

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
БІЛОЦЕРКІВСЬКИЙ НАЦІОНАЛЬНИЙ АГРАРНИЙ УНІВЕРСИТЕТ**

СОЦІАЛЬНО-ГУМАНІТАРНИЙ ФАКУЛЬТЕТ

Кафедра психології

**МЕТОДИЧНІ РЕКОМЕНДАЦІЇ
З ДИСЦИПЛІНИ
«ІНОЗЕМНА МОВА ЗА ПРОФЕСІЙНИМ СПРЯМУВАННЯМ»**

**для здобувачів першого (бакалаврського) рівня вищої освіти
спеціальності 053 «Психологія»**

Біла Церква
2023

УДК 81'243:159(075)

Затверджено науково-методичною
комісією Білоцерківського НАУ
(Протокол № 9 від 15.06.2023 р.)

Розробник: **К.І. Велика**, асистент кафедри психології Білоцерківського національного аграрного університету.

Методичні рекомендації з дисципліни «Іноземна мова за професійним спрямуванням» для здобувачів першого (бакалаврського) рівня вищої освіти спеціальності – 053 «Психологія» / уклад. К.І. Велика. - Біла Церква: БНАУ, 2023. - 81с.

Методичні рекомендації містять зміст, вступну частину, завдання для аудиторної, самостійної роботи, модульні контрольні роботи, граматичні правила із вправами у вигляді таблиць. Методичні рекомендації рекомендовано для здобувачів вищої освіти першого (бакалаврського) рівня, галузі знань – 05 «Соціальні та поведінкові науки», спеціальності – 053 «Психологія».

Рецензент: **В.В. Марчук**, кандидат педагогічних наук, доцент, БНАУ.

© Велика К.І. 2023

ЗМІСТ

BCTYII	4
Part 1. Lessons	6
MODULE I. The World of Work and Professions	6
Unit 1. Psychological Science	6
Unit 2. The Many Discipline of Psychology	8
Unit 3. A Daily Routine of a Psychologist	10
Unit 4. Psychology in Action	12
Unit 5. Brain Functions	14
MODULE II. Psychology	16
Unit 6. Language	16
Unit 7. Language Development	17
Unit 8. Psycholinguistics	18
Unit 9. Learning Process	20
Unit 10. Memory	23
Unit 11. Intelligence	25
Unit 12. Personality Traits	28
Small Test 1	30
Small Test 2	31
Module 1	33
Module 2	36
Brain Ring Contest	40
Credit Test	43
Examination Test	48
Part 2. Grammar Rules in Tables	67
To Be in Different Tenses	67
Continuous Tenses	69
Simple Tenses	71
To Have in Different Tenses	73
Perfect Tenses	73
Countable and Uncountable Nouns	76
Modal Verbs	77
СПИСОК ЛІТЕРАТУРИ	79

ВСТУП

Володіння іноземною мовою є важливим навиком професійного спілкування і одним із обов'язкових компонентів вищої освіти. Знання англійської мови допомагають у здійсненні професійних завдань, а саме: пошуку інформації, листуванні, усній комунікації, обміном досвідом, здійсненні усних і письмових доповідей. Конкурентоспроможність спеціаліста на ринку праці залежить від знань іноземних мов. Органічною частиною формування елементів системи безперервної освіти, що формують потрібні навички комунікації, є дисципліна «Іноземна мова за професійним спрямуванням». Англійська мова розглядається як ключовий компонент мовної компетенції, взаємодії, спілкування та комунікації.

Вивчення дисципліни «Іноземна мова за професійним спрямуванням» передбачає формування у здобувачів мовних і загальних компетентностей, які прописані у Стандарті вищої освіти України першого (бакалаврського) рівня. Відповідно, для галузі знань – 05 «Соціальні та поведінкові науки», спеціальності – 053 «Психологія», передбачено **ЗК 3 (здатність використання інформаційних і комунікаційних технологій англійською мовою)**.

Для спеціальності – 053 «Психологія», розроблено методичні рекомендації з дисципліни «Іноземна мова за професійним спрямуванням». Вони складені відповідно з вимогами діючої програми курсу для немовних вузів і містять зміст, вступну частину, завдання для аудиторної та самостійної роботи, модульні контрольні роботи, граматичні правила у вигляді таблиць.

Методичні рекомендації складаються з двох частин. Перша частина містить два модулі з достатньою кількістю професійних текстів, відео-уроків, тестів для перевірки знань (самостійні роботи, тестові завдання для заліку, іспиту). Друга частина пропонує граматичні правила та завдання у вигляді таблиць. Наочне зображення граматичних правил націлене на полегшення сприймання. Дані методичні рекомендації використовуються паралельно з основними навчальними посібниками.

Оскільки курс дисципліни «Іноземна мова за професійним спрямуванням» розрахований на студентів першого року навчання, методичні рекомендації допомагають здобувачам вищої освіти досягнути наступних поставлених **завдань**: навчитися розмовному та письмовому мовленню, читанню, перекладу та реферуванню текстів за фахом.

У результаті вивчення дисципліни здобувачі мають досягти наступних результатів:

РН 3.1. Знати спеціальну англійську термінологію для проведення літературного пошуку.

РН 3.2. Застосовувати англійську термінологію, для пошуку, накопичення та аналізу інформації з різних джерел.

РН 3.3. Застосовувати англомовні джерела інформації, для підвищення професійної кваліфікації та самоосвіти.

РН 3.4. Вільно спілкуватися в усній та письмовій формах державною та іноземною мовами з питань професійної діяльності.

Випускники закладів вищої освіти повинні оволодіти навиками комунікації та мовними компетенціями англійської мови на рівні B2+ за рекомендаціями Комітету Ради Європи з питань освіти¹.

Формування практичного володіння англійською мовою як вторинним засобом письмового та усного спілкування є **основною метою дисципліни**. Отримання навиків самостійної роботи з мовним матеріалом для забезпечення подальшої наукової та професійної діяльності є також важливим аспектом у досягненні курсу. Майбутні фахівці отримують потрібні навички для розширення знань про гуманітарні науки, гуманізм і налагодження міжнародних зв'язків.

Методичні рекомендації з дисципліни «Іноземна мова за професійним спрямуванням» розроблені для досягнення основної мети курсу, що полягає у зосередженні на досягненні здобувачами вищої освіти достатнім рівнем навичок усного та письмового мовлення, вмінні перекладати загально-технічні тексти у своїй професійній сфері, реферувати та анотувати їх.

¹ Common European Framework of Reference For Languages: Learning, Teaching, Assessment. – Cambridge Univ. Press, 2001. – p.24

Part 1. Lessons

MODULE I. The World of Work and Professions

Unit 1 Psychological Science

Words to remember:

introduction вступ psychology психологія adapted адаптований human людський to improve покращувати quality якість purpose мета safety безпека	scientific науковий study вчення mind розум research дослідження procedure процедура meaning значення to detect визначати deception ілюзія, обман
--	--

Read and translate the text.

Psychological Science

Psychology is the scientific study of mind (mental processes) and behavior. The word “psychology” comes from the Greek words “psyche,” meaning life, and “logos,” meaning explanation.

Psychologists study the behavior of both humans and animals. The main purpose of this research is to help us understand people and to improve the quality of human lives. The results of psychological research are relevant to problems such as learning and memory, homelessness, psychological disorders, family instability, and aggressive behavior and violence.

Psychological research is used in a range of important areas, from public policy to driver safety. It guides court rulings with respect to racism and sexism (Brown v. Board of Education, 1954; Fiske, Bersoff, Borgida, Deaux, & Heilman, 1991).

It shapes court procedures by allowing for the analysis of lie detector results during criminal trials (Saxe, Dougherty, & Cross, 1985). Research helps us understand how driver behavior affects safety (Fajen & Warren, 2003). It demonstrates which methods of teaching children are most effective (Alexander & Winne, 2006; Woolfolk-Hoy, 2005). Other research shows how to best detect deception (De Paulo et al., 2003) and some of the causes of terrorism (Borum, 2004).

Make up word combinations.

important methods of criminal psychological aggressive family human	areas instability teaching children disorders lives behavior trials
---	---

Complete the text with an appropriate word: behavior, conceptions, laboratories, methods, psychologists, forensic.

Because we are frequently exposed to the work of _____ in our everyday lives, we all have an idea about what psychology is and what psychologists do. In many ways your _____ are correct. Psychologists do work in _____ fields, and they do provide counseling and therapy for people in distress. But there are hundreds of thousands of psychologists in the world, and many of them do other types of work. Many psychologists work in research _____, hospitals, and other field settings where they study the _____ of humans and animals. Psychologists also work in schools and businesses, and they use a variety of _____, including observation, questionnaires, interviews, and laboratory studies, to help them understand behavior.

Choose the correct answer.

What is Psychology as a science?

- a) the science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery).
- b) the scientific study of behaviour and mental processes in humans and animals.
- c) the science of soil management and crop production.
- d) the method and practice of teaching, especially as an academic subject or theoretical concept.

Define the meaning of *to assess* from the following variants:

Relating to the mind

To try to cure medical condition

To evaluate something

An observable action

Define the meaning of *behavior* from the following terms:

To evaluate something
Relating to the mind
The status of the body's system
An observable action

Unit 2 The Many Disciplines of Psychology

Words to remember:

approach підхід coherent зв'язний to assess оцінювати opportunity можливість to testify свідчити conformity відповідність justice правосуддя	career кар'єра forensic криміналістичний equipment обладнання court суд reduce зменшувати accident нещасний випадок interaction взаємодія
--	---

Read and translate the text.

The Many Disciplines of Psychology

Psychology is not one discipline but rather a collection of many subdisciplines that all share at least some common approaches and that work together and exchange knowledge to form a coherent discipline (Yang & Chiu, 2009). Because the field of psychology is so broad, students may wonder which areas are most suitable for their interests and which types of careers might be available to them. Table 1. "Some Career Paths in Psychology" will help you consider the answers to these questions. You can learn more about these different fields of psychology and the careers associated with them at <http://www.apa.org/careers/psycareers/>.

Table 1.

Read and translate information in the table then match the career opportunity with psychological field.

Psychology field	Description	Career opportunities
1. Forensic psychology	Forensic psychologists apply psychological principles to understand the behavior of judges, attorneys, courtroom juries, and others in the criminal	a) School psychologists work in elementary and secondary schools or school district offices with students, teachers,

	justice system.	parents, and administrators. They may assess children's psychological and learning problems and develop programs to minimize the impact of these problems.
2. Health psychology	Health psychologists are concerned with understanding how biology, behavior, and the social situation influence health and illness.	b) There are a wide variety of career opportunities in these fields, generally working in businesses. These psychologists help select employees, evaluate employee performance, and examine the effects of different working conditions on behavior. They may also work to design equipment and environments that improve employee performance and reduce accidents.
3. Industrial-organizational and environmental psychology	Industrial-organizational psychology applies psychology to the workplace with the goal of improving the performance and well-being of employees.	c) Many social psychologists work in marketing, advertising, organizational, systems design, and other applied psychology fields.
4. Personality psychology	These psychologists study people and the differences among them. The goal is to develop theories that explain the psychological processes of individuals, and to focus on individual differences.	d) Sports psychologists work in gyms, schools, professional sports teams, and other areas where sports are practiced.
5. School and educational psychology	This field studies how people learn in school, the effectiveness of school programs, and the	e) Forensic psychologists work in the criminal justice system. They may testify

	psychology of teaching.	in court and may provide information about the reliability of eyewitness testimony and jury selection.
6. Social and cross-cultural psychology	This field examines people's interactions with other people. Topics of study include conformity, group behavior, leadership, attitudes, and person perception.	f) Health psychologists work with medical professionals in clinical settings to promote better health, conduct research, and teach at universities.
7. Sport psychology	This field studies the psychological aspects of sport behavior. The goal is to understand the psychological factors that influence performance in sport, including the role of exercise and team interactions.	g) Most work in academic settings, but the skills of personality psychologists are also in demand in business – for instance, in advertising and marketing. PhD programs in personality psychology are often connected with programs in social psychology.

Complete the following sentences with an appropriate profession.

1. A person that works with coaches and sportsmen advises on how to reduce stress and to develop better training systems is a_____.
2. A person that deals with many aspects of crime, analyzes the reasons of committing crimes, helps criminals to rehabilitate is a _____.
3. _____ studies children's learning and adjustment.
4. _____ studies behaviour and mental processes in the life cycle.
5. _____ studies how people spend their money and how the products can come to the markets. He/she takes part in designing shops, shelf lay-outs and does advertising and market research.

Unit 3
A Daily Routine of a Psychologist

Answer the following questions about psychologist's daily routine:

- What does a psychologist do every day?

- Who can a psychologist work with during the day?
- What are psychologist's working hours?

Read the dialogue between a therapist and a client. Make up a similar dialogue with your partner using Present Simple.

T.: Good morning! Welcome to our clinic! Is this your first visit?

C.: Not really. I'm confused a little bit.

T.: Well, I don't know if you have an idea about where you are or how our clinic works.

C.: Actually, my doctor gave me this address and telephone number. The receptionist just said that I had to come here at this time and for the rest.....

T.: Then let me show all around. I will briefly explain the main idea of our therapy. You can pose me any questions you have.

C. Ok, I have had a few already.

Words to remember:

patient пацієнт private приватний practice практика assessment оцінка recommendation рекомендація care піклування anxiety занепокоєння insomnia безсоння insanity божевілля	internship інтернатура education освіта purpose мета to depend on залежати від colleague колега consultation консультація schedule розклад physician фізіотерапевт evaluation оцінка
---	--

Make up word combinations.

clinical daily private provide religious	agencies psychiatrist routine practice education
--	--

Watch the video twice then mark the following statements as true (T) or false (F). <https://www.youtube.com/watch?v=xCieyt0-Oww>

1. _____ Dr. Kristen Casey is a licensed clinical psychiatrist.
2. _____ Every psychologist has the same daily routine.
3. _____ She works in private practice, has a couple of therapy patients.
4. _____ She provides education through various platforms and she is currently writing a book.

5. _____ Dr. Kristen Casey does assessment for religious agencies.

Answer the following questions:

- What does Kristen do?
- Where does she work?
- How does she start her day?
- What does she do during the day?
- How long does she work with her patients?
- Who does she work with?
- What kind of work does Kristen like the most?

Complete the sentences using the words from the box in the correct verb form: have, go, wake, go, get, wake, have, go, brush

- Cler usually ___ up at 6:30 a.m. when her alarm clock goes off.
- Dr. Partison usually _____ lunch at home.
- My husband and I usually _____ dinner at about 8 p.m.
- My client doesn't live in the village, so she often _____ home by bus.
- On days off, I _____ to bed later than on weekdays.
- On Saturday I don't ___ up until I _____ up, usually at about 9 a.m. It's nice to sleep in!
- I always _____ my teeth before I go to bed.
- On weekdays, I _____ to work at 8.30 a.m.

**Unit 4
Psychology in Action**

Answer the following question:

- What is the use of Psychology?
- Do you use psychological methods in your everyday life?
- What is the benefit of psychological knowledge?

Words to remember:

completely повністю perception сприйняття to lose track of забути про все psychologist психолог to compare порівнювати to summarize підсумовувати experienced досвідчений	external зовнішній state стан concentration концентрація absorbed зосереджений to be involved in бути залученим theory теорія flaw потік
---	--

Read and translate the first lecture of the new course in Positive Psychology.

Positive Psychology

Some people may associate psychology with looking at what's wrong with us and at what problems we have, there is much more to psychology than that. Positive psychology looks at how to help people become happier. A happy life is a life in which you are absorbed in what you do. This idea comes from the work of Mihaly Csikszentmihalyi and the theory of flow.

Csikszentmihalyi is a psychologist who has spent much of his professional life on the study of what makes people happy and how we can find happiness. Csikszentmihalyi suggests the theory that happiness is not caused by external events or things that happen to us. Our perception of these things and how we see them makes us happy or sad. If we want happiness, we have to look for it. However, this does not mean that we should always look for happiness! Csikszentmihalyi believed that our happiest moments happen when we are in a state of flow. The theory of flow can be summarised like this: when we are totally involved in or focused on what we are doing. We are in a state of flow.

Csikszentmihalyi got the inspiration for this theory when he noticed how artists worked in a studio. They completely lost track of time, they didn't notice they were hungry or tired, and they could work for hours, even days, without stopping. Anyone who has experienced this state of concentration says it's difficult to explain. The best way to explain it is being in a river and the flow of the water carries you away.

While looking at Csikszentmihalyi's life, it is possible to explore this theory and the conditions that go with a state of flow. To understand how it has influenced his ideas, what creates flow exactly, look for activities that can help us achieve flow in our everyday lives.

Answer the following questions about this lecture.

1. What is the lecture mainly about?

- A. Developmental Psychology
- B. Scientific approach to study human behavior
- C. Positive Psychology and theory of flow

2. What has Csikszentmihalyi suggested?

- A. Theory of physiological psychology
- B. Activities for personal development
- C. Theory of flow

3. How did Csikszentmihalyi get to know about state of flow?

- A. He observed the activity of artist in a studio
- B. He noticed that people could relax in sleep
- C. A psychologist explored conditions of good health

4. How can we achieve the state of flow?

You can lose the track of time if you are absorbed in what you are doing

You can observe someone’s activity

You can follow the schedule of your work

Complete the sentences with words from the box:

anxiety	cross	four
stigma	supportive	theme

1. Regular exercise can improve and depression.
2. Eating junk food can make you feel and tired.
3. Every time someone speaks about mental illness it helps to reduce the

**Unit 5
Brain Functions**

Answer the following questions:

- What is the brain?
- What is the brain made of?
- What parts of the brain help to control the body’s senses?

Words to remember:

cerebrum головний мозок	cranial lobe черепна доля
cerebellum мозочок	temporal скронева доля
diencephalon проміжний мозок	parietal тім’яна доля
midbrain середній мозок	thalamus таламус
pons міст	hypothalamus гіпоталамус
medulla oblongata довгий мозок	constriction звуження
hemisphere півкуля	dilation розширення
frontal lobe лобна доля	vessel судина
occipital потилична доля	cervical шийний
lumbar поперековий	thoracic грудний
spinal nerves спинномозкові	myelin мієлін

Read and translate the text.

Brain Functions

The brain is a complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body. Together, the brain and spinal cord that extends from it make up the central nervous system, or CNS. Weighing about 3 pounds in the average adult, the brain is about 60% fat. The remaining 40% is a combination of water, protein, carbohydrates and salts. The brain itself is not a muscle. It contains blood vessels and nerves, including neurons and glial cells.

Gray and white matter are two different regions of the central nervous system. In the brain, gray matter refers to the darker, outer portion, while white matter describes the lighter, inner section underneath. In the spinal cord, this order is reversed: The white matter is on the outside, and the gray matter sits within. Gray matter is primarily composed of neuron somas (the round central cell bodies), and white matter is mostly made of axons (the long stems that connects neurons together) wrapped in myelin (a protective coating). The different composition of neuron parts is why the two appear as separate shades on certain scans.

The brain sends and receives chemical and electrical signals throughout the body. Different signals control different processes, and your brain interprets each. Some make you feel tired, for example, while others make you feel pain.

Some messages are kept within the brain, while others are relayed through the spine and across the body's vast network of nerves to distant extremities. To do this, the central nervous system relies on billions of neurons (nerve cells).

Complete sentences with the appropriate words: thalamus, midbrain, medulla, amygdala, cerebellum.

1. Breathing and heartbeat are controlled in the _____.
2. The _____ helps to control the body's movement.
3. Each _____ helps to control certain emotions.
4. The _____ regulates the body's alertness.
5. The _____ releases hormones that perform various functions.
6. The _____ helps to control vision and hearing.

Watch the video twice.
<https://www.youtube.com/watch?v=44B0ms3XPku>. **Mark the statement as true or false.**

1. _____ The human nervous system consists of central and peripheral nervous system.

2. ____ The central system has brain and spinal cord.
3. ____ The brain has 4 sections.
4. ____ Frontal, temporal, occipital and parietal lobes belong to medulla oblongata.
5. ____ The spinal cord is a link between the brain and other nerves in the body.
6. ____ Peripheral nervous system is divided into somatic and autonomic.

MODULE II. Psychology

Unit 6 Language

Words to remember:

language мова	attitude відношення до
tool інструмент	behavior поведінка
foreign іноземний	to influence впливати
communication спілкування	to indicate позначати
to convey передавати	development розвиток
conversely навпаки	to intend мати намір

Read and translate the text.

Language as a Tool for Communication and Cultural Reality Discloser

Language is a communication tool used by everyone in their daily life as a means to convey information and arguments to others. In this case, the language cannot be separated from culture because language represent its nation and has close relation to the attitude or behavior of groups of speakers of the languages. The role of language as a tool to express culture reality can be seen from: 1) language is part of culture, 2) even the language and the culture is in different, but have a very close relationship, 3) language is strongly influenced by culture, and 4) language significantly influence culture and way of thinking of people living within. In the communication, language used by people is influence their culture or vice versa. If used parables, the culture and language like Siamese twins, the two things that cannot be separated. Or as a coin; side one is the language and the other is culture.

Introduction

Language indicates each of its nation, a parable once say so. If its meaning

pondered deeper, may make us wiser in understanding and addressing all cases that linked between language and attitude or behavior of groups of speakers of the languages. (Alwi, 2004:21). Wisdom is likely to strengthen believe about the role of language in the development of the culture.

There are several theories on the relationship of language and culture. Some say that even language is part of culture but they are different, but in terms of relation they are very close each other, so it cannot be separated. Some say that the language is strongly influenced by culture, so that all things in the culture will be reflected in the language. Conversely, there is also a saying that language influence culture, and the human or their speakers way of thinking. This paper intended to discuss the nature of language, the nature of culture and how language can express the cultural reality of the language users.

Make up word combinations.

communication cultural the way of several the part of a link between speakers of language	users theories language thinking culture tool language reality
--	---

Unit 7 Language Development

Words to remember:

consequential важливий to drop зменшуватися effort зусилля to increase збільшуватися to require вимагати to receive отримувати experience досвід to stimulate стимулювати to remain залишатися weak слабкий vision зір infant немовля cognitive когнітивний	to observe спостерігати socially соціально to prove доводити to develop розвивати via через attention увага to learn вчити growth ріст synapse висновок simultaneously одночасно hearing слух bilingual двомовний to invent винаходити
---	--

Watch the video twice and mark the statements as true or false.
<https://www.youtube.com/watch?v=u49uLLCUIEk>.

1. We learn language socially and imitating others.
2. Our language brain growth is the strongest in year one.
3. The first five years do not matter for language development.
4. The growth in the part of the brain that is responsible for language peaks between birth and age three.
5. Language doesn't make our world.
6. Year one is when the language center is developing slowly.

Make up word combinations to make sense.

LEGO	blocks
language	technic digger
to structure	story
bedtime	disability
language	speaker
brain's	center
learning	learning
carton	board
rocking	development
brain	ideas
wooden	voice
to take	the lead
native	foundation
checkered	figures
to rise and lower	box
	horse

Answer the following questions.

1. How does the child start speaking?
2. How does the language center develop?
3. How can parents develop the language ability of their children?

Unit 8

Psycholinguistics

Answer the following questions:

- a) Do you like studying languages?
- b) What foreign language would you like to learn?

- c) What learning methods of foreign languages do you know?
- d) What is the importance of studying languages?

Read and translate the text.

Psycholinguistics as a Field of Study

Psycholinguistics is the study of how the mind equips human beings to handle language. Its central concern is with the cognitive processes that underlie the storage, use and acquisition of language, and their correlates in observable neural activity in the brain. In addition, psycholinguists use their understanding of the mind to shed light on certain long-standing questions concerning language as a phenomenon. They include how language evolved, whether and why it is restricted to the human race, what the precise relationship is between language and thought and whether language shares functions with general cognition or operates independently of it.

Today, psycholinguistics is a multi-disciplinary field, drawing upon cognitive psychology, theoretical linguistics, speech science, phonetics, computer modelling, neurolinguistics, clinical linguistics, discourse analysis and pragmatics. One can identify two distinct traditions. The dominant one applies principles and research methods from cognitive science, and is strongly evidence-led. Typically, researchers study small-scale effects with a view to building, little by little, a composite account of the language operation under investigation. Research methods include observation of natural language, controlled experiments that tap in to a specific process, concurrent and retrospective verbal reports and the imaging of the brains of individuals performing a particular language.

The second tradition continues to assume that the accounts of language proposed by linguists correspond closely to the way in which the mind actually performs. Researchers employ a theoretical framework in order to interpret samples of language.

Match the terms with their meanings.

<ul style="list-style-type: none"> 1. syntax 2. semantics 3. morpheme 4. phoneme 5. linguistics 6. concept 	<ul style="list-style-type: none"> a) the smallest unit of sound in a language b) an idea c) the study of language d) the study of word meaning e) the smallest unit of meaning in a language f) the study of sentence structure
--	--

Complete the following sentences using the box of words.

language	connote	grammar	denote	Psycholinguistics
----------	---------	---------	--------	-------------------

1. The students majored in _____ study how the brain acquires languages.
2. Some psychologists study _____ that people use to communicate.
3. When learning language it's a good idea to learn its _____.
4. One word can _____ several different meanings.
5. Some words _____ a more negative feeling than others.

Unit 9 Learning Process

Answer the following questions:

1. Why are learning skills important?
2. When do we need learning skills?
3. What tips for better learning do you know?

Words to remember:

<p>versus проти research дослідження significance значимість reviewing рецензування previously попередній to elaborate розробити long-term довготривалий to facilitate полегшувати retrieval відновлення to enhance поліпшувати retention утримання to instantiate ілюструвати приклад</p>	<p>to memorize запам'ятовувати shortcoming недолік grasp захоплення, хватка beneficial прибутковий to anticipate запобігати muscle м'язи to evoke викликати to induce спонукати mental розумовий encoding розкодовування approach підхід exposure незахищеність</p>
--	--

Read and translate the text.

How People Learn: Common Beliefs vs. Research

Most people believe that repeated exposure of the material is the main and most important ways to learn. In fact, the research shows that memorizing in this way has significant shortcomings. Such methods are not only highly time-consuming and less than optimally effective, they are often rather boring. There are more effective methods of learning and alternative approaches are often more engaging, interesting, and enjoyable. You may be skeptical of this research. To the

extent that repeatedly reviewing materials is effective as a way to deepen our knowledge, it may be a result of our processing or acting on what we are learning as we rehearse. When we “go over” lecture notes we may be doing more mentally than simply reviewing what we’ve written previously. We may be making new connections among concepts or we may recognize the significance of some information we hadn’t grasped before, we may anticipate how we will be tested, or we might ask ourselves new questions about it in new ways.

Without this analysis we might think that “reviewing” was crucial to our learning, but research tells us that it is active, often challenging mental processes that are what make reviewing beneficial. But note, one can mindlessly rehearse material, simply looking at it again with little, active mental processing resulting in little deepening of our knowledge despite considerable time invested.

So, it’s better to study in ways other than rehearsal. Recent research demonstrates that effortful learning usually signals not only deeper learning, but more durable long-lasting knowledge. It’s analogous to weight training. Lifting heavier weights which require more effort will build more muscle in much the same way investing more effort in grappling with new information builds stronger knowledge. Perhaps, sometimes we want to make our learning harder, in order to make it more effective and efficient. It’s easy, for instance, to “do” flashcards, re-read highlighted text, and re-copy notes and the like. Whereas, identifying gaps in our knowledge and filling them, practicing applying our knowledge and synthesizing what we’ve learned is far more challenging.

Making learning difficult in strategic and desirable ways will enhance retention, retrieval, and transfer of knowledge. Desirable difficulties are those which evoke or induce mental processes which strengthen encoding and facilitate retrieval, make information processing more effortful. For instance, we recognize that teaching someone else that which we are ourselves striving to learn is a highly effective way for deepening our understanding and making our knowledge more retrievable in the future.

But why is it effective? When explaining we instantiate or “reboot” our knowledge structures into working memory, we must elaborate on new information using our own long-term knowledge, we often make new linkages or connections among nodes of knowledge when explaining, and we think under new circumstances in new ways when interacting with others in the role of “teacher”. That’s not to say that teaching is the only way to incorporate desirable difficulties into your self-directed learning; there are many other ways to do so.

Translate expressions into Ukrainian.

A highly effective way, for instance, a study group, long-term knowledge, to enhance retention, retrieval and transfer of knowledge, to make new linkages or connections among nodes of knowledge, repeated exposure of the material, to incorporate desirable difficulties into your self-directed learning; to require more effort, to making new connections, to induce mental processes.

Read and translate the instruction about learning principles into English.

Ось деякі загальні принципи навчання, які допоможуть вам ефективно розподілити час і зусилля та включити бажані труднощі у ваш підхід до навчання (обробка), вивчення (закріплення) і підготовки до іспитів (практика). Ви також можете використовувати ці принципи, взяті в основному з роботи дослідницької лабораторії Роберта Бьорка, щоб перевірити свій поточний підхід до навчання та оцінити його ефективність. Якщо ви відчуваєте, що вони не є ефективними, спробуйте скористатися цими принципами, щоб переглянути свій академічний підхід разом із консультантом з навчання. Деякі з цих принципів суперечать інтуїції, тому буде корисно зустрітися з консультантом з навчання, щоб обміркувати шляхи їх реалізації, які вам підходять.

Work with memorization tips. Fill in the missed words in the text: categories, purposes, tools, exam prep., conceptually, identify, elaborate, interleave.

Allocate Your Attention Efficiently

Focus on one task only, don't divide your attention in ways that are hard, but unhelpful. Instead, challenge yourself to think deeply, _____ about what you are studying. Align your _____ to the design of the course by knowing professors' goals. Get clear about what knowledge and skills your instructors want students to learn, and _____ difficult aspects of the course for extra attention and study. Organize information that you are trying to learn using powerful frameworks/conceptual _____ like those used by experts (e.g. your professor) in the field. Identify the models, organizational patterns, and other conceptual _____ used by your professor and use them yourself to organize new information.

Ask: "How does my professor think about this topic, field, problem, etc.?" Intentionally experiment with thinking "like an expert". Actively _____ on and connect what you are learning to what you know. Think of your own examples to illustrate and explore concepts introduced in the course. To make your knowledge more durable, vary your studying in terms of locations, situations (alone, with others), modalities (oral, visual, verbal).

Space your studying for a course over several episodes; _____ your studying of different courses, minimize studying similar materials for long uninterrupted periods in order to enhance your memory of it. Draw a representation (image) of the information you are learning. Make charts that organize information, sketch out processes, create flow charts, make a mind map of key concepts and their relations to clarify your understanding.

Anticipate subsequent study and practice (e.g. exam prep) and put information into an efficiently "studyable" form. For example, take notes in a format that helps you do problem sets and makes _____ easier.

Knowledge quiz

What does the term chunking mean in Psychology?

- a. improving the person's consciousness
- b. occurring for an extend period of time
- c. fitting of data for their intended use
- d. splitting information into small groups

What does iconic memory mean?

- a. an immediate, brief memory of a visual image that lasts no more than half a second
- b. an attempt to correct inconsistent systematic errors
- c. the ability to recall images or form mental images of something seen previously.
- d. to think about and decide what you are going to do

What does the term memorization mean?

- a. the acquisition of knowledge or skills through study
- b. a form of learning in which an individual can recall something perfectly
- c. the action or process of becoming habituated
- d. to try to cure medical condition

Unit 10 Memory

Answer the following questions:

- What is the main memory task?
- What do you need memory for?
- Why do people have memory problems?

Words to remember:

pervasive всепроникний	short-term memory короткострокова
discrete відірваний	пам'ять
encoding розкодовування	solely самостійно
storage зберігання	declarative / explicit memory

retrieval відновлення consciously свідомо intentionally навмисно flexibly гнучко to compromise ставити під загрозу to assess оцінювати mediate проміжний, бути посередником	декларативна / експліцитна пам'ять nondeclarative / implicit memory прихована / імпліцитна пам'ять mnemonics мнемоніка to recall нагадувати hippocampus гіпокамп frontal lobes лобова частка cortical area кортикальна область cerebellum мозочок basal ganglia базальна ганглія
---	---

Read and translate the text.

Pervasive Role of Memory in Everyday Life until Recently

Memory has been compared to a computer and defined by an information-processing model in which information goes through three discrete stages: encoding, storage, and retrieval. Additionally, Atkinson and Shiffrin (1968) posited that information goes through three stages: sensory, short-term memory, and long-term memory. Today, researchers have integrated this model with findings from cognitive neuroscience to include the idea that memory has been found to be created by a collection of systems, working interdependently. There is no one portion of the brain solely responsible for all memory, though there are certain regions related to specific memory subsystems.

The multiple systems model posits that memory is not a single, unitary system that relies on one neuroanatomical circuit; rather memory is made up of multiple memory systems that can work independently of one another. The systems include declarative memory and nondeclarative memory.

Declarative memory or explicit memory is a memory system that is controlled consciously, intentionally, and flexibly. Declarative memory generally involves some effort and intention, and we can employ memory strategies such as mnemonics to recall information. It is mediated by the hippocampus and frontal lobes, and, thus, damage to these areas may compromise declarative memory. For example, people with damage to the hippocampus have difficulty forming new long-term declarative memories, while those with frontal lobe damage may experience deficits in working memory.

Nondeclarative memory or implicit memory is a memory system that influences our current perceptions and behavior without our knowledge, awareness, or intention. Nondeclarative memory is not used intentionally and involves no effort. It is assessed with an implicit memory test in which the individual is unaware she or he is taking a memory test. It is mediated by cortical areas, the cerebellum, and the basal ganglia. Just as damage to the hippocampus and frontal lobes can compromise performance on declarative memory tasks, so, too, can damage to the

visual cortical area impair visual priming. Damage to the cerebellum and basal ganglia can impair classical conditioning and procedural memory.

Knowledge quiz

Define the meaning of *to assess* from the following variants:

Relating to the mind

To try to cure medical condition

To evaluate something

An observable action

What does the echoic memory mean?

- a. is a type of memory that stores audio information (sound)
- b. how close or far a measurement is from the true or accepted value. Close measurements are more accurate than those that a further from the real value
- c. involves recall of information for a relatively short time (such as a few seconds)
- d. comprises a phonological store that is dedicated to working memory and that serves to temporarily hold verbal information

Define the meaning of *mental* from the following variants:

To evaluate something

Relating to the mind

The status of the body's system

An observable action

What does the term rehearsal mean in Psychology?

- a. to think about and decide what you are going to do
- b. the act of repeating information to keep it in memory
- c. to know or notice that something exists

Unit 11 Intelligence

Answer the following questions:

- What do you know about intelligence?
- How can we measure intelligence?

- What is intelligence?

Choose the right variants for the intelligence definition:

- The ability to solve problems and to adapt to and learn from life’s everyday experiences.
- The ability to eat, drink, go, sit.
- The capacity to adapt and learn from experiences. It includes characteristics such as creativity and interpersonal skills.
- The mental abilities that enable one to adapt to environment
- The ability to stay alone rather than in the group of people.
- The ability to understand and deal with people, objects, and symbols.
- The ability to climb the trees and to pick fruit.

Words to remember:

ability здатність	intrapersonal внутрішньоособистий
capacity вміння	interpersonal міжособистісний
to adapt пристосовуватися	intelligence інтелект
experience досвід	influence вплив
to include включати	verbal мовний
characteristics характеристика	fluency вільність
skill майстерність	to enable робити можливим
academic year навчальний рік	environment навколишнє середовище

Read and translate the text.

Factors Influencing Intelligence

The Child’s Influence:

Genetics

Genotype–Environment Interaction

Gender

Boys and girls tend to be equivalent in most aspects of intelligence. The average IQ scores of boys and girls is virtually identical. The extremes (both low and high ends) are over- represented by boys

- Girls as a group: teend to be stronger in verbal fluency, in writing, in perceptual speed (starting as early as the toddler years).

- Boys as a group: tend to be stronger in visual-spatial processing, in science, and in mathematical problem solving.

The Immediate Environment’s Influence

Family Environment

School Environment

- Attending school makes children smarter. Children from families of low SES and those from families of high SES make comparable gains in school achievement during the school year

- What about during summer break? During the academic year schools provide children of all backgrounds with the same stimulating intellectual environment. Over the summer, children from low-SES families are less likely to have the kinds of experiences that would maintain their academic achievement.

The Society’s Influence

- Poverty. The more years children spend in poverty, the lower their IQs tend to be. Children from lower- and working-class homes average 10-15 points below their middleclass age mates on IQ tests. In many countries, children from wealthier homes score better on IQ test than children from poorer homes.

- The greater the gap in wealth in a country the greater the difference in IQ scores. Chronic inadequate diet can disrupt brain development. Chronic or short-term inadequate diet at any point in life can impair immediate intellectual functioning. Reduced access to health service, poor parenting, and insufficient stimulation and emotional support can impair intellectual growth.

Race / Ethnicity

- Overall, differences in IQ scores of children from different racial and ethnic groups describe children’s performance only in the environments in which the children live. These findings do not indicate potential, nor do they tell us what these children would do if they live someplace else. The current group differences in IQ are due to environmental differences as discrimination and inequality decrease IQ differences decrease.

- The average IQ score of Euro-American children is 10-15 points higher than that of African-American children. The average IQ score of Latino and American-Indian children fall somewhere in between those of Euro-American and African-American children. The average IQ score of Asian-American children tend to be higher than any other group in the US. American-Indian children: Better on the performance part than the verbal part of an IQ test. Latino children: Better on the performance part than the verbal part of an IQ test. Asian-American children: Better on the performance part than the verbal part of an IQ test. African-American children: Better on the verbal part than the performance part of an IQ test

Make up word combinations.

different racial and ethnic school verbal society’s health poor	service fluency processing interaction performance groups
--	--

children's environment visual-spatial lower- and working-	influence class parenting year
--	---

There is a theory of multiple intelligence that identifies musicale skills, linguistic skills, logical-mathematical skills, body-kinesthetic skills, intrapersonal and interpersonal skills. Find the meaning for each type of intelligence.

1. musicale skills	a. related to a person's understanding of him or herself
2. linguistic skills	b. related to relationship between people
3. logical-mathematical skills	c. related to the appreciation or production of music
4. body-kinesthetic skills	d. related to language
5. intrapersonal	e. related to the ability to identify logical or numerical patterns and the ability to reason.
6. interpersonal skill	f. related to the movement in 3-D space

Unit 12 Personality Traits

Words to remember:

trait риса characteristics характеристика open відкритий conscientious сумлінний agreeable приємний neurotic невротичний survival виживання to explore досліджувати coined придуманий outcome результат	to claim стведжувати to strand on сісти на міліну to inspire надихати blossom цвітіння opportunity можливість to be concerned бути стурбованим to be thrilled бути в захваті to investigate розслідувати to possess володіти to flaw ставати недійсною
--	---

Match the words with their definitions.

1. choleric	a) someone who is shy, quiet, and prefers to spend time alone rather than often being with other.
2. sanguine	b) a person who thinks that
3. phlegmatic	
4. optimistic	

<p>5. pessimistic 6. extrovert 7. introvert</p>	<p>bad things are more likely to happen or who emphasizes the bad part of a situation.</p> <p>c) someone who stays calm even when upsetting or exciting things happen.</p> <p>d) The person that is easily angered or generally bad-tempered.</p> <p>e) an energetic person who enjoys being with other people.</p> <p>f) someone who always believes that good things will happen.</p> <p>g) a confidently optimistic and cheerful person.</p>
---	---

Watch the video twice and mark the following statements as true or false.
Personality traits: <https://www.youtube.com/watch?v=IB1FVbo8TSs>.

1. _____. There is a theory of 5 big personality traits.
2. _____. We can describe themselves with the following characteristics: open, conscientious, agreeable, neurotic.
3. _____. Neurotic is confidently optimistic and cheerful.
4. _____. Optimistic is shy, quiet, and prefers to spend time alone rather than often being with other.
5. _____. We can find each of five traits in every personality but with different amount and variations.

Make up word combinations.

<p>exotic bamboo crucial rank strand on survival</p>	<p>the boat kit the island nature hut task</p>
--	--

Answer the following questions.

- h) What personality traits do you know? I know
- i) How do you think how much of each trait you have?
- j) Can you characterize you best friend? What's he / she like?

Make up a few sentences describing your personality. Use the following pattern:

S + to be + adj.

Ex.: She is communicative and easy-going.

Small test 1

1. Use the correct verb form.

1. When I was a child my favourite colour ____ blue.
2. I ____ afraid none of our material will exactly match the colour of sample.
3. We ____ interested in Personal Psychology.
4. Psychology ____ the scientific study of behaviour and mental processes.
5. Tell her the truth or it _____ late tomorrow.

2. Use the correct verb form.

1. I ____ going to become a psychologist.
2. Last year she ____ going to enter the university.
3. Maria ____ taking her English test this week.
4. - What will you be doing tomorrow morning? - I _____ flying to Barcelona.
5. Yesterday at 6 pm. our university students _____ taking their final test. The majority passed it successfully but some of them failed it.

3. Use the correct verb form.

1. In this semester you _____ a lot of missed classes.
2. Last term we _____ English three times per week.
3. Last academic year, we _____ the psychological practical training in this clinic.
4. He usually ____ a prepared report for each seminar.
5. You _____ a certified diploma of a clinical therapist next year.

4. Fill in the appropriate word combination in the needed place in the text:
there are, must have to, interact, must understand.

The Center for Development and Learning

The underlying ability a teacher 1. _____ orchestrate differentiated instruction day after day, hour after hour, by assessing his/her students and adjusting strategies and tactics moment by moment, requires sophisticated knowledge and

skills. In order to engage, motivate and teach all learners at optimal levels, teachers 2. _____ the learning process in general, understand and respond to students' individual emotional and cognitive profiles and select instructional strategies and tactics that are effective for diverse learners.

3. _____ six interactive components of the learning process: attention, memory, language, processing and organizing, graphomotor (writing) and higher order thinking. These processes 4. _____ not only with each other, but also with emotions, classroom climate, behavior, social skills, teachers and family.

5. Write the correct word order.

1. Have / I / with my / sleep / problems.
2. Next week / they / moving / are.
3. Doing / psychological test / Betty and Ann / are / the.
4. They / what / are / doing?
5. The boy / with / short-term explicit memory / problems / has.

Small test 2

1. Choose the correct answer.

- a) Sleep _____ great influence on biological rhythms.
- a. have
- b. has
- b) She _____ busy with her patient.
- a. am
- b. are
- c. is
- c) These _____ Japanese scientists that want to conduct a psychological test.
- a. are
- b. is
- c. am
- d) My sister _____ an appointment with her psychologist tomorrow.
- a. have
- b. has
- e) Chunking _____ good benefits for memorization.

- a. has
- b. have

2. Choose the correct answer.

- a) We must hurry. We have got very _____ time.
- a. few
 - b. little
- b) _____ short scientific films did psychology student see last week?
- a. how much
 - b. how many
- c) I drink _____ tea in the morning.
- a. little
 - b. few
- d) There is _____ juice in my glass. Have you got any juice?
- a. little
 - b. few
- e) _____ money do you need per month?
- a. how much
 - b. how many

3. Use the correct tense form using the verbs in the brackets.

1. Damage to the cerebellum and basal ganglia _____ (can) impair classical conditioning and procedural memory. 2. Additionally, Atkinson and Shiffrin (1968) _____ (to posit) that information _____ (to go) through three stages: sensory, short-term memory, and long-term memory. 3. Declarative memory or explicit memory _____ (to be) a memory system that _____ (to control) consciously, intentionally, and flexibly. 4. Declarative memory generally _____ (to involve) some effort and intention, and we can employ memory strategies such as mnemonics to recall information. 5. In fact, the research _____ (to show) that memorizing in this way _____ (to have) significant shortcomings.

4. Choose the correct answer.

1. Dr. Costas is my / mine clinical therapist.

- a. Dr. Costas is my clinical therapist
 - b. Dr. Costas is mine clinical therapist
2. This is our / ours clinic. It's our / ours.
- a. This is ours clinic. It's our
 - b. This is our clinic. It's ours
3. Marta / psychological test.
- a. This is Marta's psychological test. It is her psychological test. This psychological test is hers
 - b. This is Marta psychological test. It is his psychological test. This psychological test is his
 - c. These are Marta's psychological test. They are her psychological test. These psychological test are hers
4. These memories from childhood are your / yours.
- a. These memories from childhood are yours
 - b. These memories from childhood are your
5. Dr. Patric is their / theirs psychologist.
- a. Dr. Patric is theirs psychologist
 - b. Dr. Patric is their psychologist

5. Fill in the appropriate word combination in the needed place in the text: suitable, consider, approaches, discipline, coherent.

Introduction to Psychology

Psychology is not one _____ but rather a collection of many subdisciplines that all share at least some common _____ and that work together and exchange knowledge to form a _____ discipline (Yang & Chiu, 2009). Because the field of psychology is so broad, students may wonder which areas are most _____ for their interests and which types of careers might be available to them. Table 1. "Some Career Paths in Psychology" will help you _____ the answers to these questions.

Module 1

1. Use the correct tense form using the verbs in the brackets.

1. Dr. Kristen Casey _____ (to be) a personal psychologist. Every day she _____ (communicate) with people and _____ (to provide) therapy for her patients.

2. People say that she _____ (to be) really good at it. She _____ (must / to love) her job. Unlike her I don't like my job. How _____ she _____ (to do) it?

3. In the past she _____ (work) very hard but she _____ (not to get) any result. Then she _____ (to learn) about communication with patients and _____ (to practice) a lot. It _____ (to become) easy for her _____ (she /to work) as a personal psychologist forever?

4. I _____ (not to know). You _____ (to need / to ask) her. Maybe _____ (to continue) to work as a psychologist or probably she _____ (to run) her own business.

5. It _____ (to depend) on what she _____ (to want). But for now, she _____ (to be) happy!

2. Choose the correct variant.

a) The phone was engaged when I called. Who _____ to?

- a. did you talk
- b. were you talking

b) What are you doing tonight?

I _____ with my patient.

- a. am seeing
- b. was seeing
- c. see

c) The university students _____ TV when the supervisor entered.

- a. was watching
- b. watched

d) The hotel where we are _____ is quite luxurious.

- a. are staying
- b. existing
- c. living
- d. remaining

e) Everything is wet. He _____ his suit.

- a. is dry-cleaning
- b. dry-cleaned
- c. was dry-cleaning

3. Mark the statements as true or false.

1. The goals of psychology are to describe, predict, explain and control behaviour _____. 2. Mental processes are those activities of an organism which can be directly observed or recorded _____.

3. Academic psychologists use the results of research work and put them into practice _____. 4. Psychiatry deals with many aspects of crime: analyzing the reasons of committing crimes, rehabilitation of criminals _____.

5. Wilhelm Wundt developed the first scientific psychology laboratory _____.

4. Choose the correct answer.

1. - Look at Laurence's schedule and tell me if she is busy today.

- Yes, she is busy. Laurence _____ with her clients today and on Thursday.

- a. is meeting
- b. will meet
- c. met

2. -Q: Are you going to try hard?

- A: I _____ to do my best.

- a. try always
- b. always try

3. It is cloudy. Look outside! It _____ to be rainy.

- a. gets
- b. is going
- c. will be

4. When the robbery happened, the security guard _____ !

- a. slept
- b. was slept
- c. was sleeping
- d. had slept

5. -Q: What is the reason of being late for the therapy session?

-A: I'm not going to ____.

- a. again tell you
- b. tell you again

5. Choose the correct answer.

a) Define the meaning of *to assess* from the following variants:

Relating to the mind

To try to cure medical condition

To evaluate something

An observable action

b) What is Psychology as a science?

- the science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery).
- the scientific study of behaviour and mental processes in humans and animals.
- the science of soil management and crop production.
- the method and practice of teaching, especially as an academic subject or theoretical concept.

c) Define the meaning of *physical state* from the following variants:

To evaluate something

Relating to the mind

The status of the body's system

An observable action

d) Write the correct possessive pronoun.

That Psychology manual belongs to those students. That manual is_____.

e) Define the meaning of *behavior* from the following terms:

To evaluate something

Relating to the mind

The status of the body's system

An observable action

Module 2

1. Exercise. Choose the correct variant.

1. This is an easy text on psychology. You_____ (to translate) it without a dictionary.

- a. translating
- b. was translating

- c. will translate
2. Work_____ (to be) based on the modern psychology research.
- a. is
- b. were
- c. are
3. Psycholinguistics _____connected with different sciences.
- a. had been
- b. were
- c. is
4. Each scientific strategy_____ its own advantages.
- a. to have
- b. has
- c. have
5. That text on psychology was quite difficult but we_____ (to translate) it without a dictionary.
- a. translating
- b. translated
- c. will translate
6. We _____ yet but we are going to come soon.
- a. haven't come
- b. haven't been coming
- 7 _____ the students_____ for the examination test since the morning?
- a. have been preparing
- b. have prepared
8. Make sure you _____ a hotel before you come to our island, especially in the summer.
- a. take
- b. put
- c. have booked
- d. keep

2. Exercise. Fill the needed words in the spaces: on topics, major

principles, basic.

The Book

1. _____ Psychology is an informative, preparatory text designed to give students and the general public a clear grasp of the 2. _____ of Psychology. This guide book is written in a very lucid format 3. _____ like Introduction to Psychology, Human development, Personality, Learning, Memory, Emotion, Motivation, Health, Drug Abuse, Attitude, Psychology in Nigeria, and Experimental Psychology.

3. Exercise

1. Complete sentences with the needed word.

The doctor will . _____ the condition with medicine.

2. Complete sentences with the needed word.

The autonomic nervous system . _____ certain body processes, such as blood pressure and the rate of breathing.

3. Define the meaning of to treat from the following variants:

Relating to the mind
To try to cure medical condition
The status of the body's system
An observable action

4. Define the meaning of mental from the following variants:

To evaluate something
Relating to the mind
The status of the body's system
An observable action

5. Complete the sentence with the needed word.

The doctor gave the man a _____ to take every day.

4. Exercise

Answer the following questions:

1. What does the melatonin mean?

- a. a biological rhythm that occurs less than once per day
- b. a hormone that helps to regulate circadian rhythms
- c. the period of sleep when dreams occur

2. What is the definition of the alpha waves?

- a. the brainwaves that occur when a person is relaxed but awake
- b. the period of sleep when dreams occur
- c. a biological rhythm that occurs less than once per day

3. What does consciousness mean?

- a. a change in the status of something
- b. an awareness that people have of themselves and their surroundings
- c. actions that people perform without being aware

4. What does the term rehearsal mean in Psychology?

- a. to think about and decide what you are going to do
- b. the act of repeating information to keep it in memory
- c. to know or notice that something exists

5. What does iconic memory mean?

- a. an immediate, brief memory of a visual image that lasts no more than half a second
- b. the ability to recall images or form mental images of something seen previously
- c. to think about and decide what you are going to do

5. Exercise. Choose the correct answer.

1. I live in Barcelona, but my _____ town is Madrid.

- a. home
- b. native
- c. birth
- d. origin

2. The _____ from London to Berlin is about 919 kilometers.
- a. gap
 - b. length
 - c. measure
 - d. distance
3. You need a passport to cross the _____ between Mexico and the United States.
- a. line
 - b. edge
 - c. rim
 - d. border
4. Click the best synonym for theory:
- a. supposition or a system of ideas intended to explain something, especially one based on general principles independent of the thing to be explained
 - b. edge
 - c. rim
 - d. border
5. Click the best synonym for objective:
- a. sculpture
 - b. complaint
 - c. something thrown
 - d. goal

BRAIN RING CONTEST

Let's get to know:

- 1. who the smartest is;**
- 2. who knows a lot about Psychology.**

General notions about Brain Ring

The Brain Ring game is an intellectual duel between teams. Each team has a captain who is responsible for the correct answers of the team. Teams answer different questions in English. The winners are awarded by certificates and get good scores for the first English module. The Brain Ring game is devoted to the Week of Psychology. It is held and estimated by the Psychology Department.

Fill in the members of the jury staff.

The jury of the game

Fill in the captains and members of our teams.

team 1	team 2
captain:	captain:
team members:	team members:
1.	1.
2.	2.
3.	3.
4.	4.

Rules to play:

1. There are 4 rounds. Each team gets scores for each round of questions.
2. The teacher asks questions in the first and in the third round.
3. In the second round the teams work in groups to solve the problem. You have 10 minutes to give the correct answer. The jury watches the team work.
4. In the third round teams ask each other 5 different questions relating to knowledge in Psychology.
5. In the fourth round all teams watch the video about Psychologist. You have 5 minutes to give the correct answers.
6. The jury sums up scores for all the rounds and names the winner.

Round 1 (a)

Form another part of speech.

science mind	to apply treatment
-----------------	-----------------------

person psychology to behave to be conscious (of) to be aware (of) nerve function	to observe monitoring environment to depend on survive experiment moral
--	---

Round 1 (b)

Work with your team and match the terms with their meanings.

1. to survive	a) to stress something; cause to appear important or deserving attention
2. to emphasize	b) made or occurring without definite aim, reason or pattern
3. unconscious	c) to remain alive after some accident; continue to live
4. influence	d) the power to affect based on prestige, wealth, ability or position

Round 2 (a)

Answer my questions about Psychology.

7. What is Psychology as a science?
8. Who developed the first psychological laboratory?
9. Who used functionalism, the approach that studied the mind functions and behaviour?
10. Who created psychoanalysis, the importance of thoughts and motives which are unconscious?
11. Who used the approach to study the stimuli and responses? (This approach is called behaviorism).
12. What biological rhythms do you know?
13. How many are there sleep stages?
14. What tips of better memorization do you know?

Round 2 (b)

Answer my questions about Psychology

15. What hormone helps to sleep better?
16. What waves appear in your brain when you are asleep?
17. How do we call the sleep stage when the human can have dreams?
18. What does mindfulness mean?

19. What does consciousness mean?
20. Who was Wilhelm Maximilian Wundt?
21. What aspects of consciousness do researchers study?
22. What stages of memorization do you know?
23. How is the shortest sleep stage called?
24. How many are there sleep stages?
25. What tips of better memorization do you know?

Round 3 (a).

Watch the video twice then mark the following statements as true (T) or false (F). <https://www.youtube.com/watch?v=xCieyt0-Oww>.

- 1) _____ Dr. Kristen Casey is a licensed clinical psychiatrist.
- 2) _____ Every psychologist has the same daily routine.
- 3) _____ She works in private practice, has a couple of therapy patients.
- 4) _____ She provides education through various platforms and she is currently writing a book.
- 5) _____ Dr. Kristen Casey does assessment for religious agencies.

Round 3 (b).

Answer the following questions about Kristen:

- What does Kristen do?
- Where does she work?
- How does she start her day?
- What does she do during the day?
- How long does she work with her patients?
- Who does she work with?
- What kind of work does Kristen like the most?

Round 4

Prepare 5 questions about Psychology and tell correct answers to the teacher. Ask the opponent teams these 5 questions about Psychology?

Credit test

1. What is Psychology as a science?

- a) the science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery).
- b) the scientific study of behaviour and mental processes in humans and animals.

- c) the science of soil management and crop production.
- d) the method and practice of teaching, especially as an academic subject or theoretical concept.

2. Complete the following sentences with an appropriate profession.

1. A person that works with coaches and sportsmen advises on how to reduce stress and to develop better training systems is a _____.
2. A person that deals with many aspects of crime, analyzes the reasons of committing crimes, helps criminals to rehabilitate is a _____.
3. _____ studies children's learning and adjustment.
4. _____ studies behaviour and mental processes in the life cycle.
5. _____ studies how people spend their money and how the products can come to the markets. He/she takes part in designing shops, shelf layouts and does advertising and market research.

3. Mark the statements as true or false.

1. The goals of psychology are to describe, predict, explain and control behaviour _____.
2. Mental processes are those activities of an organism which can be directly observed or recorded _____.
3. Behaviorism appeared in the late 19th century _____.
4. Academic psychologists use the results of research work and put them into practice _____.
5. Psychiatry deals with many aspects of crime: analyzing the reasons of committing crimes, rehabilitation of criminals _____.
6. Wilhelm Wundt developed the first scientific psychology laboratory _____.

4. Complete the sentence with the needed word.

The doctor gave the man a _____ to take every day.

5. Define the meaning of *mental* from the following variants:

- To evaluate something*
- Relating to the mind*
- The status of the body's system*
- An observable action*

6. Complete the sentence with the needed word.

The brain directs many processes, so it has many _____.

7. Write the correct possessive pronoun.

That Psychology manual belongs to those students. That manual is_____.

8. Complete the sentence with the needed word.

Neurons _____ signals between different parts of the body.

9. Complete the sentence with the needed word.

Structurally, the nervous system has two components: the central nervous system and the _____ nervous system.

10. Complete the sentence with the needed word.

The autonomic nervous system _____ certain body processes, such as blood pressure and the rate of breathing.

11. Write the correct possessive pronoun.

This apartment belongs to me and my roommate. This apartment is.....

12. Complete the sentence with the needed word.

The nervous system is_____ of all the nerve cells in your body.

13. Complete the sentence with the needed word.

Functionally, the nervous system has two main _____: the somatic, or voluntary, component; and the autonomic, or involuntary, component.

14. Fill in the abstract of the text with needed words from the box.

<p>physical body psychologists brain consciousness</p>
--

Some philosophers and religious practices argue that the mind (or soul) and the body are separate entities. They believe that the mind is separate from (although connected to) the _____. In contrast to the dualists, _____ believe that consciousness (and thus the mind) exists in the brain, not separate from it.

In fact, psychologists believe that consciousness is the result of the activity of the many neural connections in the _____, and that we experience different states of _____ depending on what our brain is currently doing.

15. Define the meaning of *physical state* from the following variants:

To evaluate something

Relating to the mind

The status of the body's system

An observable action

16. Complete the sentence with the needed word.

Many different factors _____ people's minds.

17. Write the correct possessive pronoun.

These suitcases belong to a psychologist and his patient. These suitcases are _____.

18. Define the meaning of *behavior* from the following terms:

To evaluate something

Relating to the mind

The status of the body's system

An observable action

19. Complete the sentence with the needed word.

The doctor will _____ the condition with medicine.

20. Define the meaning of *to treat* from the following variants:

Relating to the mind

To try to cure medical condition

The status of the body's system

An observable action

21. Answer each question, choosing the response which has the correct word order.

1. Q: *How many times did you tell him?*

A: _____ told him once.

I only

Only I

2. Q: *How much do you eat?*

A: _____.

A lot I eat

I eat a lot

3. *Q: Are you going to try hard?*

A: I _____ to do my best.

try always

always try

4. *Q: Did you call me?*

A: Yes, I _____.

called you many times

many times called you

5. *Q: How many times have you been to Paris?*

I have been _____ .

twice there

there twice

6. *Q: What is your surname?*

A: I'm not going to _____

tell you again

again tell you

22. Define the meaning of *to assess* from the following variants:

Relating to the mind

To try to cure medical condition

To evaluate something

An observable action

23. Match the terms with their meanings

1. to survive	to stress something; to cause to appear important or deserving attention
2. to emphasize	made or occurring without definite aim, reason or pattern;
3. unconscious	to remain alive after some accident; continue to live
4. influence	the power to affect based on prestige, wealth, ability or position

24. Use the correct verb form opening the brackets.

Most students live quite close to the university campus, so they _____ (to walk) there.

25. Use the correct verb form opening the brackets.

I _____ to my patient three weeks ago (to write).

26. Use the correct verb form opening the brackets.

I _____. to make the doctor's appointment, but nobody answered (to call).

27. Use the correct verb form opening the brackets.

I _____ you medicine during the next visit (to prescribe).

28. Use the correct verb form opening the brackets.

_____ you already _____ your medical treatment? (to get)

29. Use the correct verb form opening the brackets.

- What are you doing her?

- I _____ a doctor's visit (to have).

30. Use the correct verb form opening the brackets.

When you rang last night, I (to work) with my patient so I didn't hear the phone.

Examination test

1. Fill the needed words in the spaces: encompasses, psychology, department.

The Author

Olusola Ayandele is an Industrial and Entrepreneurial Psychologist. He holds a Bachelor of Science (Hons) Degree in _____ and a Master of Science Degree in Psychology (Industrial / Organisational) at the University of Ibadan.

He applies NLP as he teaches students to become psychologically literate through his Psychology classes at the _____ of General Studies, The Polytechnic, Ibadan. His research interest _____ Wellness, Relationship, Persuasive Communication, Entrepreneurship, Innovation, and Business Development.

2. Complete the sentences with words from the box:

anxiety	cross	four
---------	-------	------

stigma	supportive	theme
--------	------------	-------

1. Around the world, one in people have some kind of mental illness.
2. Mental health in the workplace was the of WMH Day in 2017.
3. Employers should be towards people with mental health issues.

3. Match the terms with their definitions.

1. volunteering	a. the use of drugs, exercise, etc. to help someone who is ill
2. stigma	b. a strong feeling of disapproval society has about something
3. treatment	c. working to help people without being paid
4. work-life balance	d. time spent working compared to time spent doing what you enjoy

4. Choose the correct answer.

What is Psychology as a science?

- a) the science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery).
- b) the scientific study of behaviour and mental processes in humans and animals.
- c) the science of soil management and crop production.
- d) the method and practice of teaching, especially as an academic subject or theoretical concept.

5. Complete the following sentence with an appropriate profession.

1. A person that works with coaches and sportsmen, advises on how to reduce stress and to develop better training systems is a_____.

6. Fill the needed words in the spaces: specifically, identification, introductory.

The Book

The 8 chapter _____book uses themes and chapter outlines to stimulate readers on what to expect and chapter objectives tell readers of what they will learn

if they carefully study the chapter. The contents are _____ arranged to make studying easy.

Key terms, pioneers' name, research results and illustrations are formatted for easy _____. Humorous cartoon strips are added to make some serious points and there are 160 review test questions for purposes. All to produce a book that offers a solid foundation in Psychology.

7. Complete the following sentences with an appropriate profession.

A person that deals with many aspects of crime, analyzes the reasons of committing crimes, helps criminals to rehabilitate is a _____.

8. Decide which is the correct verb form.

Today she _____ jeans and a t-shirt

- a. is wearing
- b. wears

9. Fill the needed words in the spaces: on topics, major principles, basic.

The Book

_____ Psychology is an informative, preparatory text designed to give students and the general public a clear grasp of the _____ of Psychology. This guide book is written in a very lucid format _____ like Introduction to Psychology, Human development, Personality, Learning, Memory, Emotion, Motivation, Health, Drug Abuse, Attitude, Psychology in Nigeria, and Experimental Psychology.

10. Match the terms with their definitions.

1. depression	a. things plants and animals need to live or grow
2. nutrients	b. the state of being healthy
3. wellness	c. feeling very unhappy and without hope
4. anxiety	d. feeling nervous or worried about what is happening or what might happen

11. Complete the sentence with the needed word.

The doctor gave the man a _____ to take every day.

12. Define the meaning of *mental* from the following variants:

To evaluate something
Relating to the mind
The status of the body's system
An observable action

13. Complete the sentences with words from the box:

anxiety	cross	four
stigma	supportive	theme

1. Regular exercise can improve and depression.
2. Eating junk food can make you feel and tired.
3. Every time someone speaks about mental illness it helps to reduce the

14. Fill the needed words in the spaces: behaviour, methods, scientific.

Defining Psychology

Psychology is the _____ study of behaviour and mental processes. It uses scientific _____ to study how, when, where and why we feel, think and act the way we do, and uses psychological interventions to influence people. Mental process or the mind consists of sensations, thoughts and feelings. _____ is observable actions; moving, talking, activities of cells, etc.

15. Write the correct possessive pronoun.

That Psychology manual belongs to those students. That manual is_____.

16. What does long-term memory mean?

- a. occurring for an extend period of time
- b. a measurement of distance between a single point and an unknown point that begins and ends at different locations
- c. errors that result from limitations related to the finite resolution of measuring equipment
- d. to think about and decide what you are going to do

17. Fill the needed words in the spaces: changing, ability, basic.

Defining Psychology

There are four _____ Goals of Psychology:

1. Description of behaviour by accurately naming and classifying the behaviour.
2. Explanation of behaviour by stating the causes in order to explain the behaviour.
3. Prediction is the _____ to foretell behaviour.
4. _____ of behaviour is the ability to influence or control the behaviour.

18. Complete the sentence with the needed word.

Neurons _____ signals between different parts of the body.

19. Define the meaning of *physical state* from the following variants:

- To evaluate something*
- Relating to the mind*
- The status of the body's system*
- An observable action*

20. Fill the needed words in the spaces: experimental, structures, behaviour.

History and Approaches to Psychology

Highlighted below is the pioneer of modern psychology and the perspective or Schools of Thought he used to study and explain _____ .

Wilhelm Wundt (1832-1920) is the *father* of Psychology. He published "Principles of Physiological Psychology" in 1873 and opened the first _____ psychological laboratory in 1879 at the University of Leipzig, Germany. He founded the Structuralism school of thought. He studied the _____ of conscious, experience, emotion, sensation and thought through introspection.

21. Define the meaning of *behavior* from the following terms:

- To evaluate something*
- Relating to the mind*
- The status of the body's system*
- An observable action*

22. Complete the sentence with the needed word.

The doctor will _____ the condition with medicine.

23. Fill the needed words in the spaces: psychologist, functions, perspective.

History and Approaches to Psychology

Highlighted below is the pioneer of modern psychology and the _____ or Schools of Thought he used to study and explain behaviour.

William James (1842-1910) was the first American _____, and he pioneered the Functionalism school of thought to study the _____ of the mind.

He wrote "Principles of Psychology" in 1890.

24. Define the meaning of *physical state* from the following variants:

To evaluate something

Relating to the mind

The status of the body's system

An observable action

25. Complete the sentence with the needed word.

Many different factors _____ people's minds.

26. Fill the needed words in the spaces: psychopathology, psychoanalytic, psychology.

History and Approaches to Psychology

Highlighted below is the pioneer of modern _____ and the perspective or Schools of Thought he used to study and explain behaviour.

Sigmund Freud (1856-1939) introduced _____ school and focused on the influence of childhood psychosexual experience, unconscious motive, use of defence mechanism, sex and aggression behaviour and the treatment of _____.

27. Define the meaning of *to treat* from the following variants:

Relating to the mind

To try to cure medical condition

The status of the body's system

An observable action

28. Answer the question, choosing the response which has the correct word order.

Q: How many times did you tell him?

A: _____ told him once.

a. I only

b. Only I

29. Fill the needed words in the spaces: perception, influence, to study.

History and Approaches to Psychology

Highlighted below is the pioneer of modern psychology and the perspective or Schools of Thought he used ____ and explain behaviour.

Gestalt psychologists like Wolfgang Kohler, Max Wertheimer and Kurt Koffka focused on the _____ of whole units rather than sum of their parts. Jean Piaget, Hermann Ebbinghaus, Noam Chomsky and George Miller are also part of the Cognitive school of thought that studies how mental processes, cognition, judgement, language, memory and learning _____ behaviour.

30. Define the meaning of *to treat* from the following variants:

Relating to the mind

To try to cure medical condition

The status of the body's system

An observable action

31. Answer each question, choosing the response which has the correct word order.

Q: How much do you eat?

A: _____

- a. A lot I eat
- b. I eat a lot

32. Fill the needed words in the spaces: behaviour, to study, observable.

History and Approaches to Psychology

Highlighted below is the pioneer of modern psychology and the perspective or Schools of Thought he used _____ and explain behaviour.

John B. Watson (1878 -1958) referred to psychology as the study of _____ behaviour. Other founding behaviourists are B.F. Skinner and Ivan Pavlov. The Behavioural school of thought studies the influence of learning, context and the environment on _____.

33. Answer each question, choosing the response which has the correct word order.

Q: How much do you know?

A: _____.

- a. I know a lot
- b. A lot know I

34. Define the meaning of *to assess* from the following variants:

Relating to the mind

To try to cure medical condition

To evaluate something

An observable action

35. Fill the needed words in the spaces: human, regard, pioneer.

History and Approaches to Psychology

Highlighted below is the _____ of modern psychology and the perspective or Schools of Thought he used to study and explain behaviour.

Abraham Maslow (1908-1970) and Carl Roger (1905- 1987) founded Humanistic school of thought and studied _____ potentials, motivation, free-will, self-actualization, and unconditional positive _____.

36. Click the best synonym for theory:

- a. supposition or a system of ideas intended to explain something.
- b. edge
- c. rim
- d. border

37. Answer each question, choosing the response which has the correct word order.

Q: What is your name?

A: I'm not going to _____.

- a. tell you again
- b. again tell you

38. Fill the needed words in the spaces: social-cultural, explain, influence.

History and Approaches to Psychology

Highlighted below is the pioneer of modern psychology and the perspective or Schools of Thought he used to study and _____ behaviour.

Gordon Allport, Solomon Asch and Leon Festinger are among the pioneers of the _____ school of thought that studies how social situations and people's cultural _____ behaviour.

39. Answer each question, choosing the response which has the correct word order.

Q: How many times have you been there?

I have been _____ .

- a. twice there
- a. there twice

40. Use the correct verb form opening the brackets.

Most students live quite close to the university campus, so they _____ (to walk) there.

41. Fill the needed words in the spaces: interaction, include, relationship.

Fields Related to Psychology

These are fields of study that have _____ with psychology. They are highlighted below:

Social Sciences study human's _____ with others social factors. Courses in this category include Social Work, Sociology, Economics, Political Science, Anthropology, and Geography.

Medical Sciences are courses that have to do with the brain and other systems in the body. They _____ Medicine, Psychiatry, Physiology, Neuroscience, etc.

42. Use the correct verb form opening the brackets.

I _____ to my patient three weeks ago (to write).

43. Write the correct possessive pronoun.

These suitcases belong to a psychologist and his patient. These suitcases are _____.

44. Fill the needed words in the spaces: experience, unknown, unconscious.

The Psychoanalytic Perspective

Sigmund Freud's (1940) Psychoanalysis stresses the influence of the _____ motive, early psychosexual childhood _____, the use of defence mechanism and the importance of sex and aggression on personality development. Freud's theories are quite interesting, outlandish and controversial.

Unconscious is the part of the mind that is beyond awareness. These usually _____ impulses and desires are expressed in disguised form through free associations, dreams, slips of the tongue, or apparent mistakes.

45. Complete the following sentences with an appropriate profession.

_____ studies children's learning and adjustment.

46. Mark the statement as true or false.

The goals of psychology are to describe, predict, explain and control behaviour _____.

47. Fill the needed words in the spaces: personality, situations, behaviour.

The Trait Perspective

Trait approach studies and describes individual differences, and predicts _____. Traits are _____ characteristics or habits that are generally stable over time and across _____.

48. Mark the statements as true or false.

Wilhelm Wundt developed the first scientific psychology laboratory _____.

49. Complete the sentence with the needed word.

The autonomic nervous system _____ certain body processes, such as blood pressure and the rate of breathing.

50. Choose the correct word or phrase.

The university students _____ TV when the phone rang.

- a. watched
- b. was watching

51. Choose the correct answer.

1. You need a passport to cross the _____ between Mexico and the United States

- a. line
- b. boarder
- c. border

52. Match the terms with their definitions.

1. a psychologist	a. to forget about
2. a state 5	b. someone who studies the human mind
3. to lose the track of	c. the physical or mental condition of a person at a specific time

53. Choose the correct variant.

We..... yet but we are going to come soon.

- a. haven't come
- b. haven't been coming

54. Write the correct form of the word in brackets.

1. The speaker explains how to make our _____ (to memorise) function better.

55. Choose the correct answer.

I wasn't sure how Belinda would react because I _____ her long.

- a. hadn't known
- b. hadn't been knowing
- c. wasn't knowing
- d. didn't know

56. Choose the right form of the verb.

I must say something to the press now or it _____ too late for the morning papers.

- a. was
- b. are
- c. will be
- d. is

57. Match the terms with their definitions.

1. perception	a. so interested in something that you do not notice anything else
2. absorbed	b. the process of giving all of your

	attention to something
3. concentration	c. the way you understand or think about something

58. Choose little or few.

We must hurry. We have got very _____ time.

- a. few
- b. little

59. Fill in the spaces with the appropriate words: concentrate, reduces, to manage pain.

What are the benefits of mindfulness?

Research shows that mindfulness _____ stress and depression. It can help you to _____, have a better memory and to think more clearly. It can also help people _____ better and to improve their sleep, and it can even help you lose weight because you won't eat that whole packet of biscuits without thinking!

60. Fill in the spaces with the appropriate words: feels, technique, focus

How to become more mindful

A very simple _____ that you could try right now is to close your eyes for a couple of minutes and count how many sounds you can hear. This will help to _____ you on what is happening right now.

Another technique is to focus on a piece of food, typically a raisin. Instead of eating it without thinking, slow down. Look carefully at it and notice how it _____ in your fingers. Smell it. Then put it on your tongue and taste it. Only then start to eat it slowly, noticing how it feels and how it tastes.

61. Click the best synonym for satisfy:

- a. warn
- b. please
- c. sit
- d. accept

62. Choose the correct variant.

.....the students..... for the examination test since the morning?

- a. have been preparing
- b. have prepared

63. Write the correct form of the word in brackets.

We can use word _____ (associate) to remember a concept.

64. Write the correct form of the word in brackets.

The term _____ (visualise) means imagining a picture.

65. Write the correct form of the word in brackets.

You can use different _____ (formulate) to remember historical facts.

66. Choose the best synonym for ancient:

- a. dangerous
- b. anxious
- c. financial
- d. old

67. Write the correct form of the word in brackets.

Following the tips will improve your _____ (be able to) to remember.

68. Choose the right form of the verb.

It clear and hot tomorrow as in June. Look at that sunset. I never saw one redder.

- a. is
- b. will be
- c. was

69. Write the correct form of the word in brackets.

We can make _____ (to improve) in our ability to memories.

70. Write the correct form of the word in brackets.

We use a _____ (to combine) of long-term and short-term memory.

71. Choose the correct pronoun.

When is _____ Psychology class?

- a. our
- b. ours

72. Write the correct form of the word in brackets.

There are several things we can do to recall _____ (to inform).

73. Choose the correct answer.

- I want you to invite to the cinema. What will you be doing tomorrow afternoon?

- Well, my family and I _____ to Los Angeles

- a. is going
- b. will be going
- c. was going

74. Click the best synonym for evaluate:

- a. award
- b. impress
- c. assess
- d. indicate

75. What does the melatonin mean?

- a. a biological rhythm that occurs less than once per day
- b. a hormone that helps to regulate circadian rhythms
- c. the period of sleep when dreams occur

76. What is the definition of the alpha waves?

- a. the brainwaves that occur when a person is relaxed but awake
- b. the period of sleep when dreams occur
- c. a biological rhythm that occurs less than once per day
- d. sunlight rays

77. What does consciousness mean?

- a. a change in the status of something
- b. an awareness that people have of themselves and their surroundings
- c. actions that people perform without being aware

78. What does the term rehearsal mean in Psychology?

- a. to think about and decide what you are going to do
- b. the act of repeating information to keep it in memory
- c. to know or notice that something exists

79. Choose the correct tense form of the verb:

Effective psychological assessment _____ impossible without behavioural observation in the future.

- a. was
- b. will be
- c. will have been

80. What does REM mean?

- a. the period of sleep when dreams occur
- b. the hormone that helps to regulate circadian rhythms
- c. a biological rhythm that occurs less than once per day

81. What exactly is mindfulness?

- a. to find a way to manage something
- b. to watch or listen to someone or something carefully
- c. to be more conscious of our thoughts, our actions and what is happening around us.

82. What does the term retrieval mean in Psychology?

- a. the act of repeating information to keep it in memory
- b. actions that people perform without being aware
- c. the ability to recall information from memory
- d. to think about and decide what you are going to do

83. Decide which is the correct verb form.

She _____ French, Spanish and English.

- a. speaks
- b. is speaking

84. Choose the correct variant.

The mentor _____ the song every day until she could sing it perfectly.

- a. practiced
- b. was practicing

85. Choose the correct answer.

Everything is wet. He _____ his suit now.

- a. dry-cleaned
- b. was dry-cleaning
- c. is dry-cleaning

86. Click the best synonym for hypothesis:

- a. effective discipline
- b. division
- c. technology
- d. theory

87. Choose little or few

There were _____ peaches in the basket.

- a. little
- b. few

88. Choose the correct word or phrase.

When we were on holiday, we _____ to the cafe almost every day.

- a. were going
- b. went

89. Choose the correct answer.

My husband and I _____ swimming almost every day last summer.

- a. had gone
- b. had been going
- c. were going
- d. went

90. Click the best synonym for objective:

- a. complaint
- b. sculpture
- c. something thrown
- d. goal

91. Decide which is the correct verb form.

Maria _____ from Spain at this moment.

- a. is coming
- b. comes

92. Fill in the gaps with the correct verb form.

I live in the university hostel. The rooms of the hostel _____ not large, but they _____ quite comfortable.

- a. are
- b. am
- c. is

93. Choose how much or how many.

_____ cheese do you buy?

- a. how many
- b. how much

94. What does the echoic memory mean?

- a. is a type of memory that stores audio information (sound)
- b. how close or far a measurement is from the true or accepted value. Close measurements are more accurate than those that are further from the real value

- c. the smallest measurement unit that can be detected or represented
- d. involves recall of information for a relatively short time (such as a few seconds)
- e. comprises a phonological store that is dedicated to working memory and that serves to temporarily hold verbal information

95. Choose little or few.

There was _____ lemonade in the bottle.

- a. few
- b. little

96. Choose the correct answer

Students _____ their essay for 3 days.

- a. typed
- b. will be typing
- c. has been typing

97. Choose the correct word or phrase.

Mr. Connors _____ two houses and a villa in the South of France.

- a. was owning
- b. owned

98. Choose the correct answer.

I was tired. I _____ all afternoon.

- a. gardened
- b. had been gardening
- c. have been gardening

99. Choose the correct answer.

- My friend and I would like to organize a party and we need some help. What will you be doing at 7 o'clock tonight?

- I'm sorry, but I _____ my family with the housework.

- a. helped
- b. will be helping
- c. am helping

100. What does the term chunking mean in Psychology?

- a. improving the person's consciousness
- b. occurring for an extend period of time
- c. fitting of data for their intended use
- d. splitting information into small groups

101. What does iconic memory mean?

- a. mistakes, improper use of equipment, and poor judgment that leads to measurement errors
- b. an immediate, brief memory of a visual image that lasts no more than half a second
- c. identifying a trend and applying the proper equation to adjust measurements
- d. the ability to recall images or form mental images of something seen previously.
- e. to think about and decide what you are going to do

102. What does the term memorization mean?

- a. the smallest measurement unit that can be detected or represented
- b. the acquisition of knowledge or skills through study
- c. a form of learning in which an individual can recall something perfectly
- d. the action or process of becoming habituated
- e. to try to cure medical condition

Part 2. Grammar Rules in Tables

To be in different tense forms

Situations:

Truthful information about existence of something or someone: *it is autumn now; you are first year students.*

Physical state of something or someone: *he is healthy; she is mad, my computer is very old.*

Emotional state of someone; description of something or someone (to be + adj., adverb): *you'll be excited; he was happy then; he is blue-eyed, she is a fair-haired girl.*

Someone's personal information: *she is 28 and she is an accountant, her cell phone number is 097 54 86 78; his new address will be 36 Main Road Street, New York.*

To be

Present Simple	Past Simple	Future Simple	Present Perfect
I am	I	will be	I
He	He		You have been
She is	She was	I	We
It	It	He	They
They	They	She	
You are	You were	It	He
We	We	They	She has been
		You	It
		We	

Make up positive, negative and interrogative sentences in each tense form.

S+ to be (+)	Present Simple am/is/are	Past Simple was/were	Future Simple will be	Present Perfect have/has been (for/since)
1. I....a research agronomist.				
2. She...an opponent.				
3. We...mechanical engineers.				
4.They...our team of agronomists.				
5. This...a food technologist.				
6. Donald....a referee.				
7. He....a coach.				
8. I...interested in psychology.				
9.The fellow...a tractor driver.				
10. We.....a group of psychologists.				

<u>S+ to be + not</u> (-)	Present Simple am/is/are not	Past Simple was/were not	Future Simple will not be	Present Perfect have/has not been...
1. I...a captain. 2. She...an opponent. 3. We...coaches. 4. They...our team of agronomist. 5. It...a combine harvesting machine. 6. Donald....a referee. 7. He....a winner. 8. I...interested in psychology. 9. The fellow ...a champion. 10. We.....a group of psychologists.				

<u>To be + S</u> (?)	Present Simple am/is/are	Past Simple was/were	Future Simple will + S be	Present Perfect have/has + S been ...
1..... I....a captain? 2. ...she an opponent? 3.....we...coaches? 4.....they...our team of agronomists? 5. ...it ...a potato planter? 6. ...Donald....a referee? 7.he....a winner? 8. ...he...interested in agricultural machines? 9....the fellow... a champion between tractor drivers? 10....we.....a group of psychologists?				

Continuous Tenses

S + to be + V ing

1) The action in progress during the speech:

- *We **are** learning the Present Continuous tense **now**. Present Cont.*
- *I **was** taking a big risk **at that moment**. Past Cont.*
- *I **will be** training **at six o'clock tomorrow**. Future Cont.*
- *I **have been** training **for an hour**. Present Perfect Cont.*
- 2) The action in progress during the speech with the word get: *it's **getting** colder outside.*
- 3) The description of someone's habit that irritates you: *he **is** always speaking during the lesson. Present Cont.*
- 4) An arrangement for the nearest future: *We're meeting tonight. Present Cont.*
- 5) The future intention with the construction to be going to, but it's not the Present Cont. : *Watch out, you're going to fall.*

S + to be + V ing

Use the verb to make up a sentence (+): carry on, send, learn, listen to, fall asleep, brake, swim, buy, fight, take up, drive, turn down, turn up, cheat, watch TV

Present Cont.	Past Cont.	Future Cont.	Present Perfect Cont.
I am V ing	I	I	I
He	He	He	You
She is V ing	She was V ing	She	We have been V ing
It	It	It Will be V ing	They for (5)
They	They	They	He
You are V ing	You were V ing	You	She has been V ing
We	We	We	It

S + to be + not + V ing

Use the verb to make up a sentence (-): come, go, sleep, learn,
listen, fall, brake, swim, buy, fight,
think, drive, drink, sweep

Present Cont.	Past Cont.	Future Cont.	Present perfect Cont.
I am not V ing He She is not V ing It They You are not V ing We	I He She was not V ing It They You weren't V ing We	I He She It won't be V ing They You We	I You We have not been V ing They He She has not been V ing It

To be+ S + V ing

Use the verb to make up a sentence (?): carry on, send off, learn, listen
to, fall, brake, swim, buy, fight,
take up, drive, turn down, turn up, cheat, watch

Present Cont.	Past Cont.	Future Cont.	Present Perfect Cont.
am I V ing He is She V ing It They are You V ing We	I He was She V ing It They were You V ing We	I He She <u>Will</u> It <u>be</u> V ing They You We	I You have We been V ing They He has She been V ing It

Make the sentences negative and interrogative

- 1. I'm writing a letter to a friend **now**.
- 2. He is waiting for his computer **this week**.
- 3. Stephe was correcting the last bit of the letter **then**.
- 4. I'll be waiting for you **tomorrow morning**.
- 5. We are listening to you **now**.
- 6. He was speaking on the phone **when I came**.
- 7. She will be taking an exam **at this moment next week**.
- 8. Margaret has been waiting for you **for half an hour**.
- 9. He has been sleeping **since morning**.
- 10. They have been learning English **for a month**.

• Present Simple

+ I, you, we, they + V [do -, ?]

I cut the trees each season.

• He, she, it + V s/es [does -, ?]

He cuts the trees each season.

- S + do / does + not + V

I don't cut trees each season.

He doesn't cut the trees each season.

? Do/does + S + V

Does he cut the trees each season? Do you cut the trees each season?

Time markers: every day, regularly, often, seldom, never, always, usually.

• Past Simple

• I, you, we, he, they + V ed (II)

He cut (II) the trees last season.

He helped to plant trees yesterday.

- S + did + not + V

He didn't cut (I) the trees each season. He did not help to plant trees yesterday.

? Did + S + V

• **Did** he cut (I) the trees last season? Did he *help to plant trees yesterday?*

Time markers: ago, last year / month / week, yesterday, not long ago, the day before yesterday.

Future Simple

+ S+ will + V

He will cut the trees next season

- S+ will + not + V

He won't cut the trees next season

? Will+ S+V

Will he cut the trees next season?

Time markers: next week / month / year / day,
tomorrow, the day after tomorrow.

Make the sentences positive and interrogative

- He stayed in the hotel for a night.
- She will explain everything later.
- She prepares for a flight all the time.
- He likes to do the experiments.
- We will stay here till you come.
- If everything is fine we'll come to visit you.
- He used to play volleyball in the childhood.
- Our friends went swimming every summer.

Make up several sentences

- | | | |
|-------|-------------------|------------------|
| • He | • wakes up | • yesterday. |
| • She | • early | • net week |
| • We | • plays with a | • every morning. |
| • I | • toy in the yard | • last morning |
| • You | • will call her | • tomorrow. |
| • It | • played | • on Saturdays. |
| | • football | |
| | • woke up late | |
| | • will come | |
| | • back | |

To Have in Different Tenses

Present	I You They We	have	I You They We	don't have	Do we you they	have?
	He She It	has	He She It	doesn't	Does he she it	have?
Past	I You They We	had	I You They We	didn't have	Did we you they	have?
	He She It	had	He She It	didn't have	Did he she it	have?
Future	I You They We	will have	I You They We	won't have	Will you they we	have?
	He She It	will have	He She It	won't have	Will he she it	have?

The Usage of Perfect Tenses

- 1) Life experience: *I have been to the USA. Present Perf.; I had been to the USA twice before he came her. Past Perf. I will have been to the USA tree times before he comes here. Future Perf.*
- 2) The result (already, just, yet, recently): *my students have passed the test just. Present Perf.*
- 3) To describe the duration of the action that started in the past, it is true now and it will continue in the future (**since and for**): *you have been students for a year Present. Perf.*
- 4) One action happened before another action in the past: *he didn't know her reaction because he hadn't known her before. Past Perfect.*

The form of positive sentence

to have + S + V ed/III

- **Present Perfect**
 - Have I, you, they, we + V ed/III
 - Has She, he, it
 - **Past Perfect**
 - Had I, you, we, they + V ed/III
 - he, she, it
 - **Future Perfect**
 - Will you, we, they + have + V ed/III
 - he, she, it
- I have done the task today
 - Have I done the task today?
 - I had done it by 7 o'clock yesterday
 - Had you done it by 7 o'clock yesterday?
 - I will have done it by 7 o'clock tomorrow
 - Will you have done it by 7 o'clock tomorrow?

The form of negative sentence

S +to have not + V ed/III

- **Present Perfect**
 - I, you, they, we have not + V ed/III
 - She, he, it has
 - **Past Perfect**
 - I, you, we, they, had not + V ed/III
 - He, she, it
 - **Future Perfect**
 - I, you, we, they will not have + V ed/III
 - He, she, it
- I have not done the task today
 - I had not done it by 7 o'clock yesterday
 - I will not have done it by 7 o'clock tomorrow

The form of interrogative sentence

to have + S + V ed/III

- **Present Perfect**
- **Have** I, you, they, we + V ed/III
- **Has** She, he, it
- I **have done** the task **today**
- **Have I done** the task **today?**
- **Past Perfect**
- **Had** I, you, we, they + V ed/III
- he, she, it
- I **had done** it **by 7 o'clock yesterday**
- **Had you done** it **by 7 o'clock yesterday?**
- **Future Perfect**
- **Will** you, we, they + have + V ed/III
- he, she, it
- I **will have done** it **by 7 o'clock tomorrow**
- **Will you have done** it **by 7 o'clock tomorrow?**

III form

- Write
- See
- Hear
- Go
- Do
- Buy
- Begin
- drive
- Sleep
- Meet
- Break
- Stick
- wrote- written
- saw – seen
- heard –heard
- went – gone
- did- done
- bought –bought
- began-begun
- drove – driven
- slept-slept
- met –met
- broke-broken
- stuck-stuck

Make the sentences negative and interrogative

- You have switched of the light.
- Our team has won the match.
- Before you found the key, he had looked for it everywhere.
- The most part of this work will have been done by noon.
- He has published his article already.
- We haven't come yet.
- He had already invited him to the party before you came.
- Our manager had posted a letter by 3 o'clock.
- You will have done it by that time.
- I will have call her before you return.

Uncountable nouns

- **Something you cannot count:** advice, information, accommodation, fabric, news, money, oil, water, coffee, caffeine, equipment, furniture, love, friendship, knowledge, bread, milk, satisfaction, consciousness, behavior, mindfulness, kindness, vileness.
- Most of uncountable nouns are **liquids, materials, substances and abstract notions.**

Countable and Uncountable nouns

a lot of: she has a lot of money for vocation;
a lot of students are preparing for the exam now
plenty: we have to do plenty **of** tasks

- | | |
|---|---|
| • a few: I have a few questions | • a little: she has a little wine in the carafe |
| • few: he has few friends | • little: you have little time before the English exam |
| • many: many of you are not afraid of coming examination session | • much: much of his time he spends with his family |

Decide if the noun is countable or uncountable

Time, books, sugar, milk, pens, hair, chairs, meat, butter, pencils, bread, jam, friends, fingers, flour, apples, oil, cars, salt, houses, cheese, rice, tea, games, tomatoes, cream, honey, carrots.

- | | |
|--------------------|----------------------|
| • Countable | • Uncountable |
|--------------------|----------------------|

Forms that make uncountable nouns countable

- Water, milk, coffee
- Tissue, fabric, leather
- Bread, cheese, flour
- Sand, sunlight
- a jar of water, a bottle of milk, a cup of coffee
- a piece of fabric, a part of tissue, a roll of leather
- bread crumbs, a loaf of bread, a wheel of cheese, a cheese cube, a kilo of rice, a bag of flour
- Sand beaches, sunlight rays
- Sand beach lakes

Modal Verbs

- We use **may, might, could** to talk about future possibilities: *I may go to Venice next year; you might find a friendly driver; She could try an auto-rickshaw.*
- We use **should** to give advice: *you should ride a camel in the desert.*
- We use **can** and **could** for ability.
- Use **can** for the present and **could** for the past: *You can go on the traditional rickshaw; We couldn't find a bus, so we took a taxi.*

Must vs Have to

Must and **have to** are modal verbs that express obligation, necessity or prohibition.

Have to expresses strong obligation that comes from somebody like a doctor, a boss, a government or police.

For example:

- You have to obey the law.
You have to lose your weight, it's bad for your health.

Decline have to in Present Simple.

Use **have to** for **I, you, we, they**

Use **has to** for **he, she, it**

I have to come to work in time.

He has to wake up at 6:30 not to miss the bus.

Decline have to in Past Simple.

Past form of **have to** is **had**.

I had to come to work in time.

He had to wake up at 6:30 not to miss the bus.

We use **must** for expressing our own obligation to do smth.

For example: I must prepare for my examination test.

Use **must** for:

- 1) giving orders: You must stay here;
- 2) expressing prohibition: You must not smoke here;
- 3) expressing own necessity: I must wash the dishes.

The past form of **must** is **had to**

For example: I had to wash the dishes.

Choose have / has to or must.

I am broke, I _____ borrow some money to buy a car.

You _____ stop at the red light.

He _____ obey the law.

Tomorrow is Monday. You _____ get up very early.

I can't see very well. I _____ wear glasses.

СПИСОК ЛІТЕРАТУРИ

1. Зубков М., Мюллер В., Федієнко В. Сучасний англо-український та українсько-англійський словник: 200000 слів та словосполучень: вид. 3-тє, випр. та доп. Харків : Школа, 2019. 944 с.
2. Зеленська О.П. Mastering Psychology English: підручник з англійської мови для здобувачів вищої освіти освітнього ступеня «магістр» факультетів психології. Вид-во Європейського університету, 2020. 330 с.
3. Кузьо Л.І. English for Specific Purposes: Psychology in Use. Part I (Англійська мова для спеціальних цілей: Психологія у практиці. Частина I): навч. посібник. Львів: ЛьвДУВС, 2018. 88 с. 78.
4. Кузьменко А.О. Збірка тренінгових вправ та задач з англійської мови за професійним спрямуванням (Психологія) : навч. посіб. Дніпро: Середняк Т.К., 2018. 130 с.
5. Олійник А.Д., Поліщук А.В., Волошина Г.Г. Англійська мова : навчальний посібник для студентів вищих аграрних закладів освіти. Київ, 2017. 248 с.
6. Сорока І.А. Англійська мова для студентів-психологів: навчальний посібник. КРОК, 2018. 176 с.
7. Gilliland G., Dooley J. Career Paths: Psychology – Student's Book. Express Publishing, 2018. p. 84.

Рекомендована література

1. O. Ayandele. Basic Psychology. Agunbay Publishers, 2016. p. 111.
2. E. Golding and P. Diaz. Mental wealth an essential guide to work place mental health and wellbeing. Morgan James Publishing, 2020. p. 133.
3. English lessons : веб-сайт. URL: <https://www.perfect-english-grammar.com/gerunds-and-infinitives-exercise-2.html>.
4. Free online English lessons and ESL / EFL : веб-сайт. URL: <https://www.english-page.com/verbpage/verbs25.htm>.
5. Grammar lessons : веб-сайт. URL: https://www.myenglishpages.com/site_php_files/grammar-exercise-future-perfect.php.
6. A psychologist's daily routine video : веб-сайт. URL: <https://www.youtube.com/watch?v=xCieyt0-Oww>.
7. Brain functions : веб-сайт. URL: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/anatomy-of-the-brain>.
8. Brain functions video : веб-сайт. URL: <https://www.youtube.com/watch?v=44B0ms3XPKU>.
9. Introduction to Psychology. The Many Disciplines of Psychology : веб-сайт. URL: https://ocw.mit.edu/ans7870/9/9.00SC/MIT9_00SCF11_text.pdf.

10. Introduction to Psychology. Lecture notes : веб-сайт. URL: https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/health_extension_trainees/ln_intro_psych_final.pdf.
11. How People Learn: Common Beliefs Vs. Research : веб-сайт. URL: <https://mcgraw.princeton.edu/undergraduates/resources/resource-library/how-people-learn>.
12. John Field. Psycholinguistics as a field of study : веб-сайт. URL: https://www.researchgate.net/publication/348415435_Psycholinguistics.
13. K.H. Bearce. Personal communication). : веб-сайт. URL: https://www.mccc.edu/~jenningh/Courses/documents/Handout-Intelligence_000.pdf
14. Language development video : веб-сайт. URL: <https://www.youtube.com/watch?v=u49uLLCUIEk>.
15. Martha Lally and Suzanne Valentine-French. Introduction to Psychology : веб-сайт. URL : <http://dept.clcillinois.edu/psy/introductiontopsychologytext.pdf>
16. Positive Psychology : веб-сайт. URL: <https://learnenglish.britishcouncil.org/sites/podcasts/files/LearnEnglish-Listening-B1-An-introduction-to-a-lecture.pdf>.
17. Pervasive Role of Memory in Everyday Life Until recently : веб-сайт. URL: <https://www.apa.org/ed/precollege/topss/lessons/memory.pdf>.
18. Personality traits video. : веб-сайт. URL: <https://www.youtube.com/watch?v=IB1FVbo8TSs>.
19. Sitti Rabiah. Language as a tool for communication and cultural reality discloser : веб-сайт. URL: <https://osf.io/preprints/inarxiv/nw94m/>.

МЕТОДИЧНІ РЕКОМЕНДАЦІЇ
З ДИСЦИПЛІНИ
«ІНОЗЕМНА МОВА ЗА ПРОФЕСІЙНИМ СПРЯМУВАННЯМ»

для здобувачів першого (бакалаврського) рівня вищої освіти
спеціальності **053 «Психологія»**

Велика Катерина Ігорівна

