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Навчальний посібник

**Збірник тренінгових вправ та задач
з англійської мови
за професійним спрямуванням
(Психологія)**



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Збірка стане у нагоді студентам, аспірантам, практичним психологам та викладачам англійської мови за професійним спрямуванням (Психологія).

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ВСТУП

З посиленням міжнаціональних зв'язків у галузі освіти зростає роль іноземної мови (ІМ) у навчально-виховному та науково-дослідницькому процесах, у тому числі у спеціалізованих закладах вищої освіти. На сучасному етапі розвитку методичного та технічного прогресу вимоги до рівня володіння ІМ також не згасають, а вимагають вдосконалення знань від студентів та слухачів. Зростає й обсяг різномовної інформації в науці, культурі, освіті, правовій сфері тощо, тому володіння ІМ є важливим та обов'язковим компонентом у характеристиці фахівця. Разом з цим підвищуються вимоги до методичного забезпечення освітнього процесу реципієнта – наявність якісних сучасних навчально-методичних посібників, які є спрямованими відповідно до певного фаху / спеціальності.

Вивчення іноземної мови у закладах вищої освіти країни є однією з провідних складових навчального процесу. Без знання міжнародної іноземної мови неможливі економічні, суспільно-політичні та культурні відносини між світовими країнами на високому рівні. Тісні зв'язки та взаємопроникнення різних наукових напрямків у всі сфери життя є тим базисом, що сприяє повноцінному розумінню нових знань, формуванню навичок і розвитку вмінь. Міжнаукові зв'язки також дозволяють узагальнювати та систематизувати мовний і мовленнєвий досвід, що забезпечує повноту знань.

Професійна компетентність слухача-психолога тісно пов'язана як із необхідністю використання іноземної мови як додаткового засобу спілкування з професіоналами у галузі психології, так і з її роллю як засобу загального розвитку особистості. Отже, іноземну мову в спеціальності необхідно вивчати для того, щоб підвищити свій рівень професійного розвитку, розширити лінгвокультурний кругозір, отримати знання, необхідні для розуміння та вміння висловлювати думки та точки зору з конкретних проблем психологічної направленості.

Навчальний посібник «Збірник тренінгових вправ та задач з англійської мови за професійним спрямуванням (Психологія)» передбачає підготовку з іноземної мови (англійської) студентів-психологів. Цей посібник знайомить слухачів з еволюцією англійської мови (розвитком фонетичної, граматичної систем, а також словникового складу мови); допомагає успішно подолати методологічні труднощі, зумовлені специфікою розвитку англійської мови, розширює філологічний кругозір; показує місце англійської мови в мовному світі та її зв'язки та контакти з іншими мовами.

Відповідно до завдань навчальної дисципліни «Іноземна мова за професійним спрямуванням» у посібнику за мету узято вивчення основної термінології з фаху, опанування основних правил роботи з текстами на психологічну тематику, вивчення основних граматичних явищ та співвідношення їх форми із значенням, ознайомлення студентів бакалавріату з культурою писемного англійського мовлення психологів, розширення їхніх знань з питань взаємозв'язку англійської мови з іншими мовами, навчання перекладати та оперувати у професійному спілкуванні фаховою термінолексикою.

Згідно зі змістовими модулями дисципліни у навчальному посібнику «Збірник тренінгових вправ та задач з англійської мови за професійним спрямуванням (Психологія)» пропонуються чотири тематичні блоки, що вміщують актуальні для психологів теми: Популяризація англійської мови, Становлення психології: експериментальна психологія, нейропсихологія, розвиваюча психологія, соціальна психологія, шкільна психологія, клінічна психологія, промислова психологія. Відчуття та сприйняття: зір, слух, тактильні відчуття. Свідомість. Природа свідомості. Сон і сновидіння. Гіпноз. Пам'ять. Сенсорна пам'ять. Короткочасна пам'ять. Довготривала пам'ять. Типи пам'яті. Пізнання і мова. Пояснення усмішки. Невербальне спілкування. Психолінгвістика. Мислення як процес. Емоції та стрес. Класифікація емоцій. Емоції та почуття. Шляхи контролю. Мотивація. Поведінка і мотиви. Мотивована поведінка. Соціальна мотивація. Особистість і соціальний розвиток. Розвиток особистості. Темперамент і характер. Зігмунд Фрейд – з історії психології. Психологічні розлади. Психоаналіз. Психологія несвідомого. Конфлікт. Психологічна консультація: індивідуальна, парна, групова, шкільна. Написання статей, тезисів та доповідей для виступу на конференціях. Правила оформлення анотації до наукової роботи. Основи публічного виступу.

Кожний тематичний блок пропонує чотири варіанти завдань до розв'язання вправ та задач різного рівня складності.

Навчальний посібник «Збірник тренінгових вправ та задач з англійської мови за професійним спрямуванням (Психологія)» містить комплекс лексико-граматичних і комунікативних вправ на засвоєння нового матеріалу та розвиток навичок усного мовлення, розвиток навичок оглядового швидкісного читання, вправи на переклад для закріплення активного лексичного мінімуму, текст для реферування англійською мовою. Комунікативні вправи передбачають завдання рольового та дискусійного характеру та спонукають до діалогічного мовлення з аргументуванням точки зору. Навчальний матеріал посібника рекомендований для аудиторного та самостійного опрацювання, а також широкому колу осіб, які цікавляться питаннями психології.

ТЕМАТИЧНИЙ БЛОК 1



ТЕМА 1. Популяризація англійської мови.

Роль і значення теми для майбутньої професійної діяльності: знати правила граматики (Структура англійського речення та тексту. Порядок слів в англійській мові. Дієслово 'to be' у минулому, теперішньому та майбутньому часах). Розпізнавати значення слів з контексту, виділяти головну та допоміжну інформацію, вміти працювати зі словником та довідковою літературою, розуміти на слух іноземне мовлення.

Ключові поняття: германські мови, мовлення, конструкції.

ТЕМА 2. Становлення психології: експериментальна психологія, нейропсихологія, розвиваюча психологія, соціальна психологія, шкільна психологія, клінічна психологія, промислова психологія.

Роль і значення теми для майбутньої професійної діяльності: знати поняття «психологія», історію становлення психології, сучасний етап розвитку психології, ознайомитись експериментальною психологією, нейропсихологією, розвиваючою психологією, соціальною психологією, шкільною психологією, клінічною психологією, промисловою психологією. Знати правила граматики (Іменники. Однина та множина. Присвійний відмінок. Артиклі: особові, безособові, нульові. Означальні слова). Розпізнавати значення слів з контексту, виділяти головну та допоміжну інформацію, вміти працювати зі словником та довідковою літературою, розуміти на слух іноземне мовлення.

Ключові поняття: експериментальна психологія, нейропсихологія, розвиваюча психологія, соціальна психологія, шкільна психологія, клінічна психологія, промислова психологія.

ТЕМА 3. Відчуття та сприйняття: зір, слух, тактильні відчуття.

Роль і значення теми для майбутньої професійної діяльності: знати термінологічну лексику та слова загального вжитку, переклад: усний та письмовий, моделі перекладу: лексичні, граматичні та лексико-граматичні трансформації. Розуміти природу відчуття та сприйняття, їхні вікові особливості зміни. Знати правила граматики (Видо-часові форми Present Simple – Present Continuous. Розповідні, питальні та заперечні речення. Дієслова стану). Розпізнавати значення слів з контексту, виділяти головну та допоміжну інформацію, вміти працювати зі словником та довідковою літературою.

Ключові поняття: відчуття, сприйняття, зір, слух, тактильні відчуття.

ТЕМА 4. Свідомість. Природа свідомості. Сон і сновидіння. Гіпноз.

Роль і значення теми для майбутньої професійної діяльності: вміти читати й аналізувати оригінальні тексти за професійною тематикою, висловлювати власну думку, аргументувати свої ідеї. Сприймати аудіотексти, вести діалог та надавати розгорнуті відповіді на запитання викладача із зазначеної теми. Знати правила граматики (Видо-часові форми Past Simple – Present Perfect. Розповідні, питальні та заперечні речення. Неправильні дієслова). Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту. Вміти працювати зі словником та довідковою літературою.

Ключові поняття: свідоме та підсвідоме, сон, сновидіння, гіпноз.

Варіант 1

Exercise 1. Translate the following sentences into Ukrainian.

1. English is one of the major languages of the world.
2. 75% of the world's mail and 60% of the world's telephone calls are in English.
3. Each educated person knows at least one foreign language.
4. Language is a product of human society, with helps to understand each other.
5. Today highly cultured nations have more than seven hundred thousand words in their dictionaries.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|-----------------------------------|------------------------------|
| 1. working language | зроблений з чисюсь допомогою |
| 2. higher education establishment | робоча мова |
| 3. mother tongue | рідна мова |
| 4. assisted | суспільство |
| 5. society | заклад вищої освіти |

Exercise 3. Answer the questions.

1. Why has the English language become a world language?
2. How many countries do you know where English is spoken?
3. What can you tell about the appearance of language?
4. Why is it necessary to have practical command of foreign languages?
5. What do you call people who speak many languages.

Exercise 4. Translate into English.

1. Іноземна мова –
2. Декілька мільйонів людей –
3. Засіб спілкування –
4. Первісна людина –
5. Швидкий ріст –

Exercise 5. Make sentences using these words.

1. International, English, is, an, now, language.
2. The, language, word, from, the, comes, word, lingua, Latin.
3. Is, language, means, main, the, people, of, among, communication.
4. Every, almost, has, dialect, its, language.
5. Flexible, English, a, very, language, is.

Exercise 6. Translate into Ukrainian.

1. Adulthood –
2. To administer –
3. To affect –
4. Age-related –
5. Anxiety –

Exercise 7. Translate these word-combinations into English. Then make sentences with the translated equivalents.

1. Відділитися від філософії;
2. Розширити предмет дослідження;
3. Вклад у розвиток психології;
4. Вмотивована реакція;
5. Біологічний інстинкт.

Exercise 8. Put the words into their correct spaces in the text:
techniques, chemistry, psychology, approach, question

Some people are surprised to learn that 1. _____ is a science. They generally agree that astronomy, biology, and 2. _____ are sciences but wonder what psychology has in common with these other fields. Before answering this 3. _____, however, it is worth reflecting on what astronomy, biology, and chemistry have in common with each other. It is clearly not their subject matter. Astronomers study celestial bodies, biologists study living organisms, and chemists study matter and its properties. It is also not the equipment and 4. _____ that they use. Few biologists would know what to do with a radio telescope, for example, and few chemists would know how to track a moose population in the wild. For these and other reasons, philosophers and scientists who have thought deeply about this question have concluded that what the sciences have in common is a general 5. _____ to understanding the natural world. Psychology is a science because it takes this same general approach to understanding one aspect of the natural world: human behavior.

Exercise 9. Complete the sentences:

1. ... studies how people influence one another.
2. ... studies mental processes are
3. ... studies the physical bases of behaviour and cognition.
4. ... develops and evaluates tests; designs research to measure psychological functions.
5. ... establishes program, consults, treats youngsters' problems, and does research in the school setting.

Exercise 10. Write down plural forms of the Nouns:

1. Discipline -
2. Expansion -
3. Century -
4. Individual -
5. Study -

Exercise 11. Translate these word-combinations into English.

1. Порушити тишу;
2. Практично неможливий;

3. Не мати спілкування з реальністю;
4. Зв'язувати когось із зовнішнім світом;
5. Відчуття рівноваги.

Exercise 12. Translate these words into Ukrainian.

1. To alight –
2. To appreciate –
3. To blend –
4. Blindfolded –
5. To capture –

Exercise 13. Compose five sentences with the verbs using the Present Simple Tense.

1. To enable;
2. To emit odour;
3. To monitor;
4. To detect;
5. To blend.

Exercise 14. Identify correct equivalents.

- | | | |
|----|-------------------------|------------------------------------------|
| 1. | conscious | свідомо
свідомий |
| 2. | subconscious | підсвідомий
несвідомий |
| 3. | conscience | совість
свідомість |
| 4. | conscientiously | добросовісний
добросовісно |
| 5. | to regain consciousness | втратити свідомість
прийти до пам'яті |

Exercise 15. Write down three forms of these irregular verbs.

1. To be - ... - ...;
2. To begin - ... - ...;
3. To fall - ... - ...;
4. To spend - ... - ...;
5. To teach - ... -

Варіант 2

Exercise 1. Translate the following sentences into Ukrainian.

1. Primitive people had a few hundred words at the most.
2. Labour and language are distinctive and exclusive marks of human being.
3. Spoken languages were easy to forget, so people invented writing to record them.
4. There are people who know three, five or six languages.
5. Many animals and even plant species communicate with each other.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|---------------|-----------|
| 1. growth | мова |
| 2. language | зусилля |
| 3. relatively | зростання |
| 4. effort | вимагати |
| 5. require | порівняно |

Exercise 3. Answer the questions.

1. What English speaking people groups do you know?
2. Why is human language the most astonishing creation of man?
3. How many languages are being spoken in the world today?
4. What do you know about English?
5. What are the countries where English is spoken?

Exercise 4. Translate into English.

1. Великий зріст населення –
2. Рідна мова –
3. Єдиний –
4. Спілкуватися словами –
5. Розмовна мова –

Exercise 5. Make sentences using these words.

1. Learn, different, students, our, subjects.
2. Languages, people, are, or, know, three, who, five, six, there.
3. Is, a, popular, English, language, very.
4. Educated, a, know, should, truly, person, language, at, one, least, foreign.
5. English, politics, science, culture, and, important, is, most, the, in, language.

Exercise 6. Translate into Ukrainian.

1. Attempt –
2. Attitude –
3. To assess –
4. Behaviour –
5. Capability –

Exercise 7. Translate these word-combinations into English. Then make sentences with the translated equivalents.

1. Запити суспільства;
2. Роздуми про природу відчуттів;
3. Некерований мотив;
4. Умовний рефлекс;
5. Отримати громадське визнання.

Exercise 8. Put the words into their correct spaces in the text:
behavior , human, ancient , scientific, science

Psychology is the 1. _____-study of the mind and 2. _____. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as 3. _____ development, sports, health, clinical, social behavior and cognitive processes.

Psychology is really a very new 4. _____, with most advances happening over the past 150 years or so. However, its origins can be traced back to 5. _____ Greece, 400 – 500 years BC. The emphasis was a philosophical one, with great thinkers such as Socrates influencing Plato, who in turn influenced Aristotle.

Exercise 9. Complete the sentences:

1. ... develops and evaluates tests; designs research to measure psychological functions.
2. ... establishes program, consults, treats youngsters' problems, and does research in the school setting.
3. ... develops, deigns, and evaluates materials and procedures for educational programs.
4. ... conducts research.
5. ... studies change in behaviour with age.

Exercise 10. Write down plural forms of the Nouns:

1. Difference -
2. Discovery -
3. Opinion -
4. Laboratory -
5. Experiment -

Exercise 11. Translate these word-combinations into English.

1. Хімічний склад крові;
2. Реагувати на подразник;
3. Нервові імпульси;
4. Зорові, смакові, нюхові, слухові та тактильні рецептори;
5. Реагувати на звукові хвилі.

Exercise 12. Translate these words into Ukrainian.

1. Contour –
2. Core –
3. To detect –
4. To eliminate –
5. To emit odour –

Exercise 13. Compose five sentences with the verbs using the Present Simple Tense.

1. To alight;
2. To appreciate;
3. To capture;
4. To blend;
5. To monitor.

Exercise 14. Identify correct equivalents.

- | | | |
|----|-----------------------------|------------------------------------------|
| 1. | conscious | свідомий
несвідомий |
| 2. | consciousness | свідомість
підсвідомість |
| 3. | to lose one's consciousness | втратити свідомість
прийти до пам'яті |
| 4. | conscientious | добросовісно
добросовісний |
| 5. | subconscious | несвідомий
підсвідомий |

Exercise 15. Write down three forms of these irregular verbs.

1. To sweep - ... - ...;
2. To stand - ... - ...;
3. To put - ... - ...;
4. To read - ... - ...;
5. To draw - ... -

Варіант 3

Exercise 1. Translate the following sentences into Ukrainian.

1. Human language is unique in being a symbolic communication system.
2. English has become a world language because of its establishment as a mother tongue outside England, in all the continents of the world.
3. Most world languages have contributed some words to English at some time and the process is now being reversed.
4. We cannot say anything definite about the origin of language.
5. Now people can communicate by words better than they did it in the remote past.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|-----------------------|-------------------------|
| 1. export | далеке минуле |
| 2. professional skill | усна мова |
| 3. the remote past | вивіз |
| 4. spoken language | володіти |
| 5. to have command | професійна майстерність |

Exercise 3. Answer the questions.

1. Why can people now communicate by words much better than they did it in the remote past?
2. Which is the oldest written language?
3. How many groups of English-speaking people do you know? Name them.
4. How can you explain the rapid growth of the vocabulary of modern languages?
5. Can you explain the term “polyglot”?

Exercise 4. Translate into English.

1. З іншого боку –
2. Далеке минуле –
3. За допомогою –
4. Людська мова –
5. Використовують з практичною метою –

Exercise 5. Make sentences using these words.

1. In, the, we, city, live, a, flat, in, of, center, the.
2. Speaking, people, divided, English, into, be, can, groups, three.
3. People, other, use, communication, of, means.
4. Idioms, are, English, wise.
5. Mother, a, tongue, English, as, people, speak, over, 330 mln.

Exercise 6. Translate into Ukrainian.

1. To conduct –
2. Conscious –
3. Damage –
4. To differ –

5. Disabled –

Exercise 7. Translate these word-combinations into English. Then make sentences with the translated equivalents.

1. Домінувати на світовій арені;
2. Досліджувати роботу сенсорної системи;
3. Розумові розлади;
4. Втрата пам'яті;
5. Вікові зміни у поведінці.

Exercise 8. Put the words into their correct spaces in the text:
term, approach, research, unreliable, psychologist

Structuralism was the name given to the 1. _____ pioneered by Wilhelm Wundt. The 2. _____ originated from Edward Titchener, an American 3. _____ who had been trained by Wundt. Structuralism relied on trained introspection, a 4. _____ method whereby subjects related what was going on in their minds while performing a certain task. However, it proved to be 5. _____ method because there was too much individual variation in the experiences and reports of research subjects.

Exercise 9. Complete the sentences:

1. ... conducts research.
2. ... studies change in behaviour with age.
3. ... combines research, consultation, and program development to enhance morale and efficiency on the job.
4. ... treats distressed people within the community, initiates community action and develops community programs to enhance mental health.
5. ... assesses and treats people with psychological problems.

Exercise 10. Write down plural forms of the Nouns:

1. Contribution -
2. Block -
3. Principle -
4. Tip -
5. Memory -

Exercise 11. Translate these word-combinations into English.

1. Породжувати коливання;
2. Переплутати повідомлення;
3. Носова порожнина;
4. Йти по сліду запаху;
5. Витік газу.

Exercise 12. Translate these words into Ukrainian.

1. To enable –
2. Fragrance –
3. Fluid –
4. To impinge on –
5. Impoverished –

Exercise 13. Compose five sentences with the verbs using the Present Simple Tense.

1. To ward off;
2. To transmit;
3. To tilt;
4. To sniff;
5. To restrict.

Exercise 14. Identify correct equivalents.

- | | | |
|----|-------------------------|------------------------------------------|
| 1. | to regain consciousness | втратити свідомість
прийти до пам'яті |
| 2. | conscientiously | добросовісно
свідомо |
| 3. | unconscious | підсвідомий
несвідомий |
| 4. | conscience | совість
свідомість |
| 5. | subconscious | підсвідомо
підсвідомий |

Exercise 15. Write down three forms of these irregular verbs.

1. To swim - ... - ...;
2. To forgive - ... - ...;
3. To feel - ... - ...;
4. To eat - ... - ...;
5. To drink - ... -

Варіант 4

Exercise 1. Translate the following sentences into Ukrainian.

1. Symbols are sounds or things which have meaning given to them by the users.
2. A language is a set of rules for generating speech.
3. Black English in the USA is an example of a social dialect.
4. A dialect is a variant of a language.
5. Learning foreign languages enriches the native language, makes it clearer, more flexible and expressive.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|-------------------|-------------------|
| 1. living being | мета |
| 2. entire | повний, загальний |
| 3. the only | жива істота |
| 4. purpose | носій рідної мови |
| 5. native speaker | єдиний |

Exercise 3. Answer the questions.

1. Why is human language unique?
2. What is a word?
3. Explain the difference between “language” and “speech”.
4. Why has English become a world language?
5. Why is it necessary to have practical command of foreign languages?

Exercise 4. Translate into English.

1. Людство –
2. Немислимий –
3. Людське суспільство –
4. Практично володіти іноземною мовою –
5. Гнучкий і виразний –

Exercise 5. Make sentences using these words.

1. Communication, is, a, of, in, means, human, society, language.
2. The, human, most, is, language, man, of, creation, astonishing.
3. English, British, variant, traditional, a, of, English, is.
4. Languages, help, foreign, communicate, to, you, foreigners, with.
5. the, it, language, computer, is, language, technology, of.

Exercise 6. Translate into Ukrainian.

1. Disorder –
2. Diverse –
3. Emergency –
4. Flexible –
5. To identify –

Exercise 7. Translate these word-combinations into English. Then make sentences with the translated equivalents.

1. Соціальні події;
2. Процеси мислення;
3. Конфлікти та їх залагодження;
4. Творче мислення;
5. Обдаровані діти.

Exercise 8. Put the words into their correct spaces in the text:
laboratory, systematic, measurement, investigate, approach

Because psychology is a science it attempts to 1. _____ the causes of behavior using 2. _____ and objective procedures for observation, 3. _____ and analysis, backed-up by theoretical interpretations, generalizations, explanations and predictions.

The classic contemporary perspectives in psychology to adopt these strategies were the behaviorists, who were renowned for their reliance on controlled 4. _____ experiment and rejection of any unseen or subconscious forces as causes of behavior. And later, cognitive psychology adopted this rigorous, scientific, lab based scientific 5. _____ too.

Exercise 9. Complete the sentences:

1. ... treats distressed people within the community, initiates community action and develops community programs to enhance mental health.
2. ... assesses and treats people with psychological problems.
3. ... studies how and why people differ from one another and how those differences can be assessed.
4. ... designs and evaluates environments, machinery, training devices, programs, and systems to improve relationships between people and environment.
5. ... studies mental processes.

Exercise 10. Write down plural forms of the Nouns:

1. Sensation -
2. Influence -
3. Thought -
4. Emotion -
5. Life -

Exercise 11. Translate these word-combinations into English.

1. Розрізняти пахощі;
2. Утримувати рівновагу;
3. Сприймання на відчуття;
4. Система умовиводу;
5. Сприймання розміру, форми, глибини.

Exercise 12. Translate these words into Ukrainian.

1. Joint –
2. To monitor –
3. Muscle –
4. Posture –
5. Pressure –

Exercise 13. Compose five sentences with the verbs using the Present Simple Tense.

1. To reflect;
2. To monitor;
3. To detect;
4. To impinge on;
5. To enable.

Exercise 14. Identify correct equivalents.

- | | |
|----------------------------|------------------------------------------|
| 1. conscious | свідомий
свідомо |
| 2. subconsciously | підсвідомий
підсвідомо |
| 3. to regain consciousness | прийти до пам'яті
втратити свідомість |
| 4. conscience | совість
свідомість |
| 5. unconscious | несвідомий
підсвідомий |

Exercise 15. Write down three forms of these irregular verbs.

1. To understand - ... - ...;
2. To build - ... - ...;
3. To fly - ... - ...;
4. To get - ... - ...;
5. To shine - ... -

ТЕМАТИЧНИЙ БЛОК 2



ТЕМА 5. Пам'ять. Сенсорна пам'ять. Короткочасна пам'ять. Довготривала пам'ять. Типи пам'яті.

Роль і значення теми для майбутньої професійної діяльності: знати базові поняття та терміни щодо теми, розрізняти види та типи пам'яті, розуміти лінгвістичну специфіку соціально-гуманітарних джерел англomовних країн, мовні особливості галузі психології. Знати правила граматики (Видо-часові форми Future Simple – Future Continuous. Розповідні, питальні та заперечні речення. Випадки невживання Future. Конструкція 'to be going to'. Неправильні дієслова).

Ключові поняття: пам'ять, сенсорна пам'ять, короткочасна пам'ять, довготривала пам'ять.

ТЕМА 6. Пізнання і мова. Пояснення усмішки. Невербальне спілкування. Психолінгвістика. Мислення як процес.

Роль і значення теми для майбутньої професійної діяльності: Знати особливості мовлення, за якими визначають характер, темперамент та соціальний стан особи. Знати пояснення основних невербальних знаків. Знати правила граматики (Видо-часова форма Present Perfect Continuous. Розповідні, питальні та заперечні речення. Неправильні дієслова).

Ключові поняття: пізнання, усмішка, жести, міміка, психолінгвістика, мислення.

ТЕМА 7. Емоції та стрес. Класифікація емоцій. Емоції та почуття. Шляхи контролю. Мотивація.

Роль і значення теми для майбутньої професійної діяльності: розуміти природу емоцій, стресу та почуттів. Знати класифікацію емоцій, шляхи контролю стресу. Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту. Вміти працювати зі словником та довідковою літературою. Знати правила граматики (Видо-часова форма Past Continuous. Розповідні, питальні та заперечні речення. Конструкції 'was / were going to', 'used to / would', 'be / get used to'. Неправильні дієслова).

Ключові поняття: емоції, стрес, почуття, мотивація.

Варіант 1

Exercise 1. Translate the following sentences and word-combinations into English.

1. Тривала фаза.
2. Наслідки процесів сприймання та відчуття.
3. Охоплювати величезний обсяг знань.
4. Сенсорна пам'ять має різні підвиди, серед яких помітну роль відіграє слухова та зорова.
5. Короткочасна пам'ять характеризується швидким запам'ятовуванням матеріалу, негайним його відтворенням і коротким строком зберігання.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|------------------|---------------|
| 1. generic | напружений |
| 2. intense | родовий |
| 3. to jog memory | утримувати |
| 4. long-term | пригадати |
| 5. to maintain | довготривалий |

Exercise 3. Answer the questions.

1. What are the kinds of memory?
2. Where is the information stored?
3. What does the short-term memory hold?
4. How can we keep information in SM system longer?
5. Which system is less permanent: STM or LTM?

Exercise 4. Find out 5 mistakes in the passage.

The proces of encoding a memory begins when we are born and occurs continuously. For something to become a memary, it must first be picked up by one or more of our sensec. A memory starts off in shot-term storage. We learn how to tie our shoe, for example. Once we have the process down, it goes into our long-tem memory and we can do it without consciously thinking about the steps involved.

Exercise 5. Match these titles with the paragraphs.

Human brains are big...

...But they're getting smaller

Wrinkles make us smart

Brain matter

Our brains burn through energy

1. _____

Throughout history, the human brain has been remarkably good at dismissing itself. Everyone from ancient Egyptians to Aristotle has downplayed the role of the mysterious stuff between our ears. Famed anatomist Galen gave the brain credit as

commander of movement and speech, but even he brushed aside the white and gray matter, figuring the fluid-filled ventricles inside the brain did most of the work.

2. _____

The average adult brain weighs just under 3 pounds (between 1.3 and 1.4 kilograms). Some neurosurgeons describe the texture of a living brain as that of toothpaste, but according to neurosurgeon Katrina Firlik, a better analogy can be found in the local health-food store.

3. _____

Don't get too cocky about your soda-bottle-sized brain. Humans 5,000 years ago had brains that were even larger.

"We do know from archaeological data that pretty much everywhere we can measure — Europe, China, South Africa, Australia — that brains have shrunk about 9 cubic inches (150 cubic centimeters), from an average of about 82 in³ (1,350 cm³). That's roughly 10 percent," University of Wisconsin at Madison paleoanthropologist John Hawks told LiveScience in 2009.

Researchers don't know why brains might be shrinking, but some theorize that they're evolving to be more efficient. Others think our skulls are getting smaller because our diets include more easily chewable foods and so large, strong jaws are no longer required.

Whatever the reason, brain size doesn't directly correlate with intellect, so there's no evidence that ancient man was brainier than humans of today.

4. _____

The modern brain is an energy hog. The organ accounts for about 2 percent of body weight, but it uses about 20 percent of the oxygen in our blood and 25 percent of the glucose (sugars) circulating in our bloodstream, according to the American College of Neuropsychopharmacology.

These energy requirements have spurred a debate among anthropologists about what fueled the evolution of big brains in the first place. Many researchers credit meat, citing evidence of hunting in our early ancestors. But meat would have been an unreliable food source, say other scientists. A 2007 study published in the Proceedings of the National Academy of Science found that modern-day chimps know how to dig for calorie-rich tubers on the savanna. Perhaps our ancestors did the same, boosting their brainpower with veggies.

As for what motivated the brain to balloon in size, there are three major hypotheses: climate change, the demands of ecology, and social competition.

5. _____

What's the secret to our species' smarts? The answer may be wrinkles. The surface of the human brain is convoluted by deep fissures, smaller grooves called sulci, and ridges called gyri. This surface is called the cerebral cortex and is home to about 100 billion neurons, or nerve cells.

The folded, meandering surface allows the brain to pack in more surface area — and

thus, more processing power — into the limited confines of the skull. Our primate relatives show varying degrees of convolution in their brains, as do other intelligent creatures like elephants. In fact, research done by Emory University neuroscientist Lori Marino has found that dolphins have even more pronounced brain wrinkles than humans. (<https://www.livescience.com/12916-10-facts-human-brain.html>)

Exercise 6. Translate the last 5 sentences of the text into Ukrainian.

Exercise 7. Choose any 10 irregular verbs in the text. Write down them into your copy book and write their three forms.

Exercise 8. Translate the words into English.

1. Супроводжувати;
2. Гострий;
3. Прихильність;
4. Живий;
5. Розважати;
6. Кут;
7. Біль;
8. Прикрість;
9. Тривога;
10. Фаза збудження (про емоції).

Варіант 2

Exercise 1. Translate the following sentences and word-combinations into English.

1. Зберігати окремі факти.
2. Пов'язаний з конкретним місцем та часом.
3. Значимий та осмислений.
4. Пам'ять – це складний, але єдиний і безперервний процес, який де термінується діяльністю особистості та її спрямованістю на досягнення мети.
5. Сенсорна пам'ять характеризується дуже коротким часом збереження матеріалу.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|-----------------|----------------|
| 1. encoding | містити в собі |
| 2. to encompass | шифрування |
| 3. equation | рівняння |
| 4. errand | в'янути |
| 5. to fade | доручення |

Exercise 3. Answer the questions.

1. What is it necessary to do to move the information into the long-term store?
2. What is deposited in a mental “filling cabinet”, called memory?
3. What kind of memories does the generic one include?
4. What does the ambiguity of memory mean?
5. What guides selective attention?

Exercise 4. Find out 5 mistakes in the passage.

We are typically not aware of what is in our mamory until we need to use that bit of informetion. Then we use the protsess of retrieval to bring it to the forefront when we need to use it. Again, much of this recall happens without having consenstrate on it – particularly with common tasks such as shoe tying – but there are other types of memorys that take more effort to bring to the forefront.

Exercise 5. Match these titles with the paragraphs.

- The brain starts as a tube**
- Most of our brain cells aren't neurons**
- The brain is an exclusive club**
- Brains never stop changing**
- Teen brains aren't fully formed**

1. _____

The old saw that we use just 10 percent of our brainpower isn't true, but we now

know that neurons make up just 10 percent of our brain cells.

The other 90 percent, which account for about half the brain's weight, are called glia, which means "glue" in Greek. Neuroscientists used to think glia were simply the sticky stuff that holds neurons together. But recent research has shown glia to be much more. A 2005 paper in the journal *Current Opinions in Neurobiology* laid out the roles of these unsung cells, which range from mopping up excess neurotransmitters to providing immune protection to actually promoting and modulating synapse growth and function. (Synapses are the connections between neurons.) It turns out the silent majority isn't so silent after all.

2. _____

Like bouncers at a night club, an assembly of cells in the brain's blood system, called the blood-brain barrier, lets only a few molecules into the nervous system's inner sanctum – the brain. The capillaries that feed the brain are lined with tightly bound cells, which keep out large molecules. Special proteins in the barrier transport necessary nutrients and substances into the brain. Only an elite few make it through.

The blood-brain barrier protects the brain, but it can also keep out lifesaving medications. Physicians trying to treat brain tumors can use drugs to open the junctions between cells, but that leaves the brain temporarily vulnerable to infection. One new way to sneak meds past the barrier might be nanotechnology. A 2009 study published in the journal *Cancer Research* showed that specially-engineered nanoparticles can cross the barrier and attach to tumor tissue. In the future, combining nanoparticles with chemotherapy drugs could be one way to target tumors.

3. _____

The foundation for the brain is set early. Three weeks after conception, a sheet of embryonic cells called the neural plate folds and fuses into the neural tube. This tissue will become the central nervous system.

The neural tube grows and differentiates throughout the first trimester. (When cells differentiate they specialize into various tissues needed to create body parts.) It isn't until the second trimester that glia and neurons begin to form. The brain doesn't wrinkle up until even later. At 24 weeks, magnetic resonance imaging shows just a few nascent grooves in the otherwise smooth surface of the fetal brain, according to a 2000 study in the journal *Radiology*. As the third trimester begins in week 26, the grooves deepen and the brain begins to look more like that of a newborn.

4. _____

Parents of stubborn teenagers rejoice, or at least relax: That adolescent attitude stems, in part, from the vagaries of brain development.

The gray matter of the brain peaks just before puberty and is pruned back down throughout adolescence, with some of the most dramatic development happening in the frontal lobes, the seat of judgment and decision-making.

A 2005 study published in the journal *Child Development* found that the parts of the brain responsible for multitasking don't fully mature until we're 16 or 17 years old. And research presented at the BA Festival of Science in 2006 revealed that teens also

have a neural excuse for self-centeredness. When considering an action that would affect others, teens were less likely than adults to use the medial prefrontal cortex, an area associated with empathy and guilt. Teens learn empathy by practicing socializing, the researchers said. So much for grounding them until they're 20.

5. _____

Scientific wisdom once held that once you hit adulthood, your brain lost all ability to form new neural connections. This ability, called plasticity, was thought to be confined to infancy and childhood.

Wrong. A 2007 study on a stroke patient found that her brain had adapted to the damage to nerves carrying visual information by pulling similar information from other nerves. This followed several studies showing that adult mice could form new neurons. Later studies found more evidence of human neurons making new connections into adulthood; meanwhile, research on meditation showed that intense mental training can change both the structure and function of the brain. (<https://www.livescience.com/12916-10-facts-human-brain.html>)

Exercise 6. Translate the last 5 sentences of the text into Ukrainian.

Exercise 7. Choose any 10 irregular verbs in the text. Write down them into your copy book and write their three forms.

Exercise 8. Translate the words into English.

1. Застосовувати;
2. Корисний;
3. Рефлекторний зворотний зв'язок;
4. Зв'язок;
5. Коронарний;
6. Впевнений;
7. Послідовність;
8. Виродження;
9. Придумувати;
10. Бути виявленим.

Варіант 3

Exercise 1. Translate the following sentences and word-combinations into English.

1. Розв'язувати квадратне рівняння.
2. Нагромаджені знання.
3. Перешкоджати утримуванню інформації.
4. Відтворення – процес пам'яті, що забезпечує утримування результатів запам'ятовування впродовж більш чи менш тривалого часу.
5. Збереження – процес пам'яті, внаслідок якого відбувається закріплення нового матеріалу.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|---------------|--------------|
| 1. cue | чіткий |
| 2. to decay | відкладати |
| 3. to deposit | давати змогу |
| 4. distinct | руйнувати |
| 5. to enable | натяк |

Exercise 3. Answer the questions.

1. Does sensory memory pass away fast or last for a long period of time?
2. Encoding is a process of converting the information from one form to another, isn't it?
3. How can long-term memory turn into short-term memory?
4. What is the mechanism of long-term memory?
5. Explain the meaning of sensory memory.

Exercise 4. Find out 5 mistakes in the passage.

Important memories typically move from short-term memory to long-term memory. The transfer of information to long-term memory for more permanent storage can be happen in several steps. Information can be committed to long-term memory through repetition – such as studying for a test or repeatedly taking steps until walking can be performed without sinking – or associating it with other previously acquired knowledge, like remembering a new acquaintance Mrs. Emerald by associating her name with an image of the green jewel.

Exercise 5. Match these titles with the paragraphs.

Deep Freeze

Nature vs. Nurture

Mortal Mystery

Consciousness

Brain Teaser

1. _____

When you wake up in the morning, you might perceive that the Sun is just rising, hear a few birds chirping, and maybe even feel a flash of happiness as the fresh morning air hits your face. In other words, you are conscious. This complex topic has plagued the scientific community since antiquity. Only recently have neuroscientists considered consciousness a realistic research topic. The greatest brainteaser in this field has been to explain how processes in the brain give rise to subjective experiences. So far, scientists have managed to develop a great list of questions.

2. _____

Living forever may not be a reality. But a pioneering field called cryonics could give some people two lives. Cryonics centers like Alcor Life Extension Foundation, in Arizona, store posthumous bodies in vats filled with liquid nitrogen at bone-chilling temperatures of minus 320 degrees Fahrenheit (negative 195 degrees Celsius).

The idea is that a person who dies from a presently incurable disease could be thawed and revived in the future when a cure has been found. The body of the late baseball legend Ted Williams is stored in one of Alcor's freezers. Like the other human popsicles, Williams is positioned head down. That way, if there were ever a leak in the tank, the brain would stay submerged in the cold liquid. Not one of the cryopreserved bodies has been revived, because that technology doesn't exist. For one, if the body isn't thawed at exactly the right temperature, the person's cells could turn to ice and blast into pieces.

3. _____

Living forever is just for Hollywood. But why do humans age? You are born with a robust toolbox full of mechanisms to fight disease and injury, which you might think should arm you against stiff joints and other ailments. But as we age, the body's repair mechanisms get out of shape. In effect, your resilience to physical injury and stress declines.

Theories for why people age can be divided into two categories: 1) Like other human characteristics, aging could just be a part of human genetics and is somehow beneficial. 2) In the less optimistic view, aging has no purpose and results from cellular damage that occurs over a person's lifetime. A handful of researchers, however, think science will ultimately delay aging at least long enough to double life spans.

4. _____

In the long-running battle of whether our thoughts and personalities are controlled by genes or environment, scientists are building a convincing body of evidence that it could be either or both! The ability to study individual genes points to many human traits that we have little control over, yet in many realms, peer pressure or upbringing has been shown heavily influence who we are and what we do.

5. _____

Laughter is one of the least understood of human behaviors. Scientists have found that during a good laugh three parts of the brain light up: A thinking part that helps you get the joke, a movement area that tells your muscles to move, and an emotional region that elicits the "giddy" feeling. But it remains unknown why one person laughs

at your brother's foolish jokes while another chuckles while watching a horror movie. John Morreall, who is a pioneer of humor research at the College of William and Mary, has found that laughter is a playful response to incongruities — stories that disobey conventional expectations. Others in the humor field point to laughter as a way of signaling to another person that this action is meant "in fun." One thing is clear: Laughter makes us feel better. (<https://www.livescience.com/12916-10-facts-human-brain.html>)

Exercise 6. Translate the last 5 sentences of the text into Ukrainian.

Exercise 7. Choose any 10 irregular verbs in the text. Write down them into your copy book and write their three forms.

Exercise 8. Translate the words into English.

1. Збентеження;
2. Рівновага;
3. Експлуатувати;
4. Крах;
5. Жадність;
6. Провина;
7. Вплив;
8. Неминучий;
9. Розлючувати;
10. Вірність.

Варіант 4

Exercise 1. Translate the following sentences and word-combinations into English.

1. Відкластися у пам'яті.
2. Стертися з пам'яті.
3. Викликати емоції.
4. Забування – процес пам'яті, який призводить до втрати чіткості й зменшення обсягу закріпленого у тривалій пам'яті матеріалу, а інколи й неможливості відтворити його.
5. Пригадування – довільне відтворення, пов'язане з активним пошуком, відновленням і добуванням з довготривалої пам'яті матеріалу, необхідного індивіду.

Exercise 2. Match the words with their Ukrainian equivalents.

- | | |
|----------------|---------------|
| 1. acquisition | перетворювати |
| 2. ambiguous | поняття |
| 3. to blink | кліпати |
| 4. concept | двозначний |
| 5. to convert | надбання |

Exercise 3. Answer the questions.

1. It is possible to keep information in SM system longer? Why?
2. What are three kinds of memory?
3. On the basis of what is information stored?
4. What is the mechanism of long-term memory?
5. What does the short-term memory hold?

Exercise 4. Find out 5 mistakes in the passage.

Episodic mamory is a person's unique recollections of a specific event or an episode. People are usually able to associate particular details with an episodic memory, such as how they felt, the taimе and place, and other particulars. It is not clear as to why some memories of events in our lifes are committed to memory, while others don't get recorded, but researchers believe that emoshions play a critikal role in what we remember.

Exercise 5. Match these titles with the paragraphs.

- Slumber Sleuth**
- Memory Lane**
- Phantom Feelings**
- Mission Control**
- Sweet Dreams**

1. _____

Some experiences are hard to forget, like perhaps your first kiss. But how does a person hold onto these personal movies? Using brain-imaging techniques, scientists are unraveling the mechanism responsible for creating and storing memories. They are finding that the hippocampus, within the brain's gray matter, could act as a memory box. But this storage area isn't so discriminatory. It turns out that both true and false memories activate similar brain regions. To pull out the real memory, some researchers ask a subject to recall the memory in context, something that's much more difficult when the event didn't actually occur.

2. _____

Residing in the hypothalamus of the brain, the suprachiasmatic nucleus, or biological clock, programs the body to follow a 24-hour rhythm. The most evident effect of circadian rhythm is the sleep-wake cycle, but the biological clock also impacts digestion, body temperature, blood pressure, and hormone production.

Researchers have found that light intensity can adjust the clock forward or backward by regulating the hormone melatonin. The latest debate is whether or not melatonin supplements could help prevent jet lag — the drowsy, achy feeling you get when "jetting" across time zones.

3. _____

It's estimated that about 80 percent of amputees experience sensations, including warmth, itching, pressure and pain, coming from the missing limb. People who experience this phenomenon, known as "phantom limb," feel sensations as if the missing limb were part of their bodies. One explanation says that the nerves area where the limb severed create new connections to the spinal cord and continue to send signals to the brain as if the missing limb was still there. Another possibility is that the brain is "hard-wired" to operate as if the body were fully intact — meaning the brain holds a blueprint of the body with all parts attached.

4. _____

Fruit flies do it. Tigers do it. And humans can't seem to get enough of it. No, not that. We're talking about shut-eye, so crucial we spend more than a quarter of our lives at it. Yet the underlying reasons for sleep remain as puzzling as a rambling dream.

One thing scientists do know: Sleep is crucial for survival in mammals. Extended sleeplessness can lead to mood swings, hallucination, and in extreme cases, death. There are two states of sleep — non-rapid eye movement (NREM), during which the brain exhibits low metabolic activity, and rapid eye movement (REM), during which the brain is very active. Some scientists think NREM sleep gives your body a break, and in turn conserves energy, similar to hibernation. REM sleep could help to organize memories. However, this idea isn't proven, and dreams during REM sleep don't always correlate with memories.

5. _____

If you were to ask 10 people what dreams are made of, you'd probably get 10 different answers. That's because scientists are still unraveling this mystery.

One possibility: Dreaming exercises brain by stimulating the trafficking of synapses between brain cells. Another theory is that people dream about tasks and emotions that they didn't take care of during the day, and that the process can help solidify thoughts and memories. In general, scientists agree that dreaming happens during your deepest sleep, called Rapid Eye Movement. (<https://www.livescience.com/12916-10-facts-human-brain.html>)

Exercise 6. Translate the last 5 sentences of the text into Ukrainian.

Exercise 7. Choose any 10 irregular verbs in the text. Write down them into your copy book and write their three forms.

Exercise 8. Translate the words into English.

1. Неспрацьовування;
2. Виникати;
3. Нав'язливий;
4. Гнів;
5. Повторне пристосування;
6. Самовпевнений;
7. Відрізок;
8. Загроза;
9. Неминучий;
10. Внутрішній.

ТЕМАТИЧНИЙ БЛОК 3



ТЕМА 8. Поведінка і мотиви. Мотивована поведінка. Соціальна мотивація.

Роль і значення теми для майбутньої професійної діяльності: знати джерела впливу на поведінку людини, особливості мотивованої поведінки, можливі наслідки емоційного досвіду. Знати поняття волі як психічної функції. Знати правила граматики (Видо-часові форми Past Perfect – Past Perfect Continuous. Розповідні, питальні та заперечні речення. Неправильні дієслова). Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту. Вміти працювати зі словником та довідковою літературою.

Ключові поняття: поведінка, мотив, соціальна мотивація.

ТЕМА 9. Особистість і соціальний розвиток. Розвиток особистості. Темперамент і характер. Зігмунд Фрейд – з історії психології.

Роль і значення теми для майбутньої професійної діяльності: знати види міжсуб'єктних зв'язків, розрізняти сильні та слабкі сторони особистості, визначати цінності, давати пояснення етико-моральним вчинкам. Знати основи теорії Зігмунда Фрейда. Знати правила граматики (Видо-часові форми Future Perfect – Future Perfect Continuous. Розповідні, питальні та заперечні речення. Неправильні дієслова). Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту. Вміти працювати зі словником та довідковою літературою.

Ключові поняття: особистість, соціальний розвиток, темперамент, характер.

ТЕМА 10. Психологічні розлади. Психоаналіз. Психологія несвідомого. Конфлікт.

Роль і значення теми для майбутньої професійної діяльності: знати межі між нормальним та аномальним, розрізняти терміни «психологія», «психіатрія», «психотерапія», специфіку процесу соціалізації. Вести бесіду з викладачем на теми, що передбачені програмою. Знати правила граматики (Модальні дієслова: can / could / to be able to, shall, should / ought to, must, have to, may / might, to be allowed to / to be permitted to, need, will / would). Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту. Вміти працювати зі словником та довідковою літературою.

Ключові поняття: психологічні розлади, психоаналіз, несвідоме, конфлікт.

ТЕМА 11. Психологічна консультація: індивідуальна, парна, групова, шкільна.

Роль і значення теми для майбутньої професійної діяльності: знати мовну культуру інших країн. Знати етику професійного спілкування. Вміти підтримувати діалог, ставити запитання співбесіднику. Надавати розгорнуті відповіді відповідно до теми, що передбачена програмою. Знати правила граматики (Безособові форми дієслів: інфінітив, герундій та дієприкметник. Конструкції Complex object, Complex subject. Вживання too / enough з інфінітивом). Розуміти на слух іноземне мовлення. Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту. Вміти працювати зі словником та довідковою літературою.

Ключові поняття: консультація, етикет, бесіди.

Варіант 1

Exercise 1. Match these words and word-combinations with their Ukrainian equivalents.

- | | |
|------------------|--------------|
| 1. to affect | суперечливий |
| 2. akin | досягати |
| 3. aspiration | прагнення |
| 4. to attain | близький |
| 5. contradictory | впливати |

Exercise 2. Translate into Ukrainian.

1. To shove;
2. To seek;
3. To rid;
4. To resolve;
5. Requirement.

Exercise 3. Translate into English.

1. Створювати перепони;
2. Надходити з різних джерел;
3. Зберігати інформацію;
4. Не сумісний з правилом;
5. Когнітивна узгодженість.

Exercise 4. Answer the questions.

1. What is a dominant driving force?
2. What do you know of Abraham Maslow?
3. What system of needs does Abraham Maslow suggested?
4. What are the strongest human needs, according to his hierarchy?
5. Why do most people fail to realize their potential?

Exercise 5. Translate into English.

1. Уникати негативних емоцій чи небажаного досвіду;
2. Стосуватися сфери творчості та самореалізації;
3. Споріднений з фізіологічними проблемами;
4. Прагнути рівноваги фізіологічних і когнітивних станів;
5. Позбавлений необхідних речовин.

Exercise 6. Read the text and then write a brief summary of the text below.

Melancholy

(<http://fourtemperaments.com/4-primary-temperaments/>)

The Melancholy temperament has three combinations: Melancholy-Choleric, Melancholy-Sanguine, and Melancholy-Phlegmatic.

The traits of the primary temperament, Melancholy, may be altered or modified in some significant way due to the influence of the secondary temperament. Remember,

there are at least three levels of intensity of a temperament: classic, moderate, and mild. Some Melancholies will be very strong, others somewhat strong, and still others more mild.

The Melancholy naturally wants to do things right, and is quality-oriented. Melancholies are not trying to be right, they are driven to figure out what is right. They have a cautious, tentative response designed to reduce tension in an unfavorable environment. The Melancholy's second response is often to become aggressive to restore peace in an unfavorable situation. They influence their environment by adhering to the existing rules, and by doing things right according to predetermined (and accepted) standards.

Melancholies are detailed-oriented, operate from a plan, and they are very private. Melancholies are introverted, logical, analytical, and factual in communication. They need information, time alone to think, and a detailed plan in order to function effectively without anxiety.

Melancholies respond to others in a slow, cautious, and indirect manner. They are reserved and suspicious until they are sure of your intentions. Melancholies probe for the hidden meaning behind your words. They are timid, may appear unsure, and have a serious expression. Melancholies are self-sacrificing, gifted, and they can be a perfectionist.

Melancholies are conscientious, picky, and can be sensitive to what others think of their work. They have anxiety about the present and future. They tend to have guilt feelings but fail to realize that guilt will not change the past nor will worry change the future. They allow guilt and worry to rob them of enjoying the present.

Melancholies are well organized. However, on occasion, they may keep things cluttered, but they will know what is in the piles. They are determined to make the right and best decision so they will collect lots of information, and ask very specific questions, and sometimes they will ask the same question several times. They may take excessive time to think about their options before making a decision. Even then, they may not be sure it is the right, and best decision.

Melancholies need reassurance, feedback, and reasons why they should do something. They can be moody, which is usually related to their negative evaluation of people or events.

Melancholies fear taking risks, making wrong decisions, and being viewed as incompetent. They tend to have a negative attitude toward something new until they have had time to think it through. Melancholies are skeptical about almost everything, but they are creative and capable people. They tend to get bored with something once they get it figured out.

Exercise 7. Answer the questions.

1. How is "abnormality" treated in medicine?
2. What is a norm?
3. Why do norms remain the dominant standard in society?
4. What are the advantages and disadvantages of a statistical definition of abnormality?
5. What can danger be when using only norms to define abnormality?

Варіант 2

Exercise 1. Match these words and word-combinations with their Ukrainian equivalents.

- | | |
|----------------|---------------|
| 1. consistency | відповідник |
| 2. correlate | узгодженість |
| 3. deciphering | знижувати |
| 4. to deflate | розшифрування |
| 5. deprived | позбавлений |

Exercise 2. Translate into Ukrainian.

1. Vigour;
2. Unraveling;
3. To trigger;
4. To trace back to;
5. To take precedence over / of.

Exercise 3. Translate into English.

1. Виконувати функцію виживання та відтворення;
2. Сприяти становленню;
3. Зазнати невдачі;
4. Визначатися потягами;
5. Різновиди вподобань.

Exercise 4. Answer the questions.

1. What do adults want to receive when their physiological needs are satisfied?
2. What do people seek when safety needs are achieved?
3. Where can people receive support?
4. What does self-esteem mean?
5. How do people try to realize their potentials?

Exercise 5. Translate into English.

1. Прагнути задоволення первинних потреб;
2. Уникати негативних емоцій чи небажаного досвіду;
3. Динамічна ознака поведінки;
4. Надходити з різних джерел;
5. Вийти зі стану дисонансу.

Exercise 6. Read the text and then write a brief summary of the text below.

Sanguine

(<http://fourtemperaments.com/4-primary-temperaments/>)

The Sanguine temperament has three combinations: Sanguine-Choleric, Sanguine-Phlegmatic, and Sanguine-Melancholy.

The traits of the primary temperament, Sanguine, may be altered or modified in some significant way due to the influence of the secondary temperament. Remember, there are at least three levels of intensity of a temperament: classic, moderate, and mild. Some Sanguines will be very strong, others somewhat strong, and still others more mild. Some are “Super Sanguines” because they are so talkative and active that they can be overwhelming.

Sanguines are naturally people-oriented. They have an active, positive movement in a favorable environment. They influence their environment by encouraging others to work together.

The Sanguine has the potential for the widest range of behavior due to possessing the widest range of emotions. This allows them to participate (based on their second temperament) in any kind of human activity. They like to participate in, or change, their environment. The areas of business, politics, sports, and entertainment, to name a few, are dominated by the Sanguine temperament.

The Sanguine is extroverted, fun-loving, playful, activity-prone, impulsive, entertaining, persuasive, easily amused, and optimistic. They are enthusiastic, expressive, and tend to be very affectionate. Sanguines are personable, receptive, open to others, and build relationships quickly. They are animated, excitable, approachable, accepting, and trusting of others. They will smile, and talk easily and often. Sanguines are word smiths.

It is not unusual to feel as if you have known one who is Sanguine for years after the first meeting. They make and keep friends easily. They get so involved in conversations that they easily forget about time, and are often late arriving at their destination. Sanguines are easily bored if not involved in social activity. Sanguines dislike solitude. Their attention span is based on whether or not they are interested in the person or event. They can change their focus or interest in an instant if they become bored.

Sanguines are very competitive. They usually like sports of any kind because of their natural desire to be active and involved with people. They tend to be disorganized and easily forget where they left something. They sometimes have difficulty controlling their thoughts and emotions. Actually, they tend not to store their thoughts and feelings—if they think it or feel it, they share it!

Their voice will show excitement and friendliness. Sanguines enjoy dressing according to current fashion. They fear rejection or not making a favorable impression. Sanguines also fear others viewing them as unsuccessful. Sanguines are very effective working with others. Sanguines are easily distracted and can change quickly.

Exercise 7. Answer the questions.

1. Why is approach of personal discomfort not ideal either?
2. Can people who deviate from the ideal be regarded as abnormal?
3. Is anxiety positive or negative feature for people?
4. When does anxiety turn into phobia?
5. Does a person usually recognize the deviation of his / her behaviour?

Варіант 3

Exercise 1. Match these words and word-combinations with their Ukrainian equivalents.

- | | |
|-----------------|-------------|
| 1. drive | збентежений |
| 2. effort | стимул |
| 3. embarrassed | зусилля |
| 4. endeavour | намагання |
| 5. to flick out | висунути |

Exercise 2. Translate into Ukrainian.

1. To release;
2. Queue;
3. Persistence;
4. To inundate;
5. To inflate.

Exercise 3. Translate into English.

1. Стійкість сили;
2. Нестача води та кисню;
3. Хімічна рівновага;
4. Позбавлений необхідних речовин;
5. Прагнути задоволення первинних потреб.

Exercise 4. Answer the questions.

1. How can motivated behaviour be defined?
2. How does motivated behaviour differ from behaviour that is directly connected to an emotion?
3. What is the role of primary drives of any organism?
4. What is the difference between motives and incentives?
5. What is the reaction of individuals to different situations?

Exercise 5. Translate into English.

1. Виконувати функцію виживання та відтворення;
2. Динамічна ознака поведінки;
3. Споріднений з фізіологічними потребами;
4. Сприяти становленню его;
5. Різновиди вподобань.

Exercise 6. Read the text and then write a brief summary of the text below.

Phlegmatic

(<http://fourtemperaments.com/4-primary-temperaments/>)

The Phlegmatic temperament has three combinations: Phlegmatic-Choleric, Phlegmatic-Sanguine, and Phlegmatic-Melancholy.

The traits of the primary temperament, Phlegmatic, may be altered or modified in some significant way determined by the influence of the secondary temperament. Remember, there are at least three levels of intensity of a temperament: classic, moderate, and mild. Some Phlegmatics will be very strong, others somewhat strong, and still others more mild.

Phlegmatics are naturally service-oriented. They are passive in both favorable and unfavorable environments. They influence their environment by cooperating with others to carry out the task. They tend to not be highly ambitious and they tend to lack a sense of urgency (both due to their passive nature). Phlegmatics are introverted, calm, unemotional, easygoing, indecisive, patient, and agreeable. They are both slow and indirect when responding to others. Phlegmatics are slow to warm-up, but will be accommodating in the process. They are by far the easiest people with whom to get along—as long as you do not try to alter their routine or ask them to change.

Phlegmatics live a quiet, routine life free of the normal anxieties of the other temperaments. They avoid getting too involved with people, and life in general, preferring a private, low-key life-style, centered around home and family. A mother who has the Phlegmatic temperament will often refer to her children as, “My children,” leaving a bewildered look on her husband’s face.

Phlegmatics seldom exert themselves with others or push their way along in their career. They just let it happen. They make good team players. They communicate a warm, sincere interest in others, preferring to have just a few close friends. They are possessive of their friendships and material things. Phlegmatics will be very loyal to their friends. They find it difficult to break long-standing relationships regardless of what the other person does or doesn’t do. However, once a relationship is broken, they seldom return.

Phlegmatics strongly resist change. They need time to adjust when change does occur, especially sudden change. They avoid conflict (which is why they are so accommodating). They resist making quick decisions. Phlegmatics are practical, concrete, and traditional thinkers. Their stoic expression often hides their true feelings. They can be grudge holders. Phlegmatics can also be patient to the point of paralysis. They are persistent, and consistent, at whatever they undertake. Because of their passive nature, they tend to procrastinate easily and often.

Exercise 7. Answer the questions.

1. What is meant by escapism?
2. What are the major symptoms of sociophobia?
3. Is social fear easily detected?
4. What kind of profession do sociophobics prefer to choose?
5. Are sociophobics introverted or extraverted?

Варіант 4

Exercise 1. Match these words and word-combinations with their Ukrainian equivalents.

- | | |
|-----------------|------------|
| 1. furthermore | рівновага |
| 2. homeostasis | несумісний |
| 3. incentive | крім того |
| 4. inconsistent | неминучий |
| 5. inevitable | спонука |

Exercise 2. Translate into Ukrainian.

1. To affect;
2. Consistency;
3. Correlate;
4. To deflate;
5. To flick out.

Exercise 3. Translate into English.

1. Уникати негативних емоцій чи небажаного досвід;
2. Реакція на минулу подію;
3. Докласти зусиль;
4. Пов'язаний з емоцією;
5. Динамічна ознака поведінки.

Exercise 4. Answer the questions.

1. When do we deal with the social motivation?
2. In what way do our cognitive processes depend on information?
3. Do Heider's and Festinger's theories have anything in common?
4. Why do most people fail to realize their potentials?
5. What is a dominant human driving force?

Exercise 5. Translate into English.

1. Стосуватися сфери творчості та самореалізації;
2. Прагнути рівноваги фізіологічних і когнітивних станів;
3. Сприяти становленню его;
4. Позбавлений необхідних речовин;
5. Не сумісний з правилами.

Exercise 6. Read the text and then write a brief summary of the text below.

Choleric

(<http://fourtemperaments.com/4-primary-temperaments/>)

The Choleric temperament has three combinations: Choleric-Sanguine, Choleric-Phlegmatic, and Choleric-Melancholy. The Choleric is the least occurring of the four temperaments, and a female Choleric is extremely rare.

The traits of the primary temperament, Choleric, may be altered or modified in some significant way because of the influence of the secondary temperament. Remember, there are at least three levels of intensity of a temperament: classic, moderate, and mild. Some Choleric will be very strong, others somewhat strong, and still others more mild.

Choleric are naturally result-oriented. They have active, positive, and forward movement, in an antagonistic environment. They influence their environment by overcoming opposition to get results.

Choleric are extroverted, quick-thinking, active, practical, strong-willed, and easily annoyed. They are self-confident, self-sufficient, and very independent minded. They are brief, direct, to the point, and firm when communicating with others. Choleric like pressure and are easily bored when things are not happening fast enough. They are bold and like to take risks.

Choleric are domineering, decisive, opinionated, and they find it easy to make decisions for themselves as well as for others. They wake up wanting to control, change or overcome something...anything! They leave little room for negotiating—it's usually their way or no way.

Choleric are visionaries and seem to never run out of ideas, plans, and goals, which are all usually practical. They do not require as much sleep as the other temperaments, so their activity seems endless. Their activity, however, always has a purpose because of their goal-oriented nature.

Choleric usually do not give in to the pressure of what others think unless they see that they cannot get their desired results. They can be crusaders against social injustice, and they love to fight for a cause. They are slow to build relationships, and tend to have only a few close friends, because results are more important than people. Choleric do not easily empathize with the feelings of others or show compassion. They think big and seek positions of authority.

Choleric tend to not be angry, although their assertive push to get results may be interpreted as anger. They are quickly aroused, but quickly calmed.

Exercise 7. Answer the questions.

1. Where can sociophobics apply for help?
2. How does pathological shyness interfere with social contacts?
3. Do sociophobics easily begin to panic? Under what circumstances?
4. How is it possible to treat sociophobia?
5. How do sociophobics feel around the people?

ТЕМАТИЧНИЙ БЛОК 4



ТЕМА 12. Написання статей, тезисів та доповідей для виступу на конференціях.

Роль і значення теми для майбутньої професійної діяльності: знати наукову та спеціальну лексику, оволодіти лексичним мінімумом для написання тезисів. Розуміти структуру та термінологічне навантаження головних елементів статті англійською мовою, порівняльну характеристику, різницю між поняттями “speech” та “presentation”. Знати правила граматики (Пасивний стан дієслів. Усталені конструкції з дієсловами в пасивному стані. Каузативна форма. Переклад дієслів у зворотах). Розуміти на слух іноземне мовлення. Розпізнавати значення слів з контексту. Сприймати смислову структуру тексту.

Ключові поняття: тези, статті, доповіді.

ТЕМА 13. Правила оформлення анотації до наукової роботи.

Роль і значення теми для майбутньої професійної діяльності знати наукову та спеціальну лексику, оволодіти лексичним мінімумом для написання анотації. Розуміти структуру та термінологічне навантаження головних елементів анотації англійською мовою. Структурні елементи та їх лексичне вираження. Знати правила граматики (Умовні речення. Нульовий тип умовного речення. Перший тип умовного речення. Другий тип умовного речення. Змішаний тип умовних речень. Висловлення бажання з дієсловом ‘wish’). Розуміти на слух іноземне мовлення. Розпізнавати значення слів з контексту.

Ключові поняття: анотація, структурні елементи, види наукових робіт.

ТЕМА 14. Основи публічного виступу. Правила оформлення наочних матеріалів, слайд-шоу презентацій до виступу.

Роль і значення теми для майбутньої професійної діяльності: знати етапи публічного виступу, відповідати на типові питання, вести бесіду з публікою. Розуміти на слух іноземне мовлення. Розпізнавати значення слів з контексту. Знати правила граматики (Прикметник. Місце прикметників у реченні. Класифікація прикметників. Ступені порівняння прикметників. Прислівник. Місце прислівників у реченні. Ступені порівняння прислівників. Прийменник. Прийменники місцезнаходження. Прийменники напрямку. Прийменники часу)

Ключові поняття: публічний виступ, конференція, семінар, конгрес, круглий стіл, наочні матеріали, слайд-шоу презентація.

ТЕМА 15. Правила оформлення резюме, автобіографії, візитної картки.

Роль і значення теми для майбутньої професійної діяльності: знати етапи складання резюме, автобіографії, візитної картки, особливості подання резюме в США та Великій Британії. Правила написання CV. Структурні елементи та їх лексичне вираження. Знати правила граматики (Займенники. Особові займенники. Присвійні займенники. Зворотні займенники. Взаємні займенники. Вказівні займенники. Питальні займенники. Неозначені займенники. Заперечні займенники. Означальні займенники. Відносні займенники).

Ключові поняття: резюме, автобіографія, візитна картка.

ТЕМА 16. Співбесіда та прийом на роботу.

Роль і значення теми майбутньої професійної діяльності: знати типові питання при співбесіді, відповіді на типові питання, вести бесіду з роботодавцем, види співбесід. Розуміти на слух іноземне мовлення. Розпізнавати значення слів з контексту. Знати правила граматики (Питальне речення. Загальне запитання. Спеціальне запитання. Запитання до підмета. Розділове запитання. Альтернативне запитання).

Ключові поняття: етикет, співбесіда, комунікація

ТЕМА 17. Професійна он-лайн комунікація. Особливості та відмінні риси.

Роль і значення теми майбутньої професійної діяльності: розуміння міжкультурної комунікації, відмінні та схожі риси ділової переписки у паперовому вигляді та он-лайн спілкуванні, блог, сайт, медіа як інструмент он-лайн комунікації. Розуміти на слух іноземне мовлення. Розпізнавати значення слів з контексту. Знати правила граматики (Пряма та непряма мова. Непряме питання).

Ключові поняття: он-лайн комунікації, міжкультурне спілкування, засоби комунікації.

Вариант 1

Exercise 1. Write an annotation to the article below.

Introduction to Psychology and Research methods

How to Learn Psychology

We all use the principles of psychology everyday and probably don't even realize it. When we spank our child for doing something wrong, we are utilizing the learning principle of punishment. When we get nervous right before we have to give that big speech, we are activating our autonomic nervous system. When we talk to ourselves in our heads, telling ourselves to "calm down," "work harder," or "give up," we are utilizing cognitive approaches to change our behaviors and emotions.

This text is designed to give you a general idea of what psychology is, how information is developed, what we have learned about ourselves, and how psychology is applied to help improve people's lives. The chapters are organized so that you can get a better idea of how psychology works; from basic theories and principles, through research, understanding and explaining results, to the actual application of psychological techniques.

This text is not designed to make you a psychologist. It is written in a general format so that you can gain a better idea of all of the major concepts in psychology. If you were to major in psychology as an undergraduate, each chapter would be a separate course. And, to get your doctorate, which is required to be called a psychologist in most states, you would take an additional five to seven years further studying the concepts in this text.

You will learn a lot, however, and hopefully you will increase not only your knowledge base, but also your interest in the principles of psychology. This website provides a great deal of information about the applications of psychology in a self-help format, as do many other very helpful and professional sites. Read on...learn...and improve your understanding of your greatest asset...the human mind.

What is Psychology

Psychology is the study of cognitions, emotions, and behavior. Psychologists are involved in a variety of tasks. Many spend their careers designing and performing research to better understand how people behave in specific situations, how and why we think the way we do, and how emotions develop and what impact they have on our interactions with others. These are the research psychologists who often work in research organizations or universities. Industrial-organizational psychologists work with businesses and organizations to help them become more productive, effective, and efficient, and to assist them in working with their employees and their customers. Practitioners, typically counseling and clinical psychologists, work with individuals, couples, families, and small groups to help them feel less depressed, less anxious, become more productive or motivated, and overcome issues which prevent them from living up to their potential.

The study of psychology has five basic goals:

1. Describe –

The first goal is to observe behavior and describe, often in minute detail, what was observed as objectively as possible

2. Explain –

While descriptions come from observable data, psychologists must go beyond what is obvious and explain their observations. In other words, why did the subject do what he or she did?

3. Predict –

Once we know what happens, and why it happens, we can begin to speculate what will happen in the future. There's an old saying, which very often holds true: "the best predictor of future behavior is past behavior."

4. Control –

Once we know what happens, why it happens and what is likely to happen in the future, we can exert control over it. In other words, if we know you choose abusive partners because your father was abusive, we can assume you will choose another abusive partner, and can therefore intervene to change this negative behavior.

5. Improve –

Not only do psychologists attempt to control behavior, they want to do so in a positive manner, they want to improve a person's life, not make it worse. This is not always the case, but it should always be the intention.

(<https://allpsych.com/psychology101/intro/>)

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Objective Lawyer

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marital status: not married

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Dear Sir

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I am a twenty-year-old student and I am very interested in this position. I plan to have my own business and this would be a perfect opportunity for me to gain some experience.

Despite the fact that I have no formal work experience, I have some experience in working with people of different ages. I have helped nurses in the hospital and then worked as a camp leader in the camp. Moreover, I can work with a computer, on the Internet and with a fax machine. Furthermore, I study some foreign languages such as English and Italian.

As far as my personality is concerned, I would describe myself as communicative and active. Also, I am honest and reliable. I enjoy taking initiative and working both alone and in a team.

If you wish me to attend an interview. I am available in the evening from 6 p.m. Thank you for considering the application. I look forward to hearing from you.

Yours faithfully,
Jane Smith

Вариант 2

Exercise 1. Write an annotation to the article below.

Sensation

Sensation is the process by which our senses gather information and send it to the brain. A large amount of information is being sensed at any one time such as room temperature, brightness of the lights, someone talking, a distant train, or the smell of perfume. With all this information coming into our senses, the majority of our world never gets recognized. We don't notice radio waves, x-rays, or the microscopic parasites crawling on our skin. We don't sense all the odors around us or taste every individual spice in our gourmet dinner. We only sense those things we are able to since we don't have the sense of smell like a bloodhound or the sense of sight like a hawk; our thresholds are different from these animals and often even from each other.

Absolute Threshold

The absolute threshold is the point where something becomes noticeable to our senses. It is the softest sound we can hear or the slightest touch we can feel. Anything less than this goes unnoticed. The absolute threshold is therefore the point at which a stimulus goes from undetectable to detectable to our senses.

Difference Threshold

Once a stimulus becomes detectable to us, how do we recognize if this stimulus changes. When we notice the sound of the radio in the other room, how do we notice when it becomes louder. It's conceivable that someone could be turning it up so slightly that the difference is undetectable. The difference threshold is the amount of change needed for us to recognize that a change has occurred. This change is referred to as the Just Noticeable Difference.

This difference is not absolute, however. Imagine holding a five pound weight and one pound was added. Most of us would notice this difference. But what if we were holding a fifty pound weight? Would we notice if another pound were added? The reason many of us would not is because the change required to detect a difference has to represent a percentage. In the first scenario, one pound would increase the weight by 20%, in the second, that same weight would add only an additional 2%. This theory, named after its original observer, is referred to as Weber's Law.

Signal Detection Theory

Have you ever been in a crowded room with lots of people talking? Situations like that can make it difficult to focus on any particular stimulus, like the conversation we are having with a friend. We are often faced with the daunting task of focusing our attention on certain things while at the same time attempting to ignore the flood of information entering our senses. When we do this, we are making a determination as to what is important to sense and what is background noise. This concept is referred to as signal detection because we attempt to detect what we want to focus on and ignore or minimize everything else.

Sensory Adaptation

The last concept refers to stimuli which has become redundant or remains unchanged for an extended period of time. Ever wonder why we notice certain smells or sounds right away and then after a while they fade into the background? Once we adapt to the perfume or the ticking of the clock, we stop recognizing it. This process of becoming less sensitive to unchanging stimulus is referred to as sensory adaptation, after all, if it doesn't change, why do we need to constantly sense it?
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Вариант 3

Exercise 1. Write an annotation to the article below.

Freud's Structural and Topographical Models of Personality

Sigmund Freud's Theory is quite complex and although his writings on psychosexual development set the groundwork for how our personalities developed, it was only one of five parts to his overall theory of personality. He also believed that different driving forces develop during these stages which play an important role in how we interact with the world.

Structural Model (id, ego, superego)

According to Freud, we are born with our Id. The id is an important part of our personality because as newborns, it allows us to get our basic needs met. Freud believed that the id is based on our pleasure principle. In other words, the id wants whatever feels good at the time, with no consideration for the reality of the situation. When a child is hungry, the id wants food, and therefore the child cries. When the child needs to be changed, the id cries. When the child is uncomfortable, in pain, too hot, too cold, or just wants attention, the id speaks up until his or her needs are met.

The id doesn't care about reality, about the needs of anyone else, only its own satisfaction. If you think about it, babies are not real considerate of their parents' wishes. They have no care for time, whether their parents are sleeping, relaxing, eating dinner, or bathing. When the id wants something, nothing else is important.

Within the next three years, as the child interacts more and more with the world, the second part of the personality begins to develop. Freud called this part the Ego. The ego is based on the reality principle. The ego understands that other people have needs and desires and that sometimes being impulsive or selfish can hurt us in the long run. It's the ego's job to meet the needs of the id, while taking into consideration the reality of the situation.

By the age of five, or the end of the phallic stage of development, the Superego develops. The Superego is the moral part of us and develops due to the moral and ethical restraints placed on us by our caregivers. Many equate the superego with the conscience as it dictates our belief of right and wrong.

In a healthy person, according to Freud, the ego is the strongest so that it can satisfy the needs of the id, not upset the superego, and still take into consideration the reality of every situation. Not an easy job by any means, but if the id gets too strong, impulses and self gratification take over the person's life. If the superego becomes too strong, the person would be driven by rigid morals, would be judgmental and unbending in his or her interactions with the world. You'll learn how the ego maintains control as you continue to read.

Topographical Model

Freud believed that the majority of what we experience in our lives, the underlying emotions, beliefs, feelings, and impulses are not available to us at a conscious level. He believed that most of what drives us is buried in our unconscious. If you remember the Oedipus and Electra Complex, they were both pushed down into the

unconscious, out of our awareness due to the extreme anxiety they caused. While buried there, however, they continue to impact us dramatically according to Freud. The role of the unconscious is only one part of the model. Freud also believed that everything we are aware of is stored in our conscious. Our conscious makes up a very small part of who we are. In other words, at any given time, we are only aware of a very small part of what makes up our personality; most of what we are is buried and inaccessible.

The final part is the preconscious or subconscious. This is the part of us that we can access if prompted, but is not in our active conscious. Its right below the surface, but still buried somewhat unless we search for it. Information such as our telephone number, some childhood memories, or the name of your best childhood friend is stored in the preconscious.

Because the unconscious is so large, and because we are only aware of the very small conscious at any given time, this theory has been likened to an iceberg, where the vast majority is buried beneath the water's surface. The water, by the way, would represent everything that we are not aware of, have not experienced, and that has not been integrated into our personalities, referred to as the nonconscious.

(<https://allpsych.com/psychology101/intro/>)

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Вариант 4

Exercise 1. Write an annotation to the article below.

Relaxation and Hypnosis

Many internal and external factors affect how we think, feel, and behave. Although alcohol and drugs have been studied in great detail and have been shown to have both positive and negative effects on our state of mind, they will not be discussed in this section. For more information about these, follow the link above.

In this section, we are going to focus primarily on the internal factors that influence our state of mind, particularly relaxation and hypnosis. These two terms are not foreign to most of us, but they can be highly misunderstood. Let's explore the concept of relaxation first.

Relaxation

When studied in psychology, relaxation refers to a focusing on the mind and a relaxing of the body's muscles. Research has shown that being too tense and/or living with too much stress has a significant negative impact on our lives. It can lead to physical illnesses such as high blood pressure, ulcers, fatigue, and headaches and many psychological issues, including inappropriate or misdirected emotions, confusion, difficulty concentrating, and burn-out. People utilize relaxation, in combination with stress management, to improve their quality of life, reduce the physical components of stress, and improve their psychological functioning.

There are different forms of relaxation, including breathing exercises, deep muscle relaxation, progressive muscle relaxation, imagery, meditation, and yoga. Although each of these has different components, the main goal in each is to relax the body's muscles and focus the mind. Since the body and the mind cannot be separated, most agree that both of these components must be present for any relaxation technique to work.

Hypnosis

Hypnosis is very similar to relaxation in that the same two components of physical and mental must be addressed together. Most professionals agree that hypnosis is a very deep state of relaxation where your mind is more focused and the connection between your thoughts, emotions, and behaviors are more clear. Hypnosis is not magical; it can not cause you to do anything against your judgment or ethical beliefs; it can not make you 'cluck like a chicken.' What it can do it help you to focus on specific areas of your life with more clarity and teach you how to do this in a positive manner.

A hypnotherapist is typically a licensed professional who uses hypnosis as part of a treatment regimen for certain psychological disorders. It is rarely used as the primary treatment, but instead is most beneficial when used with relaxation and talk-therapy for a more rounded therapeutic approach. A hypnotist is a non-clinical term usually referring to an unlicensed individual who perform various forms of hypnosis for entertainment purposes. The two are quite different, the former is therapeutic and the latter is not designed to be so.

Most people are able to be hypnotized, although many factors play a role in your individual susceptibility. These factors include your belief in hypnosis, your trust for the therapist, your sense of safety, ability to concentrate and focus your mind, and the absence of external factors such as noise, uncomfortable temperature, and physical comfort. The key to successful hypnosis is your ability to focus on your body and mind and to trust and believe in your therapist. Without these hypnosis will not work, at least not to the fullest therapeutic value.

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Exercise 3. Imagine that you would like to work as a private psychologist in Dr. Lightman Co. Write a letter of application (180-200 words). Use the example a letter of application.

Dear Sir

I am writing in response to your advertisement on the Internet. I would be grateful if you would consider my application for the vacancy in your James Co in Accountant Department.

I am a twenty-year-old student and I am very interested in this position. I plan to have my own business and this would be a perfect opportunity for me to gain some experience.

Despite the fact that I have no formal work experience, I have some experience in working with people of different ages. I have helped nurses in the hospital and then worked as a camp leader in the camp. Moreover, I can work with a computer, on the Internet and with a fax machine. Furthermore, I study some foreign languages such as English and Italian.

As far as my personality is concerned, I would describe myself as communicative and active. Also, I am honest and reliable. I enjoy taking initiative and working both alone and in a team.

If you wish me to attend an interview. I am available in the evening from 6 p.m. Thank you for considering the application. I look forward to hearing from you.

Yours faithfully,
Jane Smith

TECT



English vocabulary consists of ...	500 000 words 80 000 words 800 000 words 300 000 words
One or more sounds that in combination have a specific meaning assigned by a language is ...	a Noun a syllable a word speech
A board term simply referring to patterned verbal behaviour is ...	Psychology speech a word a language
A set of rules for generating speech is ...	a dictionary a language speech a text-book
Translate the word-combination "major question"	головне питання запитати майора неважливе питання майор запитує
Translate the sentence: "He spoke with effort".	Він розмовляв з дружиною. Він говорив із задоволенням. Йому було важко говорити. Йому було нічого сказати.
Translate the word-combination "use your imagination!".	Вигадай що-небудь! Використовуй малюнок! Застосуйте Ваші картинки! Запам'ятайте цю ідею!

Translate the word-combination "the establishment of a new state".	Установа нового штату. Утворення нової держави. Реформування держави. Приєднання нового штату.
Translate into English: "рідна мова".	mother language native tongue native language mother tongue
People who know more than three languages are ...	linguists bilingualists polyglots native speakers
Which is the oldest written language?	Egyptian English Sanskrit Latin
What are the distinctive and exclusive marks of human being?	verbal and non-verbal communication mother tongue and native language work and motivation labour and language
Which language has the most letters in its alphabet?	Chinese Cambodian Black English Latin
Translate into English: "належати до певного кола".	to be long to a set to be alone to a sat to belong to a set to belong to a sat
English ... rich in symonyms.	am is

	are be
Wilhelm Wundt founded the first psychological laboratory in ...	1789 1879 1897 1978
The company has really ... since we moved our factory to Scotland.	agreed conducted administered flourished
They are carrying out some ... on the effects of brain damage.	research laboratory labour example
They simply became ... of a sharp increase in the temperature.	unable ability disabled disability
Could you at least make ... to smile?	attitude morale a variant an attempt
Simply telling him how valuable his work was boosted his ... a lot.	cognition morale behaviour concept
We waited with great ... for more news about the accident.	surprised anxiety moral behaviour
I think he ... himself admirably, considering the difficult	conducted

circumstances.

agreed
induced
urged

It was a difficult situation and he ... it very well.

disabled
diverse
administered
prevented

Able to change easily means

urgent
flexible
different
diverse

Translate the word "damage".

згода
тривалість життя
інший
збиток

Translate the word "fertile".
Translate the word "fertile".

гнучкий
плідний
допоміжний
тривалий

Translate the word-combination "life span".

тривалість життя
життєвий шлях
життєвий досвід
рівень життя

Translate the word-combination "halfway house".

недобудова
напівшляху до дому
недобудований
готель
придорожній готель

Translate the word "conscious".

несвідомий
відомий
свідомий
свідомість

Translate the word-combination "непередбачений випадок".

emergency
diverse

conscious
capability

Translate the word "intricate".

свідомий
плідний
заплутаний
гнучкий

Translate the word "розплутувати".

to induce
to differ
to prevent
to untangle

Translate the word "observable".

помічати
помітний
помічений
непомітний

I have ... book.

some
the
an
a

I have never been to ... Europe.

the
(zero article)
a
an

Is he ... psychologist?

(zero article)
an
a
the

Psychology as ... science studies mental activity and human behaviour.

a
an
some
the

Psychology occupies ... strategic position between natural and social sciences.

the
(zero article)
a
an

The word "psychology" is derived from ... Greek word.	some an a the
"Mental processes" characterize ... work of ... mind and ... nervous system.	a, a, a a, the, a the, the, the a, the, the
"Prevent" means ...	study block differ agree
"Urge" means ...	induce untangle observe intricate
The synonym of "diverse" is	different emergency research investigation
The synonym of "consistent" is	flourished life span fertile agreeing
Human beings ... five senses.	has have is having be have
Each sense organ ... special receptors.	contains contain is containing contains
Additional receptors within the brain ... blood chemistry and temperature.	monitors

monitor
are monitoring
is monitoring

Vision ... us with the wealth of information.

provides
provide
provids
providees

The vibrations ... waves of compressed and expanded air molecules through the air, striking the eardrum.

are sending
sends
send
sent

Our use of perfumes ... the premium we place on pleasant aromas.

is showing
are showing
shows
show

The vestibular sense ... to balance.

contributes
contribute
is contribute
is contributing

The vestibular sense organ ... in the inner ear.

lie
is lying
lies
lyes

The hair cells ... with the vestibular nerve.

connects
connect
is connecting
are connecting

Sensation ... to the physiological processes by which our nervous system registers stimuli.

refers
refer
is refering
are refering

Translate the word "blindfolded".

навпомацки
немічний

	сліпий із зав'язаними очима
Translate the word "core".	серевина траплятися дихання випадковий
Translate the word "to eliminate".	згадувати пробуджувати усувати шкодити
Translate the word-combination "to emit odour".	неприємно пахнути давати запах приємно пахнути плутити запахи
Translate the word "захоплювати".	to capture to recall to rouse to reveal
Translate the word "уможливлювати".	to invade to monitor to enable to shape
Translate the word "аромат".	fragrance lucid respiration inference
Translate the word "impoverished".	гнучкий нервовий збіднілий збліднілий
Translate the word "to ward off".	пертворювати усувати контролювати відбивати
The senses of taste and smell ... inextricably connected.	am

is
are
be

The neurological functions ... with age as a result of age-related neuron loss.

decreases
is decreasing
decrease
are decreasing

Elderly persons ... fruit flavours.

prefers
prefer
is preferring
are preferring

Many elderly persons ... the ability to discriminate between unlike tastes.

is losing
are losing
loses
lose

With age we ... neurons.

drop
drops
is dropping
are dropping

The tape ... with the following message.

is ending
ends
end
are ending

Psychology ... principles of perceptual organization for grouping stimuli together into recognizable forms and for determining their distance.

offers
offer
is offering
is offer

They ... English at the moment.

is learning
be learning
am learning
are learning

He ... to the record now.

be listening

is listening
listens
listen

I ... your dictations.

checks
am checking
be check
is checking

... is subjective - a private world, accessible mainly through introspection.

sleep
consciousness
dream
conscious

During our ... we all dream - even those of us who claim never do.

talk
wake up
sleep
relax

Translate the word "to attend to".

самоаналіз
маскувати
руйнувати
приділяти увагу

Translate the word "coherent".

зв'язний
окремий
раптовий
споживання

Translate the word "crucial".

бажання
вирішальний
навмисно
перешкода

Translate the word "deliberately".

навмисно
очевидно
випадково
раптово

Translate the word "to disguise".

руйнувати
сповнювати
траплятися

I had a guilty ... about not telling her the truth.	маскувати conscious conscience unconscious consciousness
The experience helped to change her social	conscience consciousness conscious statue
Through being the most ... worker of the staff he was fired.	conscientiously conscientious conscience unconscious
He had been lying ... for at least two hours before the doctor came.	conscience consciousness unconsciously unconscious
Find the antonym to the word "obvious".	puzzling frequent lucid random
Find three forms of the Verb "забувати".	to forget-forgot- forgot to forget-forgot- forgotten to get-got-got to forgive-forgave- forgiven
Find three forms of the Verb "їсти".	to feed-fed-fed to eat-ate-eaten to drink-drank-drunk to it-ate-iten
Find three forms of the Verb "приносити".	to buy-bought-bought to take-took-taken

	to bring-brought- brought to give-gave-given
Bentley ... numerous health problems since he retired.	suffered have suffered has suffered was suffer
Bentley ... able to take his daily jog for the past three years.	not was was not has not been have not been
Yesterday his daughter ... a scientific article.	read readed has read has readed
A few days ago Mary ... to conduct an experiment.	decide decided has decided have decided
Wilhelm Wundt ... at the universities of Tubigen and Heidelberg and the Institute of Physiology.	have studied studied studyed has studied
He ... philosophy at the university in 1874.	tached has teached taught has taught
Wundt ... the first academic course in psychology in 1862.	has offered have offered offer offered
Wundt ... the first laboratory for experimental psychology in 1879.	has established established have established

	was establish
Wilhelm Wundt ... the first psychological journal in 1881.	found founded has founded have found
Wundt also ... out extensive experimental research on perception, feeling and apperception.	carried has carried have carried carryed
Find three forms of the Verb "нюхати".	to fall-fell-fallen to feel-felt-felt to stand-stand-stand to smell-smelt-smelt
Find three forms of the Verb "мріяти".	to dream-dreamed- dreamted to dream-dreamt- dreamt to dry-dried-dried to fly-flew-flown
Find three forms of the Verb "спати".	to get up-got up-got up to sweep-swept- swept to sleep-slept-slept to sleep-sleep-sleped
Find three forms of the Verb "прокидатися".	to awake-awoke- awoken to arise-arose-arisen to begin-began-begun to ring-rang-rung
Find three forms of the Verb "розуміти".	to understand- understood- understood to understand- understud-understud to understand-

understand-
understand-
to understand-
understand-
understand

... memories consist of distinct episodes we have witnessed such as this morning's breakfast.

Subjective
Objective
Personal
Impersonal

... memories include memories that are abstract and are not tied to any particular time or place.

Generic
Personal
Skill
Impersonal

... memories consist of cognitive skills such as our ability to solve quadratic equations.

Personal
Generic
Skill
Acquisition

... is the process by which we initially perceive, register and record information in our memory.

Personal
Generic
Skill
Acquisition

... is the process by which we maintain information in storage in our memory.

Retrieval
Retention
Skill
Acquisition

... is the process by which we get information out of storage and bring it back into our awareness.

Retrieval
Retention
Skill
Acquisition

If we pay close attention to a sensory memory that record enters a more durable phase, we call it ... memory.

long-term

sensory
middle-term
short-term

The total content of our ... memory encompasses that tremendous range of knowledge, ideas, images, skills and feelings that we have gathered in the course of our experience.

long-term
sensory
middle-term
short-term

Translate the word "acquisition".

надбання
перетворення
інквізиція
доручення

Translate the word "to blink".

руйнувати
кліпати
містити в собі
перетворювати

Translate the word "to convert".

руйнувати
кліпати
містити в собі
перетворювати

Translate the word "encoding".

руйнувати
шифрувати
декодувати
перетворювати

Translate the word "errand".

доручення
заява
угода
згода

Translate the word "to compass".

руйнувати
кліпати
містити в собі
перетворювати

Translate the word "to decay".

руйнувати
кліпати

	містити в собі перетворювати
Translate the word "fleeting".	довготривалий швидкоплинний тимчасовий постійний
Translate the word "to jog one's memory".	пригадати втратити пам'ять забути переплутати
Translate the word "rote".	вимірювати аналізувати зазубрювати ілюструвати
Translate the word "tiny".	крихітний величезний середній приблизний
Translate the word-combination "tied to any particular place and time".	опинитися у потрібному місці у потрібний час пов'язаний з конкретним місцем та часом на тому ж місці та у той самий час час і місце не мають значення
Translate the word-combination "розв'язувати квадратне рівняння".	to decide quadratic equations to decide equation quadratic to solve equation quadratic to solve quadratic equations
Many psychologists believe that there are three main kinds	sensory

of memory: ... , short-term and long-term.

memorial
middle-term
absent

Human brain weighs about ... pounds.

one
four
two
three

Information that strikes our sense organs is stored on the basis of the so-called ...

short-term memory
long-term memory
sensory memory
middle-term memory

Make a word-combination "to collect ...".

opinion
information
memory
sensory memory

I ... this topic this time tomorrow.

will learn
learn
is learning
will be learning

He ... the university, he has already passed tests.

will be entering
will enter
is going to enter
will entering

Find three forms of the Verb "писати".

to read-read-read
to write-wrote-
written
to ride-rode-ridden
to count-counted-
counted

Find three forms of the Verb "плавати".

to fly-flew-flown
to run-ran-run
to swim-swam-swum
to go-went-gone

Find three forms of the Verb "бачити".

to see-saw-seen

to be-was/were-been
to hear-heard-heard
to feel-felt-felt

... is essentially the process of thinking, decision making, juggling, imagining, reasoning etc.

cognition
concept
memory
language

Much of our knowledge is ... in our memory in verbal form.

cognition
encoded
concept
decoded

Nobody comes into the world with a ... stock of concepts.

ready-made
hand-made
ready-cooked
ready-packed

Each concept consists of a ... which encompasses the best examples of the concept.

stereotype
label
prototype
language

The social and personality categories we use every day are called

stereotypes
labels
prototypes
languages

Rosch's studies concern common categories, those for which our language has devised as a

stereotype
label
prototype
language

... is a social tool, and its principal function is to coordinate our actions and exchanges with others in our social group.

stereotype
label
prototype

	language
The study of language's structure is the province of	linguistics philosophy psychology speech
Psychologists are interested in ... phrases, because people treat them as perceptual chunks that have unity and integrity.	lexis phonetics grammar grammatical
Translate the word "ad hoc".	особливий випадок випадково на конкретний випадок на невизначений термін
Translate the word "to accomplish".	розуміти виконувати придумати справлятися
Translate the word "bully".	фахівець немічний відмінник задирака
Translate the word "comprehension".	впевненість переконання розуміння непорозуміння
Translate the word "справлятися".	to be keen on to cope with to be fond of to take care of
Translate the word "придумати".	to cope with to accomplish to devise

They ... his proposition for two hours.	to understand have been discussing has been discussing have discussing has discussing
He ... the article since morning. .	has been reading have been reading has reading have reading
... have you been working here?	When How long Where How often
... have you been studying Psychology?	How long Where How often When
She has not met Cathy	since for yet already
Jim has been studying in Oxford ... four years.	for since after before
I have been eating fish and fruit ... I got here.	for since already yet
I have been searching for a house ... a week now.	before after since for
Someone ... clothes in the sink and they are still there.	has been washing has washing

have been washing
have washing

My main problem is loneliness as I ... to anyone for so long.

has been not speaking
have been not speaking
has not been speaking
have not been speaking

It has been raining ... the past two weeks.

recently
ever
for
since

Translate the word "flanked".

розташований
позаду
розташований збоку
розташований
попереду
розташований вгорі

Translate the word "fuzziness".

темрява
світло
чіткість
неясність

Translate the word "hostile".

хостел
дружній
вороже
налаштований
гостинний

Translate the word "impenetrable".

невдовзі
недосяжний
поруч
у майбутньому

... are complicated psychological phenomena that we cannot sum up in everyday common sense terms.

language
speech
emotions
brain

All emotions share three basic aspects or components:
arousal, expression, ...

experience
emotions
stress
exercises

Psychologists use the term "... " to refer to the series of
psychological changes - primarily in the automatic nervous
system - that take place when an individual has an
emotion.

experience
expression
arousal
emotion

... refers to behavioural acts that are elicited by the emotion
such as baring the teeth in a moment of rage.

expression
arousal
emotion
experience

... is the subjective feeling that accompanies the emotion -
the individual's perception and realization of the emotional
state.

emotion
experience
expression
arousal

The ... coordinates the activation of the autonomic
nervous system as it triggers emotional arouse.

nerve
spine
brain
backbone

... is a pattern of disruptive physiological and
psychological reactions to events that threaten a person's
ability to cope.

stress
nerves
emotion
experience

... is fear, anxiety, excitement, anger, embarrassment,
depression.

stress
emotional upset

	cognitive disorganization physiological arousal
... is inability to concentrate, obsessive thoughts.	stress emotional upset cognitive disorganization physiological arousal
Three techniques for reducing physiological arousal are progressive relaxation, autogenic training and ...	biofeedback feedback fingerprint arousal
Translate the word "acute".	охайний актуальність гострий милий
Translate the word "прихильність".	relaxation lovely admire affection
Translate the word "annoyance".	задоволення прикрість насолада жага до перемоги
Translate the word "anguish".	біль запаморочення насолада англієць
Translate the word "anxiety".	прикрість прихильність тривога відпочинок
Translate the word "biofeedback".	біологічний вік відгук біолога біологічне

підґрунтя
рефлекторний
зворотний зв'язок

Translate the word "unavoidable".

неминучий
нестерпний
нестриманий
нездатний

Match the word "trivial" with its antonymic pair.

life change
life-altering
non-stop
pleasant

Match the word "introvert" with its antonymic pair.

extrovert
middle-sized
vertebrae
horizontal

Match the word "outside" with its antonymic pair.

outdoors
in front of
inside
between

John Watson postulated three basic emotions in children -
fear, ..., love.

rage
sorrow
pleasure
joy

Robert Plutchik has proposed a ... of emotional mixture.

concept
proposition
theory
term

Elizabeth Duffy suggested that the term ... be replaced by
arousal or energy mobilization.

stress
behaviour
conscience
emotion

Which emotion is unpleasant?

amusement
love
sorrow

	joy
Which emotion is pleasant?	horror jealousy pleasure terror
Crisis is composed of two characters - one means danger and the other - ...	suggestion opportunity terror reflection
We are not disturbed by things, but by our ... about things.	meaning possibility quality opinions
Translate the word "arousal".	фаза збудження фаза спокою гарний настрій 45
... behaviour is oriented toward what is to come: it is shaped by goals or results that exist in the future.	motivated motive incentives theoretical
... can be defined as the dynamic property of behaviour that causes it to be initiated, gives it organization over time, defines its vigour persistence.	motivated motive incentives theoretical
... differ from motives in that they exist as something apart from individual.	motivated motive incentives theoretical
According to Heider's ... we try to resolve any inconsistencies in our concepts by discovering new	theory of cognitive balance

concepts or by changing our thoughts.

longitude
methodology
cognitive dissonance
theory
uncontiousness
theory

According to Festinger's ... , contradictory thoughts, attitudes, behaviour throw us into a distressful state of dissonance.

theory of cognitive
balance
longitude
methodology
cognitive dissonance
theory
uncontiousness
theory

... are the highest motives , having to do with creativity and self-actualization.

theoretical
metaneeds
opportunities
chance

... believed that various kinds of motives are organized hierarchically and that lower needs take precedence over the higher needs.

A. Ivanov
A. Milkman
A. Butter
A. Maslow

Translate the word "to affect".

ефект
впливати
впливовий
ефектний

Translate the word "akin".

близький
далекий
порядний
проміжний

Translate the word "to attain".

недосяжний
дотримуватися
досягати

	намагатися
Translate the word "correlate".	взаємодія відповідь конкретність відповідник
Translate the word "deciphering".	розшифрування дисципліна проникнення кодування
Translate the word "endeavour".	досягнення звичка навичка намагання
Translate the word "inconsistent".	потрібний бездіяльний несумісний побічний
Translate the word "persistence".	сумлінність наполегливість примха суперечливість
The term that psychology uses to encompass the distinct qualities that make each person unique is	modality personality behaviour puberty
Our personality influences most aspects of our social, emotional and cognitive	modality personality behaviour puberty
Psychologists are extremely interested in personality both as a result and a ... of human development.	cause result identity bossy

Adolescence begins with the onset of	modality personality behaviour puberty
The major developmental task of adolescence is the establishment of ... : the individual's sense of personal sameness and continuity.	cause result identity bossy
He is also very ... and practises every day because he wants to be a successful singer.	ambitious bossy generous active
Tom can be rather ... as he likes giving orders to others.	generous active ambitious bossy
Jack is very ... and often brings us present from the countries he visits.	active ambitious bossy generous
He is very ... person who enjoys climbing, sailing and cycling.	bossy generous active ambitious
Match the opposites 'polite - ...'.	kind clever rude awful
Translate the word "adolescence".	похилого віку дитина новороджений

Translate the word "arbitrary".	підлітковий вік довільний судовий суворий притаманний
Translate the word "conformity".	зменшення контроль відповідність заплутаний
Translate the word "to decline".	збільшувати зменшувати зменшення збільшення
Translate the word "reinforcement".	насага сила дощу забезпечення підмога
Translate the word "to hinder".	заважати вдосконалювати знаходити полювати
Translate the word "enduring".	стійкий протягом запобігати розвиток
Translate the word "maturity".	підліток зрілість новороджений старість
Translate the word "petty".	великий широкий довгий дрібний
Translate the word "onset".	сісти кінець

початок
сісти на щось

Translate the word "susceptibility".

сприйнятливість
досконалий
достатній
підозрюваний

Find the equivalent to the phrase "to care about oneself and forget about other people's feelings".

to be self-confident
to be educated
to be self-centered
to be tired

Find the equivalent to the phrase "to make decisions quickly".

to be decisive
to be stubborn
to be rude
to be polite

You can always trust those people to do what you ask them to do if those people are ...

confident
self-confident
respective
responsible

People who know what they want and they do all they can to get it are ...

determined
selfish
sensitive
bossy

They are ... people who do their work with a lot of attention and thought.

careless
take care
careful
care

... people do not like sharing things or spending money.

active
mean
crazy
mad

... people love giving things to other people and helping

respectable

them.

responsible
great
generous

... people understand difficult subjects quickly and easily.

well-paid
well-bread
intelligent
stupid

... people get upset easily.

strong
sensitive
sensation
bossy

In medicine "... " generally refer to a lack of integrity in any organ's structure and function.

introverts
abnormality
muscles
escapism

... is the desire to avoid contact with other people, down to subjecting oneself to complete isolation.

introverts
abnormality
muscles
escapism

Constant fear of social contact is often accompanied by many symptoms like heart palpitations, tense ..., dryness of the mouth, headaches etc.

introverts
abnormality
muscles
escapism

Pathological shyness of ... prevents them from evaluating their abilities positively and causes them to be constantly self-observed in their own thoughts and to organize over the most trivial matters.

introverts
abnormality
muscles
escapism

Translate the word "adjustment".

рішуче
побоювання

	відчуження пристосування
Translate the word "alienating".	рішуче побоювання відчуження пристосування
Translate the word "apprehension".	рішуче побоювання відчуження пристосування
Translate the word "drastically".	рішуче побоювання відчуження пристосування
In fact, body ... do well without sleep.	must can have need
There is nothing we ... do about it.	must can have need
Men and women ... hug each other, even in the absence of romantic attachments.	may should must ought to
Her research ... be checked carefully by her scientific supervisor.	may have ought must
Distress ... be controlled.	ought must have has

must
need
has to
can

They are impulsive and ... not control their feeling.

should
need
can
must

A lot of us ... think feeling good is good for our health.

might
must
need
have to

Now scientists believe that expressing your feelings ... actually be good for the immune system.

must
need
could
has to

Expressing your feelings in a family row ... promote healthier family life.

must
can
could
has to

Scientists ... not yet agree about this thesis.

can
has to
have
ought

You ... read more to understand this issue.

ought
should
has to
might

Students ... not talk during the lessons.

could
can
need
must

.

You ... not buy this book, you can take it in the library.

ought to

should
need
must

We ... not give it a moment's thought but most of us will probably spend one third of our lives asleep.

should
may
need
must

Person's body ... have an inbuilt mechanism telling to fall asleep and wake up.

must
have to
need
could

An elephant ... spend most of the day finding food and eating it, so the animal sleeps only two hours a day.

might
may
has to
have to

Translate the word "bizarre".

помилкова думка
дивний
відхилятися
достатній

Translate the word "delusion".

помилкова думка
виразка
відхилятися
дивний

Translate the word "to deviate".

відхилятися
дивний
помилкова думка
виразка

Translate the word "sufficient".

дивний
помилкова думка
відхилятися
достатній

Translate the word "ulcer".

помилкова думка
відхилятися

достатній
виразка

The drug seemed ... somewhat.

to help
help
helping
helped

Cognitive therapist made her ... she could get her life back on track.

to feel
feel
feeling
felt

Vincent shows no improvement ... psychotherapy.

to follow
follow
following
followed

Evidence appears ... emerging.

to be
be
was
were

Stress, insomnia, depression have been found ... detrimental to the immune system.

to be
be
was
been

Self-expression seems ... a healthy immune system.

to promote
promote
promoting
promoted

Contrary to many parents' fears, ... in front of the children is not necessarily harmful.

to row
row
rowing
rowed

Let them ... you being friends again.

to see
see
seeing

	seen
Researchers tested him by ... him into a darkened room with electrodes.	to put put putting been put
It is almost impossible for a sleepy person ... down in a darkened room all night and not to fall asleep.	to lie lie lying lied
The recording showed him	to relax relax relaxing relaxed
... on happy events helps him to relax mentally.	to reflect reflect reflecting reflected
Four students agreed ... part in an experiment.	to take take taking taken
Americans are most likely ... into direct bodily contact with each other when greeting or taking leave.	to come come coming came
People in the US instantly are made ... very uncomfortable by others who stand very close to them.	to feel feel feeling felt
I love ... football.	to play play playing

	played
The children want ... to the park.	to go go going gone
You cannot ... any sweets now.	to have have having had
I do not remember how ... there.	to get get getting got
My brother enjoys ... TV.	to watch watch watching watched
Please, stop ... that noise.	to make make making made
You must ... your homework.	to do do doing done
We went to the supermarket ... some food.	to buy buy buying bought
Patrick goes ... every day after work.	to walk walk walking walked
I would like ... a pizza, please.	to order order

	ordering ordered
Lisa hates ... horror films.	to watch watch watching watched
Thank you for ... me with my homework.	to help help helping helped
Mum went to the bank ... some money.	to get get getting got
We always go ... in the summer.	to swim swim swimming swum
I would like ... London.	to visit visit visiting visited
This article ... by prof. Karasik.	was wrote was written written wrote
No handouts ... to us.	were given was given was gave were gave
This conference ... by our department.	were organized organized are organize was organized
Best students ... tomorrow.	will be awarded

	will awarded will be award award
The problem ... by native and foreign scientists.	be studied are studied is studied am studied
Students ... to a roundtable discussion.	was invited were invited be invited to be invited
Sources of literature should ... according to the APA style.	is written was written be written are written
All the articles	will be peer-reviewed will peer-reviewed will be peer-review will be peer- reviewing
Mistakes must	be corrected is corrected are corrected am corrected
Special receptors ... by each sense organ.	is contained am contained are contained be contained
Information ... by these receptors.	am transmitted be transmitted are transmitted is transmitted
Waves ... by vibrations.	are sent is sent am sent be sent

This investigation ... by Springer scientific journal.	were published was published be published to be published
Speech ... by linguists and psychologists.	are studied am studied is studied be studied
Each annotation ... by key words.	is followed am followed are followed be followed
Cola ... drunk by millions of people around the world.	is am are be
Coffee ... made from coffee beans.	be are am is
This ring ... given to me as a gift.	be was were been
This foreign languages ... taught in every school.	am is are be
Our car ... washed every week.	am is are be
The window was broken ... a hammer.	by with from

That novel was written ... Mr. Lawrence.	of by with from of
Your thesis ... by professor right now.	is reading are being reading is being read is read
Scientific supervisor's recommendations should ... while writing any research.	is followed be followed are followed to be followed
The report ... by a group of students.	be presented is presented are presented is presenting
A lot of money ... on weapons nowadays. .	are spent is spent was spent were spent
We ... three months ago.	are graduated were graduated were being graduated was graduated
The certificates	has just been printed are printed have just been printed have just printed
The programme of the ceremony ... in two days.	will present will be presented be presented will presented
He ... on behalf of the President.	were greeted

are greeted
have been greeted
was greeted

... is a critical or explanatory note or body of notes added to a text.

text
annotation
language
speech

If you ... all the instructions, your article will be published.

follow
would follow
follows
will follow

If you ... your annotation in three languages, more scientists will be interested in your work.

will write
write
would write
would have written

Annotation is more than a brief summary of a book, ... or other publication.

article
psychology
cognition
poem

I ... a yacht if I won \$1 000 000.

had bought
buy
would buy
would have bought

If he ... he would not have got a black eye.

have not fought
has not fought
had not fought
would not fought

If she had set the alarm, she would not

has overslept
have overslept
oversleep
oversleeps

If she was taller, she ... the cupboard.

reaches

	would reach reached would have reached
If the weather ... nice, they will go fishing.	am is be are
If a policeman had run faster, he ... the thief.	catches will catch would catch would have caught
If you keep bothering the dog, it ... you.	will bite bite would bite would have bought
If I ... you, I would see a doctor.	was were have been am
Unless you study, you	will fail fail would fail would have failed
If I were you, I ... go home.	will would am have
Unless you ... him, he will not help you.	will ask ask would ask would have asked
You will not be allowed into building, ... you have a security pass.	if unless provided as long

... that you book your flight early, you will get a seat.	if unless provided as long
... as you follow the instructions exactly, you will not have any difficulty.	if unless provided as long
... you meet Darren, give him my records.	if unless provided as long
You can hire a car in France ... as you have a driving licence and you are over 23.	if unless provided as long
You can't enter the country ... you have a passport.	if unless provided as long
The kidnappers won't release the child ... the reason is paid.	if unless provided as long
You can see the boss ... that he is not busy.	if unless provided as long
We will go to the beach tomorrow ... it rains.	if unless provided as long

I went skiing and broke my leg.

I wish I had not gone skiing.

I wish I went skiing.

I wish I will not ski.

I wish I would not ski.

I have to stay in bed because I have got the flu.

I wish I won't get the flu.

I wish I hadn't got the flu.

I wish I would get the flu.

I wish I would have got the flu.

I didn't go to the concert because I didn't know about it.

I wish I knew about the concert.

I wish I will know about the concert.

I wish I would know about the concert.

I wish I had known about the concert.

I am lost in London, because I don't have a map.

I wish I had had a map.

I wish I had a map.

I wish I has had a map.

I wish I have a map.

I would like to write a letter to Fred but I don't have his address.

I wish I will have his address.

I wish I have his address.

I wish I had his address.

I wish I would have had his address.

I want to visit my friend but I haven't got too much time.

I wish I had had time.

I wish I have time.

I wish I will have

time.
I wish I had time.

Your report will be ... more interesting if it is followed by
slide-show presentation.

less
very
much
least

Please, send your materials without ... delay.

far
further
farther
furthest

Could you come a bit ... tomorrow?

much
earlier
many
early

Which of those two presentations did you enjoy ...?

much
many
the most
more

The article was published ... than we expected.

quicker
more quickly
much quickly
the most quickly

Reading is ... than watching TV.

usefuler
more useful
much useful
the most useful

Jill is a far ... person than my brother.

more intelligent
intelligently
intelligenter
the most intelligent

If you need any ... information, please, inform us.

far
further
the furthest
furthest

These detailed handouts are ... than those maps.	the more useful the most useful much useful more useful
This room is ... place for our conference.	the better better the best best
This computer is ... advanced than the old model.	more far far more far much much far
They talked about ... developments in science.	the latest later latter the later
The situation is ... now and there isn't an easy solution.	much more complicated more much complicated much complicaed many complicaed
Sorry, I am late - am I ... ?	last the last the late the lost
Books are ... interesting than films.	much many more a lot of
Writing in English is much ... difficult than English.	least much more the least
English is as ... as Maths.	more difficult difficult

	the most difficult the least difficult
Computers are one of the ... discoveries.	later latest late the later
This investigation is his ... work.	the bettes better best the best
This exam was ... than the exam I had last year.	very difficult much difficult the least difficult less difficult
Sunday is ... day for me.	the least least less much
She was ... light-minded person I have ever met.	the most most the more more
I need ... experience.	the most most the more more
It was ... day in my life.	worst the worst worse the worse
Please, ask me something ... ?	easiest the easiest the easier easier
Usually our professor is ... on Thursdays.	much busy

more busy
the most busy
very busy

You chose ... method for your research.

the least effective
less effective
least effective
the less effective

This student is ... in our group.

more attentive
the attentivest
the most attentive
most attentive

Summer holidays are ... splendid than winter holidays.

much
more
very
a lot of

Jack is the ... of the three brothers.

cleverest
the cleverest
the most cleverest
most cleverest

Mr. Richards ... is a taxi driver lives on the corner.

where
when
who
what

I live in a house in Norwich ... is in the East Anglia.

where
whose
which
whom

This is the girl ... comes from Spain.

who
whom
whose
what

That's Peter, the boy ... has just arrived at the airport.

who
whom
whose
what

Thank you very much for your e-mail ... was very interesting.

who
what
which
when

Sandra and Angela have not met ... for a long time.

ourselves
each other
themselves
themselves

My friends enjoyed ... very much at the concert.

ourselves
each other
themselves
themselves

We helped ... with our report.

ourselves
each other
themselves
themselves

They looked at ... and smiled.

ourselves
each other
themselves
themselves

Ann only thinks of She is egoist.

himself
ourselves
herself
her

Some people only think of

ourselves
each other
themselves
themselves

Does the laptop switch off ... automatically?

himself
herself
myself
itself

These are our folders. They are

our
ours
his

	hers
He gave ... some advice.	I me my mine
Tim can see ... at school.	she her hers herself
Mandy is a girl, ... I met on Friday.	what whom where when
I haven't seen Frank, ... brother is five, for a long time now.	who whom whose what
This is the man ... house is on fire.	who whom whose what
The book, ... you gave me, is great.	what whom which when
Bill Clinton, ... was the President of the USA, has only one daughter.	who whom whose what
Ron and Tom often write e-mails to ... because they are good friends.	ourselves each other themselves themselves

Mike and Bill know ... quite well.

ourselves
each other
themselves
themselves

Laura and Betty are helping ... with their homework.

ourselves
each other
themselves
themselves

I wrote it

himself
herself
myself
itself

Can I use ... laptop?

you
your
yours
yourself

... was graduated in 2016.

me
I
my
mine

Jason and ... go to the same school.

me
I
my
mine

..., John.

you
your
yours
he

Look at

me
I
my
mine

Don't forget about

it
its
itself

	it's
... are you?	who when how much how long
... do you come from?	when where whose whom
... old are you?	how why when where
... you have any working experience?	Have Was Do Does
... do you choose our company?	how why when where
... you speak any foreign language?	Have Was Do Does
... would you like to earn?	How many How old How much How long
... you ever travelled abroad?	do have had does
... you married?	do does

	are had
You have got a Master degree, ...?	haven't you have do don't you do you
Don't do that again, ...?	do you are you aren't you will you
... I telephone the doctor?	do am shall will
... you like me to make a cup of tea?	why would when are
... I use your book for a minute?	do am may would
... I phone you back later?	do am shall will
... have you been married?	how much how many how old how long
... are you leaving your company?	where who why what
... wrote this article?	what

	when who why
... is the post office?	where who why what
... do you live?	where who why what
You used to work here, ...?	did you didn't you use you not use you
Please, help me, ...?	will you shall you do you am you
... are you upset?	what who why whose
... anybody in the office?	are there is there why when
She performed brilliantly that evening, ... ?	did she didn't she was she wasn't she
... you like some coffee?	shall would can may

... I do anything for you?	would may have to when
... I help you with your work?	have to when can was
You cannot drive a car, ... ?	cannot you will you can you do you
Joe speaks Italian, ... ?	isn't he is he doesn't he does he
Can you ... me what time the consultation starts?	say tell tells speak
She ... she would never speak to him again.	said said to told told to
I promise to ... the truth.	say said tell told
She always ... 'good morning' to her neighbours.	say tell says tells
I couldn't believe what he ... to me.	said told says tells

He argued ... me.

to help
help
helping
helps

She advised me to ... a lawyer.

will see
see
to see
seeing

He accused me of ... the money.

to take
take
taking
taken

She reminded me ... Ann.

to ring
ring
to ringing
ringing

He explained to me ... he hadn't taken it.

how
why
what
whose

He suggested ... a party.

to have
have
having
had

She said she couldn't buy it, ... that she couldn't afford it.

reading
asking
suggesting
explaining

David ... to be the best student.

said
say
is said
says

НЕПРАВИЛЬНІ ДІЄСЛОВА

A			
Infinitive	Past Simple	Past Participle	Переклад
to abide	abode/abided	abode/abided	дотримуватися
to arise	arose	arisen	виникати
to awake	awoke/awakened	awoken/awakened	прокидатися
B			
to backslide	backslid	backslid / backslidden	відступати
to be	was / were	been	бути
to bear	bore	born / borne	нести
to beat	beat	beaten	бити
to become	became	become	ставати
to begin	began	begun	починати
to bend	bent	bent	згинатися
to bet	bet	bet / betted	ставити
to bid	bid / bade	bid / bidden	ставити ставку
to bind	bound	bound	пов'язувати
to bite	bit	bitten	вкусити
to bleed	bled	bled	кровоточити
to blow	blew	blown	дути
to break	broke	broken	ламати
to breed	bred	bred	вирощувати
to bring	brought	brought	приносити
to broadcast	broadcast / broadcasted	broadcast / broadcasted	передавати
to browbeat	browbeat	browbeaten / browbeat	залякувати
to build	built	built	будувати
to burn	burnt / burned	burnt / burned	горіти
to burst	burst	burst	вибухати
to bust	bust / busted	bust / busted	розорювати
to buy	bought	bought	купляти

C			
to cast	cast	cast	кидати
to catch	caught	caught	хапати
to choose	chose	chosen	вибирати
to cling	clung	clung	чіплятися
to clothe	clad / clothed	clad / clothed	одягати
to come	came	come	приходити
to cost	cost	cost	коштувати
to creep	crept	crept	повзти
to crossbreed	crossbreed	crossbreed	схрещувати
to cut	cut	cut	різати
D			
to daydream	daydreamt / daydreamed	daydreamt / daydreamed	мріяти
to dare	durst	dared	відважуватися
to deal	dealt	dealt	вирішувати
to dig	dug	dug	копати
to disprove	disproved	disproved / disproven	спростовувати
to dive	dove / dived	dived	ниряти
to do	did	done	робити
to draw	drew	drawn	малювати
to dream	dreamed / dreamt	dreamed / dreamt	мріяти
to drink	drank	drunk	пити
to drive	drove	driven	керувати
to dwell	dwelt / dwelled	dwelt / dwelled	жити
E			
to eat	ate	eaten	їсти
F			
to fall	fell	fallen	падати
to feed	fed	fed	годувати
to feel	felt	felt	відчувати

to fight	fought	fought	боротися
to find	found	found	знаходити
to fit	fit / fitted	fit / fitted	підходити
to flee	fled	fled	уникати
to fling	flung	flung	кидати
to fly	flew	flown	літати
to forbid	forbade	forbidden	забороняти
to forecast	forecast	forecast	передбачати
to forego / forgo	forewent	foregone	відмовлятися
to foresee	foresaw	foreseen	передбачати
to foretell	foretold	foretold	пророкувати
to forget	forgot	forgotten	забувати
to forgive	forgave	forgiven	пробачати
to forsake	forsook	forsaken	залишати
to freeze	froze	frozen	заморожувати
to frostbite	frostbit	frostbitten	відморозувати
G			
to get	got	got / gotten	отримувати
to give	gave	given	давати
to go	went	gone	йти
to grind	ground	ground	молоти
to grow	grew	grown	рости
H			
to hand-feed	hand-fed	hand-fed	годувати з рук
to handwrite	handwrote	handwritten	писати від руки
to hang	hung	hung	висіти
to have	had	had	мати (щось)
to hear	heard	heard	чути
to hew	hewed	hewn / hewed	рубати
to hide	hid	hidden	ховатися
to hit	hit	hit	вдаряти
to hold	held	held	тримати
to hurt	hurt	hurt	завдавати болю

I			
to inbreed	inbred	inbred	розводити (рослини)
to inlay	inlaid	inlaid	інкрустовувати
to input	input / inputted	input / inputted	вводити дані
to interbreed	interbred	interbred	схрещувати
to interweave	interwove / interweaved	interwoven / interweaved	вплітати
to interwind	interwound	interwound	заплітати
J			
to jerry-build	jerry-built	jerry-built	будувати халтурно
K			
to keep	kept	kept	тримати
to kneel	knelt / kneeled	knelt / kneeled	ставати на коліна
to knit	knitted / knit	knitted / knit	в'язати
to know	knew	known	знати
L			
to lay	laid	laid	класти (щось)
to lead	led	led	вести
to lean	leaned / leant	leaned / leant	спиратися
to leap	leaped / leapt	leaped / leapt	стрибати
to learn	learned / learnt	learned / learnt	вчити
to leave	left	left	полишати
to lend	lent	lent	давати у борг
to let	let	let	дозволяти
to lie	lay	lain	лежати
to light	lit / lighted	lit / lighted	освічувати
to lip-read	lip-read	lip-read	читати з губ
to lose	lost	lost	втрачати
M			
to make	made	made	робити, створювати

to mean	meant	meant	означати
to meet	met	met	зустрічати
to miscast	miscast	miscast	неправильно вирахувати
to misdeal	misdealt	misdealt	діяти невірно
to misdo	misdid	misdone	помилятися
to misgive	misgave	misgiven	передчувати зле
to mishear	misheard	misheard	недочути
to mislead	misled	misled	вводити в оману
to mishit	mishit	mishit	промахнутися
to mislearn	mislearned / mislearnt	mislearned / mislearnt	вивчати невірно
to misread	misread	misread	неправильно тлумачити
to misset	misset	misset	невірно настроїти
to misspeak	misspoke	misspoken	обмовлятися
to misspell	misspelled / misspelt	misspelled / misspelt	писати з помилками
to misspend	misspent	misspent	розтринькувати гроші
to mistake	mistook	mistaken	помилятися
to misteach	mistaught	mistaught	вчити невірно
to misunderstand	misunderstood	misunderstood	не порозумітися
to miswrite	miswrote	miswritten	писати невірно
to mow	mowed	mowed / mown	жати
О			
to offset	offset	offset	компенсовувати
to outbid	outbid	outbid	перекупувати
to outbreed	outbred	outbred	виховувати поза сім'єю
to outdo	outdid	outdone	перевершувати
to outdraw	outdrew	outdrawn	привертати увагу
to outdrink	outdrank	outdrunk	перепити
to outdrive	outdrove	outdriven	обганяти
to outfight	outfought	outfought	перемагати в бою

to outfly	outflew	outflown	перелітати
to outgrow	outgrew	outgrown	переростати
to outleap	outleaped / outleapt	outleaped / outleapt	вистрибувати
to outride	outrode	outridden	випереджати
to outrun	outran	outrun	випереджати
to outsell	outsold	outsold	продавати більше
to outshine	outshined / outshone	outshined / outshone	затмарювати
to outshoot	outshot	outshot	стріляти далі
to outsing	outsang	outsung	співати краще
to outsit	outsat	outsat	засиджуватися
to outsleep	outslept	outslept	прогавати
to outsmell	outsmelled / outsmelt	outsmelled / outsmelt	винюхати
to outspeak	outspoke	outsspoken	висловлюватися
to outspeed	outspeed	outspeed	переганяти
to outspend	outspent	outspent	витрачати більше
to outswear	outswore	outsworn	клястися більше
to outswim	outswam	outswum	перепливати когось
to outthink	outthought	outthought	перехитрити
to outthrow	outthrew	outthrown	викидати
to outwrite	outwrote	outwritten	писати краще
to overbid	overbid	overbid	перебивати ціну
to overbuild	overbuilt	overbuilt	будувати занадто багато
to overbuy	overbought	overbought	купувати у великій кількості
to overcome	overcame	overcome	подолати
to overeat	overate	overeaten	переїдати
to overfeed	overfed	overfed	перегодувати
to overhang	overhung	overhung	випинатися
to overhear	overheard	overheard	підслухувати
to overlay	overlaid	overlaid	перекривати
to overpay	overpaid	overpaid	переплатити
to override	overrode	overridden	відкидати
to overrun	overrun	overrun	виминати

to oversee	oversaw	overseen	спостерігати
to oversell	oversold	oversold	робити розпродаж
to oversew	oversewed	oversewn / oversewed	зшивати
to overshoot	overshot	overshot	промахуватися
to oversleep	overslept	overslept	проспати
to overspeak	overspoke	overspoken	багато говорити
to overspend	overspent	overspent	смітити грошима
to overtake	overtook	overtaken	доганяти
to overthink	overthought	overthought	мудрувати
to overthrow	overthrew	overthrown	скидати
to overwind	overwound	overwound	перекручувати
to overwrite	overwrote	overwritten	переписувати
P			
to partake	partook	partaken	брати участь
to pay	paid	paid	платити
to plead	pleaded / pled	pleaded / pled	благати
to preset	preset	preset	заздалегідь встановлений
to proofread	proofread	proofread	коректувати
to prove	proved	proven / proved	доводити
to put	put	put	класти
Q			
to quick-freeze	quick-froze	quick-frozen	швидко заморожувати
to quit	quit	quit	виходити
R			
to read	read	read	читати
to relay	reaid	reaid	змінювати
to remake	remade	remade	перероблювати
to repay	repaid	repaid	віддячувати
to resell	resold	resold	перепродавати
to reset	reset	reset	перезавантажувати

to retell	retold	retold	переказувати
to rewind	rewound	rewound	перемотувати
to rid	rid	rid	позбавлятися
to ride	rode	ridden	їхати
to ring	rang	rung	дзвонити
to rise	rose	risen	підніматись
to roughcast	roughcast	roughcast	намічати
to run	ran	run	бігти
S			
to saw	sawed	sawed / sawn	пилити
to say	said	said	казати
to see	saw	seen	бачити
to seek	sought	sought	шукати
to sell	sold	sold	продавати
to send	sent	sent	надсилати
to set	set	set	встановлювати
to sew	sewed	sewn / sewed	шити
to shake	shook	shaken	трясти
to shave	shaved	shaved / shaven	голитися
to shear	sheared	sheared / shorn	стригти
to shed	shed	shed	проливати
to shine	shined / shone	shined / shone	світитися
to shit	shit / shat / shitted	shit / shat / shitted	гадити
to shoot	shot	shot	стріляти
to show	showed	shown / showed	показувати
to shrink	shrank	shrank	стискати
to shut	shut	shut	закривати
to sight-read	sight-read	sight-read	читати з аркуша
to sing	sang	sung	співати
to sink	sank	sunk	опускатися
to sit	sat	sat	сидіти
to slay	slew	slain	вбивати
to sleep	slept	slept	спати
to slide	slid	slid	ковзати

to sling	slung	slung	кидати
to slink	slunk	slunk	крастися
to slit	slit	slit	розрізати
to smell	smelt	smelt	пахнути
to sneak	sneaked / snuck	sneaked / snuck	крастися
to sow	sowed	sown	засівати
to speak	spoke	spoken	розмовляти
to speed	sped	sped	прискорювати
to spell	spelt	spelt	зачаровувати
to spend	spent	spent	витрачати
to spill	spilt	spilt	проливати
to spin	spun	spun	крутити
to spit	spit / spat	spit / spat	плювати
to split	split	split	розділяти
to spoil	spoil/spoiled	spoil/spoiled	псувати
to spoon-feed	spoon-fed	spoon-fed	годувати з ложечки
to spread	spread	spread	поширюватися
to spring	sprang	sprung	виникати
to stand	stood	stood	стояти
to steal	stole	stole	красти
to stick	stuck	stuck	прикріплювати
to sting	stung	stung	жалити
to stink	stank	stunk	смердіти
to strew	strewed	strewn	посипати
to stride	strode	stridden	крокувати
to strike	struck	stricken	вдаряти
to string	strung	strung	зав'язувати
to strive	strove	striven	досягати
to sublet	sublet	sublet	передавати в суборенду
to sunburn	sunburnt	sunburnt	загоряти
to swear	swore	sworn	клястися
to sweat	sweat	sweat	пітніти
to sweep	swept	swept	підмітати

to swell	swelled	swollen	надуватися
to swim	swam	swum	плисти
to swing	swung	swung	гойдати
T			
to take	took	taken	брати
to teach	taught	taught	вчити
to tear	tore	torn	рвати
to telecast	telecast	telecast	передавати по телебаченню
to tell	told	told	розповідати
to test-drive	test-drove	test-driven	випробовувати
to test-fly	test-flew	test-flown	проводити випробування
to think	thought	thought	думати
to throw	threw	thrown	кидати
to thrust	thrust	thrust	штовхати
to tread	trod	trodden	вступати
to typeset	typeset	typeset	набирати (текст)
to typewrite	typewrote	typewritten	набирати на машинці
U			
to unbend	unbent	unbent	розгинати
to unbind	unbound	unbound	звільняти
to unclothe	unclothed / unclad	unclothed / unclad	роздягатися
to underbid	underbid	underbid	збивати ціну
to undercut	undercut	undercut	підсікати
to underfeed	underfed	underfed	недоїдати
to undergo	underwent	undergone	знавати
to underlie	underlay	underlain	лежати в основі
to undersell	undersold	undersold	продешевити
to understand	understood	understood	розуміти
to undertake	undertook	undertaken	вживати (заходів)
to underwrite	underwrote	underwritten	гарантувати
to undo	undid	undone	відміняти

to unfreeze	unfroze	unfrozen	розморозувати
to unhang	unhung	unhung	знімати
to unhide	unhid	unhidden	вивести
to unknit	unknit	unknit	розпускати
to unlearn	unlearnt	unlearnt	відучитися
to unsew	unsewed	unsewn	розпорювати
to unstick	unstuck	unstuck	відклеювати
to unstring	unstrung	unstrung	розхитувати
to unweave	unwove	unwoven	розплутувати
to unwind	unwound	unwound	відпочивати
to uphold	upheld	upheld	підтримувати
to upset	upset	upset	засмучувати
W			
to wake	woke	woken	прокидатися
to waylay	waylaid	waylaid	підстерегти
to wear	wore	worn	одягати
to weave	wove	woven	ткати
to wed	wed	wed	одружуватися
to weep	wept	wept	плакати
to wet	wet	wet	вимочувати
to win	won	won	вигравати
to wind	wound	wound	вертіти
to withdraw	withdrew	withdrawn	виводити
to withhold	withheld	withheld	утримувати
to withstand	withstood	withstood	протистояти
to wring	wrung	wrung	вичавлювати
to write	wrote	written	писати

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