*Галузь знань: 05 «Соціальні та поведінкові науки»*

*Спеціальність: 053 «Психологія»*

*Спеціалізація: «Психологія»*

**Контрольна робота №1**

**з дисципліни «Іноземна мова»**

**1 курс 2 семестр**

**Методичні рекомендації до виконання контрольної роботи № 1**

У 2 семестрі студенти виконують контрольну роботу №1. Контрольна робота подана у 4 варіантах. Студент обирає варіант контрольної роботи відповідно до номеру у списку (1 – 1 варіант, 2 – 2 в., 3 – 3 в., 4 – 4 в., 5 – 1 в., 6 – 2 в. і т.д.). Контрольна робота перевіряється викладачем лише у разі її реєстрації на кафедрі іноземної філології НН ГМІ НАУ (ауд. 8.1512).

Студент отримує позитивну оцінку у разі засвоєння навчального матеріалу, написання домашньої та аудиторної контрольної роботи, відвідання всіх практичних занять та активної роботи на заняттях. Якщо викладач виявить дві (або більше) однаково виконані контрольні роботи – такі роботи зараховуватися не будуть.

**Вимоги до оформлення домашньої контрольної роботи**:

1. Обов’язкова титульна сторінка.
2. Шрифт – 14, міжрядковий інтервал – одинарний.
3. Завдання І – друкуєте спочатку англійський текст, потім переклад українською мовою.
4. Студент повинен вивчити лексичний матеріал, який подано у таблиці після тексту (завдання ІІ).
5. Завдання ІІІ, ІV – слово (словосполучення) – переклад. Наприклад: *psychology – психологія; психолог – psychologist.*
6. Завдання V – українське речення – переклад англійською мовою.
7. У завданні VІ необхідно подати розгорнуті відповіді на усі запитання.

**V. 1**

***І. Read and translate the*** ***text below.***

**Our Feelings as the Motor of Our Life**

With our feelings and emotions we experience ourselves in this world. They are the driving force, the power, and the motor of our life. Without feelings and emotions we would be like robots, a computer operating a body with the help of electric signals.

It is the feelings and emotions, our likes and dislikes, that give our life meaning, that make us happy or unhappy, fulfilled or dissatisfied and that to a large degree decide our course of action and even our health. Diseases not only make us feel unwell, but negative and suppressed emotions and feelings are a major contributing factor in causing our diseases.

When we are young, we are full of feelings and emotions, we experience them strongly, we are sensitive and react immediately and directly to our social and physical environment. When we are old, our emotions are only a distant memory and even our feelings are greatly diminished, pain is often the only feeling left.

More and more we do act like a robot with compulsive habits and live only in our head, using our body just to carry our brain around. What happened in between, why and how did we lose our feelings and emotions, our sensitivity?

Many scientists at present are so divorced from their feelings and emotions that they actually believe that these originate in the brain, just like a form of thoughts. They come to this conclusion because they do not feel the actual energy of anger in their body or the love in their heart.

They just think “anger” or think “love” in the brain and act accordingly without really feeling anything or their feelings are only weak and diffuse.

Feelings provide us with the greatest pleasures in life, but also with the greatest suffering. Suffering actually is the key word for our loss of feeling with advancing age. We do not want to suffer, so we intentionally diminish our feelings in order to diminish the amount of emotional pain that we do feel. As an unintended side effect this also reduces the amount of pleasure that we can feel.

***IІ. Memorize the following words and phrases:***

|  |  |
| --- | --- |
| feelings | почуття |
| driving force | рушійна сила |
| motor | двигун |
| fulfilled | задоволений |
| course of action | спосіб дій, порядок дій |
| suppressed  | пригнічений, подавлений |
| to diminish | зменшувати |
| diffuse | розсіяний |
| suffering | страждання |

***IІI. Suggest the Ukrainian equivalents of the words and phrases below:***

to diminish our feeling in order to diminish the amount of emotional pain; unintended side effect; to reduce the amount of pleasure; to originate in the brain; to be sensitive; to suppress emotions and feeling; a major contributing factor in causing diseases; with the help of electric signals; driving force.

***I****V****. Find English equivalents to the following words and phrases:***

за допомогою електричних сигналів; визначати хід подій; відреагувати відразу; поводитись, як робот; втрачати почуття та емоції; енергія злості; забезпечити найбільшим задоволенням у житті.

***V. Translate the sentences into English:***

1.Коли тебе ображають, і ти відчуваєш гнів і роздратованість, необхідно зробити паузу і обдумати ситуацію.

2. Якщо людина не хоче припинити спір, ви повинні так чи інакше наполягти на своїй думці, чи піти.

3. Якщо двоє не можуть продовжувати дискусію через гнів та напругу, то треба цю дискусію спокійно продовжити наступного разу.

***VІ. Answer the questions:***

1. Why are our feelings and emotions the driving force of life?

2. What emotions do people feel being young / old?

3. What do feelings provide us with?

**V. II**

***I. Read and translate the text below.***

**Negative Feelings**

Anger is caused by a perceived factors affecting important-values. The values in the above examples might be pride getting someplace on time, someone you love, money, or being treated “fairly” ─ we are frustratedabout not getting what we want or expect.

With anger, we usually think we know what *caused the* problem. We have some target(s) for our anger. It may be the person criticizing you, the person who cut you off on the freeway, an attacker, your boss, or even yourself. With anger, we may hope that a burst of energy aimed at the threat will defeat it. Or we may hope that a burst of energy will break the barrier stopping us from meeting our goal.

 Anger can be used constructively at times. It can give us energy we need to fight back if physically attacked. However, for most situations it merely clouds our judgment and creates extra stress. If anger prompts aggressive behavior toward other people, it can permanently harm relationships especially with those we love.

Anger is an emotion that centers on getting control. Someone calls you an "inconsiderate idiot," and you feel angry. Someone cuts in front of you on the freeway, and you feel angry. Someone attacks your friend and you feel angry. Someone tells you that you will not get the pay increase you think you deserve, and you feel angry.

Get control of anger-producing beliefs and thoughts. Anger is caused by your inability to mentally cope with some situation. If you have a persistent problem with anger, then you either have important *underlying issues* that you have not yet resolved, or you are using *emotional coping methods* that are ineffective.

There are many internal and external methods for coping with anger. Many methods that help with *any* negative emotion also help with anger. Perceived *loss of control* for getting *important values met* causes anger. To get over your anger, it is helpful to *identify* those important values and to understand why you may lack confidence in your own ability to be happy.

Blaming others (or yourself) and remaining angry may appear the easy way out. Finding new ways to think about the situation and make yourself happy requires skillful effort.

Explore emotions of hurt and fear underlying the anger. Remember that anger stems from fear and a sense of helplessness. Some important value or goal is threatened and you feel that you are losing control of the situation. You may not want to admit feeling hurt or fear. (You may think such an admission is a sign of weakness.) Yet these are the underlying feelings that will help you identify *which values and goals are being threatened.*

***II. Memorize the following words and phrases:***

|  |  |
| --- | --- |
| to cause anger | викликати гнів |
| to be frustrated | бути засмученим, прикро враженим |
| to feel angry | розсердитись |
| burst of energy | виплеск енергії |
| anger-producing beliefs and thoughts | думки та сподівання, що викликають гнів |
| in capability to cope with the situation | нездатність справитися з ситуацією |
| to lack confidence | відчувати недовіру |
| loss of control | втрата контролю |
| to blame others | звинувачувати інших |
| helplessness | безпорадність |

***III. Suggest the Ukrainian equivalents of the words and phrases below:***

to be treated “fairly”; burst of energy; “ inconsiderate idiot”; to get pay increase; anger producing beliefs; important underlying issues; to lose control of the situation; anger producing beliefs and thoughts; emotional coping methods; to get over one’s anger; to remain angry; anger stems from fear; sense of helplessness.

***IV. Find English equivalents to the following words and phrases:***

внутрішні методи боротьби з гнівом; звинувачувати інших; досліджувати емоції; отримати контроль; відчувати гнів; негативні емоції; втрата контролю; нездатність; цінності.

***V. Translate the sentences into English:***

1. Такі емоції як страх або гнів можуть бути надзвичайно руйнівними.

2. Існує шість основних емоцій: щастя, сум, здивування, відраза, злість і страх.

3. Позитивні емоції, пов’язані з піклуванням про інших людей, називають альтруїзмом.

***VІ. Answer the following questions:***

1. What is usually anger caused by?

2. How can anger be used?

3. What are methods for coping with anger?

**V. III**

***I. Read and translate the text below.***

**Find Constructive Ways to Release Your Anger**

You have heard the expression: "Get your anger out" to get rid of it. Freud used the analogy of a steampot that will burst if the energy is not released. To some degree the analogy is accurate.

Anger causes high levels of arousal and energy—energetic activity releases it*.* Research has supported the idea that anger leads to a high arousal, high energy state that can last for hours—or even longer. During that time, we are more prone to renewed anger. Energetic activities use the energy and help dissipate that extra arousal. Therefore, in addition to internal methods of reducing anger, it is important to dissipate anger by energetic actions. Try exercise, walking and running.

Forgiving is not forgetting, it is remembering and letting go.

If it is impossible to have that kind of conversation with someone, then try to imagine an understanding scenariothat allows you to defuse your anger. If you do not know the person well enough to know what their motives were, then what can you do? Recall the client who was so filled with anger after being raped by a masked man she would never see again. We looked at what we knew about human nature in general. Can you accept human nature as it really is? Can you accept that there are gang killings, child abuse, theft of belongings, inconsiderate behaviour, or other damaging events-without getting too upset about them? Can you accept that some people will take advantage of me and "get away with it"? To be able to control our anger despite tragic events, we must each find a way to deal with the "dark side" of life.

Take a “time-out” if someone gets too upset. Observe your own emotions when you are in a frustrating situation. If you see that you are starting to feel too angry, anxious, or guilty, then take a "time-out." A time-out means that you both stop talking or that you separate long enough to think about it, calm down, and get your control back. Time-outs can be effective even if they are only one to five minutes long. Use your time out to clarify what you want or how you want to deal with the other person.

To take a time-out, you might say, "I need some time to think about what we have been talking about. I would like to continue our conversation in a few minutes. If the other person doesn't want you to leave, insist and leave anyway.

Similarly, if you observe that the other person is getting too upset and is not dealing constructively with the situation, take a time-out. You could say the same thing as before, or say, "It looks like we're both getting upset, and if we can't discuss this more calmly, then I will need to take a time-out."

***II. Memorize the following words and phrases:***

|  |  |
| --- | --- |
| get rid of smth. | позбавитися чогось |
| arousal | збудження, роздратування |
| to be prone to | бути схильним до |
| to dissipate | розсіювати |
| to defuse anger | зменшити гнів |
| gang killing | групове вбивство |
| belongings | речі, пожитки |
| frustrating situation | прикра ситуація |
| anxious | занепокоєний |

***III. Suggest the Ukrainian equivalents of the words and phrases below:***

to get rid of; to help dissipate extra arousal; internal methods of reducing anger; to dissipate anger; to defuse anger; to recall the client; to be filled with anger; child abuse; theft of belongings; inconsiderate behaviour; to take advantage of smb.; to observe one’s own emotions; to feel guilty; to feel anxious; steamboat that will burst if the energy is not released; to be prone to; to get upset.

***IV. Find English equivalents to the following words and word-combinations:***

відчувати занепокоєння; спостерігати за людьми; позбутись злості; жорстоке поводження з дітьми; скористатись ситуацією; незважаючи на трагічні події; «темний бік» життя; розсіяти /зняти /подолати гнів.

***V. Translate the sentences into English:***

1.Коли тебе ображають, і ти відчуваєш гнів і роздратованість, необхідно зробити паузу і обдумати ситуацію.

2. Якщо людина не хоче припинити спір, ви повинні так чи інакше наполягти на своїй думці, чи піти.

3. Якщо двоє не можуть продовжувати дискусію через гнів та напругу, то треба цю дискусію спокійно продовжити наступного разу.

***VI. Answer the questions:***

1. What does anger cause?

2. What activities can be used to dissipate anger?

3. Why is it necessary sometimes to take a “time- out” if someone abuses you?

**V. IV**

***I. Read and translate the text below.***

**What is Modesty?**

There is no human society without modesty. However this field of human psychology is questioned little by science. Modesty is a double emotional movement which affects both the heart and the body. The variety and variability of its manifestations renders it much elusive. It is not known if it occurs by itself or in reaction to an insult. It is not known if it has natural roots or if it is the result of a thousand-year-old oppression. There is no human world without modesty, but a very small number of researchers is interested by this phenomenon unknown to all other living beings on the Planet.

The expressions of modesty are physical and verbal. More exactly, modesty causes reactions, at the same time in language and in body behaviour.

Modesty is a human characteristic which may alternately be viewed as a virtue or a weakness. How it is viewed ultimately depends on your perspective. There are several definitions for modesty in most dictionaries; it is most often rendered as humility, shyness, or simplicity. In today’s society any of these definitions of modesty may be seen as negative since we often focus on self; self esteem, self respect, and self expression.

Nevertheless, a modest individual can be seen as a person possessing positive characteristics. Humility need not be a deficit; one who recognizes their own strengths and weaknesses who has become comfortable with him or herself will feel no competition with others. They are content to interact with others fully cognizant of who they are, functioning within the boundaries of their own capabilities, or limitations with confidence. One who lives and behaves in simplicity quietly performs daily tasks and routines without the trumpet blown before. There is no need to call attention. Modesty acts gently, but with no less perfection or care as one who may constantly announce their deeds.

***II. Memorize the following words and phrases:***

|  |  |
| --- | --- |
| to affect | впливати |
| manifestation | прояв |
| elusive | невловимий, невиразний |
| oppression | пригнічення |
| expressions of modesty | вираження скромності |
| cognizant | обізнаний |
| boundaries | межі |

***III. Suggest the Ukrainian equivalents of the words and phrases below:***

modesty; to affect; to be interested in; to need; to interact; attention; perfection; to perform daily tasks; to be capable; deed.

***IV. Find English equivalents to the following words and word-combinations:***

Людське суспільство; більш точно; скромна людина; покірність; скромно себе поводити; спричинювати реакцію; позитивна характеристика.

***V. Translate the sentences into English:***

1. Людина відчуває приємне збудження ,коли вона схвильована приємною подією.

2. Люди надто емоційно реагують на те, що говорять інші, тому частіше сперечаються з людьми, які їх оточують.

3. Емоції – це клей, що тримає всі клітини організму разом.

***VI. Answer the questions:***

1. Can you imagine a society without modesty?

2. What are expressions of modesty?

3. What definition of modesty can you suggest?