

The **PREP Method** is a simple and effective framework to help you speak clearly, confidently, and with structure—especially useful for daily conversations, interviews, or on-the-spot speaking.

✓ **What is PREP?**

P – Point: State your opinion or main idea

R – Reason: Give a reason for your opinion

E – Example: Provide an example or experience

P – Point (again): Restate your point to wrap it up

“Do you prefer tea or coffee?”

- **Point:** I prefer tea over coffee.
 - **Reason:** It’s lighter on the stomach and more calming.
 - **Example:** For instance, I usually drink green tea during work to stay focused without feeling jittery.
 - **Point:** That’s why I choose tea for both health and comfort.
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“Should people exercise daily?”

- **Point:** Yes, daily exercise is important.
- **Reason:** It keeps both the mind and body healthy.
- **Example:** For example, after I started jogging every morning, I noticed a big improvement in my mood and energy.
- **Point:** So, regular exercise should definitely be part of our

routine.

"Do you enjoy reading books?"

- **Point:** Yes, I love reading books.
 - **Reason:** They help me relax and expand my vocabulary.
 - **Example:** For instance, reading fiction helps me understand different cultures and emotions.
 - **Point:** So, reading is both educational and enjoyable for me.
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"Is learning English important?"

- **Point:** Absolutely, learning English is very important.
 - **Reason:** It opens up global opportunities in education and work.
 - **Example:** For example, many international companies require English for communication.
 - **Point:** That's why mastering English can boost your career and confidence.
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"Should we limit screen time?"

- **Point:** Yes, limiting screen time is a good idea.
- **Reason:** Too much screen time can affect sleep and mental health.
- **Example:** For example, I sleep better when I avoid my phone before bed.
- **Point:** So, reducing screen time helps improve overall well-

being.

"Is teamwork better than working alone?"

- **Point:** I think teamwork is more effective.
- **Reason:** It brings in different ideas and helps solve problems faster.
- **Example:** In my last project, we finished faster because everyone contributed something unique.
- **Point:** That's why I believe teamwork leads to better results.

"Is it better to live in the city or the countryside?"

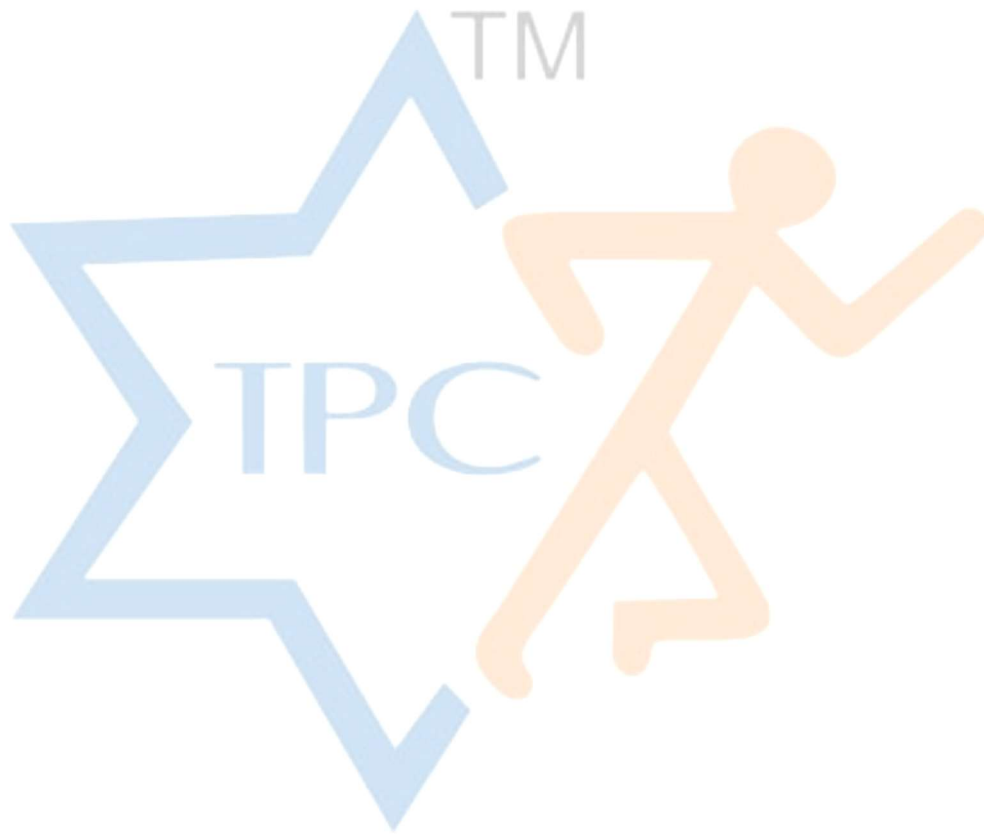
- **Point:** I prefer living in the countryside.
- **Reason:** It's quieter and less stressful.
- **Example:** I used to live in a rural area, and the peaceful atmosphere helped me focus better.
- **Point:** So, I enjoy the countryside more because of its calm environment.

How to Use PREP in Daily Conversation:

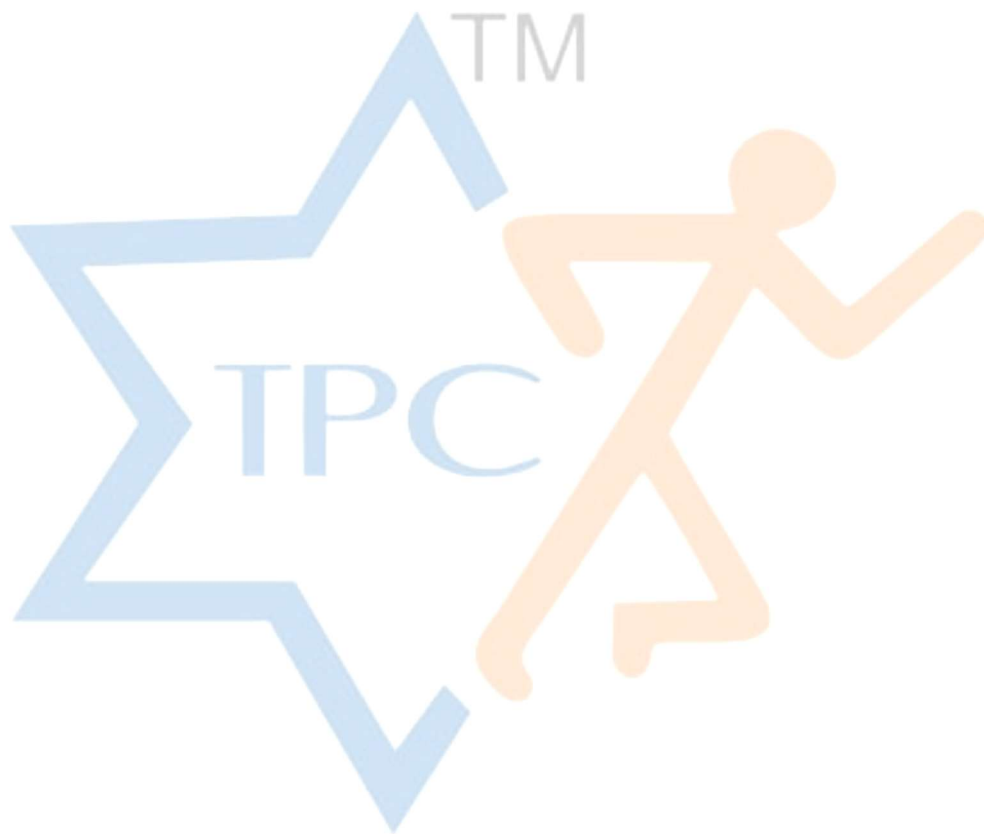
You can use PREP for:

- Answering questions clearly
- Speaking in meetings or interviews

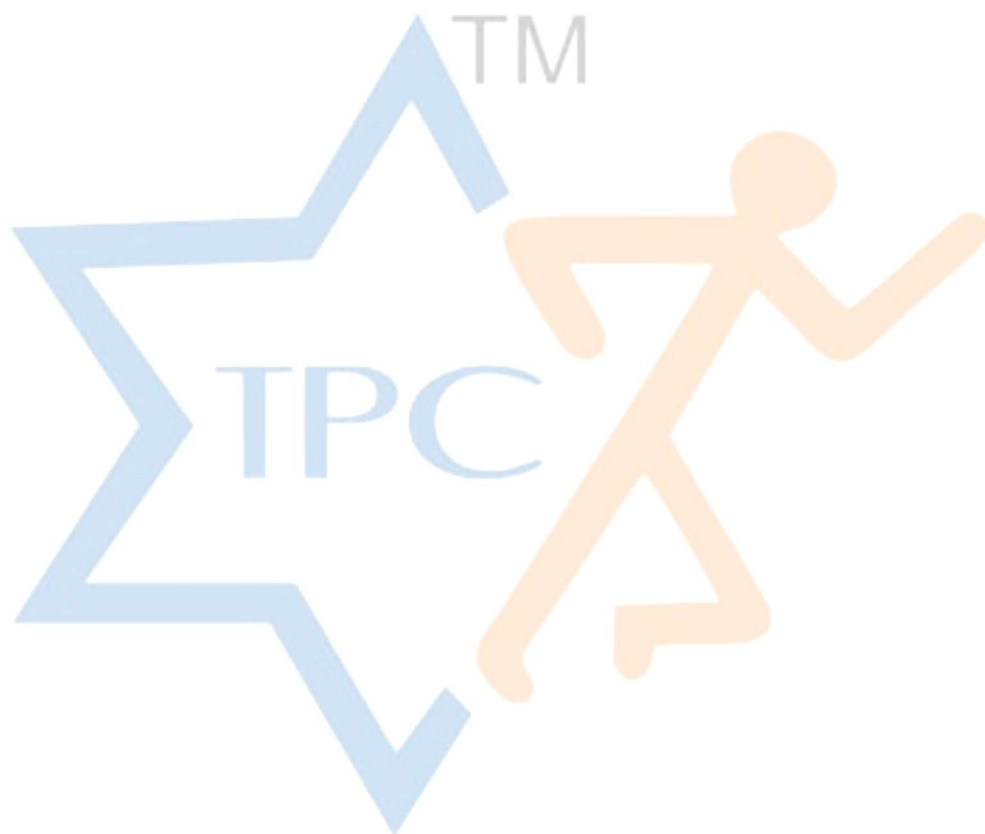
- Expressing agreement or disagreement
- Giving short speeches or explanations



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