

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ ОБРАЗОВАТЕЛЬНОЕ
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ

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Психология.
Сборник текстов и заданий по английскому языку

Практикум

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Практикум предназначен для студентов факультета социальных наук ННГУ им. Н.И. Лобачевского. Комплекс заданий направлен на формирование и совершенствование навыков работы с профессионально-ориентированными текстами и ведения устных дискуссий, расширение терминологического словарного запаса обучающихся.

Материалы практикума соответствуют профессиональным интересам и уровню сформированности профессиональных компетенций обучающихся.

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UNIT 1

WHAT IS PSYCHOLOGY?

Exercise 1. Discuss these questions with your fellow students.

- What is psychology?
- In what spheres of life is it necessary?
- Why is it important in everyday life?
- Why have you made up your mind to make a psychologist?

Exercise 2. Check the pronunciation of the words:

- a) science, humanities, psychology, physics, chemistry, sociology, biology, logics, philosophy;
- b) science – scientific, behavior – behavioral, investigate – investigation, development – developmental, achieve – achievement, adolescent – adolescence.

Exercise 3. What is the position of psychology among other sciences?

Match the beginning of the sentence from A with its ending in B.

Consider both the use of prepositions and the contents.

A	B
1. The sciences are customarily divided...	...on social behavior as a product of intrapsychic processes.
2. The natural sciences are concerned...	...to biology.
3. The social sciences are concerned...	...with physical phenomena.
4. Psychology and social psychology are often confused...	...on social behavior as a product of the interaction between individuals and groups.
5. Social psychologists may have a sociological orientation and focus...	...with the broad spectrum of human behavior.
6. Social psychologists may have a psychological orientation and focus...	...with sociology.
7. Psychology is also related...	...into two major branches: the natural sciences and the social sciences.

Exercise 4. Guess the meaning of the words and word-combinations.

Mental activity, human behavior, basic functions, ways of communication, aggressive behavior, scientific discipline, strategic position, from birth to death, emotions, motives, language, action, social psychologist.

Exercise 5. Read the text and find three key words in the definition of psychology.

Text 1

WHAT IS PSYCHOLOGY?

Psychology is a science that studies mental activity and human behavior. Psychologists study basic functions such as learning, memory, language, thinking, emotions and motives. They investigate development throughout the life span from birth to death.

The word “psychology” is derived from the Greek word meaning “study of the mind or soul”. So in the definition of psychology there are three basic words: “science”, “behaviour”, “mental processes”.

“Science” means rational investigation of processes and phenomena. By “behaviour” psychologists mean everything that people and animals do: actions, emotions, ways of communication, developmental processes. Mental processes characterize the work of the mind and the nervous system.

Psychology is concerned with the attempt to understand humans and other species. How can we achieve this understanding? More than 100 years ago, the most popular answer to that question was as follows: ask people to report on their thoughts and feelings. This approach is known as introspection.

The current view of most (but not all) psychologists is that psychology is the science of human and animal behaviour. However, psychologists are interested not so much in behaviour itself, but in the internal processes producing that behaviour. For example, psychologists studying aggression in adolescents do not only focus on their aggressive behaviour; rather, they want to know why adolescents behave in this anti-social fashion. Thus, modern psychology can be regarded as a scientific discipline which is designed to understand why humans and other species behave as they do.

One of the tasks of psychologists is to predict behaviour which is important in everyday life. The better we are able to anticipate how people will react in any given situation, the more contented and rewarding our social interactions are likely to be.

Psychology occupies a strategic position between natural and social sciences on the one hand, and between sciences and humanities, on the other.

Each of the subjects has its own relationship with psychology. For example, knowledge of physics and chemistry is necessary to provide a scientific basis for experimental psychology. Psychology is also closely connected with group processes, and social forces. Social psychologists focus on group and social influences on individuals. Psychology and biology are also closely connected. Physiological psychologists investigate the role of the brain and the nervous system in such functions as memory, language, sleep, attention, movement, perception, hunger and joy. Psychologists took much from the theory of knowledge, logic and philosophy.

Exercise 6. Answer the questions.

1. What basic functions do psychologists study?
2. What does the word “psychology” mean?
3. What is psychology concerned with?
4. What is introspection?
5. How do most psychologists define psychology now?
6. What are psychologists interested in?
7. What is psychology designed to understand?
8. Why is it important to predict behaviour?
9. What position does psychology occupy among the sciences and humanities?
10. What other sciences is psychology connected with?
11. What sciences does it take from?

Exercise 7. Find the English for the following in Text 1.

Умственная деятельность, человеческое поведение, самонаблюдение, восприятие, память, размышление, язык, эмоции, мотивы, учение, исследование, действия, ум, внимание, сон, движение, внутренние процессы, предсказание, гнев, голод, радость, самоанализ, взаимодействие, предвидение.

Exercise 8. Match the synonyms.

to concern	to deal with
to link	subject
to focus	main
discipline	to connect
current	to concentrate
basic	modern

Exercise 9. What prepositions are used here?

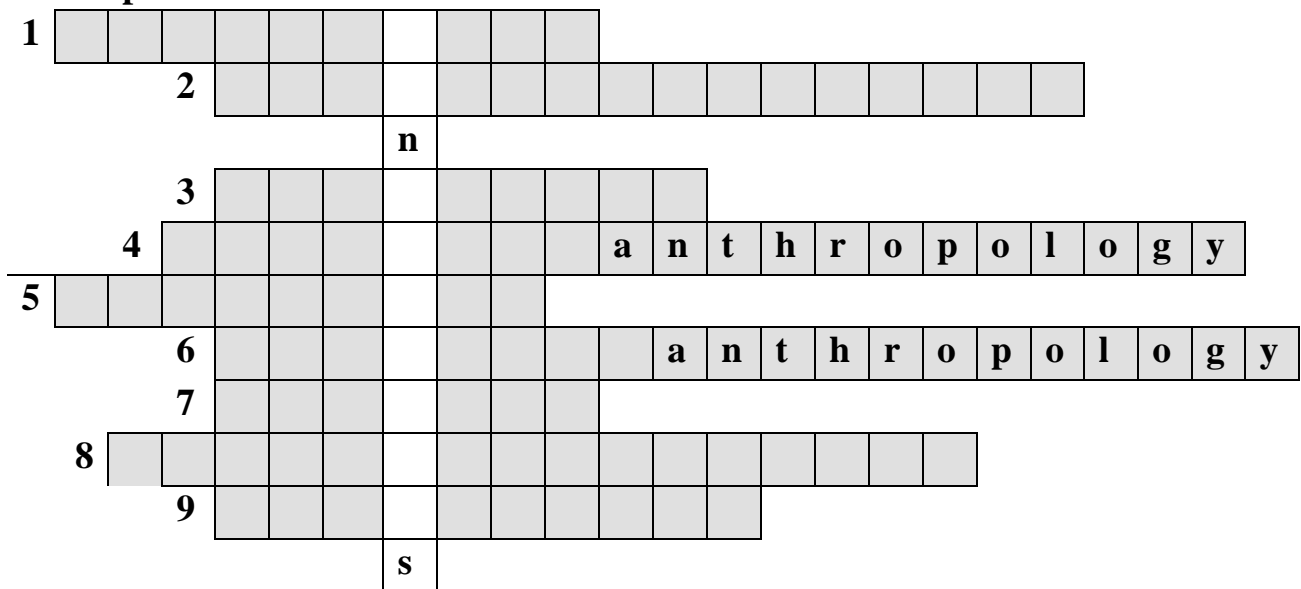
to be interested ...	to be concerned ...	to direct ...
to take much ...	to report ...	to focus ...
to be associated ...	to separate ...	to deal ...
to be derived ...	to be connected ...	to link ...

Exercise 10. Insert prepositions where necessary.

1. Psychology is separated ___ philosophy.
2. Psychology is closely linked ___ sociology and has relationship ___ biology.
3. Sociologists direct their attention ___ groups and group processes and focus ___ social influences ___ individuals.
4. Psychology is concerned ___ the attempt to understand humans and other species and deals ___ mental activity and human behaviour.

5. They investigate development ___ the life span ___ birth ___ death.
6. The word “psychology” is derived ___ the Greek “study ___ the mind or soul”.
7. Psychologists are interested ___ behaviour.
8. Modern psychology is regarded ___ a scientific discipline designed to understand humans.
9. The prediction ___ behaviour is important ___ everyday life.
10. One ___ the tasks ___ psychologists is to predict the behaviour ___ people.

Exercise 11. What social sciences are there? Do the crossword to find the key word. Use your dictionary to look up new words and check the spelling, if necessary. Some names of the social sciences consist of 2 words. Here, there is no blank space between them. Good luck!



1. The study of the remains of extinct civilizations.
2. The study of an individual's relationship with a group (*2 words*).
3. The study of the features of the earth and their effect on the growth, decline, and movement of world populations.
4. The study of the ways of life among communities throughout the world (*2 words*).
5. The study of the production, distribution, and consumption of goods and services in a society.
6. The study of human evolution (*2 words*).
7. The recording and explanation of past human activities.
8. The study of government, political philosophy, and administrative decision-making (*2 words*).
9. The study of individual behavior and mental processes.

See the answers below.

Exercise 12. Prove that:

- Psychology is linked to natural sciences and humanities.

Use the words: a scientific basis, to be closely connected with, to focus on, to investigate, to occupy a strategic position, to have relationship with, to direct attention to...

- Psychology differs from sociology.

Use the words: to direct attention to, to focus on, to study different phenomena, to vary from, to investigate the role of

- The subject of studies of psychologists is not in behaviour itself, but internal processes that produce this behaviour.

Use the words: to be interested in, to study the processes, to concentrate attention on, to explain the behaviour, to understand motives

- One of the tasks of psychology is to predict behavior.

Use the words: prediction of behaviour, to be important in everyday life, to anticipate the behaviour, to be more contented and rewarding.

Vocabulary

1. memory – память
2. to develop – развивать
3. mind – разум, умственные способности
4. rational – разумный, целесообразный
5. to concern = to deal with – иметь дело с, касаться, иметь отношение
6. introspection – интроспекция, самоанализ, самонаблюдение
7. species (sg.) – вид, род, разновидность
8. brain – мозг, ум, рассудок
9. perception – восприятие, ощущение
10. attention – внимание
11. hunger – голод
12. to anticipate – ожидать, предвидеть
13. anger – гнев, раздражение
14. joy – радость
15. to predict – предсказывать
16. interactions – взаимодействия

Key to Exercise 11

1. archeology 2. social psychology 3. geography 4. cultural anthropology 5. economics 6. physical anthropology 7. history 8. political science 9. psychology. Key word: linguistics
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UNIT 2

WHY IS PSYCHOLOGY INTERESTING?

Exercise 1. Give examples of some concepts psychology and social sciences share.

Work in small groups. You have 3 minutes to write ONE term employed by both psychologists and social scientists for every letter of the English alphabet.

Your team gets 1 point for a term that has NOT been mentioned by any other team.

A _____	H _____	O _____	V _____
B _____	I _____	P _____	W _____
C _____	J _____	Q _____	X _____
D _____	K _____	R _____	Y _____
E _____	L _____	S _____	Z _____
F _____	M _____	T _____	
G _____	N _____	U _____	

Exercise 2. Match the terms and their definitions.

<i>cross-cultural differences</i>	the tendency to be wise after the event, using the benefit of hindsight
<i>introspection</i>	scientific discipline designed to understand the behaviour of humans and other species
<i>psychology</i>	psychological differences between different cultures
<i>behaviorists</i>	study of the human mind based on people's report of their thoughts and feelings
<i>hindsight bias</i>	psychologists (especially in the United States) who argued that psychologists should study behaviour and ignore introspection

Exercise 3. Read the Summary without a dictionary. Express the main idea in English and in Russian using the key terms: *behaviorists, cross-cultural differences, hindsight bias, introspection, psychology*.

Text 1

Summary

- Psychology used to be based mainly on introspection, but it is now based largely on the study of behaviour.
- Psychology is not just common sense: common sense does not form a coherent set of assumptions about human behaviour, and many psychological findings differ substantially from what most people would have predicted.

- We are often surprised by events, but looking back at them with the benefit of hindsight we no longer find them surprising; this is known as hindsight bias.
- There are large cross-cultural differences; cultures differ in their emphasis on money, on spiritual values, and on social values.
- Psychology is increasingly applied to everyday life: some of the main applications are to be found in clinical, educational, and occupational settings.

Exercise 4. Discuss these questions.

- What is rendering?
- How can you use this skill?

Exercise 5. Make an outline or plan of the article. Render it in English.

Что такое психология? Если вы зададите этот вопрос разным людям, вы получите разные ответы. Даже если вы зададите этот вопрос нескольким психологам, вы, скорее всего, не получите единого ответа (complete agreement).

Психология – это относительно молодая дисциплина: первая научная психологическая лаборатория была основана в 1878 году и ученый, который впервые назвал себя психологом, был еще жив в 1920 году. Еще в начале XX века в некоторых европейских университетах психологию называли «умственной философией» (“mental philosophy”).

Психологи изучают огромное разнообразие явлений, включающих физиологические процессы внутри нервной системы, генетику (genetics), личностные характеристики (personal characteristics), умственные способности, социальные взаимосвязи (interactions).

Некоторые люди часто путают (are confused by) различия (distinctions) между психологией и психиатрией (psychiatry). Легче определить психиатрию, чем психологию: психиатрия занимается изучением и лечением душевнобольных (people with mental disorders) и психиатры имеют медицинское образование.

Exercise 6. Look through Text 2 and explain why psychology is interesting.
Text 2

WHY IS PSYCHOLOGY INTERESTING?

Psychology has some unique advantages over most other academic subjects. Most people are very interested in other people. They want to be able to understand them better, and to develop deeper and more fulfilling relationships with them. They also want to develop a fuller understanding of themselves, in the hope that this will allow them to become happier and to cope better with their lives.

Another major reason why psychology is interesting is because it has numerous applications to everyday life. Perhaps the most important of such applications is

clinical psychology. Back in the 19th century, Sigmund Freud argued that most people who were then regarded as “mad”, or severely disturbed were really suffering from mental disorders of one kind or another. He claimed that psychological forms of treatment (such as psychoanalysis) could allow such people to lead fuller and happier lives. Clinical psychology has developed enormously since then, and psychoanalysis is no longer considered one of the most effective forms of treatment. However, there is now conclusive proof that clinical psychology is of great value in treating mental disorders.

Psychology has been applied in numerous other areas, but we will mention only two more at this point. Educational psychologists make use of knowledge about human nature, and about the processes involved in learning, to help children who are experiencing learning difficulties. Some occupational psychologists focus on stress at work. Stress-related illnesses cost British industry billions of pounds a year in lost production and human misery, and so work stress is clearly a major issue. Occupational psychologists are increasingly successful at devising programs of stress management which allow workers to function more effectively with less stress.



Psychology is interesting because psychologists are like detectives trying to make sense of various clues about human *behaviour*.

Burnout. 2021

Spray paint on canvas.

The void inside grew and spread until I could find nothing but it inside me.

Ivan Sery

Exercise 7. Answer the questions.

1. Why does psychology have unique advantage over other academic subjects?
2. Why is it so important to understand people?
3. What applications does psychology have in everyday life?
4. What did Sigmund Freud say about some mental disorders?

5. Is clinical psychology of great value in treating mental disorders?
6. Why is it very important to work stress nowadays?
7. Do psychologists and detectives have anything in common?
8. What branch of psychology focuses on the processes involved in learning?
9. What does educational psychology deal with?
10. How much do stress-related illnesses cost British industry?

Exercise 8. Insert prepositions where necessary.

1. Many people are interested ___ other people, want to develop deeper relations ___ them and also a fuller understanding ___ themselves.
2. Psychology has numerous applications ___ everyday life.
3. Sigmund Freud argued that people who were regarded ___ “mad”, really suffered ___ mental disorders ___ one kind or ___ another.
4. Clinical psychology is ___ great value ___ treating mental disorders.
5. Educational psychologists make use ___ knowledge ___ human nature and ___ the processes involved ___ learning.
6. Psychoanalysis is considered one ___ the most important forms ___ treatment.
7. Some occupational psychologists focus ___ stress ___ work.

Exercise 9. Find English for the following in Text 2.

Уникальные преимущества; заболевания, связанные со стрессом; управление стрессом; эффективные формы лечения психических заболеваний; развивать полноценные отношения; справиться с жизненными проблемами; практическое применение; лечить умственные расстройства; разрабатывать программы управления стрессом; использовать знания о человеческой природе; процессы, вовлеченные в научение.

Exercise 10. Find synonyms in the lists of the words below.

- | | |
|--------------|----------------------|
| major | cure |
| regard | main |
| argue | consider |
| treatment | disease |
| enormously | many |
| numerous | greatly |
| value | claim |
| focus on sth | pay attention to sth |
| illness | importance |

Exercise 11. Translate the derivatives.

psychology – psychologist – psychological

psychoanalysis – psychoanalyst – psychoanalytical

psyche – psychiatry – psychatrical

Exercise 12. Complete the sentences using the information from Text 2.

1. People are interested in psychology because ...
2. Clinical psychology is a branch of psychology that ...
3. Educational psychologists help children who ...
4. The major issue of occupational psychology is ...
5. Occupational psychologists are successful at ...
6. Psychology is interesting because ...

UNIT 3

CONTEMPORARY APPROACHES TO PSYCHOLOGY

Exercise 1. Answer the questions.

- How old is psychology? (more than 100 years, 50 years, 200 years)
- Who is considered the founder of modern psychology – Wundt, Titchener or William James?
- What modern approaches to psychology do you know?

Exercise 2. Guess the meaning of the words.

Behavioral approach, psychoanalytic approach, humanistic approach, cognitive, neurobiological approach, environmental conditions, biological instincts, positive qualities, to control lives, thought processes, problem solving, nervous system.

Exercise 3. Check the pronunciation of the words below.

Approach, contemporary, behavioral, emphasize, environmental, determinants, psychoanalytical, unconscious, humanistic experiences, cognitive, processing, perceive.

Exercise 4. Look through the text and say what scientific approaches to psychology are mentioned here.

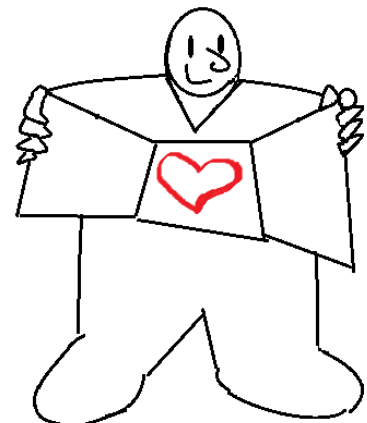
Text 1

CONTEMPORARY APPROACHES TO PSYCHOLOGY

There are five major approaches to psychology nowadays – the behavioral approach, the psychoanalytic approach, the humanistic approach, the cognitive approach, and the neurobiological approach.

Behavioral approach emphasizes the scientific study of behavior and its environmental determinants. According to behaviorists we do well at school because of the rewards we expect; we behave in a well-mannered fashion for our parents because of the control they place on us; and we work hard at our jobs because of the money we receive for our effort. According to behaviorists we do these things because of the environmental conditions we have experienced and continue to experience.

Psychoanalytic approach emphasizes the unconscious aspects of the mind, conflict between biological instincts and society demands and early childhood experiences. The originator of the psychoanalytic approach in psychology was Sigmund



Freud who put forward a very simple account of the baby's attachment to its mother. According to Freud, "The reason why the infant in arms wants to perceive the presence of its mother is only because it already knows by experience that she satisfies all its needs without delay". In other words babies are initially attached to their mothers because their mothers are the source of comfort and warmth.

Humanistic approach stresses a person's capacity for personal growth, freedom to choose one's destiny and positive qualities. Humanistic psychologists take particular opposition to behaviorists saying that individuals have the ability to control their lives rather than be manipulated by the environment.

Cognitive approach places a premium on cognitive or thought processes. Cognition comes from the Latin word that means "to know". Cognitive psychologists want to know how cognitive processes work. Among the processes that cognitive psychologists examine are attention, perception, memory, thinking and problem solving. Information processing is the most widely adopted cognitive approach.

Neurobiological approach stresses that the brain and nervous system play a central role in understanding behavior, thought and emotion.

Exercise 5. Which approach do the following sentences correspond to?

1. **They** believe that thoughts have a physical basis in the brain.
2. **They** view the mind as an active problem-solving system.
3. **They** believe we have a tremendous potential for self-understanding and can help others achieve this understanding by providing a warm social climate.
4. **They** think that unlearned biological instincts influence the way the individuals think, feel and behave.
5. **They** emphasize the scientific study of behavior. We do things because of the environmental conditions we experience.

Exercise 6. Answer the questions.

1. What does the behavioral approach emphasize?
2. Why do we study, behave and work well?
3. Who was the originator of the psychoanalytic approach?
4. What did he say about the baby's attachment to its mother?
5. What does the humanistic approach stress?
6. Whom do humanistic psychologists take opposition to? Why?
7. What does cognitive approach place a premium on?
8. What processes do cognitive psychologists examine?
9. What is neurobiological approach?
10. Which approach do you think is the best?

Exercise 7. Translate the following into English.

Познавательные процессы, поведенческий подход, способность контролировать свою жизнь, изучение поведения, решать проблемы, условия окружающей среды, детские впечатления, подчеркнуть важность проблемы, испытывать материнскую привязанность, получать деньги за наши усилия, положительные качества, наиболее широко применяемый подход, быть в оппозиции, источник тепла и комфорта.

Exercise 8. Match correspondences.

способности	problem solving
восприятие	information processing
обработка информации	perception
решение проблем	thinking
мыслительный процесс	abilities

Exercise 9. Give derivatives and translate them:

	<i>Noun</i>	<i>Adjective</i>	<i>Adverb</i>
1.	psychologist		
2.		behavioral	
3.		psychoanalytic	
4.	human		
5.		cognitive	
6.			scientifically
7.		environmental	
8.			consciously
9.	nerve		
10.		attentive	

Exercise 10. Insert prepositions. Use the phrases in your own sentences.

1. according ... behaviorists
2. to do well ... school
3. to behave ... a well-mannered fashion
4. to place control ... people
5. because ... the money we receive ... our effort
6. to put ... an account ... the baby's attachment ... its mother
7. to know ... experience
8. to satisfy the needs ... delay
9. a person's capacity ... personal growth
10. to place a premium ... thought processes
11. to play a central role ... understanding ... behavior

Exercise 11. Study the structures in the table below. Use Units 1-3 to compare the approaches to psychology.

<i>Similarities</i>	<i>Differences</i>
Cognitive approach, like humanistic approach ...	Unlike cognitive approach, humanistic approach focuses on...
... seem to have a lot in common	...differ slightly ...differ considerably
similar/ identical (<i>e.g.</i> areas)	different (<i>e.g.</i> areas)
Both humanistic and cognitive approaches stress ... Neither humanistic nor cognitive approach considers...	In contrast, cognitive approach emphasizes ... Only slight differences in ... can be found Humanistic approach is concerned with... while cognitive approach deals with ...

Vocabulary:

1. contemporary approach – современный подход
2. to emphasize = to stress = to place a premium on – подчеркнуть
3. unconscious perception – бессознательное восприятие
4. environmental conditions – условия окружающей среды
5. childhood experiences – детские впечатления
6. to put forward an account – выдвигать объяснения
7. to know by experience – знать по опыту
8. attachment – привязанность
9. capacity – способность
10. information processing – обработка информации

UNIT 4

AREAS OF SPECIALIZATION IN PSYCHOLOGY

Exercise 1. Make a list of specialized fields in psychology. Compare it with that of your fellow students.

Exercise 2. Read the text and find more information about special fields of psychology.

Text 1

AREAS OF SPECIALIZATION IN PSYCHOLOGY

Psychology is the scientific study of behavior and experience – that is, the study of how human beings and animals sense, think, learn, and know. Modern psychology is devoted to collecting facts about behavior and experience and systematically organizing such facts into psychological theories. These theories **aid** in understanding and explaining people’s behavior and sometimes in predicting and influencing their future behavior.

Psychology, historically, has been divided into many subfields of study; these fields, however, are interrelated and frequently **overlap**. Physiological psychologists, for instance, study the functioning of the brain and the nervous system, and experimental psychologists **devise** tests and conduct research to discover how people learn and remember. **Subfields** of psychology may also be described in terms of areas of application. Social psychologists, for example, are interested in the ways in which people influence one another and the way they act in groups. Industrial psychologists study the behavior of people at work and the effects of the work environment. School psychologists help students make educational and career decisions. Clinical psychologists **assist** those who have problems in daily life or who are mentally ill. The areas of modern psychology range from the biological sciences to the social sciences.

Cognitive psychology is the study of mental processes and complex behaviour such as perception, attention, learning and memory, verbal behavior, concept formation, and problem solving. To cognitive psychologists, the events that cause behavior consist of functions of the human brain that occur in response to environmental events. Their explanations involve characteristics of inferred mental processes, such as imagery, attention, and mechanisms of language. Most of them do not study physiological mechanisms, but recently, some have begun collaborating with neurologists and other professionals who utilize neuroimage. A branch of cognitive psychology involves the modeling of human functions using computer simulation or ‘neural networks’. This is called cognitive science.

Behaviour genetics is the branch of psychology that studies the behavior by examining similarities in physical and behavioural characteristics of blood relatives,

whose genes are more similar than those of unrelated individuals. They also perform breeding experiments with laboratory animals to see what aspects of behaviour can be transmitted to an animal's offspring. Of course, genetic differences are only one of the causes of individual differences. People have different experiences, too, and these experiences will affect their behaviour. Behaviour geneticists study the degree to which genetics are responsible for specific behaviours such as cognitive ability.

Physiological psychology is the study of the biological basis of behaviour. It investigates the causal events in an organism's physiology, especially in the nervous system and its interaction with glands that secrete hormones. Physiological psychologists study almost all behavioural phenomena that can be observed in non-human animals, including learning, memory, sensory processes, emotional behaviour, motivation, sexual behavior and sleep. The notion that all behaviour can be explained by biological processes is called biological reductionism.

Psychophysiology is the measurement of people's physiological reactions, such as heart rate, blood pressure, electrical resistance of the skin, muscle tension, and electrical activity of the brain. These measurements provide an indication of a person's degree of arousal or relaxation. Most psychophysicologists investigate phenomena such as sensory and perceptual responses, sleep, stress, cognition and emotion.

Neuropsychology and neuroscience examine the relationships between certain parts of the nervous system (the brain and spinal cord) and behaviour. Neuropsychology helps to shed light on the role of the central nervous system in movement vision, hearing, tasting, smelling and touching as well as emotion, thinking, language and object recognition and perception. Neuropsychologists normally (but not always) study patients who have suffered brain damage as a result of disease or stroke or accident which disrupts functions such as language, object recognition, perception and so on.

Comparative psychology is the study of the behaviour of members of a variety of species in an attempt to explain behaviour in terms of evolutionary adaptation to the environment. Comparative psychologists study behavioural phenomena similar to those studied by physiological psychologists. They are more likely than most other psychologists to study inherited behavioural patterns, such as courting and mating, predation and aggression, defensive behaviours, and parental behaviours. Closely tied to comparative psychology is ethology. Ethologists study the biological basis of behaviour by focusing on the evolution of development and function and usually make their observations based on studies of animal behaviour in natural conditions. Ethologists study topics such as instinct, social and sexual behaviour and co-operation. A sub-discipline of ethology is sociobiology which attempts to explain social behavior in terms of biological inheritance and evolution.

Developmental psychology is the study of physical, cognitive, emotional, and social development, especially of children. Some developmental psychologists study phenomena of adolescence or adulthood, in particular the effects of ageing.

Social psychology is the study of the effects of people on people. Social psychologists explore phenomena such as perception (of oneself as well as of others), cause-and-effect relations in human interactions, attitudes and opinions, interpersonal relationships, group dynamics, and emotional behaviour, including aggression and sexual behaviour.

Forensic or criminological psychology applies psychological knowledge to the understanding, prediction, the nature of crime and behaviour related to crime. There is a distinction between criminological and forensic psychology. Forensic psychology refers to the application of psychological principles to the criminal justice system. The terms, however, are often used interchangeably. One example of the way in which criminological psychologists can apply their research to crime is in the study of eyewitness testimony. Eyewitness testimony is a highly unreliable source of information and psychologists have helped to show how flawed this method of memory retrieval is and have suggested alternative methods of prompting witnesses' memory of crime.

Exercise 3. Guess the meaning of the highlighted words from the context.

Exercise 4. Work in three groups, A, B and C reading a corresponding story. Help each other to understand the details and answer the questions.

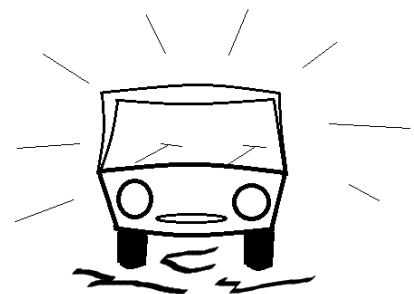
- What effect/ behaviour does your story describe?
- What does this effect/ behaviour involve?

Story A

Behavioral Economics

Economists often think of consumers and firms as rational, in the sense that they choose actions that maximize benefits over costs, but observation of people's choices shows this is far from the way people actually behave. The new branch of behavioral economics studies these quirks.

For example, standard economics posits that people have a consistent attitude to risk – often they are risk averse, tending to prefer certain safe outcomes to riskier but more profitable ones. Behavioral economics has shown that people behave differently when facing potential gains or losses – with gains they seem risk averse, but facing loss they appear risk loving, taking on risk to avoid potential losses. It seems that people hate losing a certain amount more than they like to gain it. One implication for this is “**endowment effect**”: people place a higher value on a car that



they already own than one they see in the showroom. Rational economic man would have a single valuation of the car, regardless of whether he owned it.

Story B

Game Theory and the Prisoners' Dilemma

The branch of economics that considers strategic decision-making is known as game theory, and the prisoners' dilemma is perhaps its best-known example. Two thieves are captured, questioned separately and urged to give evidence against each other. They know that if both stay silent they will receive a light sentence of a year in prison. Alternatively, if one of them betrays their partner and the other stays silent, the former is released and the latter will be sentenced to 20 years. If both betray, however, they will each get 10 years. Since the worst outcome is clearly to get double-crossed, they both end up betraying each other and receive 10 years each. But by acting rationally the thieves have missed out on the best outcome – that of mutual silence. An economic example of a prisoners' dilemma is cartel – a group of firms that agree to restrict output to keep prices high. Given high prices, it is rational for a firm to produce more to reap large additional profits, but when all firms do this, output shoots up and prices collapse, undermining the cartel's original aim.



Story C

The Pygmalion Effect

According to Greek mythology, Pygmalion was a king of Cyprus who made a female figure of ivory that was brought to life for him by Aphrodite (the Greek goddess of love and beauty). Robert Rosenthal and Lenore Jacobson performed an intriguing experiment to demonstrate that teachers' expectations of students can increase students' IQ scores. They called this self-fulfilling prophecy the Pygmalion Effect.



These experimenters began by giving a standard IQ test to students in 18 classrooms of an elementary school. (The teachers were told the test was the Harvard Test of Inflected Acquisition – no such test exists.) The researchers then randomly selected 20% of the students and informed their teachers that the test results showed these students would make

remarkable progress in the coming school year. When the students were retested eight months later, those who had been predicted to be remarkable achievers showed a significantly greater increase in IQ than the others. The researchers concluded this increase was due to the higher expectations of the teachers, and to the teachers then working more intensively with these students.

Exercise 5. Look through your story and find the equivalents to the following:

Story A: причуда, утверждать, не готовый рисковать, результат, прибыльный, приобретать, избегать.

Story B: to set free, to be deceived, reduce, grow.

Story C: пророчество, произвольно, делать вывод.

Exercise 6. Find a partner from each of the other groups (A, B or C) and tell your story. What branches/ areas of psychology deal with such behaviors?

Exercise 7. Discuss the following:

- What field of psychology are you going to specialize in? Give your reasons.
- Speak about your future career prospects and the advantages of your choice.

UNIT 5

PSYCHOLOGY. PSYCHIATRY. PSYCHOANALYSIS

Exercise 1. Answer the questions:

- What is doctorate?
- What education does a physician have?
- Can you state the difference between psychology and psychiatry?
- Who is the father of psychoanalysis? How did it start?

Exercise 2. Explain the words below. Use a dictionary, if necessary.

Physician, physicist, physiologist, physiotherapist.

Exercise 3. Mind the pronunciation of the words.

- | | |
|-----------------------------|-------------------------|
| 1. individuals | 8. qualification |
| 2. specialist | 9. obtainable |
| 3. cognitive psychology | 10. scientific research |
| 4. developmental psychology | 11. environment |
| 5. psychiatry | 12. physician |
| 6. psychoanalysis | 13. unconscious |
| 7. doctorate (Ph.D) | |

Exercise 4. Translate the words into English.

Физик, физика, физиолог, физиология, физиотерапевт, психолог, психология, психиатр, психотерапия, психика, психоаналитика, психоанализ, врач-терапевт, психоз.

Exercise 5. Read the text and say why it is important to distinguish between three general terms: *psychology*, *psychiatry* and *psychoanalysis*.

Text 1

PSYCHOLOGY. PSYCHIATRY. PSYCHOANALYSIS

There are many types of psychologists and many types of psychology. It is important to distinguish between three general terms: psychology, psychiatry and psychoanalysis. A psychologist normally holds a university degree in a behaviour-related discipline (such as psychology, zoology, cognitive science) and usually possesses a higher degree if he or she is teaching or is a researcher. This higher degree is called a doctorate (or PhD), the highest academic qualification obtainable, and is awarded after a period of producing original scientific research. Those not researching but working in applied settings such as hospitals or schools have other, different qualifications which enable them to practice in those environments.

Psychiatrists are physicians who have specialized in the causes and treatment of mental disorders. They are medically qualified (unlike psychologists who nonetheless do study medical problems and undertake biological research) and have the ability to prescribe medication (which psychologists do not). Much of the work done by psychologists in psychology settings is similar to that of the psychiatrists, however, such as implementing psychological interventions for patients with mental illnesses. Psychoanalysts are specific types of counselor who attempt to understand mental disorder by reference to the working of the unconscious. There is no formal academic qualification necessary to become a psychoanalyst and, as the definition implies, they deal with a limited range of behavior.

Most research psychologists are employed by colleges or universities, by private organizations or by government. Research psychologists differ from one another in two principal ways: in the types of behavior they investigate and in the causal events they analyze. That is, they explain different types of behavior, and they explain them in terms of different types of cause. For example, two psychologists might both be interested in memory, but they might attempt to explain memory in terms of different causal events – one may focus on physiological events (such as the activation of the brain during memory retrieval) whereas the other may focus on environmental events (such as the effect of noise level on task performance). Professional societies such as the American Psychological Association and the British Psychological Society have numerous sub-divisions representing members with an interest in a specific aspect of psychology.

Exercise 6. Complete the sentences using the necessary words

psychiatrist, psychologist, research psychologist, doctorate

1. ___ is a physician who has specialized in the causes and treatment of mental disorders.
2. ___ holds a university degree in a behaviour-related discipline.
3. ___ is the highest academic qualification obtainable.
4. ___ is a doctor who has specialized in treatment of different diseases and has the right to prescribe medication.
5. ___ is a specific type of counselor who attempts to understand mental disorder. He has no formal academic qualification.
6. ___ explains different types of behaviour in terms of different types of causes.

Exercise 7. Work in pairs. Discuss the questions using Text 1.

- How do research psychologists differ from one another?
- From what points of view do they explain the same phenomena? (Give examples)

Exercise 8. Read and translate the derivatives.

Psychology – psychological – psychologist – psychosis

Psyche – psychiatric – psychiatric – psychiatrist – psychiatry – psychic – psychical – psychics – psycho

Physiology – physiologist – physiologic – physiological

Exercise 9. What is the difference between a psychologist, psychiatrist and a psychoanalyst? What aspects can be compared?

Use Text 1 to complete the chart.

	psychologist	psychiatrist	psychoanalyst
education			
qualification/ academic degree			
... .. ?			

Exercise 10. See the difference. State a specialist who...

psychiatrist psychologist research psychologist physiologist psychoanalyst physicist	1. holds a university degree
	2. specializes in the causes and treatment
	3. is medically qualified
	4. has no medical qualifications but studies medical problems
	5. cannot prescribe medication
	6. is a special type of counselor
	7. doesn't need a formal academic qualification to consult his/her patients
	8. investigates and explains different types of behaviour
	9. treats mental disorders

Exercise 11. Give definitions to *psychology*, *psychiatry* and *psychoanalysis*. Speak about different types of specialists in medicine and psychology.

Exercise 12. Dramatize a dialogue.

- A friend of yours is a medical student. Speak about what you have in common.

Supplementary Assignments

Unit 4

Study the chart below and describe what the “prisoners’ dilemma” is.

PRISONER 1

		Confess	Keep silent
PRISONER 2	Confess	Both jailed for 10 years.	Prisoner 1 jailed for 20 years. Prisoner 2 walks free.
	Keep silent	Prisoner 1 walks free. Prisoner 2 jailed for 20 years.	Both jailed for 1 year.

Unit 5

Skim the text and put the paragraphs into the correct order.

THE SCIENTIFIC METHOD OF INVESTIGATION

All scientific investigations should proceed through the following steps on the way to a conclusion:

___ **Conclusion.** After the above steps have carefully been followed, the psychologist determines whether the original hypothesis was confirmed or disconfirmed, or if the results were found to be inconclusive.

___ **Research Design.** In planning the research design, the psychologist outlines what is to be studied, collected, processed, and analyzed, then chooses a research method by which to collect the data.

___ **Collection of Data.** All necessary data are collected in accordance with the above-stated research design.

1 **Formulation of a Hypothesis.** After a problem is identified, a theoretical statement relating all known facts is made. Scientific hypotheses are statements that can be tested and either confirmed or disconfirmed with empirical evidence.

___ **Analysis of Data.** Scientific analysis requires that the data collected be classified and tabulated, and all necessary comparisons be made.

- Translate the underlined sentences.

- Rely on your memory to complete the sentences:

1. On the way to a conclusion any scientific investigation proceeds the following steps: ...
2. A scientific hypothesis is a statement that...
3. Research design involves...
4. A hypothesis can be either confirmed or disconfirmed, or the research results...

APPENDIX 1

AGREEMENT AND CONFIRMATION

I fully (quite) agree with you	That's it
I side with you	That's right
I fall in with you	That's true
I can't agree more	That's just it
I'm of the same opinion	That's the thing
It goes without saying	Quite so
Beyond all doubt	Exactly so
There's no denying that...	Naturally so
That's just I was going to say	Indeed so
	Absolutely so

DISAGREEMENT AND PROTEST

Not exactly	On the contrary
Not really	Just the reverse
I shouldn't say so	Just the other way out
I'm afraid, you are mistaken	Far from it
I'm afraid, you are wrong	Nothing of the kind
Oh, but you've got it all wrong, I'm afraid	
I disagree with you on this point	
I differ from you	
I don't side with you	
I don't think so	
Do you really think so?	

SUPPOSITION, DOUBT, HESITATION, UNCERTAINTY

Perhaps (not)	In a way
It's hard to tell	It looks like that
You can never tell	It seems so
I rather doubt	I'm in two minds
I'm not (quite) sure	It all depends
I should say so	
Who knows?	

APPENDIX 2

PHRASES USED IN DISCUSSION

1. To begin with...
2. I will start by saying that...
3. I shall mainly concentrate / focus on...
4. It is common knowledge that...
5. For all I know... / As far as I know (remember, can see) ...
6. If I'm not mistaken, ...
7. Speaking about...
8. My own feeling (impression, opinion, viewpoint) is that...
9. What really matters is...
10. My point is that.../ I mean to say...
11. I'd like to make it clear that...
12. The point I wish to stress is...
13. I don't want to press my point, but/ You are free to disagree with me, but
14. To some extent you are right
15. That doesn't sound convincing enough / That sounds very doubtful to me.
16. I suppose it's too much to say that...
17. That's all very well, but...
18. Much depends on who (when, how etc.)
19. On the one hand.../ On the other hand...
20. On the surface of it.... However, ...
21. It must be noted that.../ In this connection it is interesting to consider one more aspect
22. You are wandering from the point/ Keep to the point/ Don't get away from the point
23. May I have my say? / Let me have my say
24. Does it make any difference? / It makes all the difference
25. Let me see / Let me think
26. There are many pros and cons here
27. I don't catch what you are saying
28. To sum it up.../ In short...
29. Let's round off
30. I would like to summarize the discussion by saying that.../ In conclusion I'd like to say...

APPENDIX 3

STRUCTURES FOR SUMMARIZING

To start with

The title of the article is... / The article is entitled

The article (text / paragraph) is devoted to...

describes ... / deals with.../ focuses on...

is based on...

is concerned (with such issues as) ...

To sum up the contents and introduce the information

The author describes (the events in.../ the theory of .../ etc.)

tackles (the problem(s) of .../ etc)

considers (such issues as ...)

outlines / lists (the factors.../ the reasons/ etc.)

stresses (the importance of.../ the differences between.../ etc.)

emphasizes that...

focuses on ...

reveals a great interest in ...

expresses his/her concern about...

states that...

mentions sth

views sth as ...

argues / believes / considers / supposes that...

compares (contemporary approaches to...)

speculates on ...

defines / gives a definition of / offers his(her) own definition...

refers to (the most recent studies into.../ etc.)

To refer to the source of information

According to the article, .../ As it is said in the article...

As stated here...

As far as the author is concerned...

In the author's opinion, .../ In his(her) mind ...

Linking your text

- also/ too/ as well/ Moreover, ... / What is more, .../ More than that, ...

/Besides, ...

- First,... / Next,... / Then,.../ Further... / Finally.../ In conclusion,...

- However, .../ Nevertheless, .../ whereas...

- Despite smth.../ in spite of smth...

- On the one hand... / - On the other hand...

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