



**ВИЩИЙ НАВЧАЛЬНИЙ ПРИВАТНИЙ ЗАКЛАД  
«ДНІПРОВСЬКИЙ ГУМАНІТАРНИЙ УНІВЕРСИТЕТ»**

**МЕТОДИЧНІ РЕКОМЕНДАЦІЇ  
ДЛЯ ОРГАНІЗАЦІЇ САМОСТІЙНОЇ РОБОТИ З ДИСЦИПЛІНИ  
«ІНОЗЕМНА МОВА ПРОФЕСІЙНОГО СПРЯМУВАННЯ»**

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Методичні рекомендації для організації самостійної роботи з дисципліни «Іноземна мова професійного спрямування» за спеціальністю 053 «Психологія» 4 курс, освітнього ступеня «бакалавр» / Укладач: Холод І.В. Дніпро: ВНПЗ «ДГУ», 2025. 50 с.

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## ПЕРЕДМОВА

Методичні рекомендації для організації самостійної роботи з дисципліни «Іноземна мова професійного спрямування» укладено відповідно до навчальної програми для студентів 4 курсу спеціальності 053 «Психологія» освітнього ступеня «бакалавр». Основна мета рекомендацій – забезпечити цілеспрямовану, систематичну та ефективну організацію самостійної роботи студентів з урахуванням специфіки професійної підготовки майбутніх психологів. Мета — сприяти розвитку мовленнєвої і професійної компетентності студентів, зокрема в аспектах лексики, читання та усного мовлення за фахом.

Основні завдання у Рекомендаціях, підлягають самостійному опрацюванню, наведено орієнтовні теми, завдання та вправи, спрямовані на розвиток лексичних, граматичних, усних та письмових комунікативних навичок у контексті професійного спілкування англійською мовою.

Особливу увагу приділено формуванню у студентів навичок роботи з автентичними фаховими джерелами, веденню термінологічного словника, підготовці реферативних повідомлень, есе, презентацій та участі в обговореннях з фахових питань. Рекомендації містять також опис форм контролю та оцінювання самостійної роботи, критерії оцінювання, перелік рекомендованих джерел і ресурсів для самостійного навчання.

Матеріал може бути використаний як основа для організації самостійної роботи студентів, а також як допоміжний ресурс для викладачів у процесі навчання іноземної мови професійного спрямування в умовах змішаного або дистанційного навчання.

| <b>Рівень складності</b> | <b>Вид завдання</b>                                                  | <b>Орієнтовна кількість балів</b> |
|--------------------------|----------------------------------------------------------------------|-----------------------------------|
| <b>Низький</b>           | Вибір правильної відповіді                                           | 3–5                               |
|                          | Вставлення пропущених слів                                           | 3–5                               |
|                          | Встановлення відповідностей                                          | 3–5                               |
| <b>Середній</b>          | Читання з тестами                                                    | 5–7                               |
|                          | Заповнення таблиць/схем                                              | 5–7                               |
|                          | Перегляд відео + відповіді на запитання (розуміння основного змісту) | 5–7                               |
| <b>Високий</b>           | Усний монолог за темою                                               | 7–10                              |
|                          | Відповіді на відкриті запитання                                      | 7–10                              |
|                          | Міні-презентація                                                     | 7–10                              |
|                          | Аналіз, обговорення, монолог або презентація за темою відео          | 7–10                              |

## Topic 1. PSYCHOLOGY

### Part 1. Vocabulary and Grammar Test (*Multiple choice*)

#### 1. Choose the correct answer A, B, or C:

1. Psychology is the study of human \_\_\_\_.  
A) biology      B) behaviour      C) geography
2. A person who studies psychology is called a \_\_\_\_.  
A) psychologist      B) psychiatry      C) patient
3. The brain is the main \_\_\_\_ of the nervous system.  
A) part      B) organ      C) section
4. She \_\_\_\_ psychology at university.  
A) study      B) studies      C) studying
5. Emotions and feelings are part of \_\_\_\_ health.  
A) mental      B) physical      C) social
6. They often \_\_\_\_ experiments in the lab.  
A) does      B) doing      C) do
7. Psychologists try to understand how people \_\_\_\_ and feel.  
A) think      B) thought      C) thinking
8. Psychology helps people with \_\_\_\_ problems.  
A) cook      B) personal      C) car
9. The psychologist \_\_\_\_ the patient's behaviour.  
A) observes      B) observe      C) observing
10. A psychologist works in a \_\_\_\_.  
A) classroom      B) hospital      C) clinic

**2. Match the words with their meanings:** Draw a line or write the correct number:

#### Word

1. behaviour
2. research
3. health
4. problems

#### Meaning

- A. how someone acts
- B. the study of something
- C. the condition of your body/mind
- D. difficult situations

### Part 2. Reading Task

 **Text:** Read the short text and do the tasks below:

#### What is Psychology?

Psychology is the science that studies the human mind and behavior. It helps us understand why people think, feel, and act the way they do. Psychology is important for everyday life because it helps people solve problems, make good decisions, and understand others.

Psychologists work in different places. Some work in hospitals, some in schools, and others in offices. They help people with stress, anxiety, sadness, or family problems. Psychologists do not give medicine, but they listen and talk to people.

There are many types of psychology. For example, clinical psychology helps people with mental health problems. Educational psychology helps students learn better. Sports psychology helps athletes perform well. All psychologists want to understand people and improve their lives.

Psychology is also useful in business and technology. Companies use psychology to understand customers and help workers. In the future, psychology will work more with computers, robots, and artificial intelligence.

### 1. True or False:

Write **T** (True) or **F** (False):

1. Psychology is the science of animals.
2. Psychology helps people understand others.
3. All psychologists give medicine.
4. Educational psychology helps students.
5. Psychology is only used in hospitals.

### 2. Answer the Questions:

Write short answers:

1. What does psychology study?
2. Why is psychology important in everyday life?
3. Where do psychologists work?
4. What are two types of psychology?
5. How is psychology used in business?

### Part 3. Speaking.

 **Task:** *Speak for 1–2 minutes on the topic: “What is psychology?”*

#### Use these guiding questions:

- What is psychology?
- What do psychologists do?
- Why is psychology important?
- Where can psychologists work?

#### **Tip:** Use simple structures like:

- *Psychology is the study of...*
- *Psychologists help people...*
- *It is important because...*

## Topic 2. THE CENTRAL NERVOUS SYSTEM

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. The brain is part of the \_\_\_\_ system.  
A) muscular    B) nervous    C) digestive
2. The spinal cord is connected to the \_\_\_\_.  
A) stomach    B) brain    C) heart
3. The central nervous system is also called the \_\_\_\_.  
A) CNS    B) CVS    C) CNSY
4. The brain \_\_\_\_ messages from the body.

- A) send      B) receives      C) makes
5. The spinal cord \_\_\_\_ information to the brain.  
A) travels      B) controls      C) sends
6. The central nervous system controls how we \_\_\_\_ and move.  
A) think      B) sleep      C) eat
7. The CNS is very \_\_\_\_.  
A) important      B) difficult      C) funny
8. Neurons help the body \_\_\_\_ signals.  
A) to send      B) sent      C) sending
9. The \_\_\_\_ protects the brain.  
A) bone      B) skull      C) skin
10. Reflexes are fast \_\_\_\_ of the nervous system.  
A) actions      B) questions      C) signals

## Part 2. Reading Comprehension

### Text: The Central Nervous System

The central nervous system, or CNS, includes the brain and the spinal cord. The brain is the control centre of the body. It helps us think, remember, feel emotions, and control our actions. The spinal cord connects the brain to the rest of the body. It carries messages from the body to the brain and back.

The CNS is very important for all body functions. It works with nerves to send and receive signals. These signals move quickly through neurons. The brain is protected by the skull, and the spinal cord is protected by the bones of the spine.

Damage to the CNS can be very serious. People may lose the ability to move, speak, or think clearly. That is why it is important to take care of the brain and spine.

### Tasks:

#### 1. True or False:

1. The spinal cord is part of the digestive system.
2. The brain controls emotions and actions.
3. The spinal cord helps connect the body and the brain.
4. The CNS works slowly.
5. The skull protects the brain.

#### 2. Answer the Questions (short answers):

1. What does the CNS include?
2. What does the brain help us do?
3. How does the spinal cord help the brain?
4. What protects the brain and spinal cord?
5. Why is the CNS important?

#### 3. Match the Words to Definitions:

| Word           | Definition                                   |
|----------------|----------------------------------------------|
| 1. brain       | A. the part that sends messages to the brain |
| 2. spinal cord | B. the centre for thinking and control       |

| Word      | Definition                           |
|-----------|--------------------------------------|
| 3. skull  | C. bones that protect the brain      |
| 4. neuron | D. small cell that sends signals     |
| 5. signal | E. a message sent through the nerves |

**4. Fill in the Gaps: Use: *brain, spine, neurons, messages, control***

1. The \_\_\_\_\_ helps us think and remember.
2. The spinal cord sends \_\_\_\_\_ to the brain.
3. The CNS helps \_\_\_\_\_ the body.
4. The bones of the \_\_\_\_\_ protect the spinal cord.
5. \_\_\_\_\_ send fast signals in the nervous system.

**Part 3. Speaking.**

 Speak for 1–2 minutes on ***The Central Nervous System***. Use these questions to help you:

 **Use these guiding questions:**

What parts does the central nervous system include?  
 What is the function of the brain?  
 What does the spinal cord do?  
 Why is the CNS important for people?  
 How can we take care of the CNS?

 **Tip: Use simple structures like:**

*The brain helps us...*  
*The spinal cord sends messages...*  
*It is important because...*  
*We can protect it by...*

**Topic 3. THE PERIPHERAL NERVOUS SYSTEM**

**Part 1. Vocabulary and Grammar (Multiple Choice)**

**Choose the correct answer:**

1. The peripheral nervous system is also called the \_\_\_\_.  
 A) CNS      B) PNS      C) PCS
2. The PNS includes all the \_\_\_\_ outside the brain and spinal cord.  
 A) nerves      B) bones      C) organs
3. The PNS helps the brain and body \_\_\_\_.  
 A) grow      B) connect      C) sleep
4. There are two parts of the PNS: the \_\_\_\_ and autonomic nervous system.  
 A) central      B) skeletal      C) somatic
5. The autonomic system controls things we do \_\_\_\_ thinking.  
 A) with      B) without      C) for
6. The somatic system helps us move our \_\_\_\_.  
 A) muscles      B) thoughts      C) ideas
7. Nerves in the PNS send messages \_\_\_\_ the body and CNS.  
 A) between      B) behind      C) before

8. The autonomic nervous system controls the \_\_\_\_, lungs, and digestion.  
A) skin      B) heart      C) bones
9. Some nerves are \_\_\_\_, and some are motor nerves.  
A) mental      B) sensory      C) muscular
10. Damage to the PNS can make it hard to \_\_\_\_ or feel.  
A) speak      B) breathe      C) move

## Part 2. Reading Comprehension

### Text: The Peripheral Nervous System

The human nervous system has two main parts: the central nervous system (CNS) and the peripheral nervous system (PNS). The PNS includes all the nerves that are not in the brain or spinal cord. These nerves connect the CNS to the rest of the body.

The PNS has two parts: the somatic nervous system and the autonomic nervous system. The somatic system controls voluntary actions like moving your arms or legs. The autonomic system controls actions we do not think about, like breathing, heart rate, and digestion.

The sensory nerves send information from the body to the brain. The motor nerves send signals from the brain to the muscles. Without the PNS, the brain would not know what is happening in the body, and the body would not know how to respond.

#### 1. True or False Write T or F:

1. The PNS is part of the brain.
2. The somatic system helps us move.
3. The autonomic system controls walking.
4. Sensory nerves send messages to the brain.
5. Without the PNS, the brain can still control the body.

#### 2. Answer the Questions:

1. What does the PNS include?
2. What does the somatic nervous system do?
3. What does the autonomic system control?
4. What are sensory nerves for?
5. Why is the PNS important?

#### 3. Match the Words and Definitions:

##### Word

##### Meaning

- |                     |                                          |
|---------------------|------------------------------------------|
| 1. voluntary action | A. an action you choose to do            |
| 2. sensory nerve    | B. a nerve that brings info to the brain |
| 3. motor nerve      | C. helps muscles move                    |
| 4. digestion        | D. how the body uses food                |
| 5. connect          | E. to join one part to another           |

#### 4. Fill in the Gaps, using: *autonomic, muscles, brain, signals, nerves*

1. The PNS connects the body to the \_\_\_\_\_.
2. The \_\_\_\_\_ nervous system controls the heart and lungs.
3. Motor nerves send \_\_\_\_\_ to the muscles.
4. The PNS has many \_\_\_\_\_ all over the body.
5. The somatic system controls our \_\_\_\_\_.

#### Part 3. Speaking.

 Speak for 1–2 minutes on *The Peripheral Nervous System*.

|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>You can use the following guide:</b><br><i>What is the peripheral nervous system (PNS)?</i><br><i>What are its two parts?</i><br><i>What does the somatic system do?</i><br><i>What does the autonomic system do?</i><br><i>Why is the PNS important?</i> |  <b>Tips:</b> Use simple sentences like:<br><i>The PNS is...</i><br><i>It helps the body...</i><br><i>There are two parts...</i><br><i>It is important because...</i> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Topic 4. THE BRAIN

##### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. The brain is part of the \_\_\_\_ system.  
A) digestive      B) nervous      C) muscular
2. The brain helps us to \_\_\_\_.  
A) walk only      B) eat only      C) think, feel, and move
3. The brain is protected by the \_\_\_\_.  
A) ribs      B) skin      C) skull
4. The biggest part of the brain is the \_\_\_\_.  
A) cerebellum      B) cerebrum      C) brainstem
5. The \_\_\_\_ controls balance and movement.  
A) cerebellum      B) cerebrum      C) lungs
6. The \_\_\_\_ connects the brain to the spinal cord.  
A) liver      B) brainstem      C) heart
7. The brain sends \_\_\_\_ to the body.  
A) blood      B) food      C) messages
8. The brain uses \_\_\_\_ to work.  
A) sugar and oxygen      B) music      C) salt only
9. The left part of the brain controls the \_\_\_\_ side of the body.  
A) same      B) right      C) front
10. Emotions are processed in the \_\_\_\_.  
A) heart      B) limbic system      C) stomach

## Part 2. Reading Comprehension

### Text: What is the Brain?

The brain is the control center of the body. It helps us think, feel emotions, speak, remember things, and move. It is part of the central nervous system.

The brain has three main parts: the cerebrum, the cerebellum, and the brainstem. The cerebrum is the largest part. It helps us think and make decisions. The cerebellum helps with movement and balance. The brainstem connects the brain to the spinal cord.

The brain works with the body by sending and receiving messages. It needs oxygen and glucose to work well. The skull protects the brain from damage.

### Tasks

#### 1. True or False

1. The brain is part of the central nervous system.
2. The cerebellum is the biggest part of the brain.
3. The brain controls thinking and emotions.
4. The spinal cord connects the brain and stomach.
5. The skull protects the brain.

#### 2. Answer the Questions (short answers)

1. What does the brain help us do?
2. What are the three main parts of the brain?
3. What does the cerebellum do?
4. How does the brain send and receive messages?
5. What protects the brain?

#### 3. Match the Words to Definitions

Word                      Definition

- |               |                                        |
|---------------|----------------------------------------|
| 1. cerebrum   | A. part that helps us move and balance |
| 2. cerebellum | B. largest part that helps us think    |
| 3. brainstem  | C. connects brain to spinal cord       |
| 4. neuron     | D. a nerve cell that sends messages    |
| 5. skull      | E. hard bone around the brain          |

#### 4. Fill in the Gaps

Use: messages, cerebrum, cerebellum, brainstem, skull

1. The \_\_\_\_ helps us think and make decisions.
2. The \_\_\_\_ controls movement and balance.
3. The \_\_\_\_ connects the brain to the spinal cord.
4. The brain sends \_\_\_\_ to the body.
5. The \_\_\_\_ protects the brain.

### Part 3. Speaking

 **Speak for 1–2 minutes on The Brain. Use these questions to help you:**

- What is the function of the brain?
- What are the main parts of the brain?
- What does each part do?
- How does the brain send messages?
- How can we protect the brain?

 **Use simple structures like:**

- The brain helps us...
- The cerebrum controls...
- It is connected to...
- It sends messages to...
- We can protect it by...

### Topic 5. CHEMICAL MESSENGERS

#### Part 1. Vocabulary and Grammar (Multiple Choice Test)

Choose the correct answer A, B, or C:

1. Chemical messengers are called \_\_\_\_.  
A) neurons      B) hormones      C) organs
2. Hormones are made by \_\_\_\_.  
A) the heart      B) glands      C) muscles
3. Chemical messengers travel through the \_\_\_\_.  
A) blood      B) bones      C) air
4. The \_\_\_\_ system controls hormones.  
A) digestive      B) endocrine      C) skeletal
5. Hormones help the body \_\_\_\_.  
A) stay the same      B) relax      C) change and respond
6. Adrenaline is a hormone that increases \_\_\_\_.  
A) sleep      B) energy      C) hunger
7. The brain sends messages using \_\_\_\_.  
A) books      B) chemicals and electricity      C) lights
8. Hormones can affect our \_\_\_\_.  
A) feelings      B) clothes      C) height only
9. Too much or too little of a hormone can cause \_\_\_\_.  
A) emotions      B) problems      C) food
10. The \_\_\_\_ controls hormone levels in the body.  
A) pancreas      B) brain      C) endocrine system

#### Part 2. Reading Comprehension

 **Text: What Are Chemical Messengers?**

Chemical messengers are substances that help different parts of the body talk to each other. The most common chemical messengers are **hormones**. Hormones are

made in **glands** and travel through the **blood**. They help control body functions like growth, mood, and energy.

The **endocrine system** controls hormone levels. It includes glands such as the pituitary gland, thyroid gland, and adrenal glands. For example, the **adrenal glands** release **adrenaline** when we feel stressed or afraid. Adrenaline gives us energy to act quickly.

Hormones also affect our **emotions**, **sleep**, and **temperature**. If the body makes too much or too little of a hormone, it can lead to health problems.

### **Tasks**

#### **1. True or False**

1. Hormones are chemical messengers.
2. Hormones travel through the air.
3. The endocrine system controls hormones.
4. Adrenaline helps us sleep better.
5. Hormones can affect emotions.

#### **2. Answer the Questions (short answers)**

1. What are chemical messengers?
2. Where are hormones made?
3. What does adrenaline do?
4. What system controls hormone levels?
5. How do hormones travel in the body?

#### **3. Match the Words to Definitions**

| <b>Word</b>         | <b>Definition</b>                       |
|---------------------|-----------------------------------------|
| 1. hormone          | A. a system that controls hormones      |
| 2. endocrine system | B. a substance that sends body messages |
| 3. adrenaline       | C. hormone for stress and energy        |
| 4. gland            | D. place where hormones are made        |
| 5. blood            | E. liquid that carries hormones         |

#### **4. Fill in the Gaps**

Use: **hormones, glands, adrenaline, emotions, endocrine**

1. \_\_\_ are chemical messengers in the body.
2. \_\_\_ make and release hormones.
3. The \_\_\_ system controls hormone levels.
4. \_\_\_ gives the body more energy in danger.
5. Hormones can change our \_\_\_.

### **Part 3. Speaking**

 Speak for 1–2 minutes on **Chemical Messengers**. Use these questions to help you:

- What are chemical messengers?
- What do hormones do?
- Where are hormones produced?

- How does adrenaline affect the body?
- Why are chemical messengers important?
- ✓ Use simple structures like:
- Hormones help the body...
- They travel through the blood...
- Glands make hormones...
- Adrenaline helps in stress...
- They are important because...

## Topic 6. PERCEPTION AND SENSATION

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

Choose the correct answer A, B, or C:

1. Sensation is the process of receiving \_\_\_\_.  
A) emotions      B) information      C) questions
2. We use our \_\_\_\_ to sense the world.  
A) eyes, ears, skin      B) brain only      C) muscles
3. Perception is how we \_\_\_\_ sensory information.  
A) ignore      B) understand      C) forget
4. The \_\_\_\_ sends signals to the brain.  
A) stomach      B) sense organs      C) hair
5. Vision is the sense of \_\_\_\_.  
A) hearing      B) seeing      C) tasting
6. The sense of hearing is called \_\_\_\_.  
A) smell      B) balance      C) audition
7. Touch helps us feel \_\_\_\_.  
A) sound      B) texture and temperature      C) ideas
8. The brain \_\_\_\_ sensory signals.  
A) controls      B) ignores      C) interprets
9. The five basic senses are sight, hearing, touch, taste, and \_\_\_\_.  
A) sleep      B) smell      C) speech
10. Perception is \_\_\_\_ for understanding the world.  
A) unimportant      B) natural      C) necessary

### Part 2. Reading Comprehension

#### Text: Perception and Sensation

Sensation and perception are two important processes in psychology. Sensation is the process of getting information from the environment through our sense organs: eyes, ears, nose, tongue, and skin. These organs send signals to the brain.

Perception is how the brain understands and organizes the sensory information. It helps us recognize people, objects, sounds, and smells. Sensation is simple, but perception is more complex.

For example, we see light with our eyes (sensation), but we understand that it is the sun (perception). The brain uses past experience to help us make sense of what we feel, see, and hear.

### Tasks

#### 1. True or False

1. Sensation happens in the brain.
2. Perception helps us understand the world.
3. Sensation and perception are the same.
4. We use our skin to sense touch.
5. The brain uses past experience to help with perception.

#### 2. Answer the Questions (short answers)

1. What is sensation?
2. What is perception?
3. What organs help us sense the world?
4. Where does perception happen?
5. What helps us understand sensory information?

#### 3. Match the Words to Definitions

| Word           | Definition                                  |
|----------------|---------------------------------------------|
| 1. sensation   | A. recognizing and understanding signals    |
| 2. perception  | B. seeing, hearing, touching, tasting, etc. |
| 3. signal      | C. information sent from the senses         |
| 4. brain       | D. the organ that processes perception      |
| 5. sense organ | E. part of the body that receives stimuli   |

#### 4. Fill in the Gaps

Use: perception, senses, brain, sensation, signals

1. \_\_\_\_ is the process of receiving information.
2. The eyes and ears are examples of \_\_\_\_.
3. The \_\_\_\_ helps us understand the world.
4. \_\_\_\_ are sent to the brain from the sense organs.
5. \_\_\_\_ helps us organize and interpret what we see or hear.

### Part 3. Speaking

 **Speak for 1–2 minutes on Perception and Sensation. Use these questions to help you:**

- What is the difference between sensation and perception?
- What organs help us receive information?
- How does the brain help us understand the world?
- Why are these processes important in psychology?
- Can perception be different from person to person?

 Use simple structures like:

- Sensation is...
- Perception means...

- The brain helps us...
- We use our senses to...
- It is important because...

## Topic 7. BIOLOGICAL RHYTHMS

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

Choose the correct answer A, B, or C:

1. Biological rhythms are patterns in our \_\_\_\_.  
A) brain      B) life      C) body functions
2. The **circadian rhythm** is a cycle that lasts about \_\_\_\_.  
A) 24 hours      B) 1 hour      C) 7 days
3. The sleep-wake cycle is part of the \_\_\_\_.  
A) circadian rhythm      B) brain rhythm      C) muscle rhythm
4. Biological rhythms help control \_\_\_\_.  
A) colors      B) temperature and sleep      C) memory only
5. The part of the brain that controls biological rhythms is the \_\_\_\_.  
A) cerebellum      B) hypothalamus      C) spine
6. A hormone that helps us sleep is \_\_\_\_.  
A) insulin      B) adrenaline      C) melatonin
7. Our body temperature is usually \_\_\_\_ at night.  
A) higher      B) lower      C) the same
8. Jet lag can happen when \_\_\_\_.  
A) you eat late      B) you sleep too much      C) you travel across time zones
9. People feel sleepy when it gets \_\_\_\_.  
A) sunny      B) dark      C) cold
10. Biological rhythms are important for \_\_\_\_.  
A) body health      B) fashion      C) speaking

### Part 2. Reading Comprehension

#### Text: Understanding Biological Rhythms

Biological rhythms are **regular patterns** in the body that happen again and again. One of the most important rhythms is the **circadian rhythm**, which lasts about **24 hours**. This rhythm controls our **sleep-wake cycle**, **body temperature**, and **hormone levels**.

The **brain**, especially the **hypothalamus**, helps control these rhythms. The brain receives signals from **light** and tells the body when to sleep or wake up. When it gets dark, the brain releases **melatonin**, a hormone that helps us feel sleepy.

Sometimes, our rhythms are disturbed. For example, **jet lag** happens when we travel to another time zone, and our body needs time to adjust.

Biological rhythms are important for **mental and physical health**. They help us sleep well, think clearly, and feel good during the day.

## Tasks

### 1. True or False

1. The circadian rhythm is a 12-hour cycle.
2. Melatonin helps people sleep.
3. Biological rhythms never change.
4. Jet lag can change your sleep schedule.
5. Light affects our biological rhythms.

### 2. Answer the Questions (short answers)

1. What is a biological rhythm?
2. How long is the circadian rhythm?
3. What does melatonin do?
4. What can cause jet lag?
5. Why are biological rhythms important?

### 3. Match the Words to Definitions

| Word                 | Definition                                 |
|----------------------|--------------------------------------------|
| 1. melatonin         | A. part of the brain that controls rhythms |
| 2. circadian rhythm  | B. a cycle that lasts about 24 hours       |
| 3. hypothalamus      | C. regular body pattern                    |
| 4. jet lag           | D. sleep hormone                           |
| 5. biological rhythm | E. tiredness after changing time zones     |

### 4. Fill in the Gaps

Use: **rhythm, light, melatonin, sleep, hypothalamus**

1. The circadian \_\_\_\_ controls our daily cycles.
2. The brain responds to \_\_\_\_ from the environment.
3. The \_\_\_\_ is a part of the brain.
4. \_\_\_\_ helps people feel sleepy.
5. We need good \_\_\_\_ for health and energy.

## Part 3. Speaking

 Speak for 1–2 minutes on **Biological Rhythms**. Use these questions to help you:

- What are biological rhythms?
- What is the circadian rhythm?
- What does the hypothalamus do?
- How does melatonin help us?
- Why are these rhythms important for health?

 Use simple structures like:

- Biological rhythms are...
- They control...
- The brain helps...

- Melatonin helps us...
- It is important to...

## Topic 8. CONSCIOUSNESS

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Consciousness is our awareness of \_\_\_\_ and the world around us.  
A) sleep      B) thoughts      C) dreams
2. When we are awake and alert, we are \_\_\_\_.  
A) unconscious      B) asleep      C) conscious
3. Sleep is a natural state of altered \_\_\_\_.  
A) breathing      B) consciousness      C) movement
4. The opposite of being conscious is \_\_\_\_.  
A) asleep      B) unaware      C) unconscious
5. Daydreaming is a mild change in \_\_\_\_.  
A) energy      B) consciousness      C) memory
6. Drugs and alcohol can \_\_\_\_ a person's consciousness.  
A) improve      B) change      C) control
7. Meditation helps people focus their \_\_\_\_.  
A) vision      B) thoughts      C) movement
8. People are usually \_\_\_\_ of their actions while awake.  
A) tired      B) aware      C) afraid
9. The study of consciousness includes sleep, dreams, and \_\_\_\_.  
A) hunger      B) emotions      C) altered states
10. Consciousness helps us respond to the \_\_\_\_.  
A) environment      B) hormones      C) body

### Part 2. Reading Comprehension

 **Text: What is Consciousness?**

**Consciousness** is our awareness of our thoughts, feelings, and surroundings. When we are **awake**, we are conscious. When we are **asleep** or **unconscious**, our level of awareness is lower.

We can also experience **altered states of consciousness**, such as **dreaming**, **meditation**, or being under the influence of drugs. These states change how we feel, think, or understand the world.

Scientists study consciousness to learn more about the **mind** and the **brain**. They are interested in how people stay alert, how sleep works, and what happens during dreams.

Consciousness is important because it helps us **interact** with the world, **make decisions**, and **understand** what is happening around us.

## Tasks

### 1. True or False

1. Consciousness means we are aware.
2. Sleep is the same as being conscious.
3. Dreams are an altered state of consciousness.
4. We always understand our dreams.
5. Consciousness helps us respond to the world.

### 2. Answer the Questions (short answers)

1. What is consciousness?
2. When are we conscious?
3. What are examples of altered states of consciousness?
4. Why do scientists study consciousness?
5. Why is consciousness important?

### 3. Match the Words to Definitions

| Word             | Definition                                 |
|------------------|--------------------------------------------|
| 1. consciousness | A. being fully awake and aware             |
| 2. sleep         | B. altered state of consciousness at night |
| 3. dream         | C. images and thoughts during sleep        |
| 4. meditation    | D. quiet thinking and focusing             |
| 5. unconscious   | E. not awake or aware of the surroundings  |

### 4. Fill in the Gaps

Use: **conscious, sleep, dreams, meditation, aware**

1. We are \_\_\_\_ when we are awake.
2. At night, we usually go to \_\_\_\_.
3. \_\_\_\_ are thoughts and pictures during sleep.
4. \_\_\_\_ helps calm the mind.
5. Consciousness means being \_\_\_\_ of your thoughts and actions.

## Part 3. Speaking

 **Speak for 1–2 minutes on CONSCIOUSNESS. Use these questions to help you:**

- What is consciousness?
- What are the different states of consciousness?
- What happens when we sleep?
- Why is it important to study consciousness?
- What helps people change their state of consciousness?

 **Use simple structures like:**

- Consciousness is...
- When we are awake...
- Sleep is a natural state...

- We can change our consciousness by...
- It is important because...

## Topic 9. MEMORY

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

- Memory helps us \_\_\_\_ things.  
A) forget      B) remember      C) sleep
- We use memory to store and \_\_\_\_ information.  
A) change      B) copy      C) recall
- Short-term memory holds information for a \_\_\_\_ time.  
A) short      B) long      C) lifetime
- Long-term memory can last \_\_\_\_.  
A) one minute      B) many years      C) one hour
- We often remember important events like \_\_\_\_.  
A) breakfast      B) exams      C) brushing teeth
- Repeating information helps us \_\_\_\_.  
A) forget      B) sleep      C) learn
- Memory can be improved with \_\_\_\_.  
A) exercise      B) practice      C) sugar
- Emotions can make memories more \_\_\_\_.  
A) boring      B) clear      C) weak
- A person with memory problems may forget \_\_\_\_.  
A) facts      B) hobbies      C) numbers
- Psychologists study memory to understand how people \_\_\_\_.  
A) feel      B) think      C) remember

### Part 2. Reading Comprehension

#### **Text: Understanding Memory**

Memory is the ability to store, keep, and use information. It helps us remember names, facts, experiences, and skills. There are two main types of memory: short-term memory and long-term memory.

Short-term memory holds information for a few seconds or minutes. For example, remembering a phone number for a short time. Long-term memory can keep information for hours, days, or even years.

We remember things better when we repeat, organize, or connect them to emotions. Strong emotions, like happiness or fear, can help us keep memories longer.

Psychologists study memory to understand how the brain works and how people learn and remember new things.

#### **Tasks:**

##### **1. True or False**

- Memory helps us learn.

2. Long-term memory lasts only a few minutes.
3. Strong emotions can improve memory.
4. Psychologists are not interested in memory.
5. We can improve memory with practice.

## 2. Answer the Questions (short answers)

1. What is memory?
2. How long does short-term memory last?
3. What can help us remember better?
4. What do emotions do to memory?
5. Why do psychologists study memory?

## 3. Match the Words to Definitions

| Word                 | Definition                                 |
|----------------------|--------------------------------------------|
| 1. memory            | A. to bring information back into the mind |
| 2. recall            | B. keeping information in the mind         |
| 3. short-term memory | C. memory for a short period               |
| 4. long-term memory  | D. memory that lasts for a long time       |
| 5. repetition        | E. saying or doing something again         |

## 4. Fill in the Gaps

Use: memory, emotions, repeat, long-term, short-term

1. We need \_\_\_\_ to learn new things.
2. \_\_\_\_ memory helps us remember for a short time.
3. \_\_\_\_ memory can store information for years.
4. We remember better when we \_\_\_\_ information.
5. Strong \_\_\_\_ can help create clear memories.

## Part 3. Speaking

 **Speak for 1–2 minutes on MEMORY. Use these questions to help you:**

- What is memory?
- What types of memory do we have?
- What helps people remember things?
- How do emotions affect memory?
- Why is memory important for psychologists?

 **Use simple structures like:**

- Memory is...
- Short-term memory lasts...
- Long-term memory helps us...
- Emotions help us remember...
- Psychologists study memory because...

## Topic 10. LEARNING

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Learning is a process of gaining new \_\_\_\_.  
A) food      B) knowledge      C) places
2. Students often use different learning \_\_\_\_.  
A) styles      B) games      C) buildings
3. Learning can happen through \_\_\_\_.  
A) sleeping      B) experience      C) washing
4. Psychologists study how people \_\_\_\_.  
A) learn      B) cook      C) play
5. Learning helps us to \_\_\_\_ problems.  
A) listen      B) solve      C) ignore
6. Memory is \_\_\_\_ in learning.  
A) dangerous      B) useful      C) boring
7. Repetition helps us \_\_\_\_ information.  
A) forget      B) remember      C) delete
8. We often \_\_\_\_ better when we are motivated.  
A) learn      B) swim      C) travel
9. A teacher can help students \_\_\_\_ better.  
A) sleep      B) learn      C) relax
10. Emotions can \_\_\_\_ learning.  
A) stop      B) affect      C) clean

### Part 2. Reading Comprehension

#### **Text: How Do We Learn?**

Learning is the process of getting new knowledge, skills, and behaviours. We learn every day—at school, at work, and in life. There are many ways to learn. People can learn by reading, watching, listening, or doing. Psychologists say that learning is connected to memory, attention, and motivation.

Some people learn best when they see pictures or read. Others learn better when they hear sounds or music. Some prefer to move or use their hands. These are different learning styles.

Motivation is very important. When we want to learn something, we usually do it better. Also, emotions can help or stop learning. Positive emotions help us learn faster.

#### **Tasks:**

##### **1. True or False:**

1. We only learn at school.
2. People can learn by listening or doing.
3. All people learn in the same way.
4. Motivation can help learning.
5. Emotions never affect learning.

## 2. Answer the Questions (short answers):

1. What is learning?
2. Where can people learn?
3. How do people learn?
4. What is motivation in learning?
5. Do emotions influence learning?

## 3. Match the Words to Definitions:

| Word          | Definition                                |
|---------------|-------------------------------------------|
| 1. learning   | A. strong feeling that can affect actions |
| 2. style      | B. way of doing something                 |
| 3. emotion    | C. getting new knowledge or skills        |
| 4. motivation | D. reason why we do something             |
| 5. memory     | E. helps us remember information          |

## 4. Fill in the Gaps: Use: motivation, emotions, memory, learn, styles

1. We use different learning \_\_\_\_\_ to study.
2. \_\_\_\_\_ helps us want to study.
3. Positive \_\_\_\_\_ support better learning.
4. We \_\_\_\_\_ new things by watching or doing.
5. \_\_\_\_\_ helps us keep information in the brain.

## Part 3. Speaking

 **Speak for 1–2 minutes on Learning. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b> <ul style="list-style-type: none"><li>• <i>What is learning?</i></li><li>• <i>How do people learn?</i></li><li>• <i>What helps people learn better?</i></li><li>• <i>Why is motivation important?</i></li><li>• <i>How do emotions influence learning?</i></li></ul> |  <b>Tip: Use simple structures like:</b> <ul style="list-style-type: none"><li>• <i>We learn by...</i></li><li>• <i>People learn better when...</i></li><li>• <i>Motivation helps us...</i></li><li>• <i>Emotions can...</i></li><li>• <i>Learning is important because...</i></li></ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 11. INTELLIGENCE

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Intelligence is the ability to \_\_\_\_ and learn.  
A) forget      B) think      C) sleep
2. IQ stands for \_\_\_\_.  
A) Internet Quality      B) Intelligent Questions      C) Intelligence Quotient

3. Intelligence helps us solve \_\_\_\_.  
A) problems    B) clothes    C) dreams
4. Emotional intelligence is about understanding \_\_\_\_.  
A) animals    B) emotions    C) machines
5. A psychologist may give an IQ \_\_\_\_.  
A) game    B) test    C) rule
6. People with high intelligence can learn things \_\_\_\_.  
A) slowly    B) easily    C) never
7. Intelligence is important for \_\_\_\_.  
A) speaking    B) thinking    C) brushing
8. Some people are good at maths; others have \_\_\_\_ intelligence.  
A) musical    B) empty    C) strong
9. Intelligence can be \_\_\_\_.  
A) seen    B) measured    C) eaten
10. Gardner talked about many types of \_\_\_\_.  
A) shoes    B) intelligence    C) books

## Part 2. Reading Comprehension

### Text: What Is Intelligence?

Intelligence is the ability to learn, understand, and solve problems. It is an important part of how we think and act in life. Psychologists study intelligence to understand how people learn and think.

There are different types of intelligence. Some people are good at numbers and logic. Others have musical or physical intelligence. Howard Gardner, a famous psychologist, said that there are many kinds of intelligence, like linguistic, spatial, and interpersonal intelligence.

Emotional intelligence is also important. It means knowing your emotions and understanding others. This helps people work well with others and manage stress.

Psychologists often use IQ tests to measure intelligence. But IQ is not the only way to understand how smart a person is.

### Tasks:

#### 1. True or False:

1. Intelligence is only about school.
2. Gardner said there is only one kind of intelligence.
3. Emotional intelligence helps us understand feelings.
4. IQ tests are the only way to measure intelligence.
5. Intelligence helps us solve problems.

#### 2. Answer the Questions (short answers):

1. *What is intelligence?*
2. *What types of intelligence are there?*
3. *What is emotional intelligence?*
4. *Who is Howard Gardner?*
5. *How do psychologists measure intelligence?*

### 3. Match the Words to Definitions:

| Word                      | Definition                             |
|---------------------------|----------------------------------------|
| 1. intelligence           | A. knowing and managing emotions       |
| 2. IQ test                | B. a way to measure intelligence       |
| 3. emotional intelligence | C. ability to learn and solve problems |
| 4. psychologist           | D. person who studies the mind         |
| 5. logical                | E. connected to thinking and reason    |

### 4. Fill in the Gaps: Use: intelligence, emotions, problems, psychologist, IQ

1. A \_\_\_\_\_ studies how the brain works.
2. \_\_\_\_\_ helps people solve difficult tasks.
3. People with emotional intelligence understand their \_\_\_\_\_.
4. We can measure intelligence with an \_\_\_\_\_ test.
5. Intelligence is useful when we face \_\_\_\_\_.

## Part 3. Speaking

 **Speak for 1–2 minutes on Intelligence. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is intelligence?</i><br><i>What types of intelligence do you know?</i><br><i>What is emotional intelligence?</i><br><i>Why is intelligence important for psychologists?</i><br><i>How can we measure intelligence?</i> |  <b>Tip: Use simple structures like:</b> <ul style="list-style-type: none"><li>• <i>Intelligence means...</i></li><li>• <i>There are different types of intelligence like...</i></li><li>• <i>Emotional intelligence helps us...</i></li><li>• <i>Psychologists study intelligence to...</i></li><li>• <i>We can test it by...</i></li></ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 12. LANGUAGE

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Language helps people to \_\_\_\_.  
A) sleep      B) communicate      C) eat
2. We use words and \_\_\_\_ to speak.  
A) numbers      B) images      C) grammar
3. The study of language is called \_\_\_\_.  
A) biology      B) linguistics      C) psychology
4. Psychologists study how people \_\_\_\_ language.  
A) learn      B) draw      C) forget
5. Language can be spoken or \_\_\_\_.  
A) painted      B) written      C) cleaned
6. Babies usually start to \_\_\_\_ language in the first year.  
A) lose      B) cook      C) learn

7. Body language means using \_\_\_\_.  
A) books      B) movements      C) dictionaries
8. People with language disorders may have problems with \_\_\_\_.  
A) speaking      B) walking      C) running
9. The brain area for language is in the \_\_\_\_.  
A) feet      B) lungs      C) head
10. Learning a new language can \_\_\_\_ the brain.  
A) help      B) stop      C) break

## Part 2. Reading Comprehension

### Text: Why Is Language Important?

Language is the system we use to speak, write, and understand others. It helps us share ideas, emotions, and knowledge. We learn language from a young age. Babies listen to people and slowly start to understand and use words.

Psychologists are interested in how people learn languages and what happens in the brain. They study first language learning and second language learning. Some people learn languages easily, while others need more time and practice.

There are different forms of language: spoken, written, and body language. Body language includes gestures and facial expressions.

Language is important for communication, thinking, and learning. Without language, people cannot connect or express their ideas well.

### Tasks:

#### 1. True or False:

1. Language is only used for speaking.
2. Psychologists study how people learn languages.
3. Everyone learns languages in the same way.
4. Body language is a type of language.
5. Language is not important for thinking.

#### 2. Answer the Questions (short answers):

1. What is language?
2. How do babies learn language?
3. What do psychologists study about language?
4. What are the forms of language?
5. Why is language important?

#### 3. Match the Words to Definitions:

| Word              | Definition                                |
|-------------------|-------------------------------------------|
| 1. language       | A. signs and movements people use to talk |
| 2. communication  | B. way we speak or write to share meaning |
| 3. psychologist   | C. person who studies the human mind      |
| 4. gesture        | D. sending and receiving information      |
| 5. first language | E. the language we learn as children      |

#### 4. Fill in the Gaps: Use: language, learn, body, brain, communication

1. We use \_\_\_\_\_ to share ideas.
2. Babies begin to \_\_\_\_\_ their first words early.
3. \_\_\_\_\_ language includes gestures and expressions.
4. The \_\_\_\_\_ helps people understand and produce language.
5. Language is the main tool of human \_\_\_\_\_.

#### Part 3. Speaking

 **Speak for 1–2 minutes on Language. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is language?</i><br><i>How do people learn language?</i><br><i>What is body language?</i><br><i>Why is language important in psychology?</i><br><i>How can we improve language skills?</i> |  <b>Tip: Use simple structures like:</b><br><i>Language helps us...</i><br><i>People learn language by...</i><br><i>Body language is...</i><br><i>Psychologists study...</i><br><i>We can improve language skills by...</i> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Topic 13. PERSONALITY

##### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Personality is what makes each person \_\_\_\_.  
A) tall     B) different     C) sick
2. A person who enjoys being with others is \_\_\_\_.  
A) shy     B) introverted     C) outgoing
3. Psychologists study personality to understand \_\_\_\_.  
A) dreams     B) behaviour     C) food
4. Personality traits can be \_\_\_\_.  
A) hungry     B) friendly     C) cloudy
5. A person who often feels nervous may be \_\_\_\_.  
A) anxious     B) bored     C) funny
6. The Big Five is a model of \_\_\_\_.  
A) emotions     B) personality     C) memory
7. People with high openness like \_\_\_\_.  
A) routine     B) adventure     C) sleep
8. A calm person is usually \_\_\_\_.  
A) aggressive     B) relaxed     C) angry
9. Personality can change with \_\_\_\_.  
A) time     B) coffee     C) dreams
10. Someone who is kind and helpful is \_\_\_\_.  
A) rude     B) agreeable     C) selfish

## Part 2. Reading Comprehension

### **Text: Understanding Personality**

Personality is the way we think, feel, and act. It makes each person unique. Some people are quiet, others are talkative. Some like new experiences, while others like routine.

Psychologists study personality to understand people's behaviour. One famous theory is the Big Five. It includes openness, conscientiousness, extraversion, agreeableness, and neuroticism.

Each person has different levels of these traits. For example, someone with high extraversion likes to be around others. A person with high conscientiousness is organized and careful. Personality can change over time. Life experience and environment can influence it.

### **Tasks:**

#### **1. True or False:**

1. Personality is always the same in all people.
2. The Big Five includes five traits.
3. Extraversion means being quiet and shy.
4. Personality can change during life.
5. Conscientious people are often organized.

#### **2. Answer the Questions (short answers):**

1. What is personality?
2. Why do psychologists study personality?
3. What are the Big Five traits?
4. What does high extraversion mean?
5. Can personality change?

#### **3. Match the Words to Definitions:**

##### **Word**

##### **Definition**

- |                 |                                            |
|-----------------|--------------------------------------------|
| 1. personality  | A. being open to new experiences           |
| 2. trait        | B. how a person thinks, feels, and behaves |
| 3. openness     | C. a part of personality                   |
| 4. psychologist | D. a person who studies the mind           |
| 5. extraverted  | E. someone who likes being with people     |

#### **4. Fill in the Gaps: Use: personality, traits, organized, psychologist, change**

1. Every person has a unique \_\_\_\_\_.
2. Some people have friendly or shy \_\_\_\_\_.
3. A \_\_\_\_\_ studies personality and behaviour.
4. Conscientious people are usually very \_\_\_\_\_.
5. Personality can \_\_\_\_\_ over time.

### Part 3. Speaking.

 **Speak for 1–2 minutes on Personality. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is personality?</i><br><i>Why is personality important for psychologists?</i><br><i>What are some types of personality traits?</i><br><i>What is the Big Five model?</i><br><i>Can personality change over time?</i> |  <b>Tip: Use simple structures like:</b><br><i>Personality is how we...</i><br><i>Psychologists study personality to...</i><br><i>Traits like extraversion or openness...</i><br><i>It can change because of...</i> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 2 YEAR

### Topic 14. EMOTIONS

#### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

- Emotions are how we \_\_\_\_.  
A) eat      B) feel      C) sleep
- A person who is smiling is probably \_\_\_\_.  
A) sad      B) angry      C) happy
- Fear is an example of a(n) \_\_\_\_.  
A) emotion      B) colour      C) action
- Psychologists study emotions to understand \_\_\_\_.  
A) language      B) dreams      C) behaviour
- The brain part that controls emotions is the \_\_\_\_.  
A) stomach      B) amygdala      C) lungs
- A person who cries a lot may be feeling \_\_\_\_.  
A) joy      B) sadness      C) energy
- Emotions affect our \_\_\_\_.  
A) shoes      B) heart      C) actions
- People may feel different emotions in the same \_\_\_\_.  
A) situation      B) building      C) colour
- We can express emotions with our \_\_\_\_.  
A) language      B) nose      C) shoes
- It's important to learn how to \_\_\_\_ emotions.  
A) ignore      B) control      C) paint

#### Part 2. Reading Comprehension

 **Text: What Are Emotions?**

Emotions are strong feelings like happiness, sadness, anger, fear, or surprise. They are part of our daily life and help us react to situations. For example, we feel fear when there is danger, or joy when something good happens.

The brain controls emotions, especially a part called the amygdala. Emotions also affect our body: our heart can beat faster, or we may cry or laugh.

Psychologists study emotions to understand human behaviour. Emotions influence how we think, make decisions, and interact with others. People can learn to understand and control their emotions.

### **Tasks:**

#### **1. True or False:**

1. Emotions are not important in daily life.
2. The amygdala helps control emotions.
3. Emotions never affect the body.
4. Psychologists study emotions to understand people.
5. People can learn to control emotions.

#### **2. Answer the Questions (short answers):**

1. What are emotions?
2. Why do we feel fear?
3. What part of the brain controls emotions?
4. How do emotions affect the body?
5. Why do psychologists study emotions?

#### **3. Match the Words to Definitions:**

##### **Word**

##### **Definition**

- |                 |                                           |
|-----------------|-------------------------------------------|
| 1. emotion      | A. a part of the brain that controls fear |
| 2. amygdala     | B. a strong feeling, like joy or anger    |
| 3. psychologist | C. a person who studies the human mind    |
| 4. sadness      | D. feeling unhappy or down                |
| 5. express      | E. to show how you feel                   |

4. Fill in the Gaps: Use: emotions, sadness, control, amygdala, body

1. People feel different \_\_\_\_\_ every day.
2. The \_\_\_\_\_ helps the brain feel emotions.
3. Crying is often a sign of \_\_\_\_\_.
4. It is healthy to learn how to \_\_\_\_\_ emotions.
5. Emotions can affect the mind and the \_\_\_\_\_.

### **Part 3. Speaking**

 **Speak for 1–2 minutes on Emotions. Use these questions to help you:**

#### **Guiding Questions:**

*What are emotions?*  
*What emotions do people feel every day?*  
*Why are emotions important in psychology?*  
*What part of the brain controls emotions?*

#### **Tip: Use simple structures like:**

*Emotions are...*  
*People feel...*  
*Psychologists study emotions because...*  
*We can manage emotions by...*

## Topic 15. MOTIVATION

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Motivation is the reason why we \_\_\_\_.  
A) sleep      B) act      C) forget
2. People need motivation to reach their \_\_\_\_.  
A) goals      B) age      C) phones
3. A student with strong motivation will \_\_\_\_.  
A) give up      B) work hard      C) be lazy
4. Psychologists study motivation to understand \_\_\_\_.  
A) thinking      B) behaviour      C) language
5. A person is motivated when they feel \_\_\_\_.  
A) tired      B) bored      C) interested
6. Intrinsic motivation comes from \_\_\_\_.  
A) inside      B) outside      C) teachers
7. A reward is an example of \_\_\_\_.  
A) intrinsic motivation      B) external motivation      C) relaxation
8. Motivation can be low when people feel \_\_\_\_.  
A) bored      B) excited      C) focused
9. Setting goals helps to increase \_\_\_\_.  
A) sleep      B) hunger      C) motivation
10. A good teacher can help students stay \_\_\_\_.  
A) confused      B) motivated      C) angry

### Part 2. Reading Comprehension

#### **Text: Understanding Motivation**

Motivation is what pushes us to act. It helps us study, work, and achieve goals. There are two main types: intrinsic and extrinsic. Intrinsic motivation comes from inside – for example, learning because we enjoy it. Extrinsic motivation comes from outside – for example, studying to get a reward or avoid punishment.

Psychologists study motivation to understand why people act in different ways. Motivation can be strong or weak. People are more motivated when they have goals, feel interest, and see success.

To stay motivated, people should set clear goals, take breaks, and reward progress.

#### **Tasks:**

##### **1. True or False:**

1. Motivation helps us act and achieve goals.
2. Intrinsic motivation comes from outside.

3. People are always motivated.
4. Psychologists study motivation to understand behaviour.
5. Clear goals can help people stay motivated.

## 2. Answer the Questions (short answers):

1. What is motivation?
2. What are two types of motivation?
3. What is intrinsic motivation?
4. What can help people stay motivated?
5. Why do psychologists study motivation?

## 3. Match the Words to Definitions:

| Word            | Definition                                |
|-----------------|-------------------------------------------|
| 1. motivation   | A. goals or prizes that come from outside |
| 2. intrinsic    | B. doing something because you enjoy it   |
| 3. extrinsic    | C. the reason why we do something         |
| 4. psychologist | D. a person who studies human behaviour   |
| 5. goal         | E. something you want to achieve          |

## 4. Fill in the Gaps: Use: motivated, reward, intrinsic, behaviour, goals

1. People with clear \_\_\_\_\_ work harder.
2. \_\_\_\_\_ motivation comes from interest or joy.
3. A \_\_\_\_\_ helps people stay focused.
4. Psychologists study motivation and \_\_\_\_\_.
5. Students feel more \_\_\_\_\_ when they enjoy learning.

## Part 3. Speaking

 **Speak for 1–2 minutes on Motivation. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Guiding Questions:</b></p> <p><i>What is motivation?</i></p> <p><i>Why is motivation important in psychology?</i></p> <p><i>What are intrinsic and extrinsic motivation?</i></p> <p><i>How can we stay motivated in studying or work?</i></p> <p><i>How can a psychologist help a person with low motivation?</i></p> | <p> <b>Tip: Use simple structures like:</b></p> <p><i>Motivation is...</i></p> <p><i>Psychologists study motivation because...</i></p> <p><i>People feel motivated when...</i></p> <p><i>We can stay motivated by...</i></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 16. STRESS AND COPING

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

Choose the correct answer A, B, or C:

1. Stress is a response to something \_\_\_\_.  
A) easy      B) relaxing      C) difficult
2. People feel stress when they are under \_\_\_\_.  
A) pressure      B) sleep      C) sunshine
3. Coping means trying to \_\_\_\_.  
A) avoid work      B) deal with stress      C) sleep longer
4. Exams and deadlines can be \_\_\_\_.  
A) enjoyable      B) stressful      C) funny
5. Deep breathing is a good way to \_\_\_\_.  
A) create stress      B) increase tension      C) relax
6. Talking to someone can help us \_\_\_\_.  
A) feel worse      B) manage stress      C) ignore problems
7. Stress affects both the body and the \_\_\_\_.  
A) mind      B) shoes      C) time
8. If stress is too strong, it can cause \_\_\_\_.  
A) joy      B) illness      C) sleep
9. Exercise can help reduce \_\_\_\_.  
A) food      B) stress      C) noise
10. Psychologists teach people how to \_\_\_\_.  
A) stop emotions      B) increase stress      C) cope with stress

### Part 2. Reading Comprehension

#### Text: Understanding Stress and Coping

Stress is the body's reaction to a challenge or demand. It can come from school, work, family, or health problems. A little stress can be helpful—it gives us energy. But too much stress can cause problems like headaches, tiredness, or anxiety.

People cope with stress in different ways. Some talk to friends, others take walks or do sports. Breathing exercises and good sleep also help. Psychologists help people understand stress and learn how to manage it.

It is important to notice signs of stress early and take steps to stay healthy and calm.

#### Tasks:

##### 1. True or False:

1. Stress always has a bad effect.
2. Too much stress can make people sick.
3. Talking to friends is a way to cope with stress.
4. Sleep doesn't help with stress.
5. Psychologists can help people manage stress.

## 2. Answer the Questions (short answers):

1. What is stress?
2. What can cause stress?
3. How can stress affect the body?
4. What are some ways to cope with stress?
5. Why is it important to manage stress?

## 3. Match the Words to Definitions:

| Word            | Definition                               |
|-----------------|------------------------------------------|
| 1. stress       | A. to deal with something difficult      |
| 2. cope         | B. strong feeling caused by pressure     |
| 3. psychologist | C. rest at night                         |
| 4. anxiety      | D. a person who helps with mental health |
| 5. sleep        | E. feeling worried or nervous            |

## 4. Fill in the Gaps: Use: stress, cope, anxiety, exercise, psychologist

1. Too much \_\_\_\_\_ can make people tired.
2. \_\_\_\_\_ is a feeling of worry or fear.
3. A \_\_\_\_\_ helps people understand emotions.
4. Physical \_\_\_\_\_ helps reduce stress.
5. People use different methods to \_\_\_\_\_ with problems.

## Part 3. Speaking

 **Speak for 1–2 minutes on Stress and Coping. Use these questions to help you:**

### **Guiding Questions:**

*What is stress and what causes it?*

*How can stress affect a person's body and mind?*

*What are healthy ways to cope with stress?*

*Why is coping important in psychology?*

*What advice would you give to a stressed student?*

### **Tip: Use simple structures like:**

*Stress is...*

*It is caused by...*

*People feel stress when...*

*To cope with stress, we can...*

*Psychologists help by...*

## Topic 17. STRUCTURALISM

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Structuralism is one of the \_\_\_\_ schools of psychology.  
A) newest      B) oldest      C) smallest
2. Structuralism focuses on the structure of the \_\_\_\_.  
A) mind      B) body      C) society
3. Wilhelm Wundt and Edward Titchener were \_\_\_\_ of structuralism.  
A) critics      B) founders      C) students
4. Structuralists used \_\_\_\_ to study the mind.  
A) introspection      B) medication      C) experiments with animals
5. Introspection means looking \_\_\_\_ and describing experiences.  
A) outside      B) inside      C) around
6. Structuralism tried to understand the mind by breaking it into \_\_\_\_.  
A) emotions      B) actions      C) parts
7. Structuralism is different from functionalism because it studies \_\_\_\_.  
A) why things work      B) how the brain grows      C) what the mind is made of
8. Structuralism used careful \_\_\_\_.  
A) observation      B) guessing      C) drawings
9. A limitation of structuralism is that introspection is \_\_\_\_.  
A) easy      B) not always reliable      C) fun
10. Structuralism helped psychology become a \_\_\_\_.  
A) science      B) sport      C) dream

### Part 2. Reading Comprehension

#### **Text: What is Structuralism?**

Structuralism was the first major school of thought in psychology. It began in the late 19th century with Wilhelm Wundt and his student Edward Titchener. Structuralism focused on the structure of the mind.

The main method used in structuralism was introspection. People were trained to look inside their minds and describe thoughts, images, and feelings in detail. The goal was to break mental processes into basic parts.

Structuralism helped psychology grow into a scientific field. However, it had problems. Introspection was not always reliable. Not everyone could describe their thoughts clearly.

Later, other schools of psychology, like functionalism and behaviourism, replaced structuralism. Still, it played an important role in the history of psychology.

#### **Tasks:**

##### **1. True or False:**

1. Structuralism started in the 20th century.
2. Wundt and Titchener supported structuralism.
3. Structuralism used the method of introspection.

4. Introspection was a perfect method.
5. Structuralism had no impact on psychology.

## 2. Answer the Questions (short answers):

1. Who started structuralism?
2. What did structuralism study?
3. What is introspection?
4. Why was introspection a problem?
5. What came after structuralism?

## 3. Match the Words to Definitions:

| Word             | Definition                                       |
|------------------|--------------------------------------------------|
| 1. introspection | A. looking inside your mind to describe thoughts |
| 2. structuralism | B. the first school of psychology                |
| 3. Wundt         | C. one of the founders of structuralism          |
| 4. part          | D. a small piece of a bigger whole               |
| 5. psychology    | E. the study of the mind and behavior            |

## 4. Fill in the Gaps: Use: introspection, parts, structuralism, mind, psychology

1. \_\_\_\_\_ is the science of the mind.
2. Structuralists studied the \_\_\_\_\_ and its structure.
3. Wilhelm Wundt used \_\_\_\_\_ as a method.
4. Structuralists broke mental processes into small \_\_\_\_\_.
5. \_\_\_\_\_ is the name of the first school of psychology.

## Part 3. Speaking

 **Speak for 1–2 minutes on Structuralism. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is structuralism?</i><br><i>Who were the main psychologists connected with it?</i><br><i>What method did they use to study the mind?</i><br><i>What were the problems with structuralism?</i><br><i>Why is it still important today?</i> |  <b>Tip: Use simple structures like:</b><br><i>Structuralism is...</i><br><i>It was started by...</i><br><i>They used introspection to...</i><br><i>One problem was...</i><br><i>It helped psychology to...</i> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 18. FUNCTIONALISM

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Functionalism studies how the mind helps people \_\_\_\_.  
A) sleep      B) adapt      C) eat
2. William James is known as the \_\_\_\_ of functionalism.  
A) enemy      B) founder      C) student
3. Functionalism focused on the \_\_\_\_ of mental processes.  
A) function      B) color      C) structure
4. Functionalists believed that the mind helps us \_\_\_\_.  
A) survive      B) stop thinking      C) dream
5. Functionalism came after \_\_\_\_.  
A) behaviorism      B) structuralism      C) psychoanalysis
6. Functionalism was inspired by the theory of \_\_\_\_.  
A) Freud      B) Darwin      C) Pavlov
7. Unlike structuralism, functionalism studied the \_\_\_\_ of consciousness.  
A) history      B) purpose      C) parts
8. Functionalists were interested in how we \_\_\_\_.  
A) eat chocolate      B) function in daily life      C) draw pictures
9. Functionalism helped develop applied \_\_\_\_.  
A) biology      B) mathematics      C) psychology
10. Functionalism led to the growth of \_\_\_\_.  
A) experimental labs      B) modern psychology      C) ancient philosophy

### Part 2. Reading Comprehension

#### **Text: What is Functionalism?**

Functionalism was one of the early schools of psychology. It developed in the late 19th century after structuralism. William James, an American psychologist, was one of the main founders of functionalism.

This approach focused on the functions of the mind—how mental processes help people adapt to their environment. Functionalism was influenced by Charles Darwin's theory of evolution. It saw thinking and behavior as tools for survival.

Unlike structuralism, which studied the parts of the mind, functionalism wanted to understand how the mind works in real life. Functionalists believed that mental processes like memory, emotions, and attention have practical uses.

Functionalism helped psychology grow as a science and led to modern applied psychology.

#### **Tasks:**

##### **1. True or False:**

1. Functionalism came before structuralism.
2. William James helped develop functionalism.
3. Functionalism studied the purpose of the mind.
4. Functionalists were not interested in real-life problems.

5. Functionalism was influenced by Darwin's ideas.

**2. Answer the Questions (short answers):**

1. When did functionalism develop?
2. Who was a key figure in functionalism?
3. What was the main focus of functionalism?
4. What theory influenced functionalism?
5. How did functionalism help psychology?

**3. Match the Words to Definitions:**

| Word           | Definition                                |
|----------------|-------------------------------------------|
| 1. adapt       | A. to change in order to live or survive  |
| 2. function    | B. the reason something exists or works   |
| 3. founder     | C. a person who starts something          |
| 4. applied     | D. used in real life, not just theory     |
| 5. environment | E. the world or conditions around someone |

**4. Fill in the Gaps: Use: adapt, functionalism, William James, survival, purpose**

1. \_\_\_\_\_ is the school of psychology that studies mental functions.
2. \_\_\_\_\_ was a main founder of this school.
3. Mental processes help people \_\_\_\_\_ to the environment.
4. Functionalism focused on the \_\_\_\_\_ of behavior.
5. Thinking helps with human \_\_\_\_\_.

**Part 3. Speaking**

 **Speak for 1–2 minutes on Functionalism. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is functionalism in psychology?</i><br><i>Who started this approach?</i><br><i>What does functionalism study?</i><br><i>How is it different from structuralism?</i><br><i>Why is functionalism important?</i> |  <b>Tip: Use simple structures like:</b><br><i>Functionalism is...</i><br><i>It was developed by...</i><br><i>It studies how...</i><br><i>It is different because...</i><br><i>It helped psychology...</i> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 19. BEHAVIOURISM

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Behaviourism studies \_\_\_\_ that people do.  
A) thoughts      B) feelings      C) actions
2. John B. Watson is known as the \_\_\_\_ of behaviourism.  
A) founder      B) critic      C) student
3. Behaviourists believe that behaviour can be \_\_\_\_ and studied.  
A) ignored      B) observed      C) imagined
4. Behaviourism focuses on learning through \_\_\_\_.  
A) emotions      B) observation      C) experience
5. B.F. Skinner studied how rewards and punishments affect \_\_\_\_.  
A) thoughts      B) behaviour      C) dreams
6. Behaviourism does not study \_\_\_\_.  
A) behaviour      B) feelings      C) actions
7. Classical conditioning was discovered by \_\_\_\_.  
A) Pavlov      B) Freud      C) Wundt
8. Behaviourism helped develop techniques for \_\_\_\_.  
A) therapy      B) painting      C) writing
9. Behaviourism was popular in the early \_\_\_\_.  
A) 19th century      B) 20th century      C) 21st century
10. Behaviourism influenced \_\_\_\_.  
A) education and psychology      B) cooking      C) music

### Part 2. Reading Comprehension

#### **Text: What is Behaviourism?**

Behaviourism is a school of psychology that studies behaviour. It began in the early 20th century. John B. Watson is called the father of behaviourism.

Behaviourists believe that only behaviour can be studied scientifically because it can be seen and measured. They do not focus on feelings or thoughts because these are hard to observe.

One important idea in behaviourism is learning through conditioning. Classical conditioning, discovered by Ivan Pavlov, shows how animals learn by association. B.F. Skinner studied operant conditioning, where behaviour changes because of rewards or punishments.

Behaviourism helped in developing therapies and teaching methods. It was very popular for many years.

#### **Tasks:**

##### **1. True or False:**

1. Behaviourism studies thoughts and feelings.
2. John B. Watson started behaviourism.
3. Behaviourism studies behaviour that can be observed.

4. Pavlov discovered operant conditioning.
5. Behaviourism is useful in education.

## 2. Answer the Questions (short answers):

1. Who is the father of behaviourism?
2. What does behaviourism study?
3. What is classical conditioning?
4. What did B.F. Skinner study?
5. How did behaviourism help psychology?

## 3. Match the Words to Definitions:

| Word            | Definition                                      |
|-----------------|-------------------------------------------------|
| 1. behaviour    | A. what people do or how they act               |
| 2. conditioning | B. learning by association or reward            |
| 3. reward       | C. something given for good behaviour           |
| 4. punishment   | D. something unpleasant given to stop behaviour |
| 5. observe      | E. to watch carefully                           |

## 4. Fill in the Gaps: Use: behaviourism, Watson, Pavlov, Skinner, conditioning

1. \_\_\_\_\_ is the study of behaviour.
2. John B. \_\_\_\_\_ is the father of behaviourism.
3. Ivan \_\_\_\_\_ discovered classical conditioning.
4. B.F. \_\_\_\_\_ studied operant conditioning.
5. Conditioning is learning by \_\_\_\_\_.

## Part 3. Speaking

 **Speak for 1–2 minutes on Behaviourism. Use these questions to help you:**

|                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is behaviourism?</i><br><i>Who started behaviourism?</i><br><i>What do behaviourists study?</i><br><i>What is conditioning?</i><br><i>Why is behaviourism important?</i> |  <b>Tip: Use simple structures like:</b><br><i>Behaviourism studies...</i><br><i>It was started by...</i><br><i>Behaviourists study...</i><br><i>Conditioning means...</i><br><i>Behaviourism helped...</i> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 20. BEHAVIORAL GENETICS

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Behavioral genetics studies how genes affect \_\_\_\_.  
A) behaviour    B) weather    C) food
2. Genes are parts of our \_\_\_\_.  
A) environment    B) body    C) family
3. Twins are often studied to understand \_\_\_\_.  
A) genetics    B) sports    C) music
4. Heredity means \_\_\_\_ is passed from parents to children.  
A) money    B) traits    C) toys
5. Behavioral genetics looks at how genes and \_\_\_\_ work together.  
A) environment    B) cars    C) books
6. Some behaviours are influenced by \_\_\_\_.  
A) genes    B) planets    C) weather
7. Scientists study \_\_\_\_ to learn about behaviour.  
A) animals    B) DNA    C) cars
8. Genes can affect \_\_\_\_ and personality.  
A) height    B) emotions    C) both
9. Behavioural genetics helps understand mental \_\_\_\_.  
A) disorders    B) sports    C) games
10. Research in this field began in the \_\_\_\_ century.  
A) 19th    B) 21st    C) 18th

### Part 2. Reading Comprehension

**Text: What is Behavioral Genetics?**

Behavioral genetics is the study of how genes and environment influence behaviour. Genes are parts of our DNA that we inherit from our parents.

Scientists often study twins because they have the same genes. By comparing twins who grow up together or apart, scientists learn how much behaviour is from genes or environment.

Heredity means traits passed from parents to children. Some behaviours, like intelligence or personality, are influenced by genes and environment.

Behavioural genetics helps us understand mental disorders and how people act.

**Tasks:**

**1. True or False:**

- Behavioural genetics studies weather.
- Genes come from parents.
- Twins are not useful for research.
- Heredity means traits pass from parents to children.
- Behaviour depends only on genes.

## 2. Answer the Questions (short answers):

- What does behavioural genetics study?
- Why are twins studied?
- What does heredity mean?
- What affects behaviour?
- How does behavioural genetics help people?

## 3. Match the Words to Definitions:

| Word           | Definition                                |
|----------------|-------------------------------------------|
| 1. genes       | A. parts of DNA inherited from parents    |
| 2. heredity    | B. traits passed from parents to children |
| 3. environment | C. the place and conditions around us     |
| 4. twins       | D. two people born at the same time       |
| 5. behaviour   | E. actions or reactions                   |

## 4. Fill in the Gaps: Use: *genes, heredity, behaviour, environment, twins*

- \_\_\_\_ are parts of DNA.
- \_\_\_\_ means traits pass from parents to children.
- \_\_\_\_ is how people act or react.
- \_\_\_\_ means the place around a person.
- Scientists study \_\_\_\_ to learn about genetics.

## Part 3. Speaking

Speak for 1–2 minutes on Behavioural Genetics. Use these questions:

|                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is behavioural genetics?</i><br><i>Why are twins important for research?</i><br><i>What is heredity?</i><br><i>How do genes and environment affect behaviour?</i><br><i>Why is this field important?</i> |  <b>Tip: Use simple sentences:</b><br><i>Behavioural genetics studies...</i><br><i>Twins help scientists because...</i><br><i>Heredity means...</i><br><i>Genes and environment both affect behaviour...</i><br><i>It helps us understand...</i> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 21. HUMANISTIC PSYCHOLOGY

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

**Choose the correct answer A, B, or C:**

1. Humanistic psychology focuses on \_\_\_\_ potential.  
A) machine      B) human      C) animal
2. It studies how people \_\_\_\_ and grow.  
A) learn      B) think      C) develop
3. Humanistic psychologists believe people are \_\_\_\_.  
A) good      B) bad      C) neutral
4. This psychology focuses on \_\_\_\_ and feelings.  
A) behaviour      B) needs      C) money
5. Maslow's hierarchy shows human \_\_\_\_ needs.  
A) basic      B) financial      C) physical
6. Carl Rogers talked about \_\_\_\_ acceptance.  
A) unconditional      B) conditional      C) no
7. Self-actualization means reaching your \_\_\_\_.  
A) goals      B) limits      C) happiness
8. Humanistic psychology values \_\_\_\_ and freedom.  
A) choice      B) rules      C) control
9. Therapy helps people \_\_\_\_ themselves better.  
A) understand      B) ignore      C) forget
10. It began in the \_\_\_\_ century.  
A) 19th      B) 20th      C) 21st

### Part 2. Reading Comprehension

**Text: What is Humanistic Psychology?**

Humanistic psychology studies how people grow and develop. It focuses on human potential and the desire to improve.

This psychology believes that people are good and want to make choices to live better lives. Maslow created a hierarchy of needs. It shows that people have basic needs, like food and safety, and higher needs, like love and self-actualization. Carl Rogers emphasized the importance of unconditional acceptance in therapy. This helps people understand and accept themselves.

Humanistic psychology values freedom, choice, and personal growth.

**Tasks:**

#### 1. True or False:

- Humanistic psychology studies machines.
- It believes people want to grow.
- People are seen as bad in this psychology.
- Maslow created a hierarchy of needs.
- Therapy helps people understand themselves.

#### 2. Answer the Questions (short answers):

- What does humanistic psychology study?
- Who created the hierarchy of needs?
- What does self-actualization mean?
- What did Carl Rogers focus on?
- What values does this psychology have?

### 3. Match the Words to Definitions:

| Word                  | Definition                    |
|-----------------------|-------------------------------|
| 1. potential          | A. ability to grow or improve |
| 2. hierarchy          | B. a system of levels         |
| 3. unconditional      | C. without conditions         |
| 4. acceptance         | D. agreeing or welcoming      |
| 5. self-actualization | E. reaching your best self    |

### 4. Fill in the Gaps: Use: growth, acceptance, choice, needs, therapy

- Humanistic psychology focuses on personal \_\_\_\_.
- People have many basic \_\_\_\_.
- Carl Rogers talked about \_\_\_\_ in therapy.
- People want \_\_\_\_ to live good lives.
- \_\_\_\_ helps people understand themselves.

## Part 3. Speaking

Speak for 1–2 minutes on Humanistic Psychology. Use these questions:

|                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Guiding Questions:</b></p> <p><i>What is humanistic psychology?</i><br/> <i>What does it focus on?</i><br/> <i>Who are important psychologists?</i><br/> <i>What is Maslow's hierarchy?</i><br/> <i>How does therapy help people?</i></p> | <p> <b>Tip: Use simple sentences:</b></p> <p><i>What is humanistic psychology?</i><br/> <i>What does it focus on?</i><br/> <i>Who are important psychologists?</i><br/> <i>What is Maslow's hierarchy?</i><br/> <i>How does therapy help people?</i></p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Topic 22. HEALTH PSYCHOLOGY

### Part 1. Vocabulary and Grammar (Multiple Choice Test)

Choose the correct answer A, B, or C:

- Health psychology studies how people stay \_\_\_\_.  
A) happy    B) healthy    C) strong
- It looks at the connection between mind and \_\_\_\_.  
A) body    B) money    C) friends
- Stress can affect a person's \_\_\_\_.  
A) health    B) job    C) car

4. Health psychologists help people change \_\_\_\_ habits.  
A) bad      B) fast      C) old
5. Exercise is good for the \_\_\_\_.  
A) body      B) brain      C) both
6. Eating healthy food helps prevent \_\_\_\_.  
A) illness      B) games      C) fun
7. Health psychology studies how people \_\_\_\_.  
A) recover      B) sleep      C) relax
8. Smoking is a \_\_\_\_ habit.  
A) healthy      B) bad      C) fun
9. Doctors work with health \_\_\_\_.  
A) psychologists      B) teachers      C) lawyers
10. Mental health is as important as \_\_\_\_.  
A) physical health      B) school      C) money

## Part 2. Reading Comprehension

### Text: What is Health Psychology?

Health psychology studies how the mind and body work together. It looks at how thoughts, feelings, and behaviours affect health.

Stress can make people sick. Health psychologists help people learn to manage stress and live healthy lives.

They teach about healthy habits, like exercise, good food, and avoiding smoking.

Health psychology also studies how people recover from illness and how to improve mental health.

### Tasks:

#### 1. True or False:

- Health psychology studies money.
- Stress can affect health.
- Smoking is healthy.
- Exercise helps the body and brain.
- Mental health is not important.

#### 2. Answer the Questions (short answers):

- What does health psychology study?
- How can stress affect people?
- What habits do health psychologists teach?
- Why is exercise important?
- What else does health psychology study?

#### 3. Match the Words to Definitions:

##### Word

##### Definition

1. stress

A. pressure or tension

| Word             | Definition                        |
|------------------|-----------------------------------|
| 2. illness       | B. when a person is sick          |
| 3. habit         | C. a behaviour done often         |
| 4. recovery      | D. getting better after sickness  |
| 5. mental health | E. the state of mind and emotions |

**4. Fill in the Gaps: Use: health, stress, habits, exercise, recovery**

- Health psychology studies the mind and \_\_\_\_.
- People should manage \_\_\_\_.
- Healthy \_\_\_\_ help us live better.
- \_\_\_\_ is good for the body and mind.
- After illness, people need \_\_\_\_.

**Part 3. Speaking**

**Speak for 1–2 minutes on Health Psychology. Use these questions:**

|                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Guiding Questions:</b><br><i>What is health psychology?</i><br><i>How do mind and body connect?</i><br><i>How can stress affect health?</i><br><i>What healthy habits do people need?</i><br><i>Why is mental health important?</i> |  <b>Tip: Use simple sentences:</b><br><i>Health psychology studies...</i><br><i>Mind and body work together...</i><br><i>Stress can cause illness...</i><br><i>Healthy habits are...</i><br><i>Mental health is important because...</i> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Topic 23. SCIENTIFIC METHOD**

**Part 1. Vocabulary and Grammar (Multiple Choice Test)**

**Choose the correct answer A, B, or C:**

- The scientific method helps us find \_\_\_\_.  
A) opinions    B) facts    C) stories
- First, we ask a \_\_\_\_.  
A) question    B) answer    C) guess
- A \_\_\_\_ is a guess we test in an experiment.  
A) theory    B) hypothesis    C) fact
- We collect \_\_\_\_ to learn more.  
A) data    B) money    C) clothes
- An experiment tests the \_\_\_\_.  
A) hypothesis    B) idea    C) question
- Scientists use tools to \_\_\_\_ data.  
A) find    B) collect    C) lose
- After testing, scientists \_\_\_\_ results.  
A) analyse    B) ignore    C) hide

8. A conclusion tells us if the hypothesis is \_\_\_\_.  
A) true      B) old      C) new
9. Scientists share their \_\_\_\_ with others.  
A) results      B) stories      C) pictures
10. The scientific method is important in \_\_\_\_.  
A) science      B) art      C) sports

## Part 2. Reading Comprehension

### Text: The Scientific Method

The scientific method is a way to learn about the world. Scientists ask questions and make guesses called hypotheses. They do experiments to test these guesses.

Scientists collect data during experiments. Then, they analyse the data to see if the hypothesis is true or false.

After that, they make a conclusion. Scientists share their results with others to help everyone learn.

The scientific method is important because it helps find facts and avoid mistakes.

### Tasks:

#### 1. True or False:

- The scientific method finds facts.
- Hypotheses are guesses.
- Experiments are not needed.
- Scientists collect data.
- Results are kept secret.

#### 2. Answer the Questions (short answers):

- What is the scientific method?
- What is a hypothesis?
- What do scientists do in experiments?
- Why do scientists analyse data?
- Why is the scientific method important?

#### 3. Match the Words to Definitions:

##### Word

##### Definition

- |               |                                 |
|---------------|---------------------------------|
| 1. hypothesis | A. a guess to test              |
| 2. data       | B. information collected        |
| 3. experiment | C. a test to check a hypothesis |
| 4. conclusion | D. a decision after analysis    |
| 5. analyse    | E. to study carefully           |

#### 4. Fill in the Gaps: Use: question, hypothesis, data, analyze, conclusion

- Scientists start with a \_\_\_\_.
- They make a \_\_\_\_.
- During experiments, they collect \_\_\_\_.

- They \_\_\_\_ the data.
- They write a \_\_\_\_.

### Part 3. Speaking

**Speak for 1–2 minutes on the Scientific Method. Use these questions:**

|                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Guiding Questions:</b></p> <p><i>What is the scientific method?</i></p> <p><i>What is a hypothesis?</i></p> <p><i>How do scientists test ideas?</i></p> <p><i>Why do they analyse data?</i></p> <p><i>Why is the scientific method important?</i></p> | <p> <b>Tip: Use simple sentences:</b></p> <p><i>The scientific method helps us learn...</i></p> <p><i>A hypothesis is a guess...</i></p> <p><i>Scientists test ideas by...</i></p> <p><i>They analyse data to...</i></p> <p><i>It is important because...</i></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|