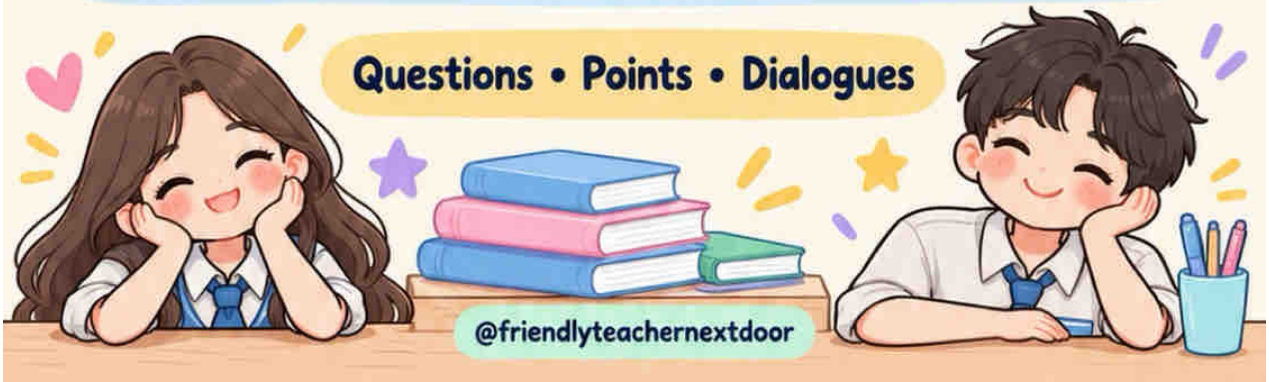
SPM SPEAKING • PART 3

NEGERI SEMBILAN 2026

QUESTIONS

1. What influences teenagers' fashion choices
2. How students manage their time
3. How teenagers stay connected with friends
4. Why do students need a break

Questions • Points • Dialogues



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NEGERI SEMBILAN 2026 SET 1

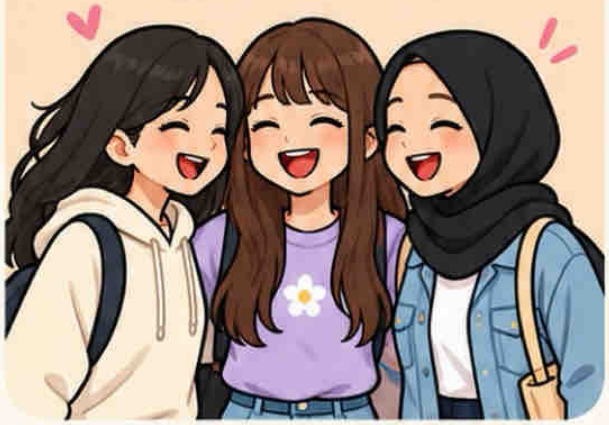
28

PART 3 • PAIRED DISCUSSION

What influences teenagers' fashion choices ?

Media

Friends



Budget

Celebrities

Comfort

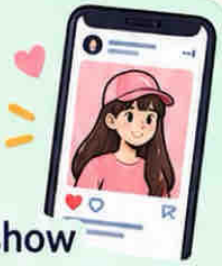
Family

NEGERI SEMBILAN 2026 SET 1

PART 3 • SUGGESTED POINTS

28 What influences teenagers' fashion choices

Media



- Online posts and advertisements show styles people may want to try.
- For example, we can see a new outfit in a short fashion video.

Friends

- Teenagers may want clothes similar to those their friends wear.
- For example, a student may choose a casual style after seeing classmates wear it.

Budget

- The money available affects which clothes we can buy.
- For example, we can choose a cheaper shirt instead of an expensive brand.

Celebrities

- Famous people can make a style seem popular or attractive.
- For example, we can notice a jacket worn by a favourite singer.

Comfort

- Clothes should feel good and suit our daily activities.
- For example, we can choose loose clothes for a warm day.

Family

- Family members can influence habits and help us choose sensibly.
- For example, we can ask a parent for advice before buying school clothes.

NEGERI SEMBILAN 2026 SET 1

PART 3 • MODEL DIALOGUE

Topic 28: What influences teenagers' fashion choices

ROUND 1 • DISCUSS TOGETHER

Candidate A: Hi! Let's talk about what influences teenagers' fashion choices.

Candidate B: Hi! What do you think about this topic?

Candidate A:

Media

First of all, media influences teenagers' fashion choices because online posts and advertisements show styles people may want to try. For example, we can see a new outfit in a short fashion video. Do you agree?

Candidate B:

Friends

Yes, I agree. Moreover, friends influence fashion choices because teenagers may want clothes similar to those their friends wear. For example, we can choose a casual style after seeing classmates wear it. What do you think?

Candidate A:

Budget

Furthermore, the budget influences fashion choices because the money available affects which clothes we can buy. For example, we can choose a cheaper shirt instead of an expensive brand. Do you agree?

Candidate B:

Celebrities

I agree. Another reason is that celebrities influence fashion choices because famous people can make a style seem popular or attractive. For example, we can notice a jacket worn by a favourite singer. What do you think?

Candidate A:

Comfort

In addition, comfort influences fashion choices because clothes should feel good and suit our daily activities. For example, we can choose loose clothes for a warm day. Do you agree?

Candidate B:

Family

Yes. Finally, family members influence fashion choices because they can help us choose sensibly. For example, we can ask a parent for advice before buying school clothes. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

Candidate A: We both agree that budget is the strongest influence on teenagers' fashion choices because the money available limits what they can buy. What do you think?

Candidate B: I agree with you because they need to choose clothes they can afford. Shall we end our discussion here?

Candidate A: Yes, thank you.

Candidate B: Thank you.

NEGERI SEMBILAN 2026 SET 2

TOPIC 29

PART 3 • PAIRED DISCUSSION

How students manage their time

Sleep well

Plan activities

Start early

Set priorities

Rest

Stay focused

NEGERI SEMBILAN 2026 SET 2

29 How students manage their time

PART 3 • SUGGESTED POINTS

Sleep well

- Good rest helps students have energy for planned activities.
- For example, keep a regular bedtime before a school day.

Plan activities

- A plan helps us see what needs doing and when.
- For example, write homework and a sports session in a weekly planner.

Start early

- Beginning early leaves more time to handle problems.
- For example, start a project several days before its deadline.

Set priorities

- Important or urgent tasks should receive attention first.
- For example, finish tomorrow's homework before playing a game.

Rest

- Breaks help us avoid becoming too tired to work well.
- For example, take a short stretch break between study sessions.

Stay focused

- Avoiding distractions helps us finish work in the time available.
- For example, put a phone away during a revision task.

NEGERI SEMBILAN 2026 SET 3

TOPIC 30

How teenagers stay connected with friends

PART 3 • SUGGESTED POINTS

Online games

- A shared game can give friends an activity to enjoy together.
- For example, we can play a short game while talking respectfully with classmates.

Doing activities

- Spending time doing something together strengthens a connection.
- For example, we can join friends for a walk or sports practice.

Celebrating special occasions

- Special days give friends a reason to meet and show care.
- For example, we can send a kind birthday message or celebrate together.

Talking face-to-face

- Meeting in person lets us notice feelings and listen closely.
- For example, we can talk to a friend during a school break.

Using social media

- Messages and posts help friends stay in touch over distance.
- For example, we can share a school update with a friend in another town.

Making phone calls

- A call allows a more direct conversation than a short message.
- For example, we can call a friend to ask how they are feeling.

NEGERI SEMBILAN 2026 SET 3

TOPIC 30

How teenagers stay connected with friends

PART 3 • PAIRED DISCUSSION

Online games

Doing activities

Celebrating special occasions

Talking face-to-face

Using social media

Making phone calls

NEGERI SEMBILAN 2026 SET 2

Topic 29

How students manage their time

PART 3 • MODEL DIALOGUE

ROUND 1 • DISCUSS TOGETHER

Candidate A

Hi! Let's talk about how students manage their time.

Candidate B

Hi! What do you think about this topic?

Candidate A

First of all, sleeping well is important because it gives us energy for planned activities. For example, we can keep a regular bedtime before a school day. Do you agree?

Candidate B

Yes, I agree. Moreover, planning activities helps us see what needs doing and when. For example, we can write homework and a sports session in a weekly planner. What do you think?

Candidate A

Furthermore, I think starting early gives us more time to handle problems. For example, we can start a project several days before its deadline. Do you agree?

Candidate B

I agree. Another way is to set priorities. Important or urgent tasks should receive attention first. For example, we can finish tomorrow's homework before playing a game. What do you think?

Candidate A

In addition, I think taking rest is necessary. Breaks help us avoid becoming too tired to work well. For example, we can take a short stretch break between study sessions. Do you agree?

Candidate B

Yes. Finally, staying focused helps us finish work in the time available. Avoiding distractions is important. For example, someone may put a phone away during a revision task. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

Candidate A

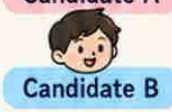
We both agree that planning activities is the best way for students to manage their time because a plan shows what needs doing and when. What do you think?

Candidate B

I agree with you because it leaves time for schoolwork and rest. Shall we end our discussion here?

Candidate A

Yes, thank you.



Candidate B

Thank you.

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NEGERI SEMBILAN 2026 SET 3

Topic 30

PART 3 • MODEL DIALOGUE

How teenagers stay connected with friends

ROUND 1 • DISCUSS TOGETHER

Candidate A Hi! Let's talk about how teenagers stay connected with friends.

Candidate B Hi! What do you think about this topic?

Candidate A **First of all, online games** help us stay connected because a shared game can give friends an activity to enjoy together. For example, we can play a short game while talking respectfully with classmates. Do you agree?

Candidate B **Yes, I agree. Moreover, doing activities** strengthens a connection because we spend time doing something together. For example, we can join friends for a walk or sports practice. What do you think?

Candidate A **Furthermore, celebrating special occasions** gives friends a reason to meet and show care. For example, we can send a kind birthday message or celebrate together. Do you agree?

Candidate B **I agree. Another way is talking face-to-face** because meeting in person lets us notice feelings and listen closely. For example, we can talk to a friend during a school break. What do you think?

Candidate A **In addition, using social media** helps friends stay in touch over distance because messages and posts keep us updated. For example, we can share a school update with a friend in another town. Do you agree?

Candidate B **Yes. Finally, making phone calls** allows a more direct conversation than a short message. For example, someone may call a friend to ask how they are feeling. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

Candidate A We both agree that talking face-to-face is the best way to stay connected with friends because we can listen closely and notice their feelings. What do you think?

Candidate B **I agree with you** because it gives us time together without relying on a screen. Shall we end our discussion here?

Candidate A Yes, thank you.

Candidate B Thank you.

NEGERI SEMBILAN 2026 SET 4

TOPIC 31

PART 3 • PAIRED DISCUSSION

Why do students need a break

Reduce stress

Improve mood

Recharge mentally

Gain ideas

Maintain health

Me time

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NEGERI SEMBILAN 2026 SET 4

31

Why do students need a break

PART 3 • SUGGESTED POINTS

Reduce stress

- A break gives students time away from demanding tasks.
- For example, we can rest briefly after completing a difficult homework question.

Improve mood

- An enjoyable pause can help us feel happier.
- For example, we can listen to a favourite song during a short break.

Recharge mentally

- Rest helps us return with a clearer mind.
- For example, we can close the books for a few minutes before revising again.

Gain ideas

- Stepping away can help us think of a fresh approach.
- For example, we can take a walk and think of a new idea for an essay.

Maintain health

- Regular breaks can help us move and care for ourselves.
- For example, we can stretch after sitting at a desk for a long time.

Me time

- Quiet personal time lets us enjoy something without pressure.
- For example, we can spend a few minutes drawing alone after school.

NEGERI SEMBILAN 2026 SET 4

Topic 31

PART 3 • MODEL DIALOGUE

Why do students need a break

ROUND 1 • DISCUSS TOGETHER

Candidate A: Hi! Let's discuss why students need a break.

Candidate B: Hi! What do you think about this topic?

1 **Candidate A:** **First of all,** a break can **reduce stress** because it gives students time away from demanding tasks. For example, we can rest briefly after completing a difficult homework question. Do you agree?

2 **Candidate B:** **Yes, I agree. Moreover,** an enjoyable pause can improve **mood** because it can help us feel happier. For example, we can listen to a favourite song during a short break. What do you think?

3 **Candidate A:** **Furthermore,** a break helps us **recharge mentally** because we return with a clearer mind. For example, we can close the books for a few minutes before revising again. Do you agree?

4 **Candidate B:** **I agree. Another reason** is that a break can help us gain **ideas** because stepping away can help us think of a fresh approach. For example, we can take a walk and think of a new idea for an essay. What do you think?

5 **Candidate A:** **In addition, taking breaks helps us stay healthy** because regular breaks can help us move and care for ourselves. For example, we can stretch after sitting at a desk for a long time. Do you agree?

6 **Candidate B:** **Yes. Finally,** a break gives us **time for ourselves** because quiet personal time lets us enjoy something without pressure. For example, we can spend a few minutes drawing alone after school. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

Candidate A: We both agree that reducing stress is the most important benefit of taking a break because students need time away from demanding tasks. What do you think?

Candidate B: I agree with you because feeling calmer can help them return to work. Shall we end our discussion here?

Candidate A: Yes, thank you.

Candidate B: Thank you.