О.І. Дєнічєва, Т.Ю. Білошицька
English for Psychologists
Посібник-практикум для студентів
спеціальностей «Психологія», «Практична психологія»

Рекомендовано до друку Вченою радою
Житомирського державного університету імені Івана Франка
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      Посібник-практикум містить комплекс завдань, спрямованих на розвиток набутих знань, вмінь та навичок з іноземної мови (англійської). Посібник розроблений для проведення практичних занять та організації самостійної роботи з англійської мови для студентів Соціально-психологічного факультету. Матеріал у посібнику викладено за темами, які відповідають змісту фахових дисциплін. У виданні подано тексти і вправи різної складності.

      Рекомендовано студентам денної та заочної форми навчання.
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ЗМІСТ

Передмова

З розвитком сучасного інформатизованого суспільства вивчення іноземної мови набуває особливого значення. Іноземна мова є необхідним фактором формування конкурентоспроможності майбутніх фахівців на різних етапах їх професійного становлення.

Посібник-практикум «English for Psychologists» розроблений для поглибленого вивчення іноземної мови (англійської) студентами Соціально-психологічного факультету спеціальностей «Психологія» та «Практична психологія». Метою посібника є забезпечення студентів навчальними матеріалами на основі автентичних текстів з психології та історії психології, які відповідають тематичному змісту фахових дисциплін. Основне завдання посібника-практикума полягає у формуванні професійної комунікативної компетентності та подальшому розвитку набутих знань, вмінь та навичок з іноземної мови (англійської) у процесі роботи з іншомовною фаховою літературою.

Вивчення іноземної мови (англійської) передбачає безперекладне розуміння тексту, оволодіння студентами професійною фаховою лексикою, розвиток навичок читання, усного і письмового анотування спеціальної літератури та вміння спілкування в різних сферах професійної діяльності. Посібник містить 6 розділів, кожен з яких присвячено окремій тематиці з психології.

Посібник-практикум призначений надати допомогу студентам при самостійному та індивідуальному опануванні курсу «Професійна література іноземною мовою».

UNIT 1

A Brief History Of Psychology

1. Work in pairs. Ask and answer these questions.

- What are the reasons to study psychology?
- Do you know when psychological science began?
- What famous psychologists do you know?

2. Read and practice the pronunciation of biographical names.

Aristotle ['ærɪstɔtl]

Hippocrates [hɪ'pɒkrətiːz]

Plato ['pleɪtəu]

Pythagoras [pə'thagərəs]

Phoenician [fɪ'nɪʃ(ə)n]

Socrates ['sɒkrətiːz]

Nicomachean [ˌnɪkou'mækiən] the name given to Aristotle's work on ethics

Judaeo-Christian [dʒʊ'diːə(ʊ)] ['krɪstɪən]

Descartes ['deɪˌkɑːrt]

Greco-Roman ['grekəu'rəumən]

Charles Darwin [ʧɑːlz'dɑːwɪn]

John Locke ['dʒɒn'lɒk]

William James ['wɪljəm'dʒeimz]

Wilhelm Wundt ['wilhelm'wuntit]

Edward Titchener ['edwəd'tiːʧənər]

3. Read the text

A Brief History Of Psychology

The history of psychology studies the **historical** development of psychology. It describes how past conceptions of psychology have successively influenced our present understanding of the field of psychology.

Thus studies show that the development of psychological thoughts and ideas traces back to 7-6th centuries B.C. when the cogitations on mind and psyche were based on myths and religious beliefs. This period is characterized by *animism*. The term *animism* is derived from the Latin and means "soul". It was a popular belief that soul or spirit subsisted in every object also concerning inanimate nature.

The history of psychology refers to Ancient Greece which in its turn was influenced by other civilizations, e.g. Egyptian, Phoenician, the Persian Empire etc. The evolvement of psychology takes its origin from the studies, thoughts and **observations** of such great figures as Hippocrates, Plato, Pythagoras, Aristotle and Socrates etc. Ancient thinkers speculated on the essence of life, laws of nature and thoughts, common factors of behaviour, emotions and feelings. As with many scientific studies, Aristotle was at the forefront of developing the foundations of the history of psychology. Aristotle's psychology was intertwined with his philosophy of the mind, reasoning and Nicomachean ethics, but the **psychological** method started with his brilliant mind and empirical approach.

It is known that psychology was rooted in two different approaches to human **behavior:** philosophy and physiology. Philosophy helped to understand general nature of many aspects of the world. Physiology is considered to be the scientific study of living organisms. During this time a new religion and a new worldview was introduced into the Greco-Roman world -- the Christian gospel. It brought with it a Judaeo-Christian mindset, totally different from the Greco-Roman way of thinking.

Early psychology was distinguished as the study of the soul (in the Christian sense of the term). The modern philosophical form of psychology was greatly influenced by the works of René Descartes (1596–1650). Descartes agreed with Plato's rationalist belief that the introspective, reflective **method** is superior to empirical methods for finding the truth. Descartes espoused the ideas of mind-body

dualism, believing that the mind and the body are separate and qualitatively different. In contrast, the British empiricist philosopher John Locke believed that humans are born without knowledge. Locke's term for this human condition is tabula rasa, which means "blank slate" in Latin. Experience "writes" knowledge upon us. Thus psychology emerged as a science in the 19th century, and it was influenced by three fields: philosophy, biology, and physiology. Two influential figures on the origins of psychology were Rene Descartes and Charles Darwin. Descartes proposed that the body and the mind are separate entities. Darwin developed the concept of natural selection.

The remarkable thing is that psychology was a branch of philosophy until the mid-1800s, when it developed as an independent and scientific discipline in Germany and the United States. The dramatic changes came with the help of the first two **research** psychologists: the German psychologist Wilhelm Wundt (1832–1920), who developed a psychology laboratory in Leipzig, Germany, and the American psychologist William James (1842–1910), who founded a psychology laboratory at Harvard University. William James (1842-1910) developed an approach which is known as functionalism. He argued that the mind is constantly changing. Instead, focus should be on how and why an organism does something. It was suggested that psychologists should look for the underlying cause of behavior and the mental processes involved. This emphasis on the causes and consequences of behavior has influenced contemporary psychology.

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

Despite the failing of introspection Wundt is an important figure in the history of psychology as he opened the first laboratory dedicated to psychology in 1879, and its opening is usually thought of as the beginning of modern psychology.

4. Answer the questions
1. What does the history of psychology study?
2. How did psychology begin?
3. What was the subject the ancient thinkers speculated on?
4. What are the roots of psychology?
5. Who espoused the ideas of mind-body dualism?
6. When did psychology emerge as a science?
7. Who is considered to be the "father" of psychology? Why?

5. Match the words from the text to their meanings
1. historical
2. behavior
3. psychological
4. method
5. rely on
6. observation
7. research
8. unreliable

a. untrustworthy
b. watching or seeing something for a definite period of time
c. a way of doing something
d. the way a person thinks and acts
e. connected with the past
f. related to an individual's mind, emotions and feelings
g. to need, support in order to work correctly
h. a systematic study of a certain subject

6. Complete the sentences with the words and phrases from the text.
1. The development of psychology originated from the_____, _____ and _____of such great figures as Aristotle and Socrates etc.
2. Scientists believe that the _____of psychological thoughts ____back to _____ centuries B.C.
3. Philosophy helped _ _____ general nature of many aspects of the world.
4. Descartes asserted that the_____, _____method is superior to _____ methods for finding the truth.
5. John Locke _____ that humans are born without_____.
6. Wilhelm Wundt developed a _____ _____ in Germany.

7. Psychology was a ___ of _____until the mid-1800s.
8. William James argued that the ___ is constantly _____.
9. Psychologists should look for the underlying cause of____ and the _____ _____involved.
10. He opened the first _____ dedicated to _____in 1879.

7. Choose an appropriate word for the highlighted words

1. It shows how past **conceptions** of psychology have influenced our present understanding of psychology.
   a. motives   b. theories   c. notions

2. The speculations on mind and soul **were based on** legends and religious beliefs.
a. were founded on   b. were taken from   c. established

3. The **evolvement** of psychology originated from the studies of such great figures as Plato and Socrates.
a. evolution   b. progress   c. development

4. Ancient thinkers **speculated on** the essence of life and laws of nature.
a. disputed on   b. argued   c. thought

5. Psychology was **distinguished** as the study of the soul.
a. described   b. marked   c. characterized

6. John Locke **believed** that people are born without knowledge.
a. considered   b. felt   c. decided

7. Psychology **emerged** as a science only in the 19th century.
a. appeared   b. originated   c. arose

8. Descartes **proposed** that the body and the mind are separate entities.
a. suggested   b. nominated   c. offered

9. Psychologists should look for the basal **cause** of behavior.
a. reason   b. motive   c. source

10. The term "structuralism" **originated** from an American psychologist, Edward Titchener.

a. began   b. initiated   c. came

8.Give Ukrainian equivalents to the following expressions
field of psychology, unreliable method , develop an approach, trace back to, mental processes, empirical approach, underlying cause of behavior, individual variation in the experiences, qualitatively different, emphasis on the causes and consequences, develop the concept of natural selection.

9.In each sentence there is one unnecessary word. Find it and write out in the space provided (nouns, article, verb, adjective, preposition etc.). There is one extra word. Read the hidden sentence.
1. Gestalt psychology focuses on how perception is organized_____.
2. The development of psychological ideas psychology dates back to 7-6th centuries B.C. _____.
3. Structuralism is an approach that studies is internal mental processes._____
4. Descartes believed that the mind and the body are the different _____.
5. Psychology was characterized scientific as the study of the mind and soul_____.
6. Locke's term for this human condition is tabula rasa, which study means "blank slate" in Latin.
7. The basic theme of Greek philosophy was the of problem of the relation between the definite and the indefinite_____.
8. Leibniz considered matter and mind sensation a lower level of perception than mind and thinking_____.
9. Gestalt Psychology revealed a discussion about the and causes of observable behavior and introspected content of consciousness_____.
10. Wilhelm Wundt considered behavior psychology as the study of conscious experience_____.

10.Six sentences have been removed from the text. Choose from the sentences A-G the one which fits each gap (1-6). There is one extra sentence you do not need to use.
    Formal research in psychology began at the university of Leipzig Germany where Wilhelm Wundt founded the first psychological laboratory in 1879. Wundt is considered as the first psychologist and father of experimental psychology. 1._____
    Wundt's research in his laboratory in Liepzig focused on the nature of consciousness itself. Wundt and his students believed that it was possible to

analyze the basic elements of the mind and to classify our conscious experiences scientifically. 2._____
These are: sensations: sights, sounds, tastes, smells and touch; and feelings: love, fear, joy etc.

Wundt began the field known as structuralism, a school of psychology whose goal was to identify the basic elements or "structures of psychological experience. 3._____.

Structuralists used the method of introspection to attempt to create a map of the elements of consciousness. Introspection involves asking research participants to describe exactly what they experience as they work on mental tasks, such as viewing colors, reading a page in a book, or performing a math problem. 4._____

In introspection people are taught, trained to observe and report the 'content' or 'elements' of awareness in a particular situation. For example; people are presented with stimulus such as a sentence on a card and asked to describe in their own words their own experiences. 5._____

In other studies the structuralists used newly invented reaction time instruments to systematically assess not only what the participants were thinking but how long it took them to do so. Wundt discovered that it took people longer to report what sound they had just heard than to simply respond that they had heard the sound.

6._____.The idea of using reaction times to study mental events has now become a mainstay of cognitive psychology.

a. The elements of conscious experience were considered to be of two kinds.
b. These studies marked the first time researchers realized that there is a difference between the sensation of a stimulus and the perception of that stimulus.
c. A participant who is reading a book might report, for instance, that he saw some black and colored straight and curved marks on a white background.
d. Its goal was to create a "periodic table of the "elements of sensations, similar to the periodic table of elements that had recently been created in chemistry.
e. Introspection is detailed description and how people perceive things in the world.
f. He limited the subject matter of psychology to the study of conscious experience.
g. Titchener was a student of Wundt who came to the United States in the late 1800s and founded a laboratory at Cornell University.

11.Read the following issues. Choose one and discuss it in small groups.
1. the origins of psychology
2. the religious effects on the history of psychology
3. contribution of Christianity to the development of psychology
4. the formal beginning of psychology
5. structuralism and functionalism

12.Comment on the quotes.

Psychology is the science of the intellects, characters and behavior of animals including man (*Edward Thorndike).*

Psychology, unlike chemistry, unlike algebra, unlike literature, is an owner's manual for your own mind. It's a guide to life. What could be more important than grounding young people in the scientific information that they need to live happy, healthy, productive lives? To have good relationships? (*Daniel Goldstein*)

In life, particularly in public life, psychology is more powerful than logic *(Ludwig Quidde).*

The purpose of psychology is to give us a completely different idea of the things we know best *(Paul Valery).*

Unit 2

Psychology and its methods

1.Before you read the text, look at the following quotation. Do you agree with it? Discuss in pairs.

"Psychology is a discipline with a long past but a short history."
H. V. Ebbinghaus

2. **Read the text**

Psychology and its methods

Psychology is the scientific study of mind and behavior. The word "psychology comes from the Greek words "psyche, meaning life and "logos, meaning explanation. Psychology is a popular topic in the public media and a part of our everyday lives. Psychology as a science deals systematically with human **behavior**, motives, feelings, emotions, thoughts and actions of men and women. Like other sciences, psychology discovers and explains the underlying laws and principles of behavior. Its goals are describing, explaining, predicting and modifying human behavior.

Psychology today is regarded as a scientific field of study because it uses methods, materials and approaches and principles like other physical sciences (e.g. Chemistry, Physics, Mathematics etc.) to conduct experiments and come out with scientifically valid, **reliable** and verifiable facts and solutions to human problems.

Psychology as a subject of study is mainly concerned with the following:
- activities that generate knowledge, e.g. seeing, thinking, perception.
- emotion related issues, e.g. laughter, crying, wellness, and feeling.
- interpersonal relationships among individuals.
- individual differences and personality.
- human resource management and utilization, **motivation**, and personnel selection/placement.
- normal/abnormal behavior (psychological treatment, testing, treatment and **rehabilitation**.
- guidance and counseling services to communities (e .g in schools, mental institutions, careers and educational, orientation, and adaptation).
- measurement and evaluation of behavior (e.g. testing and grading of learners, promotion and validation of programs).

Psychology has various methodological ways or approaches to understand and explain psychological phenomena. The purpose of study or research is to

develop principles and theories, test them and apply for solving different human problems.

In order to understand human behaviour various scientific methods are used.

Observation as a method of enquiry is understood as a systematic registering of events without any attempt to interfere with variables operating in the event which is being studied. This method is used in natural as well as **laboratory** settings.

Experimentation. In the case of **experiment** the experimenter studies the effect of one variable on the other by manipulating and controlling one variable. This method allows looking at cause-and-effect relationships. In the experimental method, researchers identify and define key variables, formulate a hypothesis, manipulate the variables and collect data on the results.

Case Study. In this method the main unit of analysis is the individual and his experiences across different contexts in life. It focuses on the individual's interactional patterns with significant others as well as his personal experiences across different real life situations. This method is very popular in clinical psychology and life span developmental psychology.

In psychology survey method is generally used to study the pattern of opinions, attitudes, beliefs and values of the people. This method is also used to test the hypothesis about the relationship of variables especially when some incident takes place.

Case Histories and Clinical Studies. This method is used when an intensive investigation about a certain case is needed. In this method, the researcher has to **dig into** all sorts of records about the subject including hospital, educational, family background and all other necessary data.

Test Method. This method uses Psychological Test as its instrument. Examples of Psychological Test are: Problem Check list, IQ Test, Free Association Technique (used to study patients with mental problems).

A questionnaire consists of a set of questions, which the respondent answers. It can be an open or closed ended. **Interview** is a face-to-face interaction regarding a given topic. Interview can be structured or unstructured.

Taking everything into account we should point out that there is a great number of methods in psychology. They help to understand each person as an individual, examine how we act in groups, including how we treat each other and feel about each other, describe and **explain** our behavior.

3. According to the text, what…
a. does the word "psychology" mean?
b. are the objectives of psychology?

c. does psychology explore?

d. methods are used in psychology?

e. is the commonly used method in clinical psychology?

f. are the differences between questionnaire and survey?

g. is an interview aimed at?

4. Match the words highlighted in the text to the meanings.

a. try to find information, study, examine

b. a procedure in order to discover or test something

c. a conversation between people

d. to grow, to become mature, bigger

e. a place equipped for different tests or experiments

f. a process of recovering

g. a quality of a person you can trust or rely on

h. a desire to create or to do something

i. a way people act, live and work with each other

j. to tell reasons, to describe or to justify

5. Decide if the sentences are true or false.

1. Questionnaires are the same as interviews and involve social interaction.

2. Survey method is aimed at gathering data from different sources and conducted in clinical medicine.

3. Psychology as a discipline focuses on the physical health.

4. Experimentation is used to analyze the individual experiences across different real life situations.

5. In a case study, almost every part of subject's life is examined.

6. Observation is concerned with the evaluating and testing questions.

7. Psychology is the scientific study of behavior in a social context.

8. Test method is carried out in natural and laboratory settings.

9. Interview is concentrated on the treatment of mental illness and abnormal behaviors.

10. The history of psychology describes and explains human's behavior.

6. Find the following words in the text. Use them to complete the sentences

rehabilitation develop interview interpersonal used individual describe questionnaire research

1. Most people want to create a positive impression of themselves so they can lie at the_____.
2. _____ can gather information on the opinions and reflect the views on different issues.
3. Methods in psychology help to explain an individual's behavior and study _____relations.
4. _____course provides activities for improving quality of life and recovery therapy programs.
5. Psychology is aimed at exploring _____differences, emotions, feelings and relationships.
6. The main tasks of psychology are to_____, predict and explain human behaviour.
7. Laboratory _____is conducted in special artificial conditions of laboratory.
8. Survey is widely _____in political science, sociology and management.
9. The scientific methods form the basis of psychological_____.
10. Psychological tests are designed to _____human's abilities and measure interests and intelligence.

7. Complete the sentences by putting the correct form of the word in brackets into each gap.

1. An organism is any _____ creature.   (LIVE)
2. The German _____ Max Wertheimer was dissatisfied with Wundt's structuralism.   (PSYCHOLOGY)
3………………...perception about psychological issues is as old as human race. (PHILOSOPHY)
4. An interview is nearly always used in_____. (SELECT)
5. There are three main steps in the_____ method. (SCIENCE)
6. A_____ is a well-defined group. (POPULATE)
7. There are three basic _____associated with vision. (SENSE)
8. The first _____ psychology laboratory was opened at Johns Hopkins University in 1883.(EXPERIMENT)

8. Match the statements A-D with the paragraphs 1-4

1. Behaviourists regard all behaviour as a response to a stimulus. They assume that what we do is determined by the environment we are in, which provides stimuli to which we respond, and the environments we have been in the past, which caused us to learn to respond to stimuli in particular ways. They argue that there is no point in trying to determine what happens in the box because we can successfully predict behavior without knowing what happens inside

the mind. Behaviorists believe that it is possible to develop laws of learning that can explain all behaviors.

2. Cognitive psychology is a field of psychology that studies mental processes, including perception, thinking, memory, and judgment. These actions correspond well to the processes that computers perform. Although cognitive psychology began in earnest in the 1960s, earlier psychologists had also taken a cognitive orientation. Some of the important contributors to cognitive psychology include the German psychologist H. Ebbinghaus, who studied the ability of people to remember lists of words under different conditions, and the English psychologist Sir Frederic Bartlett, who studied the cognitive and social processes of remembering.

3. The psychodynamic approach to understanding behavior, which was developed by S. Freud and his followers. Psychodynamic psychology is an approach to understanding behavior focused on the role of unconscious thoughts and memories. The scientist developed the theories about behavior through analysis of the patients that he treated in his private clinical practice. Freud believed that many of the problems, including anxiety and depression were the result of the effects of painful childhood experiences that the person could no longer remember.

4. The sociocultural approach was initiated by L. Vygotsky. He proposed that interactions made by children can influence both the way in which they perceive the world and their cognitive processes. Social-cultural approach investigates how the social situations and the cultures in which people find themselves influence thinking and behavior. Social-cultural psychologists are particularly concerned with how people perceive themselves and others, and how people influence each other's behavior.

A. The study of how the social situations and the cultures in which people find themselves influence thinking and behavior.
B. The study of mental processes that includes perception, thinking, memory and judgments. The focus here is on mental processes with an emphasis on attention, perception, memory, thinking, and solving problems.
C. The leaders of this perspective, which dominated psychology during the first half of the 20th century, were John Watson and B. F. Skinner. The focus is on observable responses and environmental determinants.
D. Focuses on the role of our unconscious thoughts, feelings, and memories and our early childhood experiences in determining behavior.

9. Find the definitions to the following terms

1. **Structuralism**
2. **Introspection**
3. **Functionalism**
4. **behaviour**
5. **Behaviorism**
6. **Psychology**

a) An approach to psychology focusing on behavior, denying any independent significance for mind and assuming that behavior is determined by the environment

b) The scientific study of the behavior and mental processes.

c) A school of thought that focuses on exploring the individual elements of consciousness, how they are organized into more complex experiences, and how these mental phenomena correlate with physical events.

d) A general school of thought that considers psychological phenomena in terms of their role in adaptation to the person's environment.

e) the way in which one acts or conducts oneself, especially towards others

f) A looking inward; specifically, the act or process of self-examination, or inspection of one's own thoughts and feelings; the cognition which the mind has of its own acts and states; self-consciousness; reflection.

10. Put these words in the correct order to make questions. Discuss them in pairs.

1. Is/psychology /What?
2. What /psychology /know /do/ in/ you/ principles?
3. What /and /the /test /similarities/ are/ between /survey/ differences /and/ methods?
4. Where /method /appropriate/ it /to /use /Case/ is /Study?
a. What/ does /approaches/ use /psychology?
5. Why/ in /did /psychology/ decide on/ a career/ you?

11. Give the definition of psychology into your own words. Begin with: *Psychology is a science that……*

12. Find some information and make a report on the following issues (15 sentences)

1. psychology as a popular topic in media
2. the research methods used in psychology
3. the common methods of data gathering procedure

Unit 3

Fields of psychology

1. a) Discuss the questions in pairs.

1. What is the role of psychology in our society/life?
2. What different reasons do we study psychology?

b) *These expressions appear in the text, which content they can refer to.*

- *different fields of life*
- *difficult to understand*
- *mental processes*
- *individual differences*
- *abnormal behaviour*

2.Read the text

Fields of Psychology

Psychology is the study of behavior and mind. It is the scientific study of how people act, think and feel. However, it is very difficult to understand all aspects of behaviour in one sphere. Thus, in order to make it convenient to understand the behaviour at different fields of life, psychology is divided into different branches. Each field helps us understand human behavior in specific domain.

Abnormal Psychology. It explores psychopathology and *abnormal behavior* (e.g. *depression*, dissociative disorder).

Clinical Psychology focuses on the treatment of *mental illness* and abnormal behaviours.

Cognitive Psychology focuses on higher mental processes like thinking, memory, problem solving, decision making, language etc.

Comparative Psychology studies animal behavior. Comparative psychologists work closely with biologists, *ecologists,* anthropologists, and geneticists.

Counseling Psychology. It deals with the people who are struggling with some mental, social, emotional or behavioral *problems*.

Developmental Psychology focuses on human development. It studies how people grow and change from the moment of conception through death.

Educational Psychology deals with learning, remembering, performing and achieving. It includes the effects of individual differences, *gifted learners* and *learning disabilities*.

Health Psychology promotes physical, mental and emotional health.

Industrial-Organizational Psychology is aimed at increasing employee satisfaction, performance, productivity – and matching positions to employees' strengths.

Social Psychology includes the study of group behaviour, *social norms*, nonverbal behaviour/ *body language* and aggression. Social psychology studies how people act, think and feel in the context of society.

Sports Psychology involves the scientific study of psychological factors that are associated with participation and performance in sport, exercise and other types of *physical activity*.

3. **a) Give the explanation of the highlighted words and phrases in the text.**

abnormal behavior   depression   mental illness   ecologists   problems

gifted learners   learning disabilities   social norms   body language

physical activity

e.g. abnormal behavior is behavior that deviates from norms of society

b) What are they used to describe in the text? Match them to the following notions

disease   special needs   nonverbal behaviour   exercising   rules of behaviour

talented students/people   disorder   a state of low mood   profession challenges

e.g. disease-mental illness

4. **Find a word or phrase in the text which is similar in meaning to the following**

1. Psychotropic drugs affect human's *mental state*.
2. The social conformity approach defines *atypical behaviour* as behaviour that doesn't correspond to social standards.
3. *Genetics Professionals* do laboratory tests to specifically diagnose illness.
4. *Body language* helps us to establish contacts, express emotions and understand other people.
5. To get a better *process of remembering* at any age you should be active and take daily walks.
6. How can a psychologist get people to express their *feelings*?
7. Regular *physical exercises* can help improve your health and life.
8. Most people *have an opinion* on what educational psychology deals with.
9. Alcohol can produce *violent behaviour* among adolescents.
10. *Mental health conditions* such as breakdowns of memory, inability to remember personal information, anxiety and depression need professional treatment.

5. Use the words in capitals to form a word that fits in the space

1. The _____ of a healthy self-esteem is important to the success of children and adolescents. (DEVELOP)
2. Vygotsky's sociocultural theory focuses on the_____ of social influences on a child cognitive development. (IMPORTANT)
3. Sports psychologists help athletes to improve _____ *(PERFORM)*
4. _____social psychology can enrich our understanding of the world around us. (STUDY)
5. Interindividual relationships are the _____of a person's life. (FOUND)
6. The way organization works depends on human psychology_____. (UNDERSTAND)
7. People' social needs made a _____impact on their behavior at work. (POWER)
8. Frederick Herzberg says that human beings are really _____by interesting work and not by the money. (MOTIVATE)

6. Choose the best word or phrase to complete the sentences

behavior visual aids traits dreams categorizes involves motivation developed accept psychodynamic principles

1. Bloom _____taxonomy, a classification system of educational learning objectives.
2. Most people believe that _____have definite meanings.
3. Behaviorists consider the learning as a change in _____provoked by experience.
4. Educational psychology focuses on student_____: extrinsic and intrinsic.
5. Family therapy _____ all the members of the family.
6. Some methods of family therapy are based on behavioral or_____ _____.
7. In the 1600s the Czech educator J. A. Comenius introduced _____ and explained the understanding as the goal of teaching.
8. The cognitive view _____ people as active learners who search for useful information to solve problems.
9. According to the statistics there are five basic personality_____.
10. Abraham Maslow characterized self- actualizers as people who _____ others for what they are.

7. Look through the text again and decide if the sentences 1-7 below are true or false.

1. Psychology studies the way people behave, think and feel.
2. Industrial-organizational psychology involves the study of psychological disorders.
3. A person's behavior is characterized as normal if it varies greatly from social norms.
4. Social psychology focuses on animal behaviour.
5. Comparative psychologists learn about mental processes (remembering, understanding, thinking etc.).
6. The aim of developmental psychology is to develop the skills necessary to participate in different types of physical activity.
7. Educational psychologists are interested in the behaviour of animals of different species.

8. Rearrange the words to make the sentences

1. discovered / **Italian** / cough /was /that /the disease of lungs/ anatomist.
2. psychology /is / many other/ **Clinical** /younger/ than / branches of psychology.
3. **Lightner Witmer** / the first/ at /was / who / a psychological / established /clinic / the University of Pennsylvania.
4. **Witmer**/ terms /formulated the /"clinical psychology" /also / and "psychological clinic".
5. individual /deals/ with /in / **Health** / a social/ psychology/ context/ behavior.
6. **It** /a type of /that helps/ their/ people to /applied psychology /control / feelings / is.
7. focuses / psychology / **Counseling** /on /with / treating individuals / and / a variety of /different emotional / behavioral disorders.
8. **Louis Wirth**, / introduced / a term/ a Chicago sociologist, / 'clinical sociology'/ which/ analogous to/ clinical / is/ psychology.
9. in / how / psychology / we think/ the way/ **Cognitive Approach** / that /focuses on/ influences/ we behave.
10. deals with / resolve problems/ **Counseling** / related to / helping people/work, /school or / family matters.

9. a)Put the paragraphs into their most logical order

• An alternative to demonology emerged in the form of medical explanations of psychological problems- the somato-genic perspective, during the Greek period. Ancient Greeks believed that the gods control both health and illness. There were also thinkers who looked beyond supernatural influences and explored biological, psychological and social influences on illness.

• The earliest medical or biological explanation of emotional and behavioral disorders can be found in the writings of Hippocrates in the 4 B.C. Hippocrates believed that psychological problems, like physical illnesses, were caused by imbalances in the four bodily fluids (black bile, yellow bile, blood, and phlegm). Furthermore, Hippocrates felt that the relationship between these bodily fluids also determined temperament and personality.

• The treatment of psychological problems was carried out by religious institutions. The treatment of mental health problems by religious methods was based in demonology, the view that these problems were caused by the forces of evil.

• In the Middle Ages the church was responsible for explaining the causes of psychological disturbance and providing treatment for it (most often in the form of punishment). For example, disturbed and disordered behavior that today is considered evidence of psychosis (e.g. hallucinations, delusions) used to be interpreted as evidence of possession by the devil and was treated through exorcisms, torture, or death by burning at the stake.

• Plato felt that mental illness resulted from sickness in the part of the soul that operates the head, controlling reason. Aristotle maintained a scientific emphasis and felt that certain distinct emotional states including joy, fear, anger and courage impacted the functioning of human body.

• The nineteenth century experienced numerous advances in understanding mental and physical illness, and allowed for a more sophisticated understanding of the relationship between body and mind in both health and illness.

• In medieval society the focus on supernatural influences to explain the relationship among health, illness, mind, and body became commonplace. During the renaissance the biological explanations for psychological problems were emerged. Medical professionals became involved in the identification and treatment of different disorders. Unfortunately, from the 1500s through 1800s, medical treatment of psychological problems primarily took the form of placement

of individuals in psychiatric hospitals and asylums that offered little if anything in the way of treatment.

b) Look through the text again and compose three special questions. Ask them to your neighbours.

10.   You are going to watch a video about Educational psychology.
   a) Before watching this video discuss in small groups:
-What is Educational psychology? What does Educational psychology study?
b) Watch the video and fill in the missing words.
   1. People might come up with names like_____.
   2. _____ studies different life types of questions, for example racism and gender discrimination.
   3. Educational psychology studies and applies theories and concepts from all of psychology in _____settings.
   4. Two theoretical perspectives within educational psychology are the _____ perspective and the _____ perspective.
   5. The cognitive perspective focuses on how people acquire, _____, ____ and communicate_____.
   6. The behavioral perspective explores how to modify our _____ due to consequences.
   7. _____ psycholog**y** deals with the ways people change over the course of their life.

c) Work in pairs. Use ideas from the video and agree or disagree with the following statements.
   1. Everything that irritates us about others can lead us to an understanding of ourselves. *Carl Gustav Jung*
   2. Educational psychology is perfect if you like helping other people.
   3. Educational psychology gives a great number of career opportunities
   4. You cannot teach a man anything; you can only help him find it within himself. *Galileo Galilei*

11.   Make a report on one of the fields of psychology (make a paper or a power point presentation).

UNIT 4

Psychological Health

1. Answer the following questions:

1. How do you understand the term "Psychological Health"?

2. Describe a person who is psychologically healthy.

3. What are the most important components of psychological health in your opinion?

2. You are going to read the text about psychological health. Read the statements from the text and try to predict their possible endings.

1. Individual's well-being depends on …………………………………………..
2. There are several basic components of psychological health
………………………………………………………………………………….
3. Biological factors include ……………………………………………………
4. Social health contains the ability to adapt……………………………………
5. To be emotionally healthy means to ………………………………………….
6. Healthy relationships depend on ……………………………………………..
7. The word "spiritual" means …………………………………………………..

3. Read the opinions below. Do you agree with them?

1. Only people without a disability can be psychologically healthy.

2. Psychological health is necessary to achieve success.

3. Psychological health influences all spheres of our life.

Psychological Health

Psychological Health comprises several basic elements that are important for human's life: mental, social, emotional and spiritual. Psychological Health reveals itself in the relationship between people, work, religious beliefs etc. It is oriented on the individual's ability to distinguish the origin of problems an individual should overcome; ways **to handle** them and the attitude to the crisis situations. Thus, let us **consider** some basic components of psychological health in detail.

Mental health. Some scientists assert that mental health is a balance between the ability of self-awareness and recognition oneself in a society. Mental health is influenced by social, environmental and lifestyle factors. Among others, biological and family history problems are mentioned. Biological factors include genetic inheritance, prenatal damage, brain defects etc. **In regard to** the family history problems - death, divorce, disease, dysfunctional family life can be underlined. Mental health is a state of emotional well-being in which an individual acts and holds oneself out adequately to the norms of morality. It defines the ways people **cope with the stresses** of life, how they think, feel, socialize and also determines the labour productivity.

Social health. The term "social health" refers to humans' interaction in their social environment. It is very important to build healthy relationships with other people. Social health contains the ability to adapt a person to different social situations. It also reflects the interaction between people, the way people cooperate and act in a number of settings. Healthy relationships depend on individual's communicative skills, responsibility, empathy etc. Social health is strongly **connected with** physical and mental health. Studies show that positive social interaction (also socialization) facilitates recovery and helps people **to overcome illnesses.**

Emotional health. Some people believe that emotionally healthy individuals are strong and happy. Thus, to be emotionally healthy means to understand the process of controlling and regulating emotions. Emotional health **comprises** the ways we feel, behave and deal with the negative situations. It **indicates** the

approaches people endure their different hardships. Scientists suppose that emotions influence our physical health. They (emotions) cause changes in organs of the digestive system, cardiovascular and visceral nervous systems etc. This being said, positive thinking, avoiding stressful events, exercising, limiting alcohol, improving immune system are the best elements of preserving good emotional health.

Spiritual health. The word "spiritual" means to relate to an individual's soul, mind and spirit. Spiritual development focuses on particularity of each individual. It is about the essence of life, creativity, truth, imagination and selfdom. The term "spiritual health" describes the capacity for existing and regulating the life according to the humanistic ideals and values. It **denotes** the human being's inner system: consciousness, cognition, language, beliefs, values etc. Professor Stephen Covey strengthens that "The spiritual dimension is your center, your commitment to your value system. It **draws upon** the sources that inspire and uplift you and tie you to timeless truths of humanity". Spiritual health is determined by the quantity of permanence and harmony a person **obtains** in everyday life.

To summarize the ideas concerning the psychological health it is necessary to stress on the connectivity of its components: mental, social, emotional and spiritual. Each component upbuilds the whole system of individual's well-being which is significant for resiliency.

4. Read the text and find English equivalents to the following Ukrainian words and phrases. Use them in the sentences of your own.

Відносини між людьми, релігійні вірування, самосвідомість, визнання себе в суспільстві, спадковість, внутрішньоутробні ушкодження, продуктивність праці, комунікативні навички, подолати хвороби, терпіти різні труднощі, травна система, сутність життя, гуманістичні ідеали та цінності, свідомість, пізнання, система цінностей, життєстійкість.

5. Paraphrase the highlighted words and expressions in the text.

6. Fill in prepositions:

1. Each component of psychological health is important … human's life.

2. Psychological health plays the main role in the relationship … people.

3. We are all influenced … social and biological factors.

4. … regard … research, emotions cause changes in organs.

5. If you feel under stress, you should find ways to cope … it.

6. Social flexibility means being able to adapt … different social situations.

7. All good relationships depend … open, honest communication.

8. Cognitive psychology draws … many different research methods, including experiments.

9. Mental health is determined … a range of socioeconomic, biological and environmental factors.

10. According … the research, emotions influence our physical health.

7.   Answer the following questions:

1.   What is psychological safety and health?

2.   What are the main elements of psychological health?

3.   What are the reasons of mental disorders?

4.   What factors influence mental health?

5.   How do you understand the term "social health"?

6.   What do healthy relationships depend on?

7.   What changes do emotions cause in organs?

8.   What determines the human being's inner system?

9.   Are you psychologically healthy?

8.   Replace pronouns using appropriate word or phrase.

1.   *It* reveals itself in the relationship between people, work and religious beliefs.

2.   *They* upbuild the whole system of individual's well-being.

3.   *They* include genetic inheritance, prenatal damage, brain defects etc.

4.   *It* is a sense of well-being, confidence and self-esteem.

5.   *It* reflects the interaction between people.

6.   *It* is defined by the degree to which you feel emotionally secure and relaxed in everyday life.

7.   *They* cause changes in organs of the digestive system, cardiovascular and visceral nervous systems etc.

8.   *It* indicates the approaches people endure their different hardships.

9.   *It* denotes the human being's inner system.

10.   *It* is a highly individualized concept that is measured by the amount of peace and harmony an individual experiences in his day-to-day life.

9.   Say whether the statements are true or false.

1.   Psychological health is important with respect to how we function and adapt, and with respect to whether our lives are satisfying and productive.

2.   Mental health is an absence of mental illness.

3.   Disabled people can't be psychologically healthy.

4.   Matters such as stress and autism can damage someone's mental health, but not social.

5.   Mental illnesses are serious disorders which can affect your thinking, mood, and behavior.

6.   Being psychologically healthy means that people don't make mistakes.

7.   Emotional disorders can cause serious illnesses.

8.   Social health is a personal matter involving values and beliefs that provide a purpose in our lives.

9.   People who are emotionally healthy are able to cope with life's challenges and recover from setbacks.

10.   Spiritual health is not measured by the amount of peace and harmony an individual experiences in his day-to-day life.

10.a) Explain in your own words what is meant by:

basic elements of psychological health, social factors, biological factors, family history problems, mental disorders, physical health, changes in organs, depression,

spiritual, human being's inner system, harmony, individual's well-being, resiliency, connectivity.

b) Use phrases from Ex. 4 and Ex.10(a) and make a report on psychological health.

11.   Read four short texts (A-D) quickly. Give the headlines to the texts.

A.   _____

One specific definition does not completely summarize this component of psychological health. Some common criteria that fall within the category of it include belief in a supreme being, unity with a greater force, a guiding sense of meaning and value, an organized religion, balance, introspection, and meaning. Overall health can be positively impacted by high levels of this kind of health. For example, people experiencing a life-changing event may deal with their situation in a more positive manner if their levels of a spirit are high.

B.   _____

It involves your ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for others and a sense of accountability. In contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on this kind of health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk.

C.   _____

It includes our emotional, psychological, and social well-being. It affects how we think, feel and act as we cope with life. It also helps determine how we handle

stress, relate to others, and make choices. It is important at every stage of life, from childhood and adolescence through adulthood.

Mental illnesses are serious disorders which can affect your thinking, mood, and behavior. There are many causes of mental disorders. Your genes and family history may play a role. Your life experiences, such as stress or a history of abuse, may also matter. Biological factors can also be part of the cause. Mental disorders are common, but treatments are available.

D. _____

It is a state of positive psychological functioning. It can be thought as the "optimal functioning" end of the thoughts, feelings, and behaviors that make up both our inner and outer worlds. It includes an overall experience of wellness in what we think, feel, and do through both the highs and lows of life.

It is "a positive state of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life." It is defined by the degree to which you feel emotionally secure and relaxed in everyday life.

12. **Make up dialogues based on the suggested situations. Use the expressions from the text above.**

1. The professor of psychology and a journalist have a talk about psychological health.
2. The psychologist gives recommendations to a client with mental disorders.
3. Two psychologists discuss ways to improve psychological health.

13. **Comment on the following quotations:**

"What we achieve inwardly will change outer reality".

Plutarch

"Mental health needs a great deal of attention. It's the final taboo and it needs to be faced and dealt with".

Adam Ant

"To be healthy as a whole, mental wellness plays a role".

Motivating Health Quote

"Psychological invalidation is one of the most lethal forms of emotional abuse. It kills confidence, creativity and individuality".

Motivating Health Quote

"When fear disappears, the foundation of disease is gone".

Mary Baker Eddy.

14.   Read 10 tips for maintaining psychological health written by Adam Cash in "Psychology for Dummies". Add your own tips. Discuss them in groups.

1. Accept yourself
2. Strive for self-determination
3. Stay connected and nurture relationships
4. Lend a helping hand
5. Find meaning and purpose and work toward goals
6. Find hope and maintain faith
7. Find flow and be engaged
8. Enjoy the beautiful things in life
9. Struggle to overcome; learn to let go
10. Don't be afraid to change

15.Prepare a report about the importance of good psychological health taking into consideration the following points:

- physical health
- mental health
- social health
- emotional health
- spiritual health

UNIT 5

STRESS

1. Work in pairs and discuss the following questions:

- What comes to mind when you hear the word "stress"?
- How often do you suffer from stress?
- What situations are especially stressful for you?
- What are the main symptoms of stress?
- What do you do to cope with stress?

2. Agree or disagree with the following statements:

1) Stress sometimes motivates us to perform well, but it can also be harmful if we become over-stressed and it interferes with our ability to get on with our normal life.

2) Stress, itself, is not an illness, but it can certainly contribute to illnesses, some of them serious.

STRESS

The study of the relationships between mind and body bring us to examining the role of stress in both mental and physical functioning. The term "stress", as it is currently used was introduced by Hans Selye in 1936, who defined it as "the non-specific response of the body to any demand for change". He had observed in experiments that laboratory animals subjected to acute but different noxious

physical and emotional stimuli (deafening noise, blaring light, extremes of heat or cold) all exhibited the same pathologic changes of stomach ulcerations, enlargement of the adrenals. So, the term stress refers to pressure or force placed on a body.

In psychology, we use the term stress to refer to a pressure or demand that is placed on an organism to adapt or adjust. **A stressor** is a source of stress. Stressors (or stresses) include psychological factors, such as examinations in school and problems in social relationships, and life changes, such as the death of a loved one, divorce, or a job termination. They also include **daily hassles**, such as traffic jams, and physical environmental factors, such as exposure to extreme temperatures or noise levels. The term stress should be distinguished from distress, which refers to a state of physical or mental pain or suffering. Some amount of stress is probably healthy for us; it helps keep us active and **alert**. But stress that is prolonged or intense can **overtax** our coping ability and lead to states of emotional distress, such as **anxiety** or depression, and to physical complaints, such as fatigue and headaches.

We all experience stress at times. It can sometimes help to motivate us to get a task finished, or **perform well**. But stress can also be harmful if we become over-stressed and it interferes with our ability to get on with our normal life.

When we face a stressful event, our bodies respond by activating the nervous system and releasing hormones such as adrenalin and cortisol. These hormones cause physical changes in the body which help us to react quickly and to get through the stressful situation effectively. This is sometimes called the 'fight or flight' response. The hormones increase our heart rate, breathing, blood pressure, metabolism and muscle tension. Thus, the signs of stress can include: headaches, sleep disturbance, insomnia, indigestion, diarrhea, anxiety, anger, depression, feeling out of control, feeling moody, difficulty concentrating, low self-esteem, **lack of** confidence. The scientists distinguish different types of stress. Sometimes stress can be specific to the demands and pressures of a particular situation, such as a deadline, a performance or facing up to a difficult challenge or traumatic event.

This type of stress often gets called **acute stress**. Some people seem to experience acute stress over and over. This is sometimes referred to as **episodic acute stress**. This kind of repetitive stress episodes may be due to a series of very real stressful ==challenges==, for example, losing a job, health problems. The third type of stress is called **chronic stress**. It involves pressures and worries that seem to go on forever, with little hope of ==letting up.== Chronic stress is very harmful to people's health and happiness. People can sometimes ==get used to== chronic stress, and may feel they do not notice it so much, it has a negative effect on their relationships and health.

To conclude, we should mention that it is very important ==to handle the stress== in healthy ways. More than that it is helpful to be capable of identifying early warning signs in your body that tell you when you are getting stressed.

3. Read the text and find English equivalents to the following Ukrainian words and phrases. Use them in the sentences of your own.

Відповідь організму, шкідливі фізичні та емоційні стимули, джерело стресу, щоденні чвари, фізичний чи психічний біль, стан емоційного розладу, викид гормонів, розлади сну, розлад шлунка, занепокоєння, гнів, труднощі з концентрацією уваги, низька самооцінка, відсутність впевненості, гострий стрес, хронічний стрес, шкідливий для здоров'я, впоратися зі стресом.

4. Find the details in the text.
1) The definition of the term "stress".
2) Who and how defined the term "stress"?
3) What are stressors? Find examples.
4) What is distress?
5) Is stress useful or harmful?
6) The signs of stress.
7) Types of stress.

5. Look through the text again and fill in the columns with the proper words or word-combinations.

Stressors	Symptoms of stress	Types of stress

6.   Arrange the following words in pairs of (a) antonyms and (b) synonyms.

a)deafening	decrease
noise	soothing
hassle	harmful
mental pain	ineffectively
prolong	terminate
healthy	suffering
effectively	plenty
increase	relaxation
tension	silence
lack	pleasure

b)observe	overwork
adapt	repeated
respond	execute
cause	watch attentively
repetitive	require
demand	get across
distinguish	induce
overtax	differentiate
perform	discharge
release	adjust
get through	reply

7. Paraphrase the following word combinations using the highlighted words and expressions from the text.

1. a task or situation that tests someone's abilities
2. to get accustomed to
3. to succeed in doing something
4. to overload
5. a feeling of worry, nervousness or unease about something
6. to cope with stress
7. an everyday disagreement or quarrel
8. a source of stress
9. to become less intense
10. agile and lively
11. to be short of

8. Fill in prepositions:

1. The term "stress" was introduced … Hans Selye in 1936.
2. A stressor is a source … stress.
3. The term stress should be distinguished …distress.
4. Some amount of stress is sometimes healthy … us.
5. We all experience stress … times.
6. Stress interferes … our ability to get on with our normal life.
7. Adrenalin and cortisol cause physical changes … the body.
8. Chronic stress is very harmful … people's health and happiness.
9. People can sometimes get used … chronic stress.
10. Chronic stress has a negative effect … the relationships and health.

9. Match the beginnings of the sentences on the left with their logical endings on the right. Comment on them.

The term stress to refer to	a. helps keep us active and alert.
Stressors (or stresses) include psychological factors, such as	b. such as adrenalin and cortisol.
3. Distress refers to a state of	c. a pressure or demand that is placed on an organism to adapt or adjust.
4. Some amount of stress	d. to motivate us to perform well.
5. Stress can help	e. physical or mental pain or suffering.
6. Stress can a be harmful	f. a series of very real stressful challenges.
7. Being under stress our bodies release hormones	g. examinations in school and problems in social relationships, and life changes, such as the death of a loved one, divorce, or a job termination.
8. Headaches, sleep disturbance, insomnia, indigestion, diarrhea, anxiety, anger, depression	h. to handle the stress in healthy ways.
9. Episodic acute stress may be due to	i. are the signs of stress.
10. It is very important	j. if we become over-stressed.

10. Read the following sentences and develop the ideas expressed in them by adding 2-3 logical sentences:

1.   Stressors may include different psychological factors.

2.   The term stress should be distinguished from distress.

3.   Some amount of stress sometimes may be healthy for us.

4.   Stress can be harmful.

5.   Released hormones such as adrenalin and cortisol cause physical changes in the body.

6.   The scientists distinguish different types of stress.

7.   There are a lot of different ways to cope with stress.

11. Make a list of suggestions how to deal with stress. Which ones work for you?

E.g.: Listen to some music.

Go for a walk.

12. Put the parts of the dialogue into their logical order. What recommendations were given to Eric by his psychologist?

Psychologist: I'd advise you to relax and take a break. Listen to your favourite music, spend more time with your friends and think positive. Do some breathing exercises.

Eric: But what are the reasons?

Psychologist: I hope you'll be well soon.

Eric: Yes, sometimes I've got a headache and feel tired.

Psychologist: Have you been working a lot last time?

Eric: Oh, a lot! Besides, I have a difficult boss and some problems with my colleagues.

Psychologist: Now it's clear – you are suffering from stress.

Eric: Ok. I'll take some days off and follow all your recommendations. Thanks.

Psychologist: Don't worry. Stress, itself, is not an illness, but it can cause health problems if you don't deal with it.

Eric: Oh, I don't know exactly. I feel sad and nervous for no good reason. Sometimes I want to cry and find it difficult to breathe. The other moment I get angry.

Psychologist: Any other symptoms? I mean headaches or stomachaches, maybe skin problems?

Eric: So, what should I do?

Psychologist: Good morning sir! Now tell me what's your problem?

Eric: Stress!!? Is it serious?

Psychologist: Stress can affect us all. The most common cause of stress is over-work. Also daily hassles can lead to it.

13.   Make up a dialogue with your partner.

Student A: You are suffering from stress. Describe your symptoms to the psychologist and tell about stressful events you've recently lived through.

Student B: You are the psychologist. Discuss the problems of your client and give him/her some recommendations how to deal with stress**.**

14. Translate into English:

1.   Стрес – це не хвороба, але може призводити до серйозних проблем зі здоров'ям.

2.   Причиню стресу можуть бути психологічні (екзамени, проблеми на роботі, розлучення, смерть близької людини) та фізичні фактори навколишнього середовища (перепади температур, шум, забруднення).

3.   Всі люди час від часу страждають від стресу.

4.   Коли людина перебуває в стресі, тіло виробляє такі гормони як адреналін та кортізол.

5.   Вчені довели, що стрес призводить до проблем із серцем, збільшення ваги, застуд та інших серйозних захворювань.

6. Інколи стрес мотивує нас та допомагає вирішувати певні проблеми.

7. Головні болі, розлади шлунку, порушення сну можуть бути симптомами стресу.

8. Вчені розрізняють декілька видів стресу: гострий, епізодичний гострий та хронічний.

15.   Write an essay: "Are you suffering from stress?".

UNIT 6

Psychologists

1. Answer the following questions:

1. What qualities and professional qualifications should a good psychologist have?

2. What are major roles played by psychologists in society?

3. What do psychologists do?

4. What psychologists do you consider professionals and why?

2. Agree or disagree with the following statements:

1. Psychologists treat mental disorders.

2. Psychologists are people who help people learn to cope more effectively with life issues and mental health problems.

3. A psychologist should learn all his life – the human subconscious is a poorly studied subject, it constantly makes surprises.

Psychologists

A professional practitioner, a teacher or a researcher in this scientific discipline can be called a psychologist. Psychologists attempt to understand the role of mental functions in both individuals and groups, while also exploring the physiological and neurobiological processes that underlie certain functions and behaviours.

Psychologists explore such concepts as perception, cognition, attention, emotion, phenomenology motivation, brain functioning, personality, behaviour, and relationships. Psychology incorporates methodological and theoretical approaches from the social sciences, natural sciences, and humanities.

Psychological knowledge is applied to understanding and solving problems in many different spheres of human activity, including the assessment and treatment of mental health problems. Psychologists are involved in a wide variety of settings from clinical and education; to university psychology departments (undertaking scientific research on a wide range of topics related to mental processes and social behaviour and/or teaching such knowledge to students); to industrial and organizational settings, and in other areas such as law, human development and aging, sports and the media.

The British Psychological Society recognizes several areas of psychology in which it is possible to become a Chartered Psychologist: clinical psychologists, counseling, educational, forensic psychologists; health psychologists, Neuropsychologists, Occupational psychologists, Sport and exercise psychologists, Teachers and researchers in psychology.

Most psychologists work in academic settings, allowing them to combine the three major roles played by psychologists in society: teacher, scientist, and clinical practitioner. Many psychology professors are also actively involved in research or in serving clients. Psychologists also do work in forensic fields. They provide counseling and therapy for people in distress. But there are hundreds of thousands of psychologists in the world who work in research laboratories, hospitals, and other field settings where they study the behavior of humans and animals. For example, school psychologists are qualified members of school teams that support students' ability to learn and teachers' ability to teach. They apply expertise in mental health, learning, and behaviour, to help children and youth succeed academically, socially, behaviorally, and emotionally. School psychologists partner with families, teachers, school administrators, and other professionals to create

healthy, safe, and supportive learning environments that strengthen connections between home, school, and the community.

Practicing psychologists help a wide variety of people and can treat many kinds of problems. Some people may talk to a psychologist because they have felt depressed, angry or anxious for a long time. They help for a chronic condition that is interfering with their lives or physical health. Thus, psychologists also use a wide range of methods to conduct research on large groups, specific populations and individuals.

Throughout psychology's relatively brief history, there have been many famous psychologists who have left their mark on psychology, e.g. Alfred Adler, John Dewey, Sigmund Freud, Alfred Binet etc. their influence on psychology is without question.

3. Read the text and find English equivalents to the following Ukrainian words and phrases. Use them in the sentences of your own.

Наукова дисципліна, досліджувати поняття, функціонування мозку, гуманітарні науки, психологічні знання, огляд та лікування, наукове дослідження, психічні процеси, галузь психології, судово-медична служба, мати успіх у навчанні, зміцнювати зв'язки між родиною та школою, лікувати розлади, хронічний стан, залишити слід в психології.

4. Explain the meaning of the following words and word expressions.

- a professional practitioner;
- a researcher;
- mental functions;
- perception;
- cognition;
- humanities;
- assessment;
- social behaviour;

- academic settings;
- forensic fields;
- chronic condition.

5. Look through the text again and write out the professional qualifications of a good psychologist. Add some of the personal qualities and qualifications to your list and explain why a psychologist should possess them.

Professional qualifications	Personal qualities

6. Say whether the statements are true or false.

1. A professional psychologist should possess knowledge in such fields as medicine, social and natural sciences, humanities.

2. It is impossible to become a psychologist without medical education.

3. As psychologists are involved in a wide variety of settings, they should possess a wide range of personal qualities.

4. According to The British Psychological Society there are only two main areas of psychology in which it is possible to become a Chartered Psychologist.

5. Most psychologists usually combine several roles played in society: counselor, helpmate, mentor and so on.

6. Mental health influences all the spheres of human activity, that's why the profession of psychologist becomes so popular in our time.

7. Psychologists can't help you to treat problems connected with physical health.

8. Nowadays psychologists become important members of different organizations in many fields.

9. Sometimes psychologists are involved either in research or in serving clients.

10. Practicing psychologists never become famous unlike mathematicians, engineers, space explorers surgeons and others.

7. Answer the following questions:

1. Why is it important to be a committed psychologist?

2. What concepts do psychologists explore?

3. What knowledge should a professional psychologist possess?

4. Is it easy to become a practicing psychologist? Why?

5. Do you think it is necessary for a psychologist to have medical education?

6. Name several areas of psychology in which it is possible to become a chartered psychologist.

7. What are major roles played by psychologists in society?

8. What do psychologists do?

9. Where can psychologists work?

10. What personal qualities should a professional psychologist possess?

8. Read the following sentences and develop the ideas expressed in them by adding 2-3 logical sentences:

1. A professional psychologist combines different roles in society.

2. Psychologists explore wide range of concepts.

3. Psychological knowledge is applied to understanding and solving problems in many different spheres of human activity.

4. Psychologists are involved in a wide variety of settings.

5. There are several areas of psychology in which it is possible to become a chartered psychologist.

6. Practicing psychologists help a wide variety of people and can treat many kinds of problems.

7.There are many outstanding psychologists who have left their mark on psychology.

9. Pair up with your friend and discuss the following statements:

1. A profession of a psychologist is popular and prestigious nowadays.

2. Professional psychologists combine three major roles in society.

3. Practicing psychologists work in different field settings.

4. A psychologist is not a work, it is a mission.

10. Make up a dialogue with your partner.

Student A: You want to be a psychologist in future, but you don't know what personal qualities and qualifications a professional psychologist should possess.

Student B: You are the practicing psychologist at school. Give some advice to a student.

11.Translate into English:

1. Психологи вивчають такі поняття, як сприйняття, пізнання, увага, емоції, функціонування мозку, поведінка та міжособистісні стосунки.

2. Професійний психолог повинен мати ґрунтовні знання з медицини, психології, соціології, педагогіки та інших гуманітарних наук.

3. Психологи працюють в усіх сферах людської діяльності: медицина, спорт, освіта, промисловість, право, туризм.

4. У суспільстві психолог поєднує три основні ролі: вчитель, науковець, консультант.

5. Психологи також працюють в сфері судової медицини.

6. Сотні тисяч психологів працюють в науково-дослідних лабораторіях, лікарнях та інших установах, де вони вивчають поведінку людей і тварин.

7. Шкільні психологи сприяють зміцненню зв'язків між сім'єю, школою та суспільством.

8. Практичний психолог допомагає подолати хронічні розлади, пригніченість, гнів або занепокоєння.

9. Психологи застосовують широкий спектр методів для проведення досліджень великих груп, певних груп населення та окремих осіб.

10. Психолог – це спеціаліст, який допомагає людині розібратися у собі, у власних помилках та проблемах, допомагає знайти можливості для боротьби з життєвими труднощами.

12. Speak about your groupmates and characterize them as future psychologists. Who will make a brilliant career? Give your grounds.

13. Write a discursive essay: "The usefulness and importance of the work of a psychologist".

14. Think about a famous successful psychologist you like. Prepare a report about his/her mark on psychology. You may choose from the list below:

Sigmund Freud;
Carl Rogers;
Carl Jung;
Rollo May.

Word List

Unit 1

assess [ə'ses] оцінювати, давати оцінку, визначати
assert [ə'sɜːt] стверджувати; відстоювати
cogitation [ˌkɒdʒɪ'teɪʃ(ə)n] обдумування; міркування
concerning [kən'sɜːnɪŋ] відносно, щодо
contemporary [kən'temp(ə)rərɪ] сучасний
conscious ['kɒnʃəs] що усвідомлює (знає), свідомий
consciousness ['kɒnʃəsnɪs] свідомість
contribution [ˌkɒntrɪ'bjuːʃ(ə)n] сприяння 2) внесок
curve [kɜːv] 1) *n* крива (лінія) 2) *v* гнути, згинати; вигинати(ся)
dedicate ['dedɪkeɪt] присвячувати
derive [dɪ'raɪv] походити; встановлювати походження
emphasis ['emfəsɪs] 1) наголос, підкреслювання, акцент
entity ['entɪtɪ] одиниця; річ, суть
espouse [ɪs'pauz] підтримувати (ідею, справу)
Gospel ['gɒsp(ə)l] 1) Євангеліє 2) проповідь
inanimate [ɪn'ænɪmɪt] неживий
introspection [ˌɪntrə'spekʃ(ə)n] самоаналіз, самоспостереження
intertwine [ˌɪntə'twaɪn] вплітати(ся), переплітати(ся)
involve [ɪn'vɒlv] залучати, втягувати (у щось); включати
mainstay ['meɪnsteɪ] головна підтримка, опор
perceive [pə'siːv] сприймати, розуміти
purpose ['pɜːpəs] мета, намір, призначення
respond [rɪs'pɒnd] відповідати, реагувати
scientifically [ˌsaɪən'tɪfɪk(ə)lɪ] науково, систематично
seek [siːk] намагатися; домагатися; шукати, розшукувати
sensation [sen'seɪʃ(ə)n] відчуття; почуття
underlying [ˌʌndə'laɪɪŋ] що лежить в основі; основний

Unit 2

argue ['ɑːgjuː] сперечатися; аргументувати
anxiety [æŋ'zaɪətɪ] тривога, неспокій
assume [ə'sjuːm] вважати, припускати
approach [ə'prəutʃ] підхід, концепція; позиція; принцип
verifiable ['verɪfaɪəbl] який можна перевірити
carry out проводити; виконувати; здійснюват

cognition [kɒ g'nɪ ʃ (ə)n] 1) пізнавальна здатність 2) знання; пізнання

consciousness ['kɒ nʃ əsnɪ s] 1) свідомість 2) самосвідомість

conduct [kən'dʌ kt] вести; супроводити, керувати

counseling ['kauns(ə)lɪ ŋ]консультування,

deny [dɪ 'naɪ] 1) заперечувати; відкидати

emphasis ['emfəsɪ s] наголос підкреслювання

equip [ɪ 'kwɪ p] обладнувати

modify ['mɒ dɪ faɪ] змінювати, модифікувати

hypothesis [haɪ 'pɔ θəsɪ s] гіпотеза, припущення

guidance ['gaɪ d(ə)ns] керівництво, провід

span [spæn]

laughter ['lɑ ː ftə] сміх;

investigation [ɪ n, vestɪ 'geɪ ʃ (ə)n] дослідження

inward ['ɪ nwəd] 1. 1) внутрішній 2) розумовий

questionnaire [, kwestɪ ə'nɛ ə] запитальник, анкета

pattern ['pætn] зразок, модель

perception [pə'sepʃ (ə)n] сприйняття, відчуття

purpose ['pɜ ː pəs] намір, мета; призначення

similarity [, sɪ mɪ 'lærɪ tɪ] схожість, подібність

self-conscious [, self'kɒ nʃ əs] самосознание

survey ['sɜ ː veɪ] 1) огляд; обслідування 2) звіт

underlying [, ʌ ndə'laɪ ɪ ŋ] основний, головний

variable ['ve(ə)rɪ əb(ə)l] змінна величина, змінний, перемінний

enquiry [ɪ n'kwaɪ ərɪ] запит; обстеження; розгляд;

procedure [prə'siː dʒə] процедура, процес

unconscious [ʌ n'kɒ nʃ əs] несвідомий

Unit 3
acknowledge [ək'nɒ lɪ dʒ] усвідомлювати; визнавати, припускати

adolescent [, æd(ə)'les(ə)nt] підліток

analogous [ə'næləgəs] аналогічний

autopsy ['ɔ ː tɒ psɪ] розтин

diagnostic [, daɪ əg'nɒ stɪ k] діагностичний, розпізнавальний

concern [kən'sɜ ː n] стосуватися, відноситися

emphasize ['emfəsaɪ z] робити наголос, підкреслювати; надавати особливого значення

exorcism ['eksɔ ː sɪ z(ə)m] заклинання; вигнання духі

phlegm [flem] 1) харкотиння, слиз 2) флегма, флегматичність; холоднокровність

prolong [prə'lɒŋ] 1) відстрочувати, відкладати, пролонгувати 2) продовжувати, подовжувати

retard [rɪ'tɑːd] сповільнювати, затримувати; гальмувати (розвиток тощо)

Unit 4

autism ['ɔːtɪz(ə)m] аутизм

avoid [ə'vɔɪd] уникати, ухилятися

capacity [kə'pæsɪtɪ] здібність, місткість

cardiovascular [ˌkɑːdɪəu'væskjulə] серцево-судинний

cognition [kɒg'nɪʃ(ə)n] 1) пізнавальна здатність 2) знання; пізнання

comprise [kəm'praɪz] містити в собі, вміщати, охоплювати

commitment [kə'mɪtmənt] зобов'язання; прихильність; рішучість; зацікавленість

dimension [d(a)ɪ'menʃ(ə)n] вимір

digestive system [daɪ'dʒestɪv 'sɪstɪm] травна система

disorder [dɪs'ɔːdə] розлад,

empathy ['empəθɪ] емпатія, співпереживання

endure [ɪn'djuə] терпіти, зносити

handle ['hændl] здійснювати контроль, регулювати

inheritance [ɪn'herɪt(ə)ns] 1) спадковість

introspection [ˌɪntrə'spekʃ(ə)n] самоаналіз, самоспостереження

overcome [ˌəuvə'kʌm] (overcame; overcome) перемогти, побороти; подолати

resiliency [rɪ'zɪlɪənsɪ] здатність швидко відновлювати фізичні та душевні сили

self-awareness [self ə'wɛənɪs] самоусвідомлення, самоаналіз

self-determination [ˌself dɪˌtɜːmɪ'neɪʃ(ə)n] самовизначення

selfdom [ˌself dəm] індивідуальність, сутність особистості

visceral nervous system ['vɪs(ə)rəl 'nɜːvəs 'sɪstɪm] вісцеральна нервова система

well-being [ˌwel'biːɪŋ] 1) здоров'я 2) добробут; благополуччя

withdrawn [wɪð'drɔːn] замкнутий, самозаглиблений

Unit 5

acute [ə'kjuːt] гострий

adjust [ə'dʒʌst] 1) упорядковувати 2) пристосовувати,

contribute [kən'trɪbjuːt] сприяти (чомусь - to)

demand [dɪ'mɑːnd] вимога; запит; потреба

distinguish [dɪs'tɪŋgwɪʃ] 1) розрізняти 2) побачити, помітити

discharge [dɪs'tʃɑːdʒ] вивантажувати; розвантажувати, випускати, виливати

execute ['eksɪkjuːt] виконувати

indigestion [ˌɪndɪ'ʤestʃ(ə)n] нетравлення шлунка, розлад травлення

muscle ['mʌsl] мускул; м'яз

observe [əb'zɜːv] 1) спостерігати; стежити

overtax [ˌəuvə'tæks] 1) переобтяжувати податками 2) надто обтяжувати, перенапружувати

prolong [prə'lɒŋ] 1) відстрочувати, відкладати, пролонгувати 2) продовжувати, подовжувати

repetitive [rɪ'petətɪv] повторний, повторно вчинений

soothe [suːð] 1) заспокоювати, втішати

Unit 6

aging ['eɪʤɪŋ] старіння

apply [ə'plaɪ] спрямовувати свою увагу (на - to), звертатися (за довідкою, дозволом - for), стосуватися;

assessment [ə'sesmənt] оцінка

attempt [ə'tempt] пробувати, намагатися

forensic [fə'rensɪk] судовий

interfere [ˌɪntə'fɪə] 1) втручатися 2) перешкоджати

practitioner [præk'tɪʃ(ə)nə] практикуючий лікар

strengthen ['streŋθ(ə)n] підсилювати(ся), посилювати(ся); зміцнювати

treat [triːt] ставитися, мати справу

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Навчальне видання

ДЄНІЧЄВА Ольга Ігорівна, БІЛОШИЦЬКА Тетяна Юріївна,

English for Psychologists

Посібник-практикум