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АНГЛИЙСКИЙ ЯЗЫК

Контрольные работы

Практическое руководство

для студентов 1 и 2 курсов заочной формы обучения
специальности 1-23 01 04 «Психология»

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Практическое руководство включает 3 контрольные работы;
задания к каждой работе представлены в 5 вариантах. Даются образцы
их выполнения. При составлении заданий использованы материалы из
различных периодических изданий.

Адресовано студентам 1 и 2 курсов заочной формы обучения
специальности 1-23 01 04 «Психология».

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Содержание

Предисловие.....	4
Контрольная работа 1.....	5
Контрольная работа 2	17
Контрольная работа 3	28
Литература.....	42

РЕПОЗИТОРИИ ГГУ ИМЕНИ Ф. СКОРИНЫ

Предисловие

Практическое руководство предназначено для студентов 1 и 2 курсов факультета заочного обучения специальности «Психология» и ставит целью проверить усвоение грамматического материала и лексических единиц по специальности, привить навыки самостоятельной работы над языком. Руководство рассчитано как на аудиторную, так и самостоятельную работу студентов.

Руководство состоит из 3 контрольных работ. Задания к каждой из трех контрольных работ представлены в пяти вариантах. Каждая контрольная работа включает грамматические упражнения и тексты для чтения. При составлении заданий были использованы материалы из различных периодических изданий. Перед контрольной работой дается грамматический материал для выполнения данной работы и представлены образцы выполнения некоторых заданий.

При подготовке руководства авторы брали за основу программу по английскому языку для студентов факультета заочного обучения специальности «Психология» и учитывали специфику изучения языка на неязыковых факультетах.

Контрольная работа 1

Для того чтобы правильно выполнить задание 1, необходимо усвоить следующие разделы курса английского языка по рекомендованным учебникам.

1 Имя существительное. Множественное число. Артикли и предлоги как показатели имени существительного. Выражения падежных отношений в английском языке с помощью предлогов и окончания -s. Существительное в функции определения и его перевод на русский язык.

2 Имя прилагательное. Степени сравнения имен прилагательных. Конструкции типа the more ... the less.

3 Имя числительное.

4 Местоимения: личные, притяжательные, вопросительные, указательные, неопределенные и отрицательные.

5 Форма настоящего (Present), прошедшего (Past) и будущего (Future) времени группы Indefinite действительного залога изъявительного наклонения. Спряжение глаголов to be, to have в Present, Past и Future Indefinite. Повелительное наклонение и его отрицательная форма.

6 Простое распространенное предложение: прямой порядок слов повествовательного и побудительного предложений в утвердительной и отрицательной формах; обратный порядок слов вопросительного предложения. оборот there is (are).

7 Основные случаи словообразования.

Используйте следующие образцы выполнения упражнений.

Образец выполнения 1 (к заданию 1)

1 The **students** regularly attend **classes** in Psychology.

1 Студенты регулярно посещают занятия по психологии.

Students и **classes** – множественное число от имен существительных **a student** студент и **a class** занятие соответственно.

2 He **lectures** on psychology.

2 Он читает лекции по психологии.

Lectures – 3-е лицо единственного числа от глагола **to lecture** в Present Indefinite.

3 This **patient's** result is very good.

3 Результат этого пациента очень хороший.

В слове **patient's' s** – окончание притяжательного падежа имени существительного **a patient** в единственном числе.

4 The **patients'** results are good.

4 Результаты пациентов хорошие.

Слово **patients'** – форма притяжательного падежа имени существительного **a patient** во множественном числе.

Образец выполнения 2 (к заданию 1)

1 Some family problems are easily managed.

1 Некоторые проблемы в семье легко решаются. (Некоторые семейные проблемы легко решаются.)

Образец выполнения 3 (к заданию 5)

1 Art therapy did not emerge as a distinct profession until 1930's.

1 Арт-терапия выделилась в отдельное направление только к 1930-м годам.

Did not emerge– Past Indefinite Active от стандартного глагола **to emerge**.

Вариант 1

Задание 1. Перепишите предложения. Определите по грамматическим признакам, какой частью речи являются слова, имеющие окончание – s и какую функцию это окончание выполняет, т. е. служит ли оно: а) показателем 3-го лица единственного числа глагола в Present Indefinite; б) признаком множественного числа имени существительного; в) показателем притяжательного падежа имени существительного (образец 1). Переведите предложения на русский язык.

1 Psychology deals with a wide range of problems.

2 60 per cent of America's professional psychologists work in the mental health field.

3 As scientists, psychologists use scientific methods of observation, experimentation and analyses.

Задание 2. Перепишите предложения и переведите их, обращая внимание на особенности перевода на русский язык определений, выраженных именем существительным (образец 2).

1 Have you ever heard of body language?

2 Several Moscow University psychologists study this problem.

3 Some family problems are easily-managed but others are difficult and chronic.

Задание 3. Перепишите предложения, содержащие разные формы сравнения, и переведите их на русский язык.

1 One of the most famous Maslow's theories is the theory of a hierarchy of needs.

2 You can not say that one field of science is better than others.

3 The more you practice, the better results you have.

Задание 4. Перепишите и письменно переведите предложения на русский язык, обращая внимание на перевод неопределенных и отрицательных местоимений.

1 Some psychological problems can cause illness and depression.

2 Any psychologist is an innovator, inventing new approaches to people and society.

3 No science is as popular now as the science of behavior and mental processes.

Задание 5. Перепишите предложения, определите в них видовременные формы глаголов и укажите их инфинитив; переведите предложения на русский язык (образец 3).

1 American scientists defined psychology as the science of behavior.

2 Psychology includes both research and practice.

3 A good psychologist will help you to solve all your problems.

Задание 6. Прочтите и устно переведите на русский язык с 1-го по 8-й абзацы текста. Перепишите и письменно переведите 1, 2, 3, 4 и 5-й абзацы.

Careers in Psychology

1 There are many careers in psychology. Psychology includes both research, through which we learn fundamental things about human and animal behaviour, and practice, through which that knowledge is applied in helping people to solve problems. Psychology is an extremely varied field. Psychologists conduct research, serve as consultants, diagnose and treat people, and teach future psychologists and other types of students. They test intelligence and personality.

2 As scientists, psychologists use scientific methods of observation, experimentation, and analysis. But psychologists also need to be creative in the way they apply scientific findings.

3 Psychologists are frequently innovators, inventing new approaches to people and societies. They develop theories and test them in their research. As they collect new information, these findings can be used by practitioners in their work with clients and patients.

4 As practitioners psychologists work in laboratories, hospitals, courtrooms, schools and universities, prisons, and corporate offices. They work with business executives, performers, and athletes to reduce stress and improve performance. They advise lawyers on jury

selection and cooperate with educators on school reform. Immediately following a disaster, such as a plane crash or bombing, psychologists help victims and bystanders recover from the shock of the event.

5 Involved in all aspects of our world, psychologists must keep up with what is happening around us. When you're a psychologist, your education never ends.

6 Most psychologists say they love their work. They say that they have a variety of daily tasks and the flexibility of their schedules.

7 The study of psychology is a good preparation for many other professions. Many employers are interested in the skills of collecting, analyzing, and interpreting data, and their experience with statistics and experimental design.

8 Psychology is a very diverse field with hundreds of career paths. We all know about caring for people with mental and emotional disorders. Some other jobs like helping with the design of computer systems are less well-known. What all psychologists have in common is an interest in the minds and behaviors of both humans and animals.

Задание 7. Прочтите текст и ответьте на вопрос.

What innovations do psychologists make?

Вариант 2

Задание 1. Перепишите предложения. Определите по грамматическим признакам, какой частью речи являются слова, имеющие окончание -s и какую функцию это окончание выполняет, т. е. служит ли оно: а) показателем 3-го лица единственного числа глагола в Present Indefinite; б) признаком множественного числа имени существительного; в) показателем притяжательного падежа имени существительного (образец 1). Переведите предложения на русский язык.

1 Art therapists work with children, adolescents and adults.

2 This science deals with a wide range of problems.

3 What are the basic needs in Maslow's hierarchy of needs?

Задание 2. Перепишите предложения и переведите их, обращая внимание на особенности перевода на русский язык определений, выраженных именем существительным (образец 2).

1 Most common problems for all families are parent-child problems.

2 Psychologists help bystanders and victims to recover from a shock after a train crash.

3 Some psychologists work in the mental health field.

Задание 3. Перепишите предложения, содержащие разные формы сравнения, и переведите их на русский язык.

1 Constant battles between brothers and sisters are the most common family problems.

2 The more I study this problem, the less I understand it.

3 People work better if they have a good rest.

Задание 4. Перепишите и письменно переведите предложения на русский язык, обращая внимание на перевод неопределенных и отрицательных местоимений.

1 Some 350 people attend the classes in psychology.

2 No psychologist is as well-known as Sigmund Freud.

3 Do you know any method of art therapy?

Задание 5. Перепишите предложения, определите в них видовременные формы глаголов и укажите их инфинитив; переведите предложения на русский язык (образец 3).

1 Psychologists use the scientific methods of observation, experimentation and analysis.

2 Psychology flourished in the United States of America some decades ago.

3 I will visit an art therapist in a week.

Задание 6. Прочтите и устно переведите на русский язык с 1-го по 4-й абзацы текста. Перепишите и письменно переведите 1, 3 и 4-й абзацы.

Art Therapy

1 Art therapy is based on the belief that the creative process involved in the making of art is healing and life-enhancing. Through creating art and talking about art and the process of art making with an art therapist, one can cope with symptoms, stress, and traumatic experiences, enhance cognitive abilities, and enjoy the life-affirming pleasures of artistic creativity. The term art therapy applies to visual arts therapy, dance therapy, drama therapy, music therapy, poetry therapy and psycho-drama.

2 How did art therapy begin? Art therapy did not emerge as a distinct profession until the 1930's. At the beginning of the 20 th century, psychiatrists became interested in the art work done by patients, and studied it to see if there was a link between the art and the illness of their patients. At this same time, art educators were discovering that the free and spontaneous art expression of children represented both emotional and symbolic communications. Since then, the profession of art therapy has grown into an effective and important method of communication, assessment, and treatment with many populations.

3 Art therapists work with children, adolescents, and adults and provide services to individuals, couples, families, groups, and communities. They often work as part of clinical teams, in settings that include mental health, rehabilitation, medical and forensic institutions, wellness centers, schools, nursing homes, corporate structures, art studios, and independent practices. Art therapists are skilled in the application of drawing, painting, clay, and other mediums for treatment and assessment. Art therapy is a human service profession which utilizes creative art process and responses to the created art productions, reflections of an individual's development, abilities, personality, interests, concerns, and conflicts.

4 Art therapy is an effective treatment for the patients with developmental, medical, educational, social or psychological problems. It is practiced in mental health, rehabilitation, medical, educational, and forensic institutions. Populations of all ages, races, and ethnic backgrounds are served by art therapists in individual, couples, family, and group therapy formats.

Задание 7. Прочтите текст и ответьте на вопрос.

What kind of patients is art therapy effective for?

Вариант 3

Задание 1. Перепишите предложения. Определите по грамматическим признакам, какой частью речи являются слова, имеющие окончание -s и какую функцию это окончание выполняет, т. е. служит ли оно: а) показателем 3-го лица единственного числа глагола в Present Indefinite; б) признаком множественного числа имени существительного; в) показателем притяжательного падежа имени существительного (образец 1). Переведите предложения на русский язык.

- 1 S. Freud's school of psychology is known all over the world.
- 2 Human beings are motivated by unsatisfied needs.
- 3 When you are a psychologist, your education never ends.

Задание 2. Перепишите предложения и переведите их, обращая внимание на особенности перевода на русский язык определений, выраженных именем существительным (образец 2).

- 1 Divorce is a typical source of problem for all family members.
- 2 Psychologists try to cooperate with educators on school reform.
- 3 Those who call themselves psychologists help victims to recover after a plane crash.

Задание 3. Перепишите предложения, содержащие разные формы сравнения, и переведите их на русский язык.

- 1 Psychology is one of the youngest sciences.
- 2 The more often you consult a psychologist, the more you like it.
- 3 According to Maslow, some types of needs are more important than others.

Задание 4. Перепишите и письменно переведите предложения на русский язык, обращая внимание на перевод неопределенных и отрицательных местоимений.

- 1 We saw no patients in the corridors of the building.
- 2 Almost any student of our class is familiar with Maslow's hierarchy of needs.
- 3 Some families do not know the skills of negotiating.

Задание 5. Перепишите предложения, определите в них видовременные формы глаголов и укажите их инфинитив; переведите предложения на русский язык (образец 3).

- 1 We will define psychology as the science of mental processes and behavior.
- 2 Psychological needs are the very basic needs such as air, water and food.
- 3 My mother's friend offered her a position of a psychologist in a big firm.

Задание 6. Прочтите и устно переведите на русский язык с 1-го по 7-й абзацы текста. Перепишите и письменно переведите 2, 3, 4 и 6-й абзацы.

Maslow's Hierarchy of Needs

1 Abraham Maslow is known for establishing the theory of a hierarchy of needs. He wrote that human beings are motivated by unsatisfied needs, and that certain lower needs need to be satisfied before higher needs can be satisfied. Maslow studied exemplary people such as Albert Einstein, Eleanor Roosevelt, and Frederick Douglas rather than mentally ill or neurotic people. This was a radical difference from two of the major schools of psychology of his days: S. Freud's and B.F Skinner's.

2 According to Maslow, there are general types of needs (physiological, safety, love, and esteem) that must be satisfied before a person can act not selfishly. He called these needs «deficiency needs». As long as we are motivated to satisfy these cravings, we are moving towards growth, toward self-actualization. Satisfying needs is healthy, blocking gratification makes us sick or evil.

3 Physiological needs are the very basic needs such as air, water, food, sleep, sex, etc. When these are not satisfied we may feel

sickness, irritation, pain, discomfort, etc. Once they are satisfied, we may think about other things.

4 Safety needs have to do with establishing stability and consistency in a chaotic world. These needs are mostly psychological in nature. We need the security of a home and family. However, if a family is dysfunctional, i.e., an abusive husband, the wife cannot move to the next level because she has problems with safety.

5 Love is the next on the ladder. Humans have a desire to belong to groups: clubs, work groups, religious groups, family, gangs, etc. We need to feel loved (non-sexual) by others, to be accepted by others. Performers appreciate applause. We need to be needed.

6 There are two types of esteem needs. First is self-esteem which results from competence or mastery of a task. Second, there's the attention and recognition that comes from others. This is similar to the belongingness level; however, wanting admiration has to do with the need for power. People who have all of their lower needs satisfied, often drive very expensive cars because doing so raises their level of esteem.

7 The need for self-actualization is «the desire to become more and more what one is, to become everything that one is capable of becoming». People who have everything can maximize their potential. They can seek knowledge, peace, esthetic experiences, self-fulfillment, etc.

Задание 7. Прочтите текст и ответьте на вопрос.

What are the very basic needs in Maslow's hierarchy of needs?

Вариант 4

Задание 1. Перепишите предложения. Определите по грамматическим признакам, какой частью речи являются слова, имеющие окончание -s и какую функцию это окончание выполняет, т. е. служит ли оно: а) показателем 3-го лица единственного числа глагола в Present Indefinite; б) признаком множественного числа имени существительного; в) показателем притяжательного падежа имени существительного (образец 1). Переведите предложения на русский язык.

1 Personality embraces moods, attitudes and opinions.

2 Empedocles' cosmic elements – air, earth, fire and water – were related to health.

3 Psychology is one of the sciences that deals with human brain and emotions.

Задание 2. Перепишите предложения и переведите их, обращая внимание на особенности перевода на русский язык определений, выраженных именем существительным (образец 2).

1 There is a psychology faculty in Francisk Skorina Gomel State University.

2 Personality traits are special characteristics of human character.

3 There exists a theory that body chemistry determines a person's temperament.

Задание 3. Перепишите предложения, содержащие разные формы сравнения, и переведите их на русский язык.

1 The oldest personality theory is contained in the cosmological writings of the Greek scientists.

2 The more you study, the better your knowledge is.

3 People with choleric temperament are more anxious than people with phlegmatic temperament.

Задание 4. Перепишите и письменно переведите предложения на русский язык, обращая внимание на перевод неопределенных и отрицательных местоимений.

1 To determine what temperament you have, you should do some psychological tests.

2 Your personality is most clearly expressed in interactions with any person.

3 If you have no problems, you are happy.

Задание 5. Перепишите предложения, определите в них видовременные формы глаголов и укажите их инфинитив; переведите предложения на русский язык (образец 3).

1 Emotional stability depends on an appropriate balance among the four bodily humours.

2 In the past people believed that humour influenced someone's character.

3 Psychological theories will grow and develop in future.

Задание 6. Прочтите и устно переведите на русский язык 1, 2, 3, 4, 5 и 6-й абзацы текста. Перепишите и письменно 1, 2, 4, 5 и 6-й переведите абзацы.

Personality

1 Personality is a characteristic way of thinking, feeling, and behaving. Personality embraces moods, attitudes, and opinions and is most clearly expressed in interactions with other people. It includes behavioral characteristics both inherent and acquired. They distinguish one person from another and they can be observed in people's relations to the environment and to the social group.

2 Perhaps the oldest personality theory known is contained in the cosmological writings of the Greek philosopher and psychologist Empedocles and in related speculations of the physician Hippocrates. Empedocles' cosmic elements were air (with its associated qualities, warm and moist), earth (cold and dry), fire (warm and dry), and water (cold and moist). They were related health and corresponded to Hippocrates' physical humours.

3 Humour is one of the four liquids that in the past were thought to be present in the body and to influence someone's character. They were associated with variations in temperament: blood (sanguine temperament), black bile (melancholic), yellow bile (choleric), and phlegm (phlegmatic).

4 This theory, with its view that body chemistry determines temperament, has survived in some form for more than 2 500 years. According to these early theorists, emotional stability as well as general health depend on appropriate balance among the four bodily humours. An excess of one may produce a particular bodily illness or an exaggerated personality trait.

5 Thus, a person with an excess of blood would be expected to have a sanguine temperament – that is, to be optimistic, enthusiastic, and excitable. Too much black bile (dark blood perhaps mixed with other secretions) was believed to produce a melancholic temperament – that is to be very sad, low-spirited.

6 An oversupply of yellow bile (secreted by the liver) would result in anger and irritability. Choleric means easily and often made angry. An abundance of phlegm (secreted in the respiratory passages) was alleged to make people stolid, apathetic, and undemonstrative.

Задание 7. Прочтите 3-й абзац текста и ответьте письменно на вопрос.

What is humour?

Контрольная работа 2

Для того чтобы правильно выполнить задание 2, необходимо усвоить следующие разделы курса английского языка по рекомендованным учебникам:

1 Видовременные формы глагола: а) активный залог – формы Indefinite (Present, Past, Future); формы Continuous (Present, Past, Future); формы Perfect (Present, Past, Future); б) пассивный залог – формы Indefinite (Present, Past, Future). Особенности перевода пассивных конструкций на русский язык.

2 Модальные глаголы: а) модальные глаголы, выражающие возможность: can (could), may (might) и эквивалент глагола can – to be able to; б) модальные глаголы, выражающие долженствование: must, его эквиваленты to have to и to be to; should.

3 Простые неличные формы глагола: Participle I (Present Participle), Participle II (Past Participle) в функциях определения и обстоятельства. Gerund – герундий, простые формы.

4 Определительные и дополнительные придаточные предложения (союзные); придаточные обстоятельственные предложения времени и условия.

5 Интернациональные слова.

Используйте следующие образцы выполнения упражнений.

Образец выполнения 1 (к заданию 1)

1 This psychologist **has** already **won** all the possible prizes.

1 Этот психолог уже выиграл все возможные призы.

has won – Present Perfect Active от нестандартного глагола to win.

2 The new equipment **was sent for** yesterday.

2 Вчера послали за новым оборудованием.

was sent for – Past Indefinite Passive от нестандартного глагола to send.

Образец выполнения 2 (к заданию 2)

1 A group of people studying people's behavior are called psychologists.

1 Группу людей, изучающих поведение человека, называют психологами.

studying – Participle I, определение.

2 When given too much work people get tired very soon.

2 Когда меня нагружают большим количеством работы, люди быстро устают.

(When) given – Participle II, обстоятельство.

3 This method is known all over the world.

3 Этот метод известен во всем мире.

(Is) known – Participle II, составная часть видо-временной формы Present Indefinite Passive от глагола to know.

Вариант 1

Задание 1. Перепишите предложения; подчеркните в каждом из них глагол-сказуемое и определите его видовременную форму и залог. Переведите предложения на русский язык. В пункте (б) обратите особое внимание на перевод пассивных конструкций (образец 1).

a) 1 Our psychologists are successfully solving many family problems that can be temporary and chronic.

2 Psychoanalysis has given mankind opportunities for penetration into human's mind. The founder of this science was Sigmund Freud.

б) 1 The family couple was informed about the problems that poor communication can bring

2 Parents' behavior is patterned by their children, who may learn to refuse to talk about their feelings.

Задание 2. Перепишите предложения; подчеркните Participle I и Participle II и установите функции каждого из них, т.е. укажите, является ли оно определением, обстоятельством или частью глагола-сказуемого. Переведите предложения на русский язык (образец 2).

1 Dance therapy also called movement therapy is the use of choreographed movement as a way of treating emotional and physical problems.

2 A child seeking outside help seldom comes to professionals himself.

3 Dance therapy when used provide unique opportunities for self-expression.

4 When communicating in the family some people avoid talking about medical or psychological problems in one person or in one of children.

Задание 3. Перепишите предложения; подчеркните в каждом из них модальный глагол или его эквивалент. Переведите предложения на русский язык.

1 Family problems are unique but good specialists can help to manage them.

2 Illness, changing jobs and schools can be the result of problems within a family.

3 Her small son suffered from zoophobia having been bitten by a dog, so they had to consult a specialist.

4 Parents should be aware of the fact that it can be very difficult for a child to resist bad influence.

Задание 4. Прочтите и устно переведите на русский язык с 1-го по 4-й абзацы текста. Перепишите и письменно переведите 1, 2, и 3-й абзацы.

Family Problems

1 Family problems are unique, but problems that make people look for psychological help are common. Some family problems are temporary and easily managed, while others are more chronic and difficult. Some of them can cause illness and injury, changing jobs, changing schools, moving and financial difficulties.

2 Most common are parent-child problems. Sometimes there are constant battles between children, and the parents resolve the conflicts. Divorce, is a typical source of problems for all members of the family. Sometimes the couple relationship is the problem, with poor communication and constant conflicts. Problems can develop in a couple relationships because of a medical or psychological problem in one person, or in one of their children.

3 Each family develops its own ways of resolving the problems some of which work better than others. Poor communication occurs when family members avoid talking to each other and do not know how to listen to what others are trying to say. Inability to resolve conflicts occurs because family members avoid discussing problems or even avoid admitting that problems exist. Some families just have not learned the skills of negotiating. Children are likely to pattern their behavior after their parents' behavior and may learn to refuse to talk about feelings and problems.

4 There is no perfect family. Each family has its own strengths and weaknesses. If your family has serious problems in relationships, it is

probably time for outside help. Psychological help from a professional may be necessary in these circumstances, depending on the nature of (the problems and the willingness of family members to participate in therapy.

Задание 5. Прочтите 4-й абзац текста и ответьте на данный вопрос.

When is the help from a professional necessary?

Вариант 2

Задание 1. Перепишите предложения; подчеркните в каждом из них глагол-сказуемое и определите его видовременную форму и залог. Переведите предложения на русский язык. В пункте (б) обратите особое внимание на перевод пассивных конструкций (образец 1).

a) 1 Today many scientists are looking about the enormous importance that friends and friendship have for Russians..

2 The Russian national character has been a favourite topic for discussion for many years.

б) 1 After World War II Russians were perceived as cruel, domineering and hard-working people.

2 Russians are more oriented to the group than the individual.

Задание 2. Перепишите предложения; подчеркните Participle I и Participle II и установите функции каждого из них, т. е. укажите, является ли оно определением, обстоятельством или частью глагола-сказуемого. Переведите предложения на русский язык (см. образец 2).

1 Behaviorism, introduced by John Watson, was the most important of all approaches that investigated the minds.

2 Using computer information processing cognitive psychology investigates the mind.

3 While developing his theory Sigmund Freud worked much with female hysterics.

4 Being trained very well psychologists diagnose neuropsychological disorders and dysfunctions.

Задание 3. Перепишите предложения; подчеркните в каждом из них модальный глагол или его эквивалент. Переведите предложения на русский язык.

1 Psychological test can include assessments of personality styles, tests of emotional well-being, intellectual tests.

2 Humanistic psychologists argued that psychology should focus on each individual conscious experience.

3 Sigmund Freud had to face many difficulties in his life developing his theory about dreams.

4 Psychologists are allowed to use tests: tests for possible brain damage and tests for specific psychological disturbances.

Задание 4. Прочтите и устно переведите на русский язык с 1-го по 4-й абзацы текста. Перепишите и письменно переведите 1, 2 и 3-й абзацы.

The Russian Soul

1 The Russian national character or «the Russian soul» has been a famous topic for discussion for many years, if not centuries. Let's look at some of the scientific discussions.

2 In 1951, a famous American anthropologist Margaret Mead portrayed Russians as an uncontrolled, even impulsive, group of people. She wrote that the distinction between the group and the individual are less important in Russia than in the West. She also wrote that equality is very important for Russians. Another American anthropologist Clyde Klukhon wrote in 1961 that Russians are expressive and emotionally alive. They show a great need for intensive relationship with others and value people as they are and not what they have done.

3 In 1985, Peabody made a conclusion that Russians depend strongly on the group to provide emotional support and guidance. He also noticed that Russians have a tendency to express their impulses rather than control them. Russians display little concern with

achievement, are very personal in relations and are more oriented to the group than to the individual. Many scientists wrote about the enormous importance that friends and friendship have for Russians. In 1976, Smith wrote that when it comes to friendship Russians look for soul-brothers, not simply conversational partners. They want someone to whom they can pour their hearts out, tell about family problems and difficulties in life. From conversation «soul to soul» Russians derive the greatest joy and relief. Some foreigners find this habit exhausting.

4 poll conducted in the USA during World War II found that the adjectives most frequently chosen by the Americans to describe Russians were hardworking, brave, and radical. After the War, in 1953 Russians were described as cruel, domineering and hardworking. In 1985, Peabody conducted the same survey and found out that in Europe Russians were perceived as serious, hardworking, intelligent, persistent, and self-confident.

Задание 5. Прочтите 4-й абзац текста и ответьте на данный вопрос.

How were Russians perceived in the 1980 s?

Вариант 3

Задание 1. Перепишите предложения; подчеркните в каждом из них глагол-сказуемое и определите его видоременную форму и залог. Переведите предложения на русский язык. В пункте (б) обратите особое внимание на перевод пассивных конструкций (образец 1).

а) 1 In 1873 Sigmund Freud entered the medical school of the university of Vienna.

2 After Sigmund Freud published «The Interpretation of Dreams» in 1900, he published «The Psychopathology of Everyday Life».

б) 1 Although in 1923 Sigmund Freud was diagnosed with cancer of the jaw but he died only in 1939 in London.

2 Edward Lee Thorndike, who developed American version of Russian behaviorism will always be remembered for his cats and his «puzzle boxes».

Задание 2. Перепишите предложения; подчеркните Participle I и Participle II и установите функции каждого из них, т. е. укажите, является ли оно определением, обстоятельством или частью глагола-сказуемого. Переведите предложения на русский язык (образец 2).

1 Behaviorism primarily associated with Pavlov has many followers in different countries.

2 Using hypnosis and working with hysterics Freud became a famous neurologist.

3 Slips of the tongues now called “Freudian slips” are not accidental at all.

4 Having made friends with Josef Breuer, another physician and physiologist Freud often discussed with him medical cases.

Задание 3. Перепишите предложения; подчеркните в каждом из них модальный глагол или его эквивалент. Переведите предложения на русский язык.

1 A man should not strive to eliminate his complexes, but to get into accord with them. (S. Freud)

2 Behaviorism is the teaching that says that psychology must focus its attention on what is observable.

3 I told her to consult a counseling psychologist but she would not listen.

4 Abnormal behavior among teenagers can often occur in the families that have problems with communication.

Задание 4. Прочтите и устно переведите на русский язык с 1-го по 6-й абзацы текста. Перепишите и письменно переведите 1, 2, 3, 5 и 6-й абзацы.

Biography Of Sigmund Freud

1 Sigmund Freud was born in the Austro-Hungarian Empire in 1856. His father was a small merchant, and Freud's mother was his second wife. Freud had two half-brothers some 20 years older than he was. His family moved to Vienna when he was four years old, and

though he often said he hated the city, he lived there until it was occupied by Germany in 1938.

2 Freud was a good student, and very ambitious. In 1873 he entered the medical school of the university of Vienna. He hoped to go into neurophysiological research, but pure research was hard to manage in those days unless you were independently wealthy. Freud was engaged and needed to be able to support a family before he could marry, and so he determined to go into private practice with a specialty in neurology.

3 During his training he made friends with Josef Breuer, another physician and physiologist. They often discussed medical cases together. Freud went to Paris for further study under Jean-Martin Charcot, neurologist known all over Europe for his studies of hysterics and use of hypnosis. In 1886, Freud returned to Vienna, opened a private practice specializing in nervous and brain disorders, and married.

4 In 1900, Freud published «The Interpretation of Dreams», and introduced the public to the notion of the unconscious mind. In 1901, he published «The Psychopathology of Everyday Life», in which he theorized that forgetfulness or slips of the tongue (now called «Freudian slips») were not accidental at all, but it was the «dynamic unconscious» tell us something meaningful.

5 In 1902, Freud was appointed professor at the University of Vienna and began to gather devoted disciples who by 1906 formed a Psychoanalytic Society. Other such groups emerged in other cities. But such disciples as Alfred Adler and Carl Jung split from the group. Freud continued working, developing his theories, and writing large volumes of work.

6 In 1923, he was diagnosed with cancer of the jaw, a result of years of cigar smoking. He was 67. He would have 30 operations over the next 16 years to treat the progressive disease. When Nazis took over Austria in 1938, Freud's passport was confiscated and his books burned. Freud left Austria and he and his family went to England. He died in London in September, 1939.

Задание 5. Прочтите 4-й абзац текста и ответьте на данный вопрос.

What are the main works by Sigmund Freud?

Вариант 4

Задание 1. Перепишите предложения; подчеркните в каждом из них глагол-сказуемое и определите его видовременную форму и залог. Переведите предложения на русский язык. В пункте (б) обратите особое внимание на перевод пассивных конструкций (образец 1).

a) 1 Your feelings come from your brain.

2 Scientists have been studying our brain for centuries.

б) 1 Emotions are controlled by a part of our brain called the «amygdale».

2 The experiments with our brain were carried out in the 20th century.

Задание 2. Перепишите предложения; подчеркните Participle I и Participle II и установите функции каждого из них, т. е. укажите, является ли оно определением, обстоятельством или частью глагола-сказуемого. Переведите предложения на русский язык (образец 2).

1 Many times your brain controls your body without you even thinking about it.

2 Sometimes, like when you are learning at school, you know you are using your brain.

3 The thinking part of your brain is called «cerebrum».

4 Having much work to do, your head can hurt.

Задание 3. Перепишите предложения; подчеркните в каждом из них модальный глагол или его эквивалент. Переведите предложения на русский язык.

1 If you get in a bad mood, you can blame it on your brain.

2 Every man must know the structure of his brain.

3 You should be glad you have a human brain.

4 In future we will be able to travel with the help of our brain.

Задание 4. Прочтите и устно переведите 1, 2, 3, 4 и 5-й абзацы текста. Перепишите и письменно переведите 1, 2, 3 и 4-й абзацы текста.

Brain

1 You may not realize that you have a boss, just like adults do at work. But when it comes to your body, your brain is your boss! It is in charge of just about everything you do. When you remember what you ate you use your brain. When you jump up and down, you use your brain. Even when you are dreaming, you use your brain.

2 The brain looks like a wrinkled, wet sponge. In adults, it weighs only about three pounds, but it is made up of billions of nerve cells. These cells send and receive electrical signals that direct all of your body's activities. Sometimes, like when you are learning at school, you know you are using your brain. Many times, though, your brain controls your body without you even thinking about it.

3 The «brain stem» takes care of things your body does automatically, like breathing air, pumping blood, and digesting food. The biggest part of your brain is called your «cerebrum». This is the thinking part of your brain. It controls your memory, the movements you choose to make, your ability to figure things out, and your imagination. The cerebrum is made up of two halves. It may sound mixed up, but the left side controls the right side of your body and the right side controls your left side.

4 Even your feelings come from your brain. Scientists think emotions are controlled by a part of your brain called the «amygdale». It is shaped like an almond and is only an inch long. So next time you get in a bad mood, you can blame it on your brain.

5 You should be glad you have a human brain. It is very complex, which means we can think in different, more complicated ways than other animals. In fact, every day your brain produces about 70-thousand thoughts. No wonder your head hurts when you have too much homework.

Задание 5. Прочтите текст и ответьте на данный вопрос.

What is our brain in charge of?

Контрольная работа 3

Для того чтобы правильно выполнить задание 3, необходимо усвоить следующие разделы курса английского языка по рекомендованному учебнику.

1 Грамматические функции и значения слов *that, one, it*.

2 Пассивный залог (The Passive Voice) видовременных форм Indefinite, Continuous, Perfect.

3 Функции глаголов *to be, to have, to do*.

4 Простые неличные формы глагола. Инфинитив в функции:
а) подлежащего; б) составной части сказуемого; в) определения;
г) обстоятельства цели.

5 Бессоюзное подчинение в определительных и дополнительных придаточных предложениях.

Используйте образцы выполнения упражнений.

Образец выполнения 1 (к заданию 1)

1 The main question **has** already **been discussed**.

1 Главный вопрос уже обсудили.

has been discussed – Present Perfect Passive от правильного глагола *to discuss*.

2 His career in psychology **is** much **spoken about**.

2 О его карьере в психологии много говорят.

is spoken (about) – Present Indefinite Passive от неправильного глагола *to speak*.

Образец выполнения 2 (к заданию 2)

1 It is necessary to use the latest achievements of science.

1 Необходимо использовать новейшие достижения науки.

2 One should agree that the experiment was of great

2 Следует согласиться, что тот эксперимент имел большое

importance for our research.

значение для нашего исследования.

3 It is sport that is the main source of energy of a man.

3 Именно спорт является основным источником энергии человека.

Образец выполнения 3 (к заданию 4)

1 What is the name of the book you are reading?

1 Как называется книга, которую ты читаешь?

2 The region we must explore possesses great natural wealth.

2 Район, который мы должны исследовать, обладает огромными природными ресурсами.

Вариант 1

Задание 1. Перепишите предложения, определите в каждом из них видовременную форму и залог глагола-сказуемого (образец 1). Переведите предложения на русский язык.

1 The necessary equipment is being installed in the laboratory.

2 When much had been done in the study of psychology by our university, it became an important scientific centre.

3 Many chronic psychological diseases have successfully been overcome in the clinic.

Задание 2. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения слов *it, that, one* (образец 2).

1 It is known that any illness can be the result of serious psychological disorders.

2 One should be more health-conscious.

3 Specialists consider that dance therapy is the unique opportunity for self-expression.

Задание 3. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения глаголов to be, to have, to do.

1 The assistant had to stay at the laboratory until late.

2 Some family problems are not easily-managed.

3 What scientific methods do psychologists use to help people to solve various problems?

Задание 4. Перепишите предложения и переведите их на русский язык, обращая внимание на бессоюзное подчинение (образец 3).

1 What is the diet you are keeping to?

2 The book I took from the library yesterday is about the most common psychological problems.

Задание 5. Перепишите предложения и переведите их на русский язык, обращая внимание на функцию инфинитива (подлежащее, составная часть сказуемого, определение, обстоятельство цели).

1 To understand the importance of this discovery you should have deep knowledge in psychology.

2 It was difficult to sum up the data obtained from different sources.

3 Abraham Maslow was the first to establish the theory of the hierarchy of needs.

4 Psychologists use different methods to investigate human's mind.

Задание 6. Прочтите и переведите на русский язык текст.

Teenagers and alcoholism

1 The nightmare for parents used to be that their children might be among the 20 per cent of teenagers who experimented with hash in

the sixties. Now they have more justification for worrying if they suspect whisky as a free-time activity. Youngsters who used to meet in coffee bars and youth clubs now gather in licensed discos. Where they used to buy straight orange or Coke, now they spike it with vodka or rum.

2 Convictions for drunkenness among the under-18s more than doubled in the past ten years to nearly 5,500 a year – and that's just the tip of the iceberg.

3 In a report for the Medical Council On Alcoholism, researcher Ann Hawker found that one in four boys and one in six girls in the 13 to 15 age group had been very drunk at least once in the past year; and more than 90 per cent of 13-year-olds had already tried alcohol.

4 The law is quite clear: it's illegal for anyone under 18 to buy alcohol in a bar; for anyone else to buy them a drink in a bar; or for the owner of a bar to allow them to drink alcohol. But that doesn't seem to bother teenagers. A «Which?» magazine survey reported last year that the law is being broken on a colossal scale by 15- to 17-year-olds. Nearly two-thirds of those who drank said that every pub in their area would serve them. About three-quarters said every supermarket in the area let them buy alcohol.

5 «Boys confuse drinking with manliness» – explains Peter Rorstad, director of the North East Council on Alcoholism. «Normal drinking here is five to eight pints a night. Their dads do it, so it gets to be a sign of adulthood».

6 One of the most frightening trends is that girls are catching up. Among problem drinkers there used to be five men to every woman. Now it's only two men to one woman. The girls start drinking because the pubs are where they find the boys. Then they get to like alcohol for its own sake.

7 Head teachers are unwilling to talk of the problem, though the National Association of Head Teachers has asked them to share their experiences. «If we talk of it openly, it could spread like wildfire. Children love to be in on anything that is all the rage», – the head of a London comprehensive school told me.

8 We managed to get rid of the drug craze by hammering a home that drugs were criminal and dangerous. How can you convince a child that alcohol can be just as harmful when it's such a normal part

of society? «Whatever children learn or don't learn at school, it is at home that they first see people drinking», – says Dr Anthony Clare of the Institute of Psychiatry: «I don't think teenagers are drinking more because they're more worried, frustrated or depressed than they used to be, but because the adults around them are drinking more. If they see their parents reaching for a bottle in moments of stress, then when school exams come along, or they're nervous before a first date, they'll do the same».

Задание 7. Перепишите полностью вариант, который является ответом на данный вопрос.

What does Dr Clare say in p. 8 about young people?

- 1) They drink especially in moments of stress.
- 2) They drink following their parents' example.
- 3) They get the drink mainly from their parents.
- 4) They have, in fact, less reason for drinking than they used to.

Вариант 2

Задание 1. Перепишите предложения, определите в каждом из них видовременную форму и залог глагола-сказуемого (образец 1). Переведите предложения на русский язык.

- 1 This method of treatment is known all over the world.
- 2 A lot of research had been carried out before successful results were obtained.
- 3 Medical tests were done to examine him thoroughly.

Задание 2. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения слов *it*, *that*, *one* (образец 2).

- 1 It is generally believed that children pattern their parents' behavior.
- 2 Psychology is one of the youngest sciences.

3 While experimenting one must take all the necessary precautions.

Задание 3. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения глаголов to be, to have, to do.

1 He was to make the report about the results of the experiment.

2 The rate of young children's obesity has increased by nearly 60 % in the USA.

3 Do you know any method of art therapy?

Задание 4. Перепишите предложения и переведите их на русский язык, обращая внимание на бессоюзное подчинение (образец 3).

1 He is the most interesting man I have ever met.

2 The building you can see over there is very old.

Задание 5. Перепишите предложения и переведите их на русский язык, обращая внимание на функцию инфинитива (подлежащее, составная часть сказуемого, определение, обстоятельство цели).

1 To penetrate into human's mind is one of the main tasks of psychology.

2 What must psychologists do to help people to cope with a wide range of various problems?

3 The experiment to be carried out was of great importance for our research.

4 Sigmund Freud was the first to work with female hysterics.

Задание 6. Прочтите и переведите на русский язык текст.

Kids and the police

1 Many young people think police pick on them, stop them, ask them to move on just because they are young. Some describe the police as bullies, pigs or bastards. And there is a growing hostility based on suspicion and fear.

2 Suspicion – because young people believe the law can do what it likes. «Nobody is going to believe your word against a copper's [policeman's]», – said 16-year-old Steve, a punk from Manchester. Fear – because they don't know their rights, don't know what the police can do to them. And because they have heard horror stories, though maybe dramatized, from their mates. Conflicts that arise when teenagers are stopped by the police are examined in tonight's BBC-2 programme «Fair Cop?» – the first in the «Sixteen Up» series, repeated on BBC-1 on Sundays. Patrick Titley, the director of the programme, comments, «I don't think the police realize how frightened teenagers feel when a copper stops them. The majority of the youngsters we met weren't anti-police. But they do think the police pick on them because of the way they dress».

3 During the programme, Paul Boeteng, a lawyer, answers questions teenagers put to him on their legal rights. Paul advises: «It pays to be polite. The only way the police can function in society is if young people are aware of the fact that the police have a job to do».

4 The young often feel they are an easy target for the police. If an officer is bored or cold, then what is easier, the young think, than nicking a youth on the streets? As one teenager said: «Walking the streets is hard wear on his feet, so he nicks you and it's one up, see». Many claim that they don't know why they are taken to the police station.

5 And once there, very few youngsters know their rights, whether or not they can be stripped and searched or how long they can be held. According to the official rules, any young person under the age of 17 should only be interviewed in the presence of a parent or a guardian. But these rules are sometimes ignored.

6 Similarly, every person at any stage of an investigation should be able to talk privately to a solicitor, if that does not take too much time. But as Ric Phillips, a youth worker says: «The truth is teenagers don't a solicitor's phone number on them. They may ask for legal advice and be told that the station sergeant who deals with that is out. The kid is locked up, cigarettes taken away, sometimes his belt and shoelaces removed. He's scared and starts talking. Anything to get out».

7 Half the crime in Britain is committed by people under the age of 21. The peak age for offending is 15. In the last five years more and more crimes of violence have been committed, burglary has increased by two-thirds, vandalism has doubled. It is no wonder that the police are coming down hard on youth. But this crisis of confidence between the younger generation and the law must be a matter of great concern to each and everyone of us.

Задание 7. Перепишите полностью вариант, который является ответом на данный вопрос.

At the end of the article the writer expresses her opinion that ...

- 1) young people should be aware of difficulty of a policeman's job.
- 2) the younger generation should have more understanding of important laws.
- 3) the police should make it clear why they are so hard on young people.
- 4) the lack of trust between the police and the young deserves serious attention.

Вариант 3

Задание 1. Перепишите предложения, определите в каждом из них видовременную форму и залог глагола-сказуемого (образец 1). Переведите предложения на русский язык.

- 1 It has been suggested that autistic people do not suffer.
- 2 If you have such phobias as agoraphobia and hominophobia it will be better to consult a psychiatrist.
- 3 No one knows why the range of autistic skills is so restricted.

Задание 2. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения слов *it*, *that*, *one* (образец 2).

- 1 It has been suggested that autistic people are perfectly happy to remain in their own world.

2 Psychologists say that a cure is only necessary in order to reduce the terrible pain of rejection felt by the victims' families.

3 While talking to a specialist one must be very honest and tell everything as it is.

Задание 3. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения глаголов to be, to have, to do.

1 My brother is so proud of his excellent grades. He is to become a brilliant counselor.

2 I have a strange feeling that I have already seen this place. It's déjà vu.

3 There are so many unhappy people with mental diseases in the world and some specialists do help them.

Задание 4. Перепишите предложения и переведите их на русский язык, обращая внимание на бессоюзное подчинение (образец 3).

1 What is the name of the specialist you consult to?

2 The scruffy woman you can see over there suffers from Tarphophobia and Necrophobia.

(Tarphophobia – боязнь быть похороненным заживо, кладбищ)

Задание 5. Перепишите предложения и переведите их на русский язык, обращая внимание на функцию инфинитива (подлежащее, составная часть сказуемого, определение, обстоятельство цели).

1 To help people with autism is one of the main tasks of the present-day science.

2 What must specialists do to diagnose people who suffer from schizophrenia?

3 The experiment to be carried out was a success.

4 Carl Jung was the first to develop the theory that individuals each had a psychological type.

Задание 6. Прочтите и переведите на русский язык текст.

Autism

1 Autism is a mental disease which prevents those who suffer from it from communicating with the outside world. Victims seem to live in a world of their-own which, even now, doctors are unable to penetrate. The illness was first given a name in 1943, and yet doctors have made very little progress in their understanding of the disease since then. According to statistics, between two and four children out of every 10,000 are born autistic. Often victims are not able to speak, read or write. But what is most extraordinary about the illness is the fact that in other areas many of the children can use their brains in ways which are almost super-human. One of the more common skills these so-called autistic savants have is calendrical calculation, that is the ability to say which day of the week a particular date falls on. Jackie, for instance, who is now 42, could do this from the age of six, when she first began to talk. She can tell you what day of the week was on 1 April 1933 with scarcely a moment's hesitation. But if you ask her how she does it, she'll say she doesn't know.

2 Leslie Lemke only has to hear a piece of music once and he can play it back on the piano note-perfect. Yet he has never had any formal musical training, is blind and with an IQ of only 58 is typical of the majority of autistic savants, who have well-below-average intelligence quotients. If you ask Richard the route of any bus in the London district, he will give you an answer immediately. Stephen Wiltshire has exceptional artistic talents and, like both Leslie and Richard, combines this talent with a remarkable memory, and can draw buildings with complete architectural accuracy, sometimes only hours after seeing them for the first time. Other savants are able to carry out amazing mathematical computations in their heads, but cannot add up simple numbers.

3 How savants perform such tricks is as puzzling to the medical world as it is to Jackie and the others like her. Certain common characteristics have, however, emerged. Strangest of all, perhaps, is

the fact that about 85 per cent of all recorded cases are male. What no one knows either is why the range of savant skills is so restricted. These include 40 music (usually the piano), calendrical or other mathematical calculation, art, and extrasensory perception, extraordinary sensitivity of touch or smell and (more unusually) mechanical ability.

4 It has been suggested that autistic people do not suffer; that they are perfectly happy to remain in their own world and that a cure is only necessary in order to reduce the terrible pain of rejection felt by the victims' families. This controversial opinion is, however, only held by a few.

5 The subject became the focus of particular media interest after Dustin Hoffman won an Oscar for his brilliant performance in the film Rain Man, where he plays the part of an autistic savant. This has increased public awareness of the disease and hopefully will result in more money being given to research and a cure being found sooner rather than later.

Задание 7. Перепишите полностью вариант, который является ответом на данный вопрос.

Medical research has discovered that?

- 1) autism does not affect the sexes equally.
- 2) autistic people feel rejected by their families.
- 3) only a few autistic people suffer intense pain.
- 4) autistic savants have a wide variety of skills.

Вариант 4

Задание 1. Перепишите предложения, определите в каждом из них видовременную форму и залог глагола-сказуемого (образец 1). Переведите предложения на русский язык.

1 When we got back from Majorca, my mum took me to the doctor.

2 Along with this I wasn't eating too much.

3 They forced me to sit until I had eaten everything.

Задание 2. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения слов *it, that, one* (образец 2).

1 It is known that anorexia is mostly a psychological disease.

2 One can think that he/she is terribly overweight when in depression.

3 Doctors were worried about the diagnosis that wasn't promising at all.

Задание 3. Перепишите предложения и переведите их на русский язык, обращая внимание на разные значения глаголов *to be, to have, to do*.

1 Girls at the unit for adolescents with eating disorders were to eat up everything that was on their plates.

2 Do you have any eating disorders?

3 The rate of anorexic teenagers has grown since the beginning of the 21st century.

Задание 4. Перепишите предложения и переведите их на русский язык, обращая внимание на бессоюзное подчинение (образец 3).

1 She is the skinniest woman I have ever seen

2 The skinny you can see over there suffers from bulimia.

Задание 5. Перепишите предложения и переведите их на русский язык, обращая внимание на функцию инфинитива (подлежащее, составная часть сказуемого, определение, обстоятельство цели).

1 To help adolescents with eating disorders is very important for their future lives.

2 What should I do to be cured?

3 The therapy to be carried out wasn't a success at all.

4 Cindy Crawford was one of the first models to create her own fitness programme.

Задание 6. Прочтите и переведите на русский язык текст.

Anorexia

1 Anorexia is a dangerous eating disorder which often starts in the teenage years. In Britain 5 % of girls are anorexic and four out of ten teenage girls skip meals so that they can be slim like fashion models and pop stars. But it's not just girls – many boys want to lose weight too and often don't eat enough and become underweight.

2 Last May, Pam Burstard, 14, from Yorkshire weighted less than five-and-a-half stone (35 Kg). Here she tells how she pulled herself back from collapsing ...

3 It was the Easter of 2002 and I was on holiday in Majorca. I weighted less than five-and-a-half stone. I was still trying to hide my super skinny body from my family by wearing large T-shirts. "Please, Pam, you should eat a bit more", dad told me. It hurt to see how worried my family was about me, but the anorexia voice was stronger. I avoided eating by saying I wasn't hungry or by telling I wasn't feeling well. I was starving myself to death.

4 When we got back from Majorca, my mum took me to the doctor and he told me: "Pam, I'm going to admit you to a unit for adolescents with eating disorders". I was very upset, I had to go home, pack my things and go to a house for girls with eating problems.

5 My anorexia started when I was twelve. It was during the summer holidays and I can remember becoming more conscious of my body. So, I cut down on what I ate and started exercising a lot. My parents could see there was a problem and they tried to help me. But what they didn't know was that I did exercise secretly in my bedroom. Along with this I wasn't eating too much. I could see that my face looked different but the anorexia voice was saying "You can't stop doing exercise, you are too fat". That's when things really got out of control.

6 I had to go to the eating disorders unit and I was so underweight that I had to stay in bed for three weeks. I could have a heart attack.

7 When I became better and could get up from bed someone watched me 24 hours a day and even when I went to the bathroom I

had to leave the door open. Mealtimes at the unit were very difficult. They forced me to sit until I had eaten everything. As I gained weight I could go home to visit my parents, but on the first weekend I started exercising in the bathroom. My parents told the unit and I couldn't go home for the weekend again.

8 It was the real turning point. I decided to stay there and fight. I wanted to live. Three months later I felt much better. I still love exercising but now I do it because I love, not because "the voice" is telling me I'm fat. I'm happy with my body and my mind and that's the most important.

Задание 7. Перепишите полностью вариант, который является ответом на данный вопрос.

At her first weekend at home she ...

- 1) was acting again as previously;
- 2) relaxed and talked to her parents;
- 3) decided to start a new life;
- 4) ate secretly in the bathroom.

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