



Министерство здравоохранения Российской Федерации

федеральное государственное бюджетное образовательное учреждение
высшего образования

«Рязанский государственный медицинский университет
имени академика И.П. Павлова»

Министерства здравоохранения Российской Федерации
ФГБОУ ВО РязГМУ Минздрава России

Утверждено решением ученого совета
Протокол № 10 от 21.05.2024 г

Комплект оценочных материалов по дисциплине	Иностранный язык
Образовательная программа	Основная профессиональная образовательная программа высшего образования - программа специалитета по специальности 37.05.01 Клиническая психология
Квалификация	Клинический психолог
Форма обучения	очная

Разработчик (и): кафедра иностранных языков с курсом русского языка

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Одобрено учебно-методической комиссией по специальности Клиническая психология
Протокол № 8 от 25.03. 2024 г.

Одобрено учебно-методическим советом.
Протокол № 7 от 25.04. 2024г.

1. Паспорт комплекта оценочных материалов

1.1. Комплект оценочных материалов (далее – КОМ) предназначен для оценки планируемых результатов освоения рабочей программы дисциплины (модуля).
Иностранный язык _____.

1.2. КОМ включает задания для проведения текущего контроля и промежуточной аттестации.

Общее количество заданий и распределение заданий по типам и компетенциям:

Код и наименование компетенции	Количество заданий закрытого типа	Количество заданий открытого типа
УК-4 Способен применять современные коммуникативные технологии, в том числе на иностранном(ых) языке(ах), для академического и профессионального взаимодействия	28	92
УК-5 Способен анализировать и учитывать разнообразие культур в процессе межкультурного взаимодействия		
Итого:	28	92

1.3. Дополнительные материалы и оборудование для выполнения заданий (при необходимости):

**2. Задания всех типов, позволяющие осуществлять оценку всех компетенций, установленных рабочей программой дисциплины (модуля)
Иностранный язык.**

Код и наименование компетенции	№ п/п	Задание с инструкцией																																								
<p>УК-4 Способен применять современные коммуникативные технологии, в том числе на иностранном(ых) языке(ах), для академического и профессионального взаимодействия</p> <p>УК-5 Способен анализировать и учитывать разнообразие культур в процессе межкультурного взаимодействия</p>	1.	<p>Задания закрытого типа</p> <p><i>Установите соответствия, подобрав пары антонимов.</i></p> <p><i>Текст задания:</i></p> <p><i>К каждой позиции, данной в левом столбце, подберите соответствующую позицию с противоположным значением из правого столбца:</i></p> <table border="1" data-bbox="450 564 1256 948"> <thead> <tr> <th></th> <th>Слово</th> <th></th> <th>Антоним</th> </tr> </thead> <tbody> <tr> <td>А</td> <td>temporary</td> <td>1</td> <td>fail</td> </tr> <tr> <td>Б</td> <td>succeed</td> <td>2</td> <td>manifest</td> </tr> <tr> <td>В</td> <td>inferiority</td> <td>3</td> <td>give up</td> </tr> <tr> <td>Г</td> <td>latent</td> <td>4</td> <td>permanent</td> </tr> <tr> <td>Д</td> <td>repression</td> <td>5</td> <td>superiority</td> </tr> <tr> <td>Е</td> <td>resist</td> <td>6</td> <td>freedom</td> </tr> </tbody> </table> <p><i>Запишите выбранные цифры под соответствующими буквами:</i></p> <table border="1" data-bbox="450 1054 1019 1163"> <thead> <tr> <th>А</th> <th>Б</th> <th>В</th> <th>Г</th> <th>Д</th> <th>Е</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Слово		Антоним	А	temporary	1	fail	Б	succeed	2	manifest	В	inferiority	3	give up	Г	latent	4	permanent	Д	repression	5	superiority	Е	resist	6	freedom	А	Б	В	Г	Д	Е						
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А	complete	1	use
Б	employ	2	clear
В	controversial	3	accessible
Г	available	4	demand
Д	distinct	5	disputatious
Е	require	6	finish

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

3.

Установите соответствия, образовав из слов логические пары (словосочетания).

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Слово		Второе слово словосочетания
А	sense	1	attributes
Б	personality	2	adjustment
В	experimental	3	organs
Г	social	4	stimulation
Д	sensory	5	state
Е	cognitive	6	methods

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

Прочитайте определения данных понятий и установите соответствие с определяемыми терминами.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

4.

	Понятие		Определение или характеристика
А	reinforcement	1	an outline of a plan or theory
Б	punishment	2	an answer or reaction to something that has been said or done
В	reward	3	an act or a way of punishing somebody
Г	schema	4	the power affect how someone thinks or behaves, or how something develops
Д	influence	5	the act of making something stronger, especially a feeling or an idea
Е	response	6	something good that you get or experience because you have worked hard, behaved well, etc

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

Прочитайте предложения с пропущенными словами или словосочетаниями и установите лексическое соответствие.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца.

5.

	Предложение		Пропущенное слово или словосочетание
А	Psychology as a science ...	1	you have to learn scientific methods.
Б	Psychologists investigate development ...	2	modern definitions of the term “psychology”.
В	To study psychology ...	3	compares the human mind to a computer.
Г	There are many ...	4	studies mental activity and human behavior.
Д	Cognitive psychology	5	distinguish the humanistic approach from other approaches within psychology.
Е	There are several factors which	6	throughout the life span from birth to death.

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

6.

Установите соответствия между английскими словосочетаниями и их русскими эквивалентами.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Словосочетание		Эквивалент
А	to improve the cognitive abilities	1	развитие гендерных ролей
Б	to have learning disabilities	2	способность делать переходные выводы
В	to adapt the behavior to changes in the environment	3	не иметь способности к обучению
Г	to have an inborn need for attachment	4	повысить познавательные способности
Д	the ability to make transitive inferences	5	адаптировать поведение к изменениям окружающей среды
Е	the development of gender roles	6	иметь врожденную потребность в привязанности

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

Установите соответствия между английскими словосочетаниями и их русскими эквивалентами.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Словосочетание		Эквивалент
А	to stray from social norms	1	социальное давление
Б	to share, develop and sustain social attitudes	2	отступать от социальных норм
В	to evaluate and regulate opinions and actions	3	пример конкурирующих референтных групп
Г	social pressure	4	ошибочные стереотипы
Д	erroneous stereotypes	5	разделять, развивать и поддерживать социальные установки
Е	an example of competing reference groups	6	оценивать и соразмерять взгляды и поступки

7.

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

Установите соответствия между психологами и направлениями в психологии.

8.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Имя собственное		Направление
А	Sigmund Freud	1	Behaviorism
Б	Carl Rogers	2	Functionalism
В	Donald Broadbent	3	Humanistic approach
Г	B.F. Skinner	4	Psychoanalysis
Д	William James	5	Cognitivism

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д

9.

Установите соответствия между учеными-психологами и известными экспериментами в области психологии.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Имя собственное		Эксперимент
А	Stanley Milgram	1	the Bobo doll experiment
Б	Albert Bandura	2	the Little Albert experiment
В	Philip Zimbardo	3	the Milgram experiment
Г	John B. Watson	4	The Asch Conformity Experiment
Д	Solomon Asch	5	the Stanford prison experiment

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д

10. *Установите соответствия, подобрав пары синонимов.*
Текст задания:
К каждой позиции, данной в левом столбце, подберите соответствующую позицию со схожим значением из правого столбца:

	Слово		Синоним
А	mind	1	activity
Б	mental	2	study
В	action	3	unstable
Г	behavior	4	psychic
Д	experiment	5	manners
Е	variable	6	brain

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

11. *Прочитайте предложения с пропущенными словами или словосочетаниями и установите лексическое соответствие.*
Текст задания:
К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца.

	Предложение		Пропущенное слово или словосочетание
А	The term psychology can be broken down into its root words that are	1	be controlled

	Greek. Psyche means ...		
Б	To support psychology as a science, we turn to ...	2	a prediction that's rooted in theory.
В	Since the mind cannot be directly observed, it is through actions that psychologists can better grasp what ...	3	the idea of empirical evidence.
Г	At the core of psychology sits the scientific ...	4	"mind" or "soul".
Д	In order to deduce cause and effect (independent variables and dependent variables), variables must ...	5	may be happening in the mind.
Е	Scientists, academics, and researchers create their hypothesis, which is ...	6	method

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

12. *Установите соответствия между английскими словосочетаниями и их русскими эквивалентами.*
Текст задания:
К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Словосочетание		Эквивалент
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А	the mood seems to lighten a bit	1	потеря аппетита и сна
Б	to feel a complete failure	2	перепады настроения
В	loss of appetite and sleep disturbances	3	кажется, что настроение немного улучшается
Г	difficulty in making decisions	4	чувствовать себя полным неудачником
Д	inflated self-esteem	5	трудности в принятии решений
Е	mood swings	6	завышенная самооценка

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

13.

Установите соответствия, подобрав пары антонимов.

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию с противоположным значением из правого столбца:

	Слово		Антоним
А	create	1	retard
Б	maladaptation	2	applied
В	overt	3	difference

Г	basic	4	covert
Д	resemblance	5	adaptation
Е	develop	6	destroy

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

14.

Установите соответствия, образовав из слов логические пары (словосочетания).

Текст задания:

К каждой позиции, данной в левом столбце, подберите соответствующую позицию из правого столбца:

	Слово		Второе слово словосочетания
А	human	1	needs
Б	working	2	a contribution
В	to satisfy	3	information
Г	to make	4	beings
Д	to store	5	conditions
Е	to remember	6	facts

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

15.

Прочитайте определения данных понятий и установите соответствие с определяемыми терминами.

Текст задания:

К каждой позиции, данной в левом столбце, выберите соответствующую позицию из правого столбца:

	Понятие		Определение или характеристика
А	symptom	1	mental disorder that causes a sense of distress and deficit in functioning
Б	panic disorder	2	a set of symptoms
В	syndrome	3	an irrational and excessive fear of an object or situation
Г	neurosis	4	conditions that affect a person's emotional state
Д	phobia	5	a sign of disorder
Е	mood disorders	6	a condition associated with recurrent, unexpected panic attacks, characterized by sudden surges of physical arousal symptoms and fear

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

Прочитайте определения данных понятий и установите соответствие с определяемыми терминами.

16.

Текст задания:

К каждой позиции, данной в левом столбце, выберите соответствующую позицию из правого столбца:

	Понятие		Определение или характеристика
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			характеристика
А	brain	1	information that comes from the sense organs
Б	neuron	2	the organ in the body responsible for thinking
В	process	3	actions that people perform without being aware of them
Г	sensory information	4	an awareness that people have of themselves and their surroundings
Д	consciousness	5	to take in and understand something
Е	automatic behavior	6	a nerve cell

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г	Д	Е

17. *Прочитайте предложения и установите соответствия, выбрав правильный вариант перевода из предложенных ниже.*

Текст задания:

К каждому предложению подберите соответствующий вариант перевода:

А) I'll have to do it.

1) Я сумею это сделать.

2) Мне будет разрешено это сделать.

3) Я должен буду это сделать.

Б) Does he have to get up at 6 o'clock?

1) Он вынужден встать в 6?

2) Ему следует вставить в б?

3) Он может вставить в б?

В) You may take my car.

1) Ты должен взять мою машину.

2) Тебе лучше взять мою машину.

3) Ты можешь взять мою машину.

Г) You can't speak to your mother like that.

1) Ты не можешь так разговаривать со своей мамой.

2) Ты не должен так разговаривать со своей мамой.

3) Тебе не следует так разговаривать со своей мамой.

Запишите выбранные цифры под соответствующими буквами:

А	Б	В	Г

18.

Прочитайте текст задания и восстановите последовательность предложений в тексте.

А. The messages are transmitted through neurons.

Б. Then, the CNS directs the body`s behavior.

В. The CNS is made of the brain and spinal cord.

Г. The brain processes these messages.

Д. The CNS integrates sensory information from muscles and sensory organs.

Е. Some neurons are part of gray matter.

Запишите соответствующую последовательность цифр слева направо:

А	Б	В	Г	Д	Е

19.

Прочитайте текст задания и восстановите последовательность предложений в диалоге.

Текст задания:

- A. That`s right. Now, do you know what the brain does?
- Б. Um, I`m not sure.
- B. Okay. Let`s go over it again. What are the two main structures of the CNS?
- Г. It receives sensory information, right?
- Д. The brain and spinal cord?
- E. That`s right. Where does it receive that information from?

Запишите соответствующую последовательность цифр слева направо:

А	Б	В	Г	Д	Е

Прочитайте текст задания и восстановите последовательность предложений в письме.

Текст задания:

A. Anna is very kind and clever. She a psychology student. She likes her studies a lot.

Б. Say hello to everyone.

Love,

Mary

B. I`ve got a new friend. Her name is Anna. She`s got long blonde hair and grey eyes.

Г. Dear Peter,

Hi! It`s great in Moscow. The people are very friendly.

Запишите соответствующую последовательность цифр слева направо:

А	Б	В	Г

20.

Расставьте слова в предложениях в нужном порядке.

21.

Запишите выбранные буквы в правильном порядке слева направо:

1. (A) good, (Б) I, (B) student, (Г) am, (Д) a.

1.

2. (A) Mary, (Б) very, (B) looks, (Г) happy.

2.

3. (A) sings, (Б) well, (B) he.

3.

4. (A) will, (Б) rain, (B) it, (Г) soon.

4.

5. (A) listened to, (Б) teacher, (B) the, (Г) they.

5.

6. (A) English, (Б) have, (B) they, (Г) Wednesday, (Д) on.

6.

22.

Расставьте слова в предложениях в нужном порядке.

Запишите выбранные буквы в правильном порядке слева направо:

1. (A) Not, (Б) I, (B) will, (Г) see, (Д) friend, (E) soon, (Ё) my.

1.

2. (A) he, (Б) what, (B) do, (Г) will, (Д) weekends, (E) at?

2.

3. (A) Uses, (Б) the, (В) at, (Г) work, (Д) he, (Е) computer.

3.						
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4. (A) does, (Б) he, (В) not, (Г) know, (Д) the girl.

4.					
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5. (A) English, (Б) they, (В) not, (Г) do, (Д) study.

5.					
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6. (A) was, (Б) I, (В) not, (Г) school, (Д) at, (Е) yesterday.

6.					
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23.

Прочитайте текст и восстановите последовательность абзацев в тексте.

Текст задания:

A. Another experiment studied absolute thresholds. Students measured how well volunteers heard quiet sounds. They also measured barely noticeable difference threshold. This involved the change from quiet sounds to louder sounds.

Б. One recent experiment studied the effects of sensory adaptation. Volunteers were exposed to different level of color variation. Students examined effects on color perception. Now, they are testing effects of sensory deprivation.

В. Students in the psychology department perform a variety of experiments. Their current focus is psychophysics. This examines perception through the transduction of sensations. In other words, it studies the senses.

Запишите соответствующую последовательность цифр слева направо:

1	2	3

24.

Прочитайте текст задания и восстановите последовательность предложений в тексте.

Текст задания:

- A. While solving it, they know they are being observed by others.
- Б. When people are in groups, their individual behavior changes.
- В. However, another student might fail in the same situation.
- Г. Social facilitation causes one student to solve the problem quickly and without error.
- Д. For example, two students are solving a simple problem.

Запишите соответствующую последовательность цифр слева направо:

А	Б	В	Г	Д

25.

Прочитайте текст задания и восстановите последовательность предложений в диалоге.

Текст задания:

- A. Yes, I do. The ethical guidelines are quite strict and research with minors requires parent consent. That`s difficult to acquire at times.
- Б. Hi, Tom! I need your advice. Г m about ready to start my experiment. Do you have experience with children?
- В. That sounds reasonable. Thanks for your help!
- Г. I discuss the entire experiment with them beforehand. And I always update them before I make any changes.
- Д. Exactly. Hey, you work with children a lot. How do you deal with parents?

Запишите соответствующую последовательность цифр слева направо:

А	Б	В	Г	Д

26.

Прочитайте текст задания и восстановите последовательность предложений в тексте.

Текст задания:

- A. Data from these studies inform faculty of the state of the university.
- Б. We believe this is necessary to provide the best opportunities for our students.
- В. East University`s Psychology Department has a rich history of research and experiment.
- Г. Consequently, we focus on both correlational research and statistical research.
- Д. Studies at the university provide information on the student population.

Запишите соответствующую последовательность цифр слева направо:

			А	Б	В	Г	Д															
27.	<p><i>Прочитайте текст задания и восстановите последовательность предложений в тексте.</i></p> <p><i>Текст задания:</i></p> <p>A. The DSM is a manual that defines and classifies mental disorders. B. They say that it labels conditions that are not really mental health disorders. B. It provides researchers, clinicians, and many others with standardized criteria of these disorders. Г. Nevertheless, there are some critics of the DSM. Д. This lets clinicians diagnose patients consistently and accurately.</p> <p><i>Запишите соответствующую последовательность цифр слева направо:</i></p> <table border="1"> <tr> <td>А</td> <td>Б</td> <td>В</td> <td>Г</td> <td>Д</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>								А	Б	В	Г	Д									
А	Б	В	Г	Д																		
28.	<p><i>Прочитайте текст задания и восстановите последовательность предложений в диалоге.</i></p> <p><i>Текст задания:</i></p> <p>A. What`s the story with this one? Б. But you`re ready to release him now? В. Гm sending you another patient this week. Г. He came to the hospital last month with an anxiety disorder. We treated him for panic attacks. Д. Yes. The medication really helped. But he needs regular care. Е. Actually, I don`t. I think you should also explore the possibility of PTSD. Ж. I see. So, you think it`s a standard case of a panic disorder?</p> <p><i>Запишите соответствующую последовательность цифр слева направо:</i></p> <table border="1"> <tr> <td>А</td> <td>Б</td> <td>В</td> <td>Г</td> <td>Д</td> <td>Е</td> <td>Ё</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>								А	Б	В	Г	Д	Е	Ё							
А	Б	В	Г	Д	Е	Ё																
Задания открытого типа																						
1.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Behaviorism</p> <p>Behaviorism is a psychological school of thought that seeks to identify observable, measurable laws that explain human (and animal)</p>																					

		<p>behavior. Rather than looking inward to incorporate the subject's thoughts and feelings, classical behaviorism is focused on observable behavioral outputs, presuming that each behavior was carried out in response to environmental stimuli or a result of the individual's past conditioning—which may have included consequences, such as rewards or punishments. What's more, proponents argued that any task or behavior could be modified with the right conditioning, regardless of individual traits and thinking patterns. Behaviorism was most dominant in the first half of the twentieth century. Though the field did evolve beyond its early hyperfocus on external behavior, it is no longer widely cited amongst clinicians or academics because modern psychology tends to privilege the inner landscape of emotions and thought.</p>
	2.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Depressive Disorders</p> <p>Depressive disorders are characterized by persistent feelings of sadness and worthlessness and a lack of desire to engage in formerly pleasurable activities. Depression is not a passing blue mood, which almost everyone experiences from time to time, but a complex mind-body illness that interferes with everyday functioning. It not only darkens one's outlook, but it is also commonly marked by sleep problems and changes in energy levels and appetite. It alters the structure and function of nerve cells so that it disrupts the way the brain processes information and interprets experience. Despite feelings of hopelessness and worthlessness, depression is a treatable condition. It can be treated with psychotherapy or medication, or a combination of both. Depression is a common condition in modern life. According to the National Institutes of Health, each year more than 16 million adults in the United States experience at least one episode of major depression.</p>
	3.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> The History of Psychology</p> <p>Psychology, the study of the mind and behavior, has a fascinating history. It all began in ancient Greece, where philosophers like Socrates and Plato discovered the questions about the human psyche. However, formal psychology as a science began to appear in the late 19th century. One key figure in the history of psychology is Wilhelm Wundt. He established the first psychology laboratory in 1879, marking the birth of experimental psychology. Wundt focused on understanding conscious experience through systematic observation and measurement. The early 20th century saw the rise of behaviorism, led by John B. Watson. Behaviorists believed that psychology should only study observable behaviors, rejecting the exploration of internal mental processes. This perspective dominated for several decades. The 1950s brought a paradigm shift with the creation of cognitive psychology. Pioneers like Jean Piaget and Ulric Neisser explored mental processes such as memory and problem-solving.</p>
	4.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Psychologists and Psychiatrists</p> <p>People often use the terms "psychologist" and "psychiatrist" without knowing the difference, but they refer to different professions. Both work in the field of mental health, but their roles and approaches are different. Psychologists are professionals who study human behavior</p>

	<p>and the mind. They use various methods to understand and help individuals cope with emotional and mental challenges. Psychologists typically hold advanced degrees in psychology, and their expertise lies in counseling and therapy. They may work in schools, clinics, or private practices, offering support for issues like anxiety, depression, or relationship difficulties. Psychiatrists, on the other hand, are medical doctors specializing in mental health. They completed medical training and then achieved psychiatric specialization. Unlike psychologists, psychiatrists can prescribe medication to treat mental health conditions.</p>
5.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>The Methods of Scientific Psychological Research</p> <p>Psychologists use various methods to understand and study the complexities of human behavior and the mind. These methods, often scientific in nature, help them to understand patterns and gain valuable knowledge. Observational Research: Psychologists often begin by observing behavior in its natural setting. This method involves carefully watching behaviors without interfering. For example, a psychologist might observe how children interact on a playground to understand social dynamics. Surveys: To gather information from a large number of people, psychologists use surveys. Participants answer questions about their thoughts, feelings, or behaviors. This method provides a broad overview of opinions and experiences within a population. Case Studies: In-depth examinations of specific individuals or groups are known as case studies. Psychologists collect detailed information through interviews, observations, and other sources. While case studies offer rich insights, they may not be broadly applicable due to their specificity. Experiments: Experiments are a powerful method in psychology. Researchers manipulate variables to observe their effects on behavior. There is often a control group for comparison.</p>
6.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>States of Consciousness: Understanding Human Consciousness</p> <p>Consciousness is a term used to describe the awareness of your physical and mental experience. As you might have already realized, not all forms of awareness are the same. There are a number of different states of human consciousness, as well as a variety of factors that can have an impact on these states of awareness. Human consciousness is often compared to a stream—it is constantly changing, but always flowing smoothly. The way that your thoughts drift from one topic to another can feel effortless even when the thoughts you're having are dramatically different. If one moment you're thinking about this article that you are reading and the next moment you find yourself thinking about your childhood pet, you can thank your current state of consciousness. Two common states of awareness exist: conscious and unconscious. Where the term unconscious represents of a lack of awareness, consciousness itself can present with varying levels of awareness. This is often referred to as a person's state of consciousness. Have you ever wondered why you feel more energetic in the morning, tried to analyze your dreams, or questioned how hypnosis works?</p>
7.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p>

	<p><i>Текст задания:</i> Social Support and Depression</p> <p>It has long been understood that mood disorders like depression, much like most psychological disorders, are often caused by a combination of genetic and environmental factors. Most likely, there is interplay between someone's genetic risk for a disorder and the environmental stressors that trigger it: the more genetically vulnerable you are to a given disorder, the lower the amount of environmental triggers you need for it to come into being, and vice versa. Now, a new study shows how factors that protect <i>against</i> a disorder may behave differently depending on your level of genetic risk as well. Specifically, this research shows how environmental factors like solid social support can help offset the genetic risk of depression, lending itself to a growing body of evidence that positive social relationships are crucial for mental and physical health, and suggesting that social support may even be the most helpful for those who have a high genetic risk for depression. The study was led by a team at the University of Michigan.</p>
8.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> The Relationship Between Adolescents and Addiction</p> <p>Substance use disorders (SUD) and compulsive behaviors are not unique to any type of person or population, but there is an increased risk for adolescents to struggle with these types of disorders. One of the major factors for this is that adolescents go through many natural emotional and physical changes on top of academic and social pressures. All this can generate anxiety from parents and professionals who work with adolescents. As a result, when young clients come into a psychologist's office for treatment, some of the common questions he/she hears from parents are, "Why did this happen?" "How do we know?" and "How do we talk about it and help?" There is not one risk factor alone that leads to someone abusing substances or engaging in potentially compulsive behaviors, but rather an imbalance of having more risk factors in your life than protective factors. Some examples of risk factors are the following: family history of addiction, genetics, poverty, death and loss, traumatic experiences, etc.</p>
9.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> What is Anxiety?</p> <p>Anxiety is both a mental and physical state of negative expectation. Anxiety disorders are serious mental illnesses that cause significant worry or fear that doesn't go away and may even get worse over time. We all feel anxious at times, but with an anxiety disorder, the anxiety tends to be fairly constant and has a very negative and intrusive impact on quality of life. According to the National Institute of Mental Health (NIMH), approximately 19.1% of adults in the United States have some type of anxiety disorder. Women are also more likely to be affected by anxiety. The cognitive feelings of dread in anticipation of some bad outcome, and physical sensations such as jitteriness and a racing heart are designed for discomfort. Anxiety is meant to capture attention and stimulate you to make necessary changes to protect what you care about. Occasional bouts of anxiety are natural and can even be productive. Anxiety can be considered the price we humans pay for having the ability to imagine the future. But persistent, pervasive, or outsize anxiety can disrupt daily life, whether at school, work, or with</p>

	<p>friends—the mark of an anxiety disorder.</p>
10.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Panic Disorder</p> <p>Panic disorder refers to sudden and repeated panic attacks—episodes of intense fear and discomfort that reach a peak within a few minutes—during which time the individual experiences physical symptoms such as chest pain, heart palpitations, breathlessness, vertigo, or abdominal distress, sometimes accompanied by the fear of losing control or dying, according to the DSM-5. The symptoms may seem similar to those of a heart attack or other life-threatening medical conditions. Panic disorder is often diagnosed after medical tests or emergency room visits have ruled out other serious illnesses. Panic disorder affects about 2 to 3 percent of American adolescents and adults, and occurs twice as often in women than men. Panic attacks often emerge in young adulthood, but not everyone who experiences a single panic attack goes on to develop the disorder. In addition, at least one panic attack occurs after a month of persistent fear of another panic attack or its consequences, such as feeling out of control or changing one's behavior to avoid an attack.</p>
11.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Fear</p> <p>If people didn't feel fear, they wouldn't be able to protect themselves from legitimate threats. Fear is a vital response to physical and emotional danger that has been pivotal throughout human evolution, but especially in ancient times when men and women regularly faced life-or-death situations. At least 60 percent of adults admit to having at least one unreasonable fear, although research to date is not clear on why these fears manifest. One theory is that humans have a genetic predisposition to fear things that were a threat to our ancestors, such as snakes, spiders, heights, or water, but this is difficult to verify, although people who have a first-degree relative with a specific phobia appear more likely to have the same one. Others point to evidence that individuals fear certain things because of a previous traumatic experience with them, but that fails to explain the many fears without such origins. A phobia is a distinct fear or anxiety about a certain object or situation, exposure to which consistently provokes fear or causes distress in the sufferer.</p>
12.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Bipolar Disorder</p> <p>Bipolar disorders, or manic-depressive illness, is a group of disorders characterized by the presence of pronounced high-energy phases known as manic episodes. Typically, unusual shifts in mood and energy manifest in increased activity levels and impair the ability to function. The impairment created by bipolar disorder can be severe and can result in damaged relationships, poor job or school performance, and even suicide. According to the National Institute of Mental Health, an estimated 4.4 percent of adults in the United States experience</p>

	<p>bipolar disorder at some point in their lifetime. The condition occurs with equal frequency among males and females. The median age of onset is 25 years. Nevertheless, bipolar disorder may begin in childhood or may have its onset late in life. Bipolar disorders are typically chronic conditions and require lifelong management. More than 90 percent of people who have a single manic episode go on to have recurrent episodes of mania or depression.</p>
13.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>The Areas of Expertise for Clinical Psychologists</p> <p>Clinical psychologists have skills in various areas related to mental health and well-being. Their primary focus is on assessing, diagnosing, and treating individuals with psychological disorders. Clinical psychologists are skilled in conducting assessments to evaluate individuals' mental health. They use various techniques to diagnose problems such as anxiety disorders, depression, and schizophrenia. One of the core competencies of clinical psychologists is providing psychotherapy. They use different therapeutic approaches, such as cognitive-behavioral therapy (CBT) and psychodynamic therapy, to help clients understand and manage their emotions and behaviors. Clinical psychologists are trained to use different tests to modify and identify types of behaviors. This may include developing strategies to deal with issues like phobias, obsessive-compulsive disorder (OCD), or attention-deficit/hyperactivity disorder (ADHD). Many clinical psychologists specialize in treating individuals with substance abuse issues. They work to identify the root causes of addiction and develop interventions to support recovery.</p>
14.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Maslow's Hierarchy of Needs</p> <p>Maslow's Hierarchy of Needs is a psychological theory that explains human motivation. It was proposed by Abraham Maslow, a psychologist, in the mid-20th century. The theory suggests that people are motivated to satisfy certain needs in a specific order, arranged in a pyramid. At the bottom of the pyramid are the basic needs, also known as physiological needs. These are the fundamental requirements for survival, such as food, water, shelter, and sleep. Without these essentials, it's challenging for a person to focus on anything else. Above the basic needs are safety needs. Once the physiological needs are met, individuals try to find security and stability. This includes personal safety, financial security, health, and protection from threats. Feeling safe is crucial for overall well-being. Moving up the pyramid, we reach the social needs. These include the desire for love, friendship, and a sense of belonging. Humans are social beings, and relationships play a vital role in their emotional and psychological health. Building connections with others fulfills this level of need.</p>
15.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p>

	<p>Social Psychology: stereotypes and stereotyping</p> <p>Social psychology explores how individuals think, feel, and behave in social situations. Stereotypes and stereotyping are significant concepts within this field. Stereotypes are simplified and generalized beliefs about groups of people. They often come from cultural, social, or personal experiences and can be positive or negative. For example, thinking that all scientists are very intelligent is a positive stereotype, while believing that a particular ethnic group is lazy is a negative stereotype. Stereotypes develop for various reasons. One factor is the human tendency to categorize information to make sense of the world quickly. When individuals see a new person, their brains may automatically categorize that person based on visible characteristics such as race, gender, or age. Cultural factors play a significant role in shaping stereotypes. Media, family, and social interactions contribute to the formation of beliefs about certain groups. Unfortunately, these stereotypes can lead to unfair treatment.</p>
16.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>What is Motivation?</p> <p>Motivation is a powerful force that drives people to take action and achieve their goals. At its core, motivation is what pushes individuals to do things, whether it's completing a task or achieving the success. Motivation is like the engine that helps a person to move forward. It's the desire and energy that push individuals to do something. Whether it's getting out of bed in the morning, finishing a project, or learning a new skill, motivation is the driving force behind these actions. There are two main types of motivation: intrinsic and extrinsic. Intrinsic motivation comes from within, driven by personal satisfaction, curiosity, or enjoyment. Extrinsic motivation, on the other hand, is influenced by external factors like rewards, praise, or avoiding punishment. Setting goals is a common way people improve their motivation. Goals provide a sense of direction and purpose. For example, someone might set a goal to exercise regularly to improve their health. The desire to achieve this goal becomes a motivating factor for them to engage in physical activity.</p>
17.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>The Essence of Phobia</p> <p>Have you ever been afraid? Everyone gets scared sometimes. Maybe thunder and lightning make your heart beat faster. Or maybe your mouth goes dry when your teacher asks a question, or your hands sweat when it's your turn to give a presentation in front of the group. Perhaps you get a strange feeling in your stomach when you see someone who is scary. We all have fears from time to time. That's true no matter how big or brave we can be. Fear can even be good for you sometimes and even help you stay healthy or alive. Fear of getting too close to a campfire may save you from a bad burn. And fear of getting killed will keep you away from an armed criminal. Some people even enjoy being a little scared. That's why they like to watch scary movies or go on roller-coaster rides. But phobias are different. Phobias often begin in childhood and are irrational fears that produce a compelling desire of the dreaded object or situation. A phobic person understands</p>

		that the fear is groundless. It only brings more anxiety.
18.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Left-handedness: a Unique Perspective</p> <p>Are you left-handed? If so, you belong to a group of individuals who have a unique perspective on life. Left-handedness, while less common than being right-handed, is a fascinating trait that has intrigued researchers for years. Left-handedness refers to the preference for using the left hand over the right hand for tasks such as writing, eating, and throwing. While approximately 90% of the world's population is right-handed, around 10% are left-handed. This variation in handedness has created numerous studies to understand its origins. Scientists have explored the genetic and environmental factors that contribute to left-handedness. While genetics plays a role, it's not the determinant. Some left-handedness can be attributed to genetics, with left-handed parents more likely to have left-handed children. However, many left-handed individuals come from families with no history of left-handedness. Environmental factors also come into play.</p>	
19.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Music's Magic in Psychology</p> <p>Music therapy is a therapeutic approach that uses the naturally mood-lifting properties of music to help people improve their mental health and overall well-being. It's a goal-oriented intervention that may involve: making music, writing songs, singing, dancing, listening to music, discussing music. This form of treatment may be helpful for people with depression and anxiety, and it may help improve the quality of life for people with physical health problems. Anyone can engage in music therapy; you don't need a background in music to experience its beneficial effects. Music therapy can be an active process, where clients play a role in creating music, or a passive one that involves listening or responding to music. Some therapists may use a combined approach that involves both active and passive interactions with music. On its own, music therapy may not constitute adequate treatment for medical conditions, including mental health disorders. However, when combined with medication, psychotherapy, and other interventions, it can be a valuable component of a treatment plan.</p>	
20.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>How Social Psychologists Conduct Their Research</p> <p>Social psychology research methods allow psychologists a window into the causes for human behavior. They rely on a few well-established methods to research social psychology topics. These methods allow researchers to test hypotheses and theories as they look for relationships among different variables. Why do people do the things they do? And why do they sometimes behave</p>	

	<p>differently in groups? These questions are of interest not only to social psychologists, but to teachers, public policy-makers, healthcare administrators, or anyone who has ever watched a news story about a world event and wondered, “Why do people act that way?” Which type of research is best? This depends largely on the subject the researcher is exploring, the resources available, and the theory or hypothesis being investigated. Why study social behavior? Since so many "common sense" explanations exist for so many human actions, people sometimes fail to see the value in scientifically studying social behavior.</p>
21.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Environmental Psychology</p> <p>Environmental psychology is a branch of psychology that explores the relationship between humans and the external world. The influence of natural and human-built surroundings on how people feel, think, and behave is a major focus of research in the field. Environmental psychology focuses on a variety of physical spaces inhabited by people, including both human-built and natural ones. These can include relatively small-scale environments, such as a classroom, a home, or a public park, as well as larger-scale spaces such as schools, hospitals, or neighborhoods. (In other areas of psychology, the term “environment” is often used in a different way, to broadly refer to non-genetic factors that lead to individual differences.)</p> <p>Important subjects in environmental psychology include the negative or positive effects of spaces on people who inhabit them: for example, the impact of environmental stressors like noise or crowding; the restorative effect of natural environments; and the features associated with increased well-being, performance, or other measures in places like offices, homes, schools, and neighborhoods.</p>
22.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Eating Disorders</p> <p>Eating disorders are psychological conditions characterized by unhealthy, obsessive, or disordered eating habits. Eating disorders come with both emotional and physical symptoms and include anorexia nervosa (voluntary starvation), bulimia nervosa (binge-eating followed by purging), binge-eating disorder (binge-eating without purging), and other or unspecified eating disorders (disordered eating patterns that do not fit into another category). Eating disorders occur more frequently in affluent cultures than in non-affluent ones, but they are not exclusive to the well-off. A disproportionate number of those diagnosed are young women in their teens and 20s, but anyone—including young men and older adults of any gender—can develop an eating disorder. Eating disorders often become all-consuming, forcing the afflicted to focus on eating (or not eating) to the exclusion of much else in their life.</p> <p>Biological factors, social and interpersonal pressures, and family history are some of the factors associated with eating disorders.</p>
23.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p>

	<p>Attention-deficit/hyperactivity disorder</p> <p>Attention-deficit/hyperactivity disorder (previously known as attention deficit disorder or ADD) is a neurobehavioral disorder characterized by core symptoms of inattentiveness, distractibility, hyperactivity, and impulsivity. ADHD is thought to be the most common childhood mental health disorder, with estimates of its prevalence in children ranging from 5 to 11 percent. ADHD in adulthood is thought to be less common, with approximately 2 to 5 percent of adults diagnosed. ADHD symptoms can interfere with work, school, household tasks, and relationships, and managing the disorder can be a challenge for both children and adults. Fortunately, there are treatments that have been shown to be effective, and anyone affected by ADHD can learn coping skills to work around struggles and harness their talents—as many successful individuals with ADHD have already done. Some children and adults with ADHD find it difficult to concentrate on tasks at school or work and may daydream frequently.</p>
24.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>IQ Tests</p> <p>The very first IQ tests were designed to identify schoolchildren in need of extra academic help. Over time, that intention changed. The tests transformed into a means to identify people who had higher-than-average intelligence. It is important to remember that IQ testing has both limitations and biases. IQ tests only measure a specific range of mental abilities, but not all experts agree on a standard definition of intelligence. Some tests may be more reliable than others, but it is also possible that IQ scores can change over time. Many factors can affect IQ test scores, including access to education, cultural factors, overall health, and nutrition. The way that tests are constructed and scored can also affect scores. Some research also indicates that many IQ tests are biased against certain groups of people. What tests often miss are other skills that contribute to intelligence, such as emotional understanding and interpersonal abilities.</p>
25.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Chronic Stress Can Damage Brain Structure and Connectivity</p> <p>Neuroscientists have discovered how chronic stress and cortisol can damage the brain. A new study reconfirms the importance of maintaining healthy brain structure and connectivity by reducing chronic stress. Neuroscientists at the University of California, Berkeley, have found that chronic stress triggers long-term changes in brain structure and function. Their findings might explain why young people who are exposed to chronic stress early in life are prone to mental problems such as anxiety and mood disorders later in life, as well as learning difficulties. It has long been established that stress-related illnesses, such as post-traumatic stress disorder (PTSD) trigger changes in brain structure, including differences in the volume of gray matter versus white matter, as well as the size and connectivity of the amygdala. However, researchers are just beginning to understand exactly how chronic stress creates long-lasting changes in brain structure, which affect how the brain functions.</p>
26.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p>

	<p><i>Текст задания:</i> Addiction</p> <p>Addiction is a complex, chronic brain condition influenced by genes and the environment that is characterized by substance use or compulsive actions that continue despite harmful consequences. For a long time, addiction meant an uncontrollable habit of using alcohol or other drugs. More recently, the concept of addiction has expanded to include behaviors, such as gambling, as well as substances, and even ordinary and necessary activities, such as exercise and eating.</p> <p>Two aspects that all addictions have in common:</p> <ul style="list-style-type: none"> • The addictive behavior is maladaptive. The behavior causes problems for the individual or those around them. So instead of helping the person cope with situations or overcome problems, it tends to undermine these abilities. • The behavior is persistent. When people are addicted, they will continue to engage in the addictive behavior despite the trouble it causes. So an occasional weekend of self-indulgence is not an addiction, although it may cause different kinds of problems. Addiction is characterized by frequent engagement in the behavior.
27.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Seasonal Affective Disorder</p> <p>Seasonal affective disorder, or SAD, is a type of recurrent major depressive disorder in which episodes of depression occur during the same season each year. This condition is sometimes called the "winter blues," because the most common seasonal pattern is for depressive episodes to appear in the fall or winter and remit in the spring. Less commonly, SAD can occur as summer depression, typically beginning in the late spring or early summer and remitting in the fall. SAD may be related to changes in the amount of daylight a person receives. To be diagnosed with SAD, an individual must meet the criteria for major depression coinciding with specific seasons for at least two years. The individual must experience seasonal depressions much more frequently than any non-seasonal depression. The cause for SAD is unknown. There is some evidence that it is related to the body's level of melatonin, a hormone secreted by the pineal gland that regulates the sleep-wake cycle.</p>
28.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Anorexia Nervosa</p> <p>Anorexia nervosa is an eating disorder and psychological condition marked by extreme self-starvation due to a distorted body image. People with anorexia think they are fat, regardless of how much they weigh, and are obsessive about monitoring their weight and the food they consume. They may regularly refuse to eat or eat only minimal amounts of food. In spite of the health risks associated with being severely underweight, those with anorexia cannot see it as a problem. Yet those with the condition can and do starve themselves to death. Anorexia is closely linked to perfectionism, depression, and suicidality. Although young women account for most cases, anorexia can affect anyone, at any time. But treatment can help individuals suffering from eating disorders make a lasting recovery. Identifying eating disorders as early</p>

	as possible is critical, because it raises the chance of a successful recovery. Although young women account for many cases of anorexia, the disorder can strike anyone, of any gender, race, or age.
29.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Psychotherapy</p> <p>Psychotherapy, also called talk therapy or usually just "therapy," is a form of treatment aimed at relieving emotional distress and mental health problems. Provided by any of a variety of trained professionals—psychiatrists, psychologists, social workers, or licensed counselors—it involves examining and gaining insight into life choices and difficulties faced by individuals, couples, or families. Therapy sessions refer to structured meetings between a licensed mental health specialist and a client with a goal of improving some aspect of their life. Psychotherapy encompasses many types of treatment and is practiced by a range of clinicians using a variety of strategies. The critical aspect is that the client or patient works collaboratively with the therapist and can identify improvement and positive change over time. Most therapies in wide use have been well-tested and deemed effective.</p>
30.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>What is the Learning theory of Cognitivism?</p> <p>The Learning Theory of Cognitivism concentrates on how a person's mind receives, organizes, saves and retrieves information. The cognitive theory believes that the human mind functions like an information processor or computer. Therefore, the cognitivist approach looks beyond noticeable behaviour, considering learning as an internal mental process. In a classroom, cognitivism offers Advantageous Learning Environments that evolve through interactive mental activities that stimulate the thinking ability of students. For instance, when learners listen to thought-provoking questions, it tutors their brains to move further from their current knowledge to get solutions. Cognitivists believe that humans learn from thinking. They believe that we learn from our experiences and that we can change our behaviors based on new information. Knowledge is considered an internal process rather than a product. Cognitive learning theories are based on the idea that knowledge acquisition occurs when learners actively engage in problem-solving activities.</p>
31.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Social Cognition in Psychology</p> <p>Social cognition refers to the different psychological processes that influence how people process, interpret, and respond to social signals. These processes allow people to understand social behavior and respond in ways that are appropriate and beneficial. Social cognition is a sub-topic of social psychology that focuses on how people process, store, and apply information about others and social situations. It focuses on the role that cognitive processes play in our social interactions. How we think about others plays a major role in how we think, feel, and interact with the world around us. Another important topic in social cognition is the concept of social schemas. Social schemas refer to people's mental representations of social patterns and norms. These representations can include information about societal roles and the</p>

	<p>expectations of different individuals within a group. Social cognition is not simply a topic within social psychology—it is an approach to studying any subject with social psychology. Using a social-cognitive perspective, researchers can study a wide range of topics.</p>
32.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Hypnosis</p> <p>Hypnosis is a mental state of highly focused concentration, diminished peripheral awareness, and heightened suggestibility. There are numerous techniques that experts employ for inducing such a state. Capitalizing on the power of suggestion, hypnosis is often used to help people relax, to diminish the sensation of pain, or to facilitate some desired behavioral change. Therapists bring about hypnosis (also referred to as hypnotherapy or hypnotic suggestion) with the help of mental imagery and soothing verbal repetition that ease the patient into a trance-like state. Once relaxed, patients’ minds are more open to transformative messages. Not everyone is equally hypnotizable. Using brain imaging techniques, researchers have found differences in patterns of brain connectivity between those who respond to hypnotic induction and those who do not.</p>
33.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Psychosis</p> <p>Psychosis occurs when an individual loses touch with reality—a break that can be terrifying to experience or to observe in a loved one. Psychosis can include hallucinations, delusions, disorganized speech, and abnormal movements. Hallucinations—perceiving something that doesn’t exist—and delusions or false beliefs are hallmarks of psychosis. Disorganized speech may manifest as incoherent babbling and abnormal movements can include motionlessness, a state called catatonia. Psychosis is a symptom, not a classifiable disorder in and of itself. Persistent symptoms of psychosis may lead to a diagnosis of a schizophrenia spectrum disorder, such as schizophrenia, and schizoaffective disorder. Psychosis can also be a symptom of bipolar disorder. But psychosis can arise from other sources, such as sleep deprivation, alcohol, or drugs. It is important to seek professional help as soon as psychosis is experienced or suspected.</p>
34.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Anger</p> <p>Anger is one of the basic human emotions, as elemental as happiness, sadness, anxiety, or disgust. These emotions are tied to basic survival and were honed over the course of human history. Anger is related to the “fight, flight, or freeze” response of the sympathetic nervous system; it prepares humans to fight. But fighting doesn’t necessarily mean throwing punches; it might motivate communities to combat injustice by changing laws or enforcing new behavioral norms. Of course, anger too easily or frequently mobilized can undermine</p>

	<p>relationships and it can be deleterious to bodies in the long term. Prolonged release of the stress hormones that accompany anger can destroy neurons in areas of the brain associated with judgment and short-term memory, and weaken the immune system. Anger disorders are pervasive in America, and slowly spreading to other countries.</p>
35.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Borderline Personality Disorder</p> <p>Borderline personality disorder is a chronic condition that may include mood instability, difficulty with interpersonal relationships, and high rates of self-injury and suicidal behavior. Borderline personality disorder (BPD) is characterized by pervasive instability in moods, interpersonal relationships, self-image, and behavior. This instability often disrupts family and work life, long-term planning, and an individual's sense of identity. People with BPD, originally thought to be at the "border" of psychosis and neurosis, suffer from difficulties with emotion regulation. While less well known than schizophrenia or bipolar disorder, BPD affects 2 percent of adults. People with BPD exhibit high rates of self-injurious behavior, such as cutting and elevated rates of attempted and completed suicide. Impairment from BPD and suicide risk are greatest in the young-adult years and tend to decrease with age. BPD is more common in women than in men, with 75 percent of cases diagnosed among women.</p>
36.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Is Psychology Really a Science?</p> <p>One view is that science involves measuring things with great precision. Biologists place cells under powerful microscopes, measuring them to the minutest detail. Astrophysicists measure the rate of expansion of the universe to astounding decimals. And chemists measure precisely what happens to molecules when exposed to heat, cold, or any number of other treatments. Judged from this perspective, psychology clearly falls short. To measure depression, the best we can often do is to use psychological tests that ask people perhaps a few dozen questions about their mood. But this method isn't foolproof—people can lie or even be self-deceived. As an alternative, we might ask someone to submit to an fMRI (Functional magnetic resonance imaging) or similar brain scan. But this is hardly a direct way of measuring depression. In order to know how the splotches of brain activity that appear on the screen translate into lived experience, we still need to ask the person. Like sociology, economics, and other social sciences, psychology necessarily relies on indirect measurements.</p>
37.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Motivation in Children</p> <p>Many researchers suggest that providing physical rewards, or what psychologists call extrinsic motivation for doing something, undermine the development of any internal or intrinsic motivation to do the very same thing. In other words, if children are rewarded for doing well in</p>

	<p>school, for example, their motivation for learning might be completely based on receiving rewards, and not by any inherent appreciation for knowledge.</p> <p>Decades of research support this idea. In one of the most classic studies on the topic, researchers asked college students to work on a puzzle while in the lab. Half of the students were told that they would be paid for doing the puzzle, while the other half were not told they'd be paid. After a short break, the college students were left alone to do whatever they wanted, and they had the option of continuing to work on the puzzle or to do something else. Which group do you think worked on the puzzle for longer? Contrary to what you might expect, the students who were not paid were the ones who voluntarily kept working on the puzzle.</p>
38.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Stress</p> <p>Stress generally refers to two things: the psychological perception of pressure, on the one hand, and the body's response to it, on the other, which involves multiple systems, from metabolism to muscles to memory. Some stress is necessary for all living systems; it is the means by which they encounter and respond to the challenges and uncertainties of existence. The perception of danger sets off an automatic response system, known as the fight-or-flight response that activated through hormonal signals, prepares an animal to meet a threat or to flee from it. A stressful event—whether it's the sudden appearance of a snake on the path or the fear of losing your job when the boss yells—triggers a cascade of hormones, including adrenaline and cortisol that surge through the body. These hormones increase heartbeat and the circulation of blood to support quick action, mobilize fat and sugar for immediate energy, focus attention to track the danger, prepare muscles for movement, and more.</p>
39.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>What is Bipolar Disorder?</p> <p>Bipolar disorder, also known as manic depression, is a chronically recurring condition involving moods that swing between the highs of mania and the lows of depression. Depression is by far the most pervasive feature of the illness. The manic phase usually involves a mix of irritability, anger, and depression, with or without euphoria. When euphoria is present, it may manifest as unusual energy and overconfidence, playing out in bouts of overspending or promiscuity, among other behaviors. The disorder most often starts in young adulthood, but can also occur in children and adolescents. Misdiagnosis is common; the condition is often confused with attention-deficit/hyperactivity disorder, schizophrenia, or borderline personality disorder. Biological factors probably create vulnerability to the disorder within certain individuals, and experiences such as sleep deprivation can kick off manic episodes.</p>
40.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p>

		<p>Theory of Mind</p> <p>Theory of mind is typically defined as the ability to understand the thoughts, beliefs, desires, and emotions of other people. This understanding allows individuals to predict how others will feel, act, and think in a given situation. The ability arises from a “body of conceptual knowledge that underlies access to both one’s own and others’ mental states,” according to psychologist and professor Brete Sodian. Theory of mind is a foundational mechanism for navigating social situations. To successfully interact with other people, an individual must have some idea of what they’re thinking, and that other people may think about or perceive a situation differently. This ability is called a theory because it is impossible to truly know the inner world of another person. We observe them and generate ideas or explanations for their ideation or behavior, but these are ultimately hypotheses. Scientific interest in theory of mind is relatively recent. Most work on the topic has come in the past 50 to 60 years, and research (and understanding of it) remains ongoing.</p>
	41.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>The Benefits of Art Therapy for Mental Health</p> <p>The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. People have been relying on the arts for communication, self-expression, and healing for thousands of years. But art therapy didn't start to become a formal program until the 1940s. Doctors noted that individuals living with mental illness often expressed themselves in drawings and other artworks, which led many to explore the use of art as a healing strategy. Since then, art has become an important part of the therapeutic field and is used in some assessment and treatment techniques. Art therapy can be used to treat a wide range of mental disorders and psychological distress. In many cases, it might be used in conjunction with other psychotherapy techniques such as group therapy or cognitive-behavioral therapy (CBT).</p>
	42.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Psychotherapy: Understanding Group Therapy</p> <p>Depending on the nature of your problem, group therapy can be an ideal choice for addressing your concerns and making positive changes in your life. If you're considering psychotherapy, several options are available. One of those options is group therapy. Depending on the nature of your problem, group therapy can be an ideal choice for addressing your concerns and making positive changes in your life. Group therapy involves one or more psychologists who lead a group of roughly five to 15 patients. Typically, groups meet for an hour or two each week. Some people attend individual therapy in addition to groups, while others participate in groups only. Many groups are designed to target a specific problem, such as depression, obesity, panic disorder, social anxiety, chronic pain or substance abuse. Other groups focus more generally on improving social skills, helping people deal with a range of issues such as anger, shyness, loneliness and low self-esteem.</p>
	43.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p>

	<p><i>Текст задания:</i> The Facts about Psychotherapy</p> <p>People seek psychotherapy for a range of reasons in everyday life. Some pursue psychotherapy for treatment of depression, anxiety or substance abuse. But others want help coping with major life transitions or changing problem behaviors: the loss of a job, a divorce or the death of a loved one. Yet others need help managing and balancing the demands of parenting, work and family responsibilities, coping with medical illness, improving relationship skills or managing other stressors that can affect just about all of us. Anyone can benefit from psychotherapy to become a better problem solver. Stigma connected to getting help for psychological or behavioral concerns used to be a strong deterrent for people. Researchers continue to find new links emphasizing the value of taking care of mental health to ensure good physical health, often called the mind-body health connection. Emotional problems can show up as physical symptoms. And when we are physically ill, we may develop emotional issues.</p>
44.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Social Anxiety Disorder (Social Phobia)</p> <p>Social anxiety disorder, formerly referred to as social phobia, is an anxiety disorder characterized by overwhelming anxiety and excessive self-consciousness in everyday social situations. People with social anxiety disorder have a persistent, intense, and chronic fear of being watched and judged by others and of being embarrassed or humiliated by their own actions. Their fear may be so severe that it interferes with work, school, or other activities. While many people with social anxiety disorder recognize that their fear of being around people may be excessive or unreasonable, they are unable to overcome it. They often worry for days or weeks in advance of a dreaded situation. In addition, they often experience low self-esteem and depression. Social anxiety disorder can be limited to only one type of situation—such as a fear of public speaking—or a person can experience symptoms whenever they are around other people.</p>
45.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Understanding Abnormal Psychology</p> <p>Abnormal psychology is a branch of psychology that deals with psychopathology and abnormal behavior, often in a clinical context. The term covers a broad range of disorders, from depression to obsessive-compulsive disorder (OCD) to personality disorders. Counselors, clinical psychologists, and psychotherapists often work directly in this field. In order to understand abnormal psychology, it's essential to first understand what we mean by the term "abnormal." On the surface, the meaning seems obvious; abnormal indicates something that's outside of the norm. Many human behaviors can follow what is known as the normal curve. Looking at this bell-shaped curve, the majority of individuals are clustered around the highest point of the curve, which is known as the average. People who fall very far at either end of the normal curve might be considered "abnormal."</p>

46.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>What is Bibliotherapy?</p> <p>Have you ever read a book and experienced an emotional response that surprised you? Maybe your heart raced during an intense scene, or you found yourself sobbing in sympathy with the protagonist’s grief. You’re not alone — a 2021 study showed that reading fiction actually enhances your ability to recognize and process emotions, building your capacity for empathy (Schwering, et al., 2021). At its core, therapy can’t happen without stories. The therapeutic process relies on storytelling as a vehicle for healing, as the client shares their narrative of trauma, pain, loss, or fear, bringing it out into the open where empathy can take root, and new chapters can finally be written. When we pick up a book, whether it's a memoir, a novel, or even a poem, and bring it into the therapeutic space, the process of bibliotherapy unfolds in two ways: first, through the individual’s interaction with the text itself, and second, through the meaningful discussion that follows in session, exploring themes, character development, and emotions conjured.</p>
47.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>How Dancing Helps Your Mental Health</p> <p>Dancing is fun and can be a great way to celebrate, but evidence also suggests it can be a powerful tool for boosting mental health and well-being. Researchers have found that dancing can improve mood, combat depression, boost brain function, foster happiness, and even improve relationships. It can also improve psychological coping and overall well-being. Some people opt for dance or movement therapy, or DMT. It’s defined by the American Dance Therapy Association (ADTA) as the "psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual," for the purpose of improving health and well-being. A research study was conducted on the effects of movement and dance on health-related psychological outcomes. It’s findings were promising. The benefits of movement and dance included increased quality of life and interpersonal skills while at the same time lowering depression and anxiety.</p>
48.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Things that Make a Therapist Effective</p> <p>There is abundant evidence that psychotherapy and counseling are helpful in reducing distress and treating a wide range of psychological disorders. They are also effective in helping people create more satisfying and meaningful lives. The work of a psychotherapist can be enormously rewarding. There is something deeply moving about being part of someone’s journey toward becoming unstuck from painful situations and patterns, overcoming a legacy of trauma, and finding greater meaning and happiness in their life. Effective therapists tend to score high on a number of personal and interpersonal attributes: They are empathic, comfortable with emotional intimacy, possess healthy</p>

	<p>personal boundaries, are able to tolerate strong emotions in others and themselves, and can hear and consider criticism without becoming defensive. Research has found that the great majority of psychotherapists have been in therapy themselves after their graduate training.</p>
49.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Trauma in Psychology</p> <p>Trauma is a person’s emotional response to a distressing experience. Few people can go through life without encountering some kind of trauma. Unlike ordinary hardships, traumatic events tend to be sudden and unpredictable, involve a serious threat to life—like bodily injury or death—and feel beyond a person’s control. Most important, events are traumatic to the degree that they undermine a person's sense of safety in the world and create a sense that catastrophe could strike at any time. Parental loss in childhood, auto accidents, physical violence, sexual assault, military combat experiences, the unexpected loss of a loved one are commonly traumatic events. Disturbing events activate the amygdala, a structure in the brain responsible for detecting threats. It responds by sending out an alarm to multiple body systems to prepare for defense.</p>
50.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Family Therapy</p> <p>Family therapy is a type of treatment designed to help with issues that specifically affect families' mental health and functioning. It can help individual family members build stronger relationships, improve communication, and manage conflicts within the family system. By improving how family members interact and relate to one another, family therapy can foster change in close relationships. Some of the primary goals of family therapy are to create a better home environment, solve family issues, and understand the unique issues that a family might face. Because this form of treatment addresses communication, family members can learn how to better share their thoughts and needs and resolve conflicts in a way that is less likely to damage relationships. This type of therapy also focuses on how family members can address an individual family member’s difficulties. For example, if one family member has a mental health condition, family therapy can help alter some conditions that sometimes contribute to the problem.</p>
51.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>What is Conformity?</p> <p>Conformity is the act of changing your behaviors in order to fit in or go along with the people around you. In some cases, this social influence might involve agreeing with or acting like the majority of people in a specific group, or it might involve behaving in a particular way in order to be perceived as "normal" by the group. Essentially, conformity involves giving in to group pressure. Researchers have found that people conform for a number of different reasons. In many cases, looking to the rest of the group for clues for how we should behave can be helpful. Other people might have greater knowledge or experience than we do, so following their lead can actually be instructive. In some</p>

	<p>instances, we conform to the expectations of the group in order to avoid looking foolish. This tendency can become particularly strong in situations where we are not quite sure how to act or where the expectations are ambiguous.</p>
52.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Psychoanalysis</p> <p>Freud pioneered the idea that unconscious forces influence overt behavior and personality. He believed that childhood events and unconscious conflict, often pertaining to sexual urges and aggression, shape a person's experience in adulthood. Freud's theory of psychoanalysis created the framework for psychoanalytic therapy, a deep, individualized form of talk therapy. Psychoanalytic therapy encompasses an open conversation that aims to uncover ideas and memories long buried in the unconscious mind. Psychoanalysts employ specific techniques, such as spontaneous word association, dream analysis, and transference analysis. Identifying patterns in the client's speech and reactions can help the individual better understand their thoughts, behaviors, and relationships as a prelude to changing what is dysfunctional. Freud's ideas have been contested and criticized—yet his influence is also hard to overstate. Freud's realization that much of mental life operates outside of awareness was a groundbreaking insight that propelled psychology forward.</p>
53.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> What is Clinical Psychology?</p> <p>Clinical psychology is a field that applies psychological research and techniques in "clinical" settings. According to one simple clinical psychology definition, it's "the study of individuals, by observation or experimentation, with the intention of promoting change." This field is "clinical" because it involves observing and working directly with patients in clinics and related settings. However, the practitioners of psychological clinical science may also extend their clinical care and work as part of a team of other health or social workers. Clinical psychologists meet with individuals, families and other groups in places like counseling centers, schools and hospitals. They practice in community health clinics and veteran service centers. Most clients seek psychological services on their own accord. But clinical psychologists are not limited to private practice. A clinical scientist or psychologist is sometimes appointed by courts or insurance companies to perform psychological assessment and evaluations that inform legal judgments.</p>
54.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Cognitive Behavioral Therapy (CBT)</p> <p>Cognitive behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps people learn how to identify and change the destructive or disturbing thought patterns that have a negative influence on their behavior and emotions. Cognitive behavioral therapy</p>

	<p>combines cognitive therapy with behavior therapy by identifying maladaptive patterns of thinking, emotional responses, or behaviors and replacing them with more desirable patterns. Cognitive behavioral therapy focuses on changing the automatic negative thoughts that can contribute to and worsen our emotional difficulties, depression, and anxiety. These spontaneous negative thoughts also have a detrimental influence on our mood. Through CBT, faulty thoughts are identified, challenged, and replaced with more objective, realistic thoughts. CBT encompasses a range of techniques and approaches that address our thoughts, emotions, and behaviors. These can range from structured psychotherapies to self-help practices.</p>
55.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Bystander Effect</p> <p>The bystander effect occurs when the presence of others discourages an individual from intervening in an emergency situation, against a bully, or during an assault or other crime. The greater the number of bystanders, the less likely it is for any one of them to provide help to a person in distress. People are more likely to take action in a crisis when there are few or no other witnesses present. Social psychologists Bibb Latané and John Darley popularized the concept of the bystander effect following the infamous murder of Kitty Genovese in New York City in 1964. The 28-year-old woman was stabbed to death outside her apartment; at the time, it was reported that dozens of neighbors failed to step in to assist or call the police. Latané and Darley attributed the bystander effect to two factors: diffusion of responsibility and social influence. The perceived diffusion of responsibility means that the more onlookers there are, the less personal responsibility individuals will feel to take action. Social influence means that individuals monitor the behavior of those around them to determine how to act.</p>
56.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i> Role of Behavioral Therapy in Treating Phobias</p> <p>Phobias occur in many people and are often mild. For example, if you live in the U.S. and have a fear of tigers, you can simply avoid the zoo. However, if the fear from your phobia is causing clinically significant distress, preventing you from necessary daily tasks, or negatively affecting interpersonal relationships, treatment is necessary. Most forms of phobia-type anxiety disorders can successfully be treated. However, no single method of treatment works for all phobias. If you do seek treatment, the exact methods the therapist uses to help you may vary, but will likely include some form of behavioral therapy. A person who has a phobia believes situations with the feared object are inherently dangerous. This belief leads negative automatic thoughts to occur as soon as the feared situation is encountered. These automatic thoughts cause a phobic behavioral reaction, or fear response.</p>
57.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p>

	<p>Color Psychology: Does It Affect How You Feel?</p> <p>Artists and interior designers have long believed that color can dramatically affect moods, feelings, and emotions. "Colors, like features, follow the changes of the emotions," the artist Pablo Picasso once remarked. Color is a powerful communication tool and can be used to signal action, influence mood, and even influence physiological reactions. Certain colors have been associated with physiological changes, including increased blood pressure, increased metabolism, and eyestrain. Color psychology is the study of how different colors affect human mood and behavior. It explores how colors can influence emotional responses, as well as how responses to color are affected by factors such as age and cultural background. The scientific exploration of color psychology is relatively new, but people have long been interested in the nature and impact of color. In ancient cultures, colors were often used to treat different conditions and influence emotions. They also played a role in different spiritual practices. While perceptions of color are somewhat subjective, some color effects have universal meanings.</p>
58.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Left Brain vs Right Brain Dominance</p> <p>People described as left-brain thinkers are told they have strong math and logic skills. On the other hand, those who are described as right-brain thinkers are told that their talents are more on the creative side of things. According to the theory of left brain or right brain dominance, each side of the brain controls different types of thinking. Additionally, people are said to prefer one type of thinking over the other. For example, a person who is "left-brained" is often said to be more logical, analytical, and objective. A person who is "right-brained" is said to be more intuitive, thoughtful, and subjective. In psychology, the theory is based on the lateralization of brain function. The brain contains two hemispheres that each performs a number of roles. The two sides of the brain communicate with one another via the corpus callosum. The left hemisphere controls the muscles on the right side of the body, while the right hemisphere controls those on the left. This is why damage to the left side of the brain, for example, might have an effect on the right side of the body.</p>
59.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>The Effects of Stress on the Brain</p> <p>Stress is a familiar and unavoidable part of daily life. It comes in many forms, from the stress of juggling family, work, and school commitments to dealing with issues like health, money, and relationships. In each instance where we face a potential threat, our minds and bodies go into action, mobilizing to either deal with the issues (fight) or avoid the problem (flight). You have probably heard about how bad stress is for your mind and body. It can lead to physical symptoms such as headaches and chest pain. It can produce mood problems such as anxiety or sadness. It can even lead to behavioral problems such as outbursts of anger or overeating. What you might not know is that stress can also have a serious impact on your brain. When faced with stress, your brain goes through a series of reactions—some good and some</p>

		bad—designed to mobilize and protect itself from potential threats. Sometimes stress can help sharpen the mind and improve the ability to remember details about what is happening.
60.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>How Psychologists Define Attention</p> <p>Attention is the ability to actively process specific information in the environment while tuning out other details. Attention is a basic component of our biology, present even at birth. Our orienting reflexes help us determine which events in our environment need to be attended to, a process that aids in our ability to survive. Newborns attend to environmental stimuli such as loud noises. A touch against the cheek triggers the rooting reflex, causing the infant to turn his or her head to nurse and receive nourishment. These orienting reflexes continue to benefit us throughout life. Attention plays a critical role in almost every area of life including school, work, and relationships. It allows people to focus on information in order to create memories. It also allows people to avoid distractions so that they can focus on and complete specific tasks. There has been a tremendous amount of research looking at exactly how many things we can attend to and for how long. Key variables that impact our ability to stay on task include how interested we are in the stimulus and how many distractions there are.</p>	
61.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>In 1877 James Ward proposed to open a laboratory in Cambridge to study psychophysics, the relation between the physical properties of stimuli and experienced sensations. This proposal was rejected by the University because it would “insult religion by putting the soul on a pair of scales”. However, in 1897, William Rivers was appointed University Lecturer in Physiological and Experimental Psychology. Rivers was to become famous as a neurologist, psychologist, anthropologist, and psychiatrist. Research and teaching in experimental psychology is continued to the present day. The Department of Experimental Psychology at the University of Cambridge is famous for its teaching. Students are taught by researchers of international importance and many of its past students have important positions in psychology and related fields throughout, the world. The subject is taught as an experimental science at second and third-year levels within the Natural Sciences. All undergraduates at Cambridge study for the Bachelor of Arts degree – even those studying the sciences. The Department admits graduates to study for research degrees. These include the Ph.D. (requiring three years of research) and the M.S. (two years).</p>	
62.	<p><i>Прочитайте и переведите письменно текст с английского языка на русский язык.</i></p> <p><i>Текст задания:</i></p> <p>Knowledge of English is very important for international exchange and scientific work. Many students learn a second foreign language, such as German, French or Spanish. In the life sciences block we study Biology, Anatomy, Morphology of Central Nervous</p>	

	<p>System, Physiology of Central Nervous System, Anthropology, Mathematical Methods in Psychology and Computer Science in Psychology. Studying psychology is not easy. A psychologist has to be a universally prepared specialist with general university background and specific knowledge and skills in psychology. Fundamental education in psychology consists of courses, such as Introduction to Psychology, History of Psychology, Experimental Psychology, Methodological Problems of Psychology. We also study Social Psychology, Pedagogical Psychology, Industrial Psychology, etc. Each student at our faculty has a choice of specialization. He or she can choose the future specialization within the psychology. It is a very important decision to make. Students choose whether they will be clinical psychologists or research psychologists.</p>
63.	<i>Дайте развернутый и аргументированный ответ на вопрос, почему учиться в университете интересно, и почему студенческие годы важны для будущих специалистов в области психологии.</i>
64.	<i>Расскажите о своем университете и выскажите Ваше мнение о том, сложно ли учиться в вузе и почему.</i>
65.	<i>Психология – очень интересная и обширная область науки. Приведите доводы, которые бы доказывали, что знания в области психологии очень востребованы в наше время и что эта наука опирается на различные методы исследования.</i>
66.	<i>Выскажите свое мнение о работе психолога, а также расскажите о плюсах и минусах этой профессии.</i>
67.	<i>Профессия клинического психолога одна из самых востребованных в современном мире. Расскажите об этой профессии, ее основных целях и задачах. Обоснуйте, почему Вы остановили свой выбор на этой профессии.</i>
68.	<i>Существует множество направлений в психологии. Расскажите о самых популярных и значимых направлениях, на ваш взгляд, их целях и роли в психологии.</i>
69.	<i>Объясните, что такое социальная психология и чем она занимается. Выскажите Ваше мнение о значимости этой области психологии в современном мире.</i>
70.	<i>Расскажите об особенностях мозга человека, его функциях и возможностях. Приведите факты того, что мозг человека является уникальной и сложной структурой.</i>

71.	<i>Объясните, что входит в понятие «психическое расстройство». Расскажите, какие виды психических расстройств бывают, перечислите, какие факторы способствуют появлению и развитию таких заболеваний.</i>														
72.	<i>Назовите основную цель психотерапии и приведите аргументы в пользу применения данного метода терапии.</i>														
Практические задания															
1.	<p><i>Выберите верное слово из данных в скобках, чтобы закончить предложения.</i></p> <p><i>Текст задания:</i></p> <p>1. Anhedonia might be the only (symptom / sign), or it can be part of another disorder. 2. Anhedonia is a key feature of psychological disorders such as (depression / depressive) and schizophrenia, as well as neurological disorders such as Parkinson’s disease. 3. Older adults with depression are more likely to have symptoms of anhedonia than the sad (mood / moody) that comes to mind when we think of depression. 4. However, anhedonia can also occur in (healthy / health) older adults. 5. Anhedonia increases the risk for negative (outcomes / incomes). 6. Studies show that individuals with anhedonia are at risk for cognitive deficits, (disability / disabled), and poor clinical outcomes. 7. People with anhedonia are more likely to have difficulty performing everyday (activities / actions) such as managing their schedule and medications, driving, and cooking.</p> <p><i>Запишите Ваш ответ в соответствующую графу в таблице.</i></p> <table border="1" data-bbox="448 845 806 1220"> <tr><td>1.</td><td></td></tr> <tr><td>2.</td><td></td></tr> <tr><td>3.</td><td></td></tr> <tr><td>4.</td><td></td></tr> <tr><td>5.</td><td></td></tr> <tr><td>6.</td><td></td></tr> <tr><td>7.</td><td></td></tr> </table>	1.		2.		3.		4.		5.		6.		7.	
1.															
2.															
3.															
4.															
5.															
6.															
7.															
2.	<p><i>Выберите правильную форму прилагательного.</i></p> <p><i>Текст задания:</i></p> <p>1) It is one of _____ questions of our conference. a) important</p>														

b) more important

c) the most important

2) Russia is _____ country in the world.

a) the largest

b) larger

c) large

3) Even _____ day has an end.

a) long

b) the longest

c) longer

4) This text is _____ than that one.

a) the most difficult

b) difficult

c) more difficult

5) I work _____ in the morning than in the evening.

a) better

b) good

c) the best

6) We have _____ interest in this work than you.

a) little

b) less

c) the least

7) This is _____ book I've ever read.

a) more interesting

b) interesting

c) the most interesting

Запишите выбранные буквы под соответствующими цифрами:

1	2	3	4	5	6	7

3. Раскройте скобки, поставив глагол в Past Simple.

Текст задания:

1) During the mid-1800s, a German physiologist named Wilhelm Wundt ... (*use*) scientific research methods to investigate reaction times. 2) His book ... (*publish*) in 1873 and (*call*) "Principles of Physiological Psychology". 3) The book ... (*outline*) many of the major connections between the science of physiology and the study of human thought and behavior. 4) He later ... (*open*) the world's first psychology lab in 1879 at the University of Leipzig. 5) This event is generally considered the official start of psychology as a separate and distinct scientific discipline. 6) How ... Wundt ... (*view*) psychology? 7) He ... (*perceive*) the subject as the study of human consciousness and sought to apply experimental methods to studying internal mental processes.

Запишите Ваш ответ в соответствующую графу в таблице.

1.	
2.	
3.	
4.	
5.	
6.	
7.	

4. Расставьте буквы в словах выделенных курсивом в правильном порядке.

Текст задания:

1) root *dwsor*; 2) human *horbeavi*; 3) empirical *nevidcee*; 4) logic or *ryothe*; 5) *fscieicnti* reasoning; 6) research *modseth*; 7) unbiased and *oivebject*; 8) cause and *ectffe*; 9) credibility and *curacyac*; 10) scientific theory or *yscoverdi*.

Запишите Ваш ответ в соответствующую графу в таблице.

1.	
2.	

3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

5. *Завершите предложения, подобрав правильные слова из рамки.*

Текст задания:

Technologies / century / function / discoveries / impulses / brain / mysteries / levels / life / at rest

We live in the 21st (1)..., in the age of high (2)... and regular scientific (3)... Scientific progress affects all areas of human (4)... . People study the whole world around them and, most importantly – themselves. We are looking for the hidden capabilities of our bodies and the potential that we have. The most significant interest for scientists is the (5)... – the organ that controls all processes in the body, the organ of thought. Perhaps, it is even one of the biggest (6)... of nature. Many people think that when we are silent, our brain does not work and is (7) ... This is not true: the brain is constantly actively working, even when someone is not talking. Moreover, its primary (8)... is to continually generate and transmit nerve (9)... . The next myth about our brain is that people often incorrectly believe that after 25 years, all the changes that occur with the brain are exclusively negative. The human brain has an excellent and unique neuroplasticity. Therefore, it can change at the chemical and structural (10) ... to support effective mental activity. For example, the brain can increase the number of chemical signals between neurons. Therefore, the human brain can change positively in adulthood.

Запишите Ваш ответ в соответствующую графу в таблице.

1.	
2.	
3.	
4.	

5.	
6.	
7.	
8.	
9.	
10.	

6. *Выберите правильный вариант ответа на каждый вопрос.*
Текст задания:

A. What are stereotypes based on?

1. Facts
2. Assumptions
3. Emotions

B. Which characteristics can stereotypes be based on?

1. Height and weight
2. Race, gender, age, religion, or nationality
3. Favorite color and hobbies

C. What can stereotypes lead to?

1. Fair judgments
2. Accurate perceptions
3. Unfair judgments and prejudice

D. Where do stereotypes often arise from?

1. Lack of understanding to different cultures and backgrounds
2. Understanding and acceptance
3. Complete knowledge of diverse perspectives

Запишите выбранные цифры под соответствующими буквами:

A	B	C	D

7. *Выберите правильное слово в скобках, чтобы закончить предложения.*

Текст задания:

A. Social psychology is one of the most interesting branches of psychology, since it places special (emphasis / emphatic) in terms of a team and the relationships between people in a context.

B. Thus, social psychology is oriented to investigate (ways / paths) in which the presence of other people, whether real or imagined, affects mental processes of the individual.

B. It's, therefore, a (speciality / specialization) that, although it belongs to psychology, is closer to sociology than the other branches.

Г. Community psychology can be understood as a derivative of social psychology oriented towards research and intervention on problems that (effect / affect) specific communities and localized groups of 25 people.

Д. Its (objective / subjective) is to generate both material changes in the context of these people and new dynamics of relationships between them that allow their quality of life and decision-making capacity to improve.

Запишите Ваш ответ в соответствующую графу в таблице.

A.	
Б.	
В.	
Г.	
Д.	

8. *Выберите правильный вариант ответа и заполните пропуски.*

Текст задания:

1. Didn't you see the show Sunday?

A. at

B. in

C. on

D. for

2. are only seven stations on this metro-line.

A. These

B. There

C. It

D. This

3. Take your umbrella, it is

A. windy

B. foggy

C. frosty

D. raining

4. There aren't fruits at this time of the year.

A. some

B. no

C. any

D. none

5. A typist is someone who letters and reports.

A. types

B. is typing

C. type

D. are typing

6. The conference will finish four o'clock.

A. to

B. in

C. on

D. at

7. It to rain soon.

- A. going
- B. is going
- C. is being
- D. will

Запишите выбранные буквы под соответствующими цифрами:

1	2	3	4	5	6	7

9. *Вставьте необходимые предлоги вместо пропусков.*

Текст задания:

- A. to come _____ one`s mind
- Б. to be popular _____ some reason
- В. to be used _____ interviews
- Г. to be concerned _____ behavior
- Д. to depend _____ the theory of personality
- Е. to contribute _____ applied psychology
- Ж. to be connected _____ anthropology
- З. to be trained _____ psychology

Запишите Ваш ответ в соответствующую графу в таблице.

A.	
Б.	
В.	
Г.	
Д.	
Е.	
Ж.	
З.	

10. *Заполните пропуски подходящими словами из рамки.*

Текст задания:

scoring, instances, open-ended, independent, available,
dependent, indicative

- A. the ____ variable and the ____ variable
- Б. in many ____
- В. projective procedures are unstructured and ____
- Г. published tests are ____
- Д. these responses are ____ of a depressed person
- Е. ____ and interpretation are often subjective

Запишите Ваш ответ в соответствующую графу в таблице.

А.	
Б.	
В.	
Г.	
Д.	
Е.	

11. *Выберите правильное слово в скобках, чтобы закончить предложения.*

Текст задания:

- a. (Basically / basic) psychology is a branch of psychology totally focused on the investigation of the most general psychological processes that have to do with (humane / human) behavior.
- b. It is oriented to the study of the psychological processes typical of mature and healthy human beings, to discover trends and patterns that characterize the entire human (popularity / population).
- c. This specialty of psychology is responsible, therefore, for the study of basic psychological processes such as memory, (attentive / attention), reasoning or decision making, putting much more emphasis on the mechanisms on which these are based than on the way in which the context influences them.

Запишите Ваш ответ в соответствующую графу в таблице.

А.	
Б.	

	В.	
12.	<p><i>Раскройте скобки, употребляя глаголы в одном из следующих времен: Present Simple, Past Simple, Present Continuous, Past Continuous.</i></p> <p><i>Текст задания:</i></p> <ul style="list-style-type: none"> a. He (know) several foreign languages. b. I (learn) English at school. c. Usually the train (leave) at 10 o'clock. d. He (visit) them regularly last year. e. As a rule I (go) to my university by bus. f. Listen! Somebody (to play) the piano. g. She (not like) poems. h. At present he (work) at school. i. Who (take) his book yesterday? j. Yesterday I (to work) at my English from five till seven. <p><i>Запишите Ваши ответ в соответствующую графу в таблице.</i></p>	
13.	<p><i>Выберите в скобках правильный вариант модального глагола.</i></p> <p><i>Текст задания:</i></p> <ul style="list-style-type: none"> a. He ... (can't/couldn't) open the window as it was stuck. b. Interpreters ... (may/must) translate without dictionaries. c. ... (Can/May) I use me your bike for today? d. ... (May/Could) you give me the recipe for this cake? e. Sorry, I'm late. I ... (needed to/had to) wait for my parents. f. Take an umbrella. It ... (may/can) rain. g. You ... (could/should) stop smoking. You know you ... (cannot/must not) buy health. h. You ... (may/must) finish the article as soon as possible. i. You ... (must not/needn't) read in the dark. j. Don't wait for me tonight. I ... (might/must) be late. <p><i>Запишите Ваши ответ в соответствующую графу в таблице.</i></p>	
14.	<p><i>Выберите правильную форму притяжательных местоимений данных в скобках.</i></p>	

	<p><i>Текст задания:</i></p> <ol style="list-style-type: none"> These are (their/theirs) books. Whose bag is it? – It`s (her/hers). Look at (our/ours) new car. It`s fast. This is Carol. It`s (her/hers) sister. Don`t take this pen. It`s not (your/yours). This is your bike, and that is (my/mine). Our student books are new, and (their/theirs) are old. <p><i>Запишите Ваш ответ в соответствующую графу в таблице.</i></p>
15.	<p><i>Объедините каждую из следующих пар предложений в одно, как в образце, используя инфинитив.</i></p> <p><i>Текст задания:</i></p> <p>Образец: He went to University. He wanted to study Psychology. → He went to University to study Psychology.</p> <ol style="list-style-type: none"> He is working hard. He wants to graduate with honors. She follows doctors` recommendations. She wants to recover as quickly as possible. I avoid taking sedatives. I don`t want to become drug dependent. I am trying to do my work well. I want to be promoted. He has sent a paper with the results of his experimental research to a magazine. He wants it to be published there. <p><i>Запишите Ваш ответ под соответствующей буквой.</i></p>
16.	<p><i>Напишите эссе на предложенную тему (180-300 слов).</i></p> <p><i>Тема “Стресс”</i></p> <p>Структура эссе:</p> <ol style="list-style-type: none"> Заголовок — название эссе, отражающее тему повествования. Введение — 2-4 коротких предложения, раскрывающих тему эссе. Основная часть — 2-3 абзаца, описывающих суть сочинения. В них вам нужно максимально полно и грамотно раскрыть тему, привести доводы и аргументировать их. Заключение — 2-4 предложения, подводящих итог написанному. <p>Шаблоны и клише для эссе по английскому:</p>

	<p>This essay deals with... — Это эссе посвящено...</p> <p>This assignment will examine... — В этой работе рассматривается...</p> <p>This report will analyse... — В этом отчете проводится анализ...</p> <p>This essay will consider... — В этом эссе будут рассмотрены...</p> <p>It is believed that... — Полагают, что...</p> <p>Finally — наконец, в конце концов</p> <p>First(ly)... second(ly)... third(ly) — первое (во-первых)... второе (во-вторых)... третье (в-третьих)</p> <p>Lastly — наконец, в конце</p> <p>The first point... the second point... the third point — во-первых (первый пункт)... во-вторых (второй пункт)... в-третьих (третий пункт)</p> <p>The former... the latter — первый ... последний</p> <p>To begin with... then... to conclude — для начала... затем... наконец</p> <p>As follows — следующий, как указано далее</p> <p>For example For instance — например</p> <p>Namely — а именно</p> <p>Such as — такой как</p> <p>As a consequence — как следствие</p> <p>As a result — в результате</p> <p>Consequently — вследствие этого</p> <p>Hence — следовательно</p> <p>In brief/In short — вкратце, в двух словах</p> <p>In conclusion — в заключение</p> <p>In summary — в итоге, подводя итог вышесказанному</p> <p>Therefore — поэтому</p> <p>Thus — таким образом</p> <p>To conclude — делая выводы</p> <p>To summarise — подводя итог</p> <p><i>Примеры тем для эссе:</i></p> <ol style="list-style-type: none"> 1. The Russian soul and the American values. 2. What is Psychology? 3. Famous psychologists. 4. Mental disorders. 5. Film therapy, bibliotherapy and music therapy. 6. The mysteries of the human brain.
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- 7. Family problems.
- 8. Stereotypes and stereotyping.
- 9. Social pressure and perception: famous experiments.
- 10. Stress and illness.
- 11. Motivation.
- 12. Sleep and dream.

17.

Ролевая игра

Тема: “Психические расстройства: тревожное расстройство”

Концепция игры:

В ролевой игре участвуют все студенты группы. Студенты работают в парах. Каждый обучающийся имеет свой статус и соответственно «играет» свою роль: психотерапевта или пациента. Студент “пациент” рассказывает о своих жалобах и проблемах, а студент “психотерапевт” расспрашивает о симптомах, причинах появления тревожного расстройства и предлагает возможные варианты лечения. Обговаривается план лечения и график посещения сеансов психотерапии. Диалог должен включать фразы разговорного английского языка, профессиональные термины, фразы приветствия и завершения диалога.

Роли:

- пациент с ТР

- психотерапевт

Примеры тем для ролевой игры по теме “Психические расстройства”:

1. Mental disorders: eating disorders

2. Mental disorders: depression

3. Mental disorders: addictions

18.

Ролевая игра

Тема: “ Психотерапия. Групповые и индивидуальные сессии/занятия”

Концепция игры:

		<p>В ролевой игре участвует все студенты группы. Студенты работают в парах. Каждый обучающийся имеет свой статус и соответственно «играет» свою роль: пациента 1 (Person A) или пациента 2 (Person B). Студент “пациент 1” рассказывает о своих впечатлениях от посещения групповых занятий психотерапии, рассказывает о том, что это такое, какие виды групповых сессий бывают, на что направлены такие занятия в группах, как проходят занятия, их достоинствах и недостатках.</p> <p>Диалог должен включать фразы разговорного английского языка, лексику по темам “Психотерапия” и “Психические расстройства”, а также фразы приветствия и завершения диалога.</p> <p><i>Роли:</i></p> <ul style="list-style-type: none"> - пациент 1 (Person A) - пациент 2 (Person B)
19.		<p><i>Ролевая игра</i></p> <p><i>Тема: “ Психология”</i></p> <p><i>Концепция игры:</i></p> <p>В ролевой игре участвует все студенты группы. Один из студентов является профессором психологии, который выступает на научной конференции с участием студентов-психологов. На конференции обсуждаются вопросы предмета психологии, ее развития как отдельной науки и востребованность в современном мире. Каждый обучающийся имеет свой статус и соответственно «играет» свою роль: профессора или студента-психолога. Диалог должен включать фразы разговорного английского языка и лексику по теме “Психология”.</p> <p><i>Роли:</i></p> <ul style="list-style-type: none"> - профессор-психолог - студенты, участвующие в конференции
20.		<p><i>Круглый стол-дискуссия по теме “Достижения науки в лечении психических расстройств” (“The achievements of science in treating mental disorders”)</i></p> <p><i>Концепция:</i></p> <p>Группа делится на 3 команды. У каждой группы свое задание, своя тема для обсуждения. Один из студентов является ведущим.</p>

Перечень дискуссионных вопросов для круглого стола (по командам):

1. Factors contributing to the development of the disease. The history of the disease.
2. The spread of mental disorders in the world. Famous people suffering from mental disorders and how they cope with them.
3. The areas of the scientific research of mental disorders. The difficulties of studying mental disorders. The treatment of mental disorders in the world. The new areas of research and treatment of mental disorders: genetic factors, brain mechanisms, pharmacological treatment, methods of psychotherapy, the role of the doctor and the patient in treatment.

Первая команда выступает по своей теме, две другие – задают вопросы и т.д. Задача ведущего – регулировать ход дискуссии, чтобы каждый студент имел возможность высказаться и задать вопрос. Возможно создание мини-диалогов по ролям. Можно разыграть сценки на предложенную тему. Проведя обсуждение в командах, студенты показывают свои сценки, диалоги по ролям. В конце дискуссии ведущий и участники подводят итоги, делают выводы и выставляются оценки/баллы.

В ходе выполнения задания могут использоваться компьютер, презентация Power Point, аудио-и видеоматериалы, карточки с заданиями.

Студенты могут подготовиться к некоторым вопросам круглого стола заранее.