

0.5 – Video: The Re-Re-Ex-Ex principle

How can you make sure you don't run out of things to say during the first part of your exam? Some people worry that they will never be able to talk about their subject for four minutes. It's true that four minutes can feel quite long. But here's one way to fill the time with good, meaningful language. We call it **the Re-Re-Ex-Ex principle**. This is a very simple but effective method. Instead of introducing new information in every sentence, you should **repeat, rephrase, explain what you mean and give examples**. And there are **at least two reasons** why you should do that. First, it's a lot easier for your listeners to understand what you're saying; and second, it's easier for you that way to talk for a few minutes without running out of material.

Let me give you an example. Let's say you're talking about the importance of **feeding your body properly**. You could say something like, **"It's crucial to eat the right amount as well as the right kind of food."** Saying this takes **about five seconds**. Then you could move on to your next point. But **that wouldn't be good**. Your listeners wouldn't get a chance to think about what you just said, or even to take it in.

So, let's try to use our new Re-Re-Ex-Ex principle.

"It's crucial to eat the right amount as well as the right kind of food. **So, on the one hand**, you should pay attention to **how much** you eat – not too much but not too little either. Finding the right amount isn't always as easy as it sounds, though. Everyone's metabolism works slightly differently, and people have different eating habits and needs. It's essentially a matter of **knowing yourself and developing a feel for your body and its requirements**. For example, some people really don't need to have breakfast in the morning as long as they get a chance to have a proper meal later in the day. Others won't be able to function if they don't have a bowl of cereals or a slice of bread or a piece of fruit before leaving the house. **Which leads me to the second aspect of what I said before**, the right kind of food ..."

You see what I just did? I talked about the first aspect of what I said before, the right amount of food, for about 35 or 40 seconds. **I said some things in more than one way – which is rephrasing. I explained some concepts**, such as different metabolisms. And I **gave some examples**, such as the relevance of breakfast. If you do that, and if you don't talk too fast, it will be really easy to do the first task of your exam.

