

## **СОДЕРЖАНИЕ**

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## Предисловие

Учебное пособие “Personality: highs and lows” предназначено, прежде всего, для студентов, обучающихся по направлению подготовки «Психология». Данное пособие, разработанное Ж.В. Кургузенковой, Л.В. Кривошлыковой и М.В. Донской, написано в соответствии с требованиями ФГОС ВПО к результатам освоения основных образовательных программ, а именно направлено на формирование у студентов-психологов следующих компетенций: владение культурой научного мышления, обобщением, анализом и синтезом фактов и теоретических положений, а также владение иностранным языком в объеме, необходимом для работы с профессиональной литературой; развитие организационно-управленческих навыков в профессиональной и социальной деятельности; освоение норм взаимодействия и сотрудничества с учетом принципов толерантности и социальной мобильности.

Данное учебное пособие может быть также использовано для проведения занятий по дисциплине «Иностранный язык (английский)» со студентами, обучающимися по широкому спектру гуманитарных специальностей (социология, связи с общественностью, зарубежное регионоведение, управление персоналом).

Несомненным достоинством данного учебного пособия является предложенный авторами корпус упражнений, направленных на развитие коммуникативных навыков студентов. Все 10 уроков включают список из двенадцати заданий, направленных, прежде всего, на расширение словарного запаса. Достижению поставленных задач способствуют предлагаемые авторами аутентичные тексты из современных специализированных зарубежных изданий, затрагивающих актуальные проблемы современности: межличностных отношений, глобализации и т.д.

Тексты обусловили направленность всего корпуса упражнений, а именно: 1) поиск соответствия между термином и его определением; 2) поиск английских эквивалентов в тексте с целью выделения основного вокабуляра прочитанной статьи;

3) работа с основным вокабуляром путем заполнения пропусков нужными лексическими единицами; 4) поиск синонимов; 5) перевод с русского языка на английский с использованием основного вокабуляра; 6) воспроизведение ситуаций из текста, в которых фигурировал выделенный вокабуляр; 7) ответы на вопросы; 8) беседа в рамках заданных ситуаций; 9) написание эссе на заданную тему; 10) перевод устойчивых выражений, связанных тематически с основной лексикой урока; 11) выполнение упражнения на закрепление изученных идиом; 12) пересказ текста.

Таким образом, учитывая тот факт, что одной из важнейших проблем современной методики преподавания иностранного языка является вопрос оптимизации процесса общения, считаем, что данное пособие развивает навыки работы с оригинальным текстом, и, как следствие, оказывает воздействие на эмоциональную сферу студента, стимулирует его мыслительную деятельность, помогая сформировать коммуникативную компетенцию.

## UNIT 1

### People and Relationships

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Relationship is defined as a state of connectedness between people. Although in today's society with its crazy rhythm of everyday life, when people tend to live in densely populated megapolises, spending most of their time in the office and hardly knowing their neighbor's name, we still find ourselves in some kind of a relationship — with friends, family, or colleagues.

Family relationships are the first people's relationships to enter into. Parents and relatives influence our emotional development by creating a model that we are sometimes bound to follow all our life, often subconsciously. People who have grown up in large happy families usually feel more emotionally secure than those, whose parents had gone through a divorce. For sure you know quite a few attractive and successful women who remain single for some 'mysterious' reason. They often turn out to be victims of their past. Deep inside they cannot overcome the fear of being abandoned, that comes from their childhood, when one or both of their parents left them or just did not pay enough attention. A well-established young man can be scared of a commitment in a relationship as his parents' family model failed to convince him that getting married makes one happy.

In daycare, at school, then in the office we spend a lot of time among fellow students and coworkers. We learn to maintain business relationships, to work in a team environment, then form smaller groups of like-minded people and finally select some of them as our friends.

What is a true friendship? How does it start? Are we destined to become friends with certain people or can we actually plan whom to be friends with?

“Everybody’s friend is nobody’s”, said Arthur Schopenhauer. Unlike a companionship based on belonging to the same team or group, friendship is a very personal and selective type of people’s relationships. It calls for trust, sincerity, and emotional bonds. It’s not without reason that we call our friends our alter ego.

Sociologists believe that most of the people are looking for similarity of views, social status, and interests when choosing friends. No wonder that our friends are often people of the same age, sex, and education. Another important factor is joint activity and solidarity. This is the reason why many of us befriend their colleagues and people who work in the same field.

Another underestimated common prerequisite for friendship is geographical proximity. If our friends move out of town or overseas, it is a very common reason why friendship falls apart. Maintaining a long distance friendship is a challenge, and not many of us pass this test.

Most people would agree that a friend is someone who would always listen and understand. “Understanding” in this context implies a lot of meanings — compassion, sympathy, and emotional closeness. It’s a process when your friend deciphers your emotional state, shares your feelings, identifies himself/herself with you.

“Friendship is like money, easier made than kept”, said Samuel Butler. To maintain friendship we have to make an effort. Friendship can be time-consuming and might require some sacrifice from our part — staying up all night comforting a girlfriend after a hard breakup, canceling your hairdresser’s appointment to babysit your friends’ kids, or taking care of someone’s pets. But friendship rewards us with a warm feeling of being there for someone, being important, being part of someone’s life.

The number of single people is growing every day, making modern psychologists question the need for a serious relationship between men and women. People are getting more and more self-sufficient and don’t seem to need a life partner any longer. Now, when successful career and professional self-realization have become priority for fresh graduates, when taking maternity leave will take

away your chances of ever catching up with your more successful and commitment-free coworkers, most people tend to delay settling down or even moving in with someone until their late thirties. And by this time many of them are so much used to living independently, that they find a mere thought of living with someone or considering any kind of commitment repulsive. “I am not a marrying type. I am missing the bride gene”, says Carrie Bradshaw in the “Sex and the City”, who has become a role model for many single women around the world.

It’s a reality we have to acknowledge — people become more and more alienated, introverted and scared of getting closer to each other. Does it seem familiar? Each gender is trying to make contact with the other side, but is becoming trapped and confused in the process. Like a beast who has come too close to a hot-wired electric fence, we’ve seen both men and women jump back and retreat from the opposite sex, because they are afraid of risking the potential pain of rejection. So they keep their distance.

However, psychological studies reveal that people who manage to maintain healthy relationships really have more happiness and less stress. There are simple ways to make relationships healthy, even though each one is different... boyfriends, girlfriends, parents, siblings, friends, colleagues, professors, roommates, and classmates.

## Words and word combinations

- **dense** containing a lot of things or people close together
- **bound** feeling that you should do something because you are expected to, or because it is morally right, even if you do not really want to do it (**be/feel bound to do something**)
- **subconscious** relating to thoughts or feelings that you have but do not think about, or do not realize you have

● <b>divorce</b>	to take legal action to end your marriage. (If two people agree to stop living together, but do not legally end their marriage, they <b>separate</b> )
● <b>turn out</b>	to be discovered to be something, have something etc.
● <b>abandon</b>	to leave someone when you should stay with them and look after them
● <b>scared</b>	frightened, or worried ( <b>scared of (doing) something</b> )
● <b>commitment</b>	a duty or responsibility that you have accepted
● <b>convince</b>	to make someone believe that something is true
● <b>destined</b>	certain to do smth., or certain to happen in the future ( <b>destined for, destined to do something</b> )
● <b>trust</b>	a feeling of confidence in someone that shows you believe they are honest, fair, and reliable
● <b>sincerity</b>	an honest way of behaving that shows that you really mean what you say or do
● <b>bonds</b>	something that gives people or groups a reason to love one another or feel they have a duty to one another
● <b>befriend</b>	to become the friend of someone and treat them in a kind way
● <b>underestimate</b>	to think that someone has less power or ability than they really have
● <b>prerequisite</b>	something that must exist or happen before something else is possible
● <b>proximity</b>	how near something is to another thing, especially in distance or time
● <b>fall apart</b>	if something such as an organization, agreement, or relationship falls apart, it no longer continues

- **compassion** a feeling of sympathy for someone who is in a bad situation because you understand and care about them
- **decipher** to succeed in understanding the meaning of something written in a secret system of letters or symbols called a code, to understand something mysterious or confusing
- **maintain** to make something stay the same
- **consume** to use a supply of something such as time, energy, or fuel
- **self-sufficient** able to provide everything that you need by yourself, without help from other people
- **maternity leave** time before and after the birth of a baby when a woman is allowed to be away from her job
- **repulsive** someone or something that is repulsive is so unpleasant that you feel slightly ill when you see them or think about them
- **alienate** to make someone feel that they do not belong in a place or group

## Word study

### Exercise 1. Match the term and its definitions.

- |                   |  |
|-------------------|--|
| 1 self-sufficient | a unable to change a bad situation or way of thinking                                  |
| 2 decipher        | b how near something is to another thing, especially in distance or time               |
| 3 trapped         | c something that must exist or happen before something else is possible                |
| 4 bound           | d able to provide everything that you need by yourself, without help from other people |

- |    |              |   |   |
|----|--------------|---|---|
| 5  | retreat      | e | to make someone feel that they do not belong in a place or group  |
| 6  | maintain     | f | to understand something mysterious or confusing   |
| 7  | prerequisite | g | a feeling of sympathy for someone who is in a bad situation because you understand and care about them                                    |
| 8  | compassion   | h | feeling that you should do something because you are expected to, or because it is morally right, even if you do not really want to do it |
| 9  | alienate     | i | to make something stay the same   |
| 10 | proximity    | j | to avoid a dangerous, unpleasant, or embarrassing situation, especially by moving away from it  |

1	2	3	4	5	6	7	8	9	10

### **Exercise 2. Give English equivalents for:**

густонаселенный мегаполис, начинать отношения, поддерживать отношения, отношения заканчиваются, быть обязанным что-либо делать, подсознательный, преодолеть страх, страх родом из детства, уделять внимание кому-либо, твердо стоящий на ногах, семейные обязанности, люди с одинаковыми взглядами / общими интересами, товарищеские отношения, избирательный, эмоциональная связь, совместная деятельность, заводить дружбу с кем-либо, прикладывать усилия, трудоемкий, требовать жертв от кого-либо, выпускник, брать декретный отпуск, лишать кого-либо возможности что-либо сделать, соперничество между детьми (*одних родителей*) / детская ревность.

**Exercise 3. Insert the missing words, using the active vocabulary of the lesson.**

1. Maybe ..... I wanted her to leave my house.
2. The soldiers ..... to the safety of the building.
3. His son was very shy and the crowded classroom could ..... the boy.
4. It's so hard for me to ..... my current weight through exercise and healthy eating.
5. It was so easy to ..... the look he gave her on hearing the news.
6. We bought a new washing machine because it ..... less water and electricity.
7. Ph.D. in psychology from Yale University is a ..... for the job.
8. Their marriage is in danger of ..... .
9. She ..... her opponents' skill in handling the news media, it was a big mistake.
10. I am the only child, I have no ..... .
11. They did their best to strengthen the ..... with neighbouring countries.
12. His mother ..... him when he was two years old.
13. She felt ..... to tell her that her son had been taking drugs.

**Exercise 4. Find in the text synonyms for:**

coherence, to be obliged to do sth, confident, to forsake, to be afraid of sth, obligation, to persuade, colleague, aimed, fellowship, frankness, intimate / close friend, resemblance, coincidence, to undervalue, supposition, nearness, foreign, to involve, pity (2 syn.), to understand, not to go to bed all night, to console, separation, to annul, engagement, to look after, to remunerate, to come up (with), to retard, to obtain a foothold (in), disgusting, to admit, to estrange, to capture, embarrassed, to escape, to show.

## **Exercise 5. Translate from Russian into English, using the active vocabulary of the lesson.**

1. В густонаселенных мегаполисах стало трудно поддерживать отношения с друзьями, так как дружба уже является чем-то трудоемким для многих людей. Это требует от людей жертв, на которые они не готовы, поэтому отношения часто разваливаются.

2. Чтобы начать какие-либо отношения, от человека требуется преодолеть страх быть отвергнутым. Сделать это непросто, так как у всех у нас есть различные опасения родом еще из нашего детства.

3. Подсознательно многие из нас стремятся завести дружбу с людьми, обладающими схожими с нашими интересами.

4. Безусловно, товарищеские отношения легче всего возникают на базе какой-либо совместной деятельности. В этой ситуации нам даже не нужно прилагать специальных усилий для создания особой эмоциональной связи между участниками процесса.

5. Порой выпускница какого-либо вуза боится сразу же брать на себя семейные обязательства, рожать ребенка и уходить в декретный отпуск, так как это означает лишить себя возможности быстро встать на ноги.

6. Молодые люди становятся все более избирательными в отношении выбора спутника/спутницы жизни, так как они чувствуют себя обязанными следовать определенной модели поведения, принятой сейчас в обществе.

7. Если родители уделяют больше внимания одному из детей, то это часто приводит к возникновению детской ревности.

8. Все усилия матери были вознаграждены успехами ее детей и тем чувством сплоченности, которое царило в семье.

9. Порой малейший намек на женитьбу со стороны девушки приводит к тяжелому разрыву пары. Тогда многое зависит от окружения. Именно друзья должны утешить ее, помочь вновь обрести уверенность в себе.

10. Если же человек вовремя не получил такую психологическую поддержку, в будущем он будет очень бояться новых отношений, будет с недоверием относиться к противоположному полу.

## Speaking practice

**Exercise 6. Reproduce the situations from the text, in which the words of exercises 2 and 4 are used.**

**Exercise 7. Answer the following questions:**

1. Who creates a model that we are bound to follow all our life?
2. According to the text, people who have grown up in large happy families usually feel more emotionally secure. Do you agree with this statement?
3. How do you understand the expression “a victim of his/her past”?
4. What is the difference between companionship, friendship and relationship?
5. Why is the number of single people growing every day in densely populated megapolises? And what about small provincial towns?
6. What do most of the people look for when choosing friends?
7. Maintaining a long distance friendship is a challenge, isn’t it? Why?
8. What is “understanding”?
9. What has become priority for fresh graduates? What about you, what is your priority?
10. Are there any simple ways to make relationships healthy and not to become alienated and introverted?

**Exercise 8. Discuss in the group the following problems.**

1. Comment on Arthur Schopenhauer's idea that "everybody's friend is nobody's".
2. "Friendship is like money, easier made than kept", said Samuel Butler. Do you agree with him?
3. Why has Carrie Bradshaw become a role model for many single women around the world? Are there any role models for you?

**Exercise 9. Write an essay on the following topic:**

There are simple ways to make relationships healthy.

### **For fun and profit**

**Exercise 10. Read the list of idioms and try to guess their meaning.**

#### **FAMILY RELATIONSHIPS**

Sociologist talk about **nuclear** and **extended families**. A nuclear family is just parents and children. An extended family is a wider network including grandparents, cousins, etc.

**Close relatives** are those like parents, children, brothers or sisters. **Distant relatives** are people like second cousins [the children of a cousin of your mother or father] or distant cousins.

**Close/immediate family** refers to people who are your nearest blood relatives:

I don't have much close/immediate family.

She's a distant cousin of mine; she's not a blood relative.

Close can also be used to mean that the relationship is a very strong one:

We are a very close family, *or* We are a very close-knit family.

These adjectives also collocate with **family**:

**loving, respectable, dysfunctional** [unhappy, not working in a healthy way].

Simon came from a respectable family, so Mary's parents felt happy about the marriage.

Someone's **late husband/wife** is one who has died.

An **estranged** [formal] **husband/wife** is one who lives in a different place and has a difficult relationship with their husband/wife. They may be having a **trial separation** and may eventually decide **to get a divorce**. In some cases it can be a **bitter/ acrimonious divorce** [full of anger, arguments and bad feeling].

A person's **ex-husband/ex-wife** is a man/woman that she/he used to be married to.

Children whose parents have separated or divorced are said to come from a **broken home**. If their family is a strong, loving one it can be called a **stable home**. If it is a poor one, not having the things that are necessary for a pleasant life, such as enough money, food or good living conditions, it can be called a **deprived home**.

A **confirmed bachelor** is a man who seems to have no intention of ever marrying.

**Exercise 11. Fill the gaps in this old man's memories about his life with words from the text.**

I grew up in an (1) ..... family as my grandparents and a couple of aunts and an uncle, who was a (2) ..... bachelor, lived with us. We saw a lot of our (3) ..... relatives as well as our close ones. I think that families tended to be much more (4) ..... then — we talked to each other more and did things together more. I'm sure there are far more (5) ..... families now than there used to be — you know, where parents hardly spend any time with their children, or with each other — and a lot of parents who are divorced. My (6) ..... wife, who died two years ago, used to say that it is not fair on children to let them grow up in (7) ..... homes.

**Exercise 12. Speak on the text.**

Конец ознакомительного фрагмента.

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