A childhood memory you remember	A place you visit to relax
- One childhood memory I remember clearly was playing in the rain with my cousins when I was around seven years old. - It happened during a school holiday at my grandmother's house. We splashed water, laughed loudly, and forgot about time. - I felt so happy and carefree because everyone was together. That memory is special to me since it reminds me of the simple joys of life. - For me, childhood memories do affect how we grow because they teach us to value family and appreciate small moments of happiness.	- A place I visit to relax is the park near my house. It's peaceful, with lots of trees, birds, and a small lake. - I usually go there twice a week, especially in the evening after school or work. - I find it relaxing because I can breathe fresh air, listen to nature, and take my mind off daily stress. Sometimes, I walk alone, but other times I go with my friends to chat and enjoy the view. - For me, relaxing is very important for a person's health and happiness because it helps us reduce stress, stay positive, and feel more refreshed to face challenges in life.

PART 3: Why do teenagers join volunteer work?	
Build self – confidence	Develop new skills
Many teenagers join volunteer work because it helps them build self-confidence. By taking part in community projects, they realise their strengths and feel proud of their achievements.	Moreover, volunteering allows them to develop new skills such as teamwork, leadership, and communication. These experiences prepare them for future challenges in school and work.
Create positive impact	Form meaningful relationships
At the same time, some teenagers want to create a positive impact in society. Helping others gives them a sense of purpose and makes them feel more connected to their community.	In addition, volunteer work helps them form meaningful relationships. They meet new friends, learn cooperation, and gain respect for people from different backgrounds.
Reduce stress	Get inspired by family
On top of that, volunteering can also reduce stress. Doing good deeds often brings happiness and helps teenagers forget their daily worries.	Finally, many are inspired by family members who volunteer regularly. Seeing their parents or siblings help others encourages them to follow the same path.

HOTS: To what extent do volunteer experiences impact a teenager's social development?
Opinion 1: In my opinion, volunteer experiences help teenagers improve how they communicate and work with others. When they join community activities, they learn to express their ideas clearly and listen to different opinions. These interactions teach them teamwork and make them more confident in social settings.
Opinion 2: Volunteering also helps teenagers become more caring and understanding. By helping people in need, they realise the struggles others face and learn to appreciate what they have. This experience develops emotional intelligence and makes them more respectful and kind.
Opinion 3: For me, volunteer work allows teenagers to take the lead in planning or organising events. They learn how to manage tasks, solve problems, and make decisions. This builds leadership qualities and a sense of responsibility, which are very useful in their future social and professional life.

PAHANG SET 3

PART 2	
Group work	Your school
- The time I worked in a group was during a science project at school last year. My group members were my close friends, and we worked really well together. - It happened during our midterm project, where we had to build a model about renewable energy. We met after class to discuss ideas and plan our work. - Our goal was to explain how solar panels produce electricity, so each of us had different roles. I did the slides and presentation, while others built the model and researched information. - Personally, I prefer working in a group because we can share ideas and support one another. It also helps me improve teamwork and communication skills, which are useful in the future	- A facility I would like to have in my school is a modern language lab - I really want it because it would help students improve their speaking and listening skills through interactive lessons and online practice. - Having this facility could make our school better by encouraging students to learn foreign languages more confidently. It could also make classes more interesting and help teachers use new technology in their lessons. - In my opinion, better facilities can increase academic performance because students will feel more motivated to learn in a comfortable and supportive environment. When schools provide the right tools, students can focus better and achieve higher results.

PART 3: Why do people travel?	
Experience a new culture	Go shopping
There are many reasons why people love to travel. One reason is to experience a new culture. When people travel abroad, they can try different food, learn new customs, and see how others live, which broadens their understanding of the world.	Another reason is to go shopping. Many tourists enjoy buying local products or souvenirs that they cannot find in their own countries. This also helps support local businesses.
Learn a new language	Explore a new place
In addition, some people travel to learn a new language. By communicating with locals, they can practise speaking naturally and improve faster than in a classroom.	People also travel to explore new places. Visiting beaches, historical sites, or mountains can be exciting and educational.
Rest and relax	Strengthen relationships
Besides that, travelling helps people to rest and relax. Taking a break from work or study can reduce stress and refresh the mind.	Lastly, travel strengthens relationships. When families or friends travel together, they create shared memories and become closer.

HOTS: In what ways can the locals promote their hometown?
Opinion 1: In my opinion, locals can promote their hometown by using social media platforms like TikTok, Instagram, or Facebook. They can post photos or short videos of beautiful places, traditional food, or local festivals. This is an easy and low-cost way to attract visitors because many people use the internet to find travel ideas today.
Opinion 2: Locals can also promote their hometown by organising fun events such as food fairs, cultural nights, or traditional games. These activities can bring tourists to the area and help them experience the local culture. At the same time, it makes the community proud of their heritage and keeps traditions alive.
Opinion 3: Locals can work with travel agencies or invite bloggers and influencers to visit their hometown. By giving them guided tours or unique experiences, these visitors can share their reviews and recommendations online. This approach reaches a wider audience and encourages more tourists to explore the area.

PAHANG SET 4

PART 2	
An extreme sport	Favourite video on social networking sites
- If I had the chance, I would love to try skydiving because it looks so thrilling and unforgettable. It's an extreme sport where a person jumps out of an airplane with a parachute to land safely on the ground. - The main equipment needed includes a parachute, safety harness, helmet, and special suit to protect the body from wind pressure. - I want to try skydiving because it gives a sense of freedom and helps me overcome fear. Watching videos of people skydiving makes me imagine how exciting it must feel to float in the sky and enjoy the amazing view from above. - To encourage more teenagers to be active in outdoor activities, schools and communities can organise adventure camps or outdoor clubs. These programmes can help them build confidence, teamwork, and love for nature while staying healthy and active.	- One of my favourite videos that I've watched on social networking sites is a motivational video about self-improvement and positive thinking. - I usually watch it on YouTube because it's easy to access and has many inspiring creators. - I like this video because it teaches me how to handle stress, stay confident, and believe in myself. The speaker uses simple examples from daily life, which makes it easy to understand and apply. I also enjoy the calm background music that makes the message more meaningful. - However, I think it's not always safe to share our personal activities on social networking sites. Sometimes, strangers can misuse our information or photos. So, it's better to be careful, only post positive content, and protect our privacy online.

PART 3:	
Why do teenagers spend too much time on the internet?	
Curiosity	Boredom
To begin with, one major reason teenagers spend too much time on the internet is curiosity. They love exploring new things, from videos and games to social media trends, and the internet provides endless content that keeps them hooked.	In addition, boredom often drives teenagers to go online. When they have nothing to do, browsing the internet becomes an easy way to fill their free time.
Online friends	Entertainment
Moreover, many teenagers spend long hours online to connect with their online friends. Social media and gaming platforms allow them to communicate and build friendships, even with people from other countries.	Besides that, the internet offers a lot of entertainment such as music, movies, and funny videos, which attract teenagers to stay online for hours.
No parental control	Stress relief
At the same time, lack of parental control can also be a factor. Without proper monitoring or time limits, teenagers may not realise how much time they spend online.	Finally, for some, the internet is a form of stress relief. Watching videos, chatting, or playing games helps them escape from school pressure or personal problems, even if only for a while.

HOTS: How far do you agree that uncontrolled internet use can affect one's well-being?
Opinion 1: In my opinion, uncontrolled internet use can negatively affect a person's mental and emotional health. When teenagers spend too much time online, they may feel stressed, anxious, or even lonely. Comparing themselves with others on social media can also lower their self-esteem and make them unhappy.
Opinion 2: For me, spending long hours on the internet can also harm physical well-being. Teenagers often sit for too long using gadgets, which causes eye strain, back pain, and lack of sleep. These unhealthy habits reduce their energy and make them less active in real life.
Opinion 3: Besides that, uncontrolled internet use can weaken family and friendship bonds. When teenagers focus more on their online world than the people around them, they lose real communication and connection. Over time, this makes them less social and more isolated.

PAHANG SET 5

PART 2	
A superpower	An unforgettable experience
• If I could have a superpower, I would choose the power of teleportation. This means I could travel instantly to any place in the world without needing transport like cars or planes. • I want to have this superpower because it would save a lot of time and money. For example, I could visit other countries or attend important events without worrying about traffic or long flights. • If I had this power, I would use it to explore different places, learn about new cultures, and maybe even help people during emergencies by bringing them to safety. • I would definitely use this power not just for myself but also to help others. I believe using such a gift to make life better for people would be more meaningful than only thinking about personal gain.	• One unforgettable experience I had was when I joined my school camping trip last year. It was held at a forest park, and we stayed there for three days with our classmates and teachers. • It was unforgettable because it was my first time sleeping in a tent and cooking my own food. I also had to face my fear of insects and darkness, but it turned out to be fun and exciting. • From this experience, I learned how to be independent and work together with others. It also taught me that challenges can be enjoyable if we stay positive. • I strongly believe that experience is the best teacher in life because it helps us grow and understand things better than just reading or listening. We remember what we go through and learn lessons that last forever.

PART 3: How are smartphones useful to students?	
Communication	Instant update
• To begin with, smartphones help students communicate easily with their friends, teachers, and even parents. They can use messaging apps or calls to discuss assignments, share notes, or get quick updates about school activities. This makes it easier for students to stay connected and informed.	• Besides that, smartphones allow students to get instant updates and information. For example, they can check class announcements, deadlines, or even search for the latest facts online. This helps them stay organised and well-prepared for their studies.
Management	Entertainment
• In addition, smartphones are very useful for managing school tasks. Students can set reminders, make to-do lists, or use calendar apps to plan their time wisely. These features help them become more responsible and improve their time management skills.	• Moreover, smartphones also provide entertainment when students need a break. They can listen to music, watch videos, or play games to relax after studying. Having short breaks helps reduce stress and keeps them motivated.
Education	Emergency use
• At the same time, smartphones play an important role in education. Students can use learning apps, join online classes, or watch tutorials to understand lessons better. This makes learning more fun and accessible anywhere.	• Lastly, smartphones are extremely useful during emergencies. If students face problems like accidents or delays, they can quickly contact their parents or teachers. This provides a sense of safety and support in any situation.

HOTS: To what extent do smartphones affect students' academic achievement?
Opinion 1: In my opinion, smartphones can greatly improve students' academic achievement because they provide easy access to online learning materials. Students can watch educational videos, read articles, and use apps that help them understand difficult subjects. This makes learning more flexible and effective beyond the classroom.
Opinion 2: However, smartphones can also negatively affect students' studies. Many students spend too much time on games or social media instead of revising or completing homework. This distraction can lead to poor time management and lower academic performance.
Opinion 3: For me, smartphones also encourage students to take charge of their own learning. They can search for answers, watch tutorials, or join study groups online. This independence helps them build problem-solving skills and take responsibility for their own progress.

SELANGOR SET 1

PART 2	
My future plans	A place where you can relax
• After SPM, I plan to continue my studies at a local university. I would like to take a course related to education because I enjoy helping others learn and grow. My main goal is to become a teacher in the future. • The reason for this plan is that I want to make a difference in students' lives, just like my teachers have done for me. • My English teacher inspires me the most because she teaches with passion and always encourages us to do our best. • For me, it is very important for teenagers to plan for the future. Having a clear goal helps us stay focused and motivated to work hard and achieve success.	• There is a park near my house that I often go to when I need to relax. It is a peaceful place with lots of trees, flowers, and a small lake. I usually go there in the evening after finishing my homework or during the weekend. • When I am there, I like to walk around the park, listen to music, and watch the sunset. Sometimes, I sit on a bench and read a book or simply enjoy the cool breeze. It helps me clear my mind and forget about my worries. • I feel very relaxed there because it is quiet and away from noise and stress. • For me, it is important for teenagers to take time off for relaxation because it helps them stay healthy, focused, and happy.

PART 3:	
Why teenagers volunteer their time for charity work?	
To feel positive about oneself	To help those in need
• One reason is to feel positive about themselves. When teenagers help others, they gain a sense of pride and satisfaction. It makes them feel useful and builds their confidence.	• Another reason is to help those in need. Volunteering gives them a chance to make life better for others, such as the poor or the elderly. It also teaches them to be more caring and thankful.
To learn new skills	To develop leadership qualities
• In addition, charity work helps them learn new skills. They can improve their communication and teamwork while working with others. These skills are useful for their future studies or careers.	• Moreover, volunteering helps teenagers develop leadership qualities. When they take charge of tasks or organise events, they learn how to guide and support others. This experience builds responsibility and confidence.
To encourage kindness	To connect with people
• Besides that, helping in charity work encourages kindness. Teenagers learn to understand others' feelings and become more empathetic. It also makes the community more loving and united.	• Lastly, volunteering allows them to connect with people. They meet others with the same interest in helping, which builds strong friendships. Working together also makes the experience more enjoyable.

HOTS: Should volunteers be given rewards? Why?
Opinion 1: In my opinion, giving rewards to volunteers can motivate more people to join community service. When their efforts are recognised, they feel appreciated and encouraged to continue helping others. This can increase participation in future volunteer projects.
Opinion 2: For me, rewards are a good way to thank volunteers for the time and energy they give. Many volunteers work without payment, so small rewards like certificates or vouchers can make them feel valued. This appreciation can boost their confidence and satisfaction.
Opinion 3: In my view, rewards can help volunteers stay committed to their work. When people see that consistent effort is recognised, they are more likely to stay active and reliable. This ensures long-term impact for the community projects they are involved in.

SELANGOR SET 2

PART 2	
Saving money	My pet
- One of the ways I save my money is by setting aside a small amount from my weekly allowance. I usually avoid spending on unnecessary things like snacks or accessories so I can save more. - I keep my savings in a small container at home, but sometimes I also use a savings account to make sure the money is safe. This helps me track how much I've managed to save. - In my opinion, the best time to start saving money is from a young age. When we learn to manage money early, it becomes easier to control our spending habits in the future. - I believe saving money is a very good habit because it teaches responsibility and helps us prepare for emergencies. Besides that, it also gives a sense of satisfaction when we can buy something we really want using our own savings.	- I chose a cat as my pet because I have always loved animals that are gentle and playful. Cats are easy to take care of and make great companions at home. - My cat has soft white fur with a few brown spots and bright green eyes. It looks very cute and loves to sit near the window to watch birds. - To take care of my pet, I feed it twice a day, clean its litter box, and bring it to the vet for check-ups. I also spend time playing with it to keep it active and happy. - I think it is important for people to have pets because they teach us to be responsible and caring. Pets can also reduce stress and make our lives happier with their love and company.

PART 3: Why technology is important in education?	
Improves interaction	Increases student motivation
Technology improves interaction between teachers and students. With online platforms or learning apps, students can ask questions, share ideas, and work together easily. This helps create a more engaging and interactive learning environment.	Apart from that, it increases student motivation because technology makes lessons more interesting. Using videos, quizzes, or games helps students enjoy learning and stay focused during class.
Promotes global learning	Provides many resources
Another reason is that technology promotes global learning. Students can connect with people from other countries, join virtual exchanges, or access lessons from international educators. This widens their knowledge and cultural understanding.	Moreover, technology provides many resources such as e-books, research materials, and online tutorials. These tools help students learn beyond the textbook and explore topics deeply.
Saves time	Encourages independent learning
In addition, it saves time for both teachers and students. Assignments can be submitted online, and information can be found instantly without flipping through many books.	Lastly, technology encourages independent learning. Students can study at their own pace, review lessons anytime, and take responsibility for their own progress.

HOTS: Technology is taking over the roles of humans in various fields. What are the effects?
Opinion 1: In my opinion, when technology replaces human workers, many people may lose their jobs. For example, machines can now do tasks in factories or farms faster than humans, reducing the need for manual labour. This situation can lead to unemployment and financial stress for families.
Opinion 2: However, technology can also bring positive effects by making work faster and more accurate. Automated systems help companies produce goods more efficiently and with fewer mistakes. This can boost economic growth and improve the quality of products.
Opinion 3: For me, relying too much on machines may cause people to lose important skills like problem-solving and teamwork. When everything is done by technology, humans might become less creative and have fewer chances to communicate face-to-face.

SELANGOR SET 3

PART 2	
Valuable item	Social media application
- The most valuable item I own is a silver bracelet that my grandmother gave me on my 16th birthday. She bought it many years ago and passed it down to me as a family keepsake. - What makes it special is not its price, but the love and memories it carries. Every time I wear it, I feel close to her and remember her kind words. - I believe keeping valuable items safely is a good habit because they often have emotional or financial importance. By taking care of them properly, we can preserve meaningful memories and even pass them on to future generations.	- My favourite social media application is Instagram. - I use it to share photos, watch videos, and keep up with what my friends are doing. I also follow educational and motivational pages that inspire me to learn new things. - I usually use it a few times a day, especially during my free time. - For me, it is important for people to use social media in their daily lives because it helps them stay connected and informed. However, it should be used wisely to avoid spending too much time online or comparing ourselves to others.

PART 3: What are the challenges faced by pupils nowadays?	
Academic pressure	Lack of support
To start with, many pupils struggle with academic pressure. They have to deal with heavy workloads, frequent exams, and high expectations from parents and teachers. This can cause stress and affect their mental health if not managed properly.	Besides that, some pupils do not receive enough emotional or academic support from their families or schools. Without proper guidance, they may lose motivation or confidence, which affects their learning progress.
Financial issues	Time management
In addition, financial problems can also make life difficult for some students. They may not be able to afford school supplies, transportation, or internet access for online learning, which limits their opportunities to succeed.	Furthermore, pupils today often struggle to manage their time effectively. They have to balance studies, co-curricular activities, and personal life, which can be overwhelming if they lack proper planning skills.
Health issues	Social issues
On top of that, health issues such as lack of sleep, poor diet, and too much screen time are becoming more common among pupils. These problems can affect their focus, energy, and overall well-being.	Lastly, some pupils face social problems like bullying or peer pressure. These challenges can lower their self-esteem and make school life stressful, affecting both their emotional and academic development.

HOTS: What are the ways schools can support pupils in overcoming the challenges they face?
Opinion 1: In my opinion, schools should offer counselling services to help pupils manage stress and emotions. When students can talk to counsellors about their problems, they feel more supported and less alone. This emotional guidance can improve their focus and overall
Opinion 2: Schools can also organise workshops to teach pupils how to manage time effectively and handle their studies. These sessions help students plan better and reduce pressure during exams. As a result, they can perform better and feel more confident.
Opinion 3: For me, schools should promote a positive environment where teachers encourage teamwork and kindness. When pupils feel accepted and motivated, they are more likely to overcome social and academic challenges. This sense of belonging helps them grow both mentally and emotionally.