

Міністерство освіти і науки України
НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ «ОДЕСЬКА
ПОЛІТЕХНІКА»

Методичні вказівки до виконання
контрольної роботи для здобувачів 1 курсу
(бакалаврського рівня)) заочної форми навчання
спеціальності С4 «Психологія»
2 семестр

Одеса 2025

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Затверджено

на засіданні кафедри

іноземних мов

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Одеса 2025

Методичні вказівки до виконання контрольної роботи для здобувачів 1 курсу (бакалаврського рівня) заочної форми навчання спеціальності С4 «Психологія» 2 семестр/ Уклад. Т. І. Борисенко, Л.М.Шапа, Г.П.Микешова - ОП, 2025. – с. 24 с.

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ПЕРЕДМОВА

Метою вивчення дисципліни «Іноземна мова» є формування необхідної комунікативної спроможності в сферах професійного та ситуативного спілкування в усній та письмовій формах, навичок практичного володіння професійною мовою в різних видах мовленнєвої діяльності в обсязі тематики, що обумовлена професійними потребами; оволодіння фаховою інформацією через англомовні джерела.

Набуті у ВНЗ знання, уміння і навички повинні забезпечити майбутньому фахівцю можливість використовувати в своїй роботі спеціальну літературу англійською мовою, тобто формування у студента умінь та навичок, необхідних і достатніх для пошуку, оцінки й обробки англомовної фахової та наукової інформації і для професійного усного й письмового спілкування під час міжнародних контактів.

Методичні вказівки містять тексти з вправами. Цей матеріал повинен допомогти навчити працювати з текстами самостійно і може також використовуватись на заняттях викладачем.

Лексичні та граматичні вправи дають найбільш типові випадки вживання мовного матеріалу тексту.

READING

I. Read and translate the text.

Gossiping

Eleanor Roosevelt once said, "Great minds discuss ideas; average minds discuss events; small minds discuss people." Discussing people? In simple words it means 'gossiping'.

So just why has gossiping earned such a reputation? Why is it that when the word 'gossip' is used, it is done so mostly in a negative connotation? Why is it that every major world religion cautions against gossiping? Is it really that bad?

Let us start with the absolute basic. Why do people gossip? They gossip because gossiping is enjoyable. Many people gossip just for fun or to blow off steam. "Bottling up" one's feelings and emotions is not good for your health. The people you choose to gossip with are people you trust not to use the information that you are sharing against you. Gossip encourages social bonding. The people you gossip with become part of a group – everyone else is outside of the group.

Humans for one thing, cannot live without having gossip. We just can't resist sharing gossips among each other. The reason why people gossip about other people is because they are envious, hating, and jealous of the way other people lives their life. Sometime, I really wish people would stop gossiping about other people and focus on the important aspects of their life.

Whenever people gossip badly about other people, it is not worthy because it does not take them anywhere in life but makes them look bad. Gossiping can leave people feeling hurt and can break people down mentally. It may also destroy friendships, marriages, business and lead to murder or suicide. Gossiping is usually something that is done without the intention of good will.

This means that you could feel jealousy, hatred, the want to feel more superior to another or the desire to belong while gossiping. It has nothing to do with respect, care, understanding, etc. Don Miguel Ruiz once said, "Using the analogy of the human mind as a computer, gossip can be compared to a computer virus. All of us have our shortcomings, weaknesses and secret sins, which we would not like others to know or talk about.

II. Translate the first and second paragraphs in written form.

III. Read the text again to decide if the following statements are true (T) or false (F). Correct the false ones with the facts from the text.

1. Many people gossip just for fun or to blow off steam.
2. The people you chat with become part of a group – everyone else is outside of the group.
3. We just can't resist sharing gossips among each other.
4. Gossiping can leave people feeling hurt and can break people down physically.
5. Gossiping is usually something that is done without the intention of good will.

IV. Complete the sentences with the answer a, b or c which you think fits best according to the text:

1. People gossip because gossiping is
 - a) boring
 - b) dull
 - c) enjoyable
2. Gossip _____ social bonding.
 - a) makes
 - b) encourages
 - c) destroys
3. We just can't _____ sharing gossips among each other.
 - a) resist
 - b) accept
 - c) understand
4. Gossiping may lead to _____.
 - a) great holiday
 - b) murder or suicide
 - c) boring days
5. The people you choose to gossip with are people you trust not to use _____ that you are sharing against you.
 - a) the information
 - b) the messages
 - c) the articles

V. Match the words with their definitions

1. gossip	a. end the existence of (something) by damaging or attacking it
2. enjoyable	b. casual or unconstrained conversation or reports about other people, typically involving details which are not confirmed as true
3. encourage	c. giving delight or pleasure
4. destroy	d. give support, confidence, or hope to (someone).
5. sin	e. an immoral act considered to be a transgression against divine law

VI. Fill the gaps with the words below.

group jealous reason social without

Gossip encourages (1) _____ bonding. The people you gossip with become part of a (2) _____ – everyone else is outside of the group. Humans for one thing, cannot live (3) _____ having gossip. We just can't resist sharing gossips among each other. The (4) _____ why people gossip about other people is because they are envious, hating, and (5) _____ of the way other people lives their life.

VII. Complete the sentences with the words in the box. There are two extra words.

a holiday job carpenter discovery field trip flexible hours invention retire
wood-burner

0. A carpenter is someone who works with wood.
1. People in my company work _____, so they can choose when they start work each day.
2. My Geography class went on a _____ to a lake yesterday.
3. My grandfather plans to _____ in a few years' time.
4. I think mobile phones are the most useful _____ ever!
5. We keep warm by using old trees on our _____ at home.

VIII. Read the text and choose the correct answer, A, B or C.

After all the years I've ⁰ C in the classroom, it's finally time for me to ¹ ___ school! I thought at first that I'd feel really ² ___, but in fact, the whole thing is ³ ___ difficult than I imagined. I've ⁴ ___ decided not to go straight to university, I made that decision several months ago. Instead, I'm going to wait and do a ⁵ ___ year. That will give me time to ⁶ ___ a job or course that's ⁷ ___ for me. But I've got absolutely ⁸ ___ ideas at the moment!

- | | | | |
|-------------|------------|------------|------------|
| 0. A passed | B taken | C spent | D done |
| 1. A attend | B leave | C depart | D skip |
| 2. A funny | B caring | C outgoing | D pleased |
| 3. A much | B so | C more | D as |
| 4. A just | B already | C yet | D ever |
| 5. A break | B holiday | C gap | D space |
| 6. A choose | B discover | C search | D explore |
| 7. A true | B accurate | C real | D suitable |
| 8. A any | B some | C no | D lots |

IX. Complete the sentences with the correct form of the words in capitals.

0. Jon Moss is my favourite singer at the moment. **SING**
1. She's always smiling and _____. **CHEER**
2. I think you need a lot of _____ to be a writer. **IMAGINE**
3. He always does the same thing – he's so _____! **PREDICT**
4. Ben knew he had to take _____ for breaking the vase. **RESPONSIBLE**
5. This new thriller held my _____ right to the end. You must read it! **ATTEND**

X. Complete the second sentence so that it has a similar meaning to the first.

0. Tom switched on the TV and started to watch. Then the phone rang.

Tom **was watching** the TV when the phone rang.

1. I really like it when we write stories in class.

I really enjoy _____ stories in class.

2. We have to observe what happens in our science experiments.

We have to make some _____ in our science experiments.

3. Try not to spend too much money in town.

Try to avoid _____ too much money in town.

4. I never went to the countryside when I was little.

I _____ to go to the countryside when I was little.

5. Sam's waiting for someone – who is it?

Who _____ for?

Variant II

READING

1. Read and translate the text.

Why do we need to learn English?

As global communication expands throughout the world, so does the need for a global language – a language that is recognized and understood by people everywhere. In many parts of the world that language has been established. English is a universal language. About 1,500,000,000 people in the world speak English. Another 1,000,000,000 are learning it. The world has changed. We can no longer live alone in our country anymore. If you want to learn the world you need to learn English.

People often call English the international language of business. Most multinational companies require a certain degree of English proficiency from potential employees so in order to get a position with a top company, more and more people are learning English. A world language would help many companies, people and countries to be able to perform more effectively all economic transactions necessary for the proper functioning of a company or country.

If you are a student you would have to learn English for your own bright future or, at least, pass the exam. If you are an employee you would have to learn English for the benefit of your career. It just pushes your career forward. If you want a good job in business, technology, or science, get out of that armchair and start learning English now!

Whatever you're interested in on any subject, you can read about it in English! You can gain technical knowledge. English is the language of technology, especially high technology like computer science, genetics, and medicine. If you're going to read about technology, you'll probably have to do it in English. English also opens doors in the academic world. Western

universities are attracting more and more visiting scholars, students and professors from all around the world, and their common working language is English. You can contact scientists from other countries, go to international conferences and visit academic centers abroad. Learn about new scientific discoveries by reading papers, books, and magazines.

II. Translate the first and second paragraphs in written form.

III. Read the text again to decide if the following statements are true (T) or false (F). Correct the false ones with the facts from the text.

1. English is a universal language.
2. If you want to learn the world you don't need to learn English.
3. Most local companies require a certain degree of English proficiency from potential employees.
4. If you're going to read about technology, you'll probably have to do it in your native language.
5. You can contact scientists from other countries, go to international conferences and visit academic centers abroad.

IV. Complete the sentences with the answer a, b or c which you think fits best according to the text:

1. We can_____ live alone in our country anymore.
a) for years
b) no longer
c) always
2. People often call English the international language of _____.
a) business
b) sport
c) culture
3. If you are students you would have to learn English for your own_____ future.
a) bright
b) happy
c) sparkling
4. English is the language of technology, especially_____ technology.

- a) power
- b) medicine
- c) high

5. You can contact scientists from_____ .

- a) your country
- b) other countries
- c) another country

V. Match the words with their definitions

1. alone	a. carry out, accomplish, or fulfil (an action, task, or function)
2. employee	b. need for a particular purpose
3. perform	c. a person employed for wages or salary, especially at non-executive level
4. require	d. denoting something that is truly what it is said or regarded to be; genuine
5. proper	e. having no one else present; on one's own

VI. Fill the gaps with the words below.

companies functioning potential top world

Most multinational (1)_____ require a certain degree of English proficiency from (2)_____ employees so in order to get a position with a (3)_____ company, more and people are learning English. A (4)_____ language would help many companies, people and countries to be able to perform more effectively all economic transactions necessary for the proper (5)_____ of a company or country.

USE OF ENGLISH

VII. Complete the sentences with the words in the box. There are three extra words.

**balcony ~~carpenter~~ compulsory demanding discoveries manual job plumber
skill windowsill**

0 A **carpenter** is someone who works with wood.

1 Ralph likes working with his hands, so he does a _____ .

2 English is _____ at my school – that means you have to study it.

- 3 Oh no – the washing machine is broken. Call a _____ !
- 4 Antibiotics are one of the most important _____ ever.
- 5 We keep lots of plants on the _____ inside our kitchen.

VIII. Read the text and choose the correct answer, A, B or C.

After all the years I've ⁰ **C** in the classroom, it's finally time for me to ¹ _____ a job. I thought at first that I'd feel really worried about it. But in fact, the whole thing is more ² _____ than I imagined. I've ³ _____ really wanted a job in a bank or anything like that. ⁴ _____ I did, I'd probably need to be better ⁵ _____ Maths. Instead, I'm going to try and get some work as a skiing ⁶ _____, showing other people how to ski. I love the sport, and I know I could do it. I've ⁷ _____ an ad, and written a letter to the company. I really hope they want to ⁸ _____ me, and then give me the job!

0. A passed B taken C spent D done
1. A look for B find out C set up D get on
2. A ambitious B hard-working C enjoyable D selfish
3. A never B only C already D just
4. A When B If C While D Although
5. A in B with C for D at
6. A teacher B instructor C guide D attendant
7. A seeing B saw C seen D see
8. A pay B interview C employ D promote

IX. Complete the sentences with the correct form of the words in capitals.

0. I've always been interested in the exploration of space. **EXPLORE**
1. I got a good _____ of my new school when I visited it for the first time. **IMPRESS**
2. It's important not to eat a lot of _____ food. **HEALTH**
3. I'm good at using my _____ when I'm writing stories. **IMAGINE**
4. Mum always complains about my brother's _____. **LAZY**
5. My brother wants to be a _____ when he gets older. **POLITICS**
6. Alex's father works for a _____ company. **CONSTRUCT**

X. Complete the second sentence so that it has a similar meaning to the first.

0. It's hotter today than it was yesterday.

It wasn't **as hot** yesterday as it is today.

1. Our house uses energy coming from sunlight.

Our house has _____ panels to produce energy.

2. I know a good restaurant – it sells great pizzas!

I know a good restaurant _____ sells great pizzas!

3. Alice's teacher asked her class to memorise a poem.

Alice's teacher asked her class to learn a poem by _____ .

4. You're only sixteen and too young to drive a car.

You're not _____ to drive a car at sixteen!

5. I've never spent so much money on a dress before.

This is _____ expensive dress I've ever bought.

6. Henry's a waiter, so he almost never sits down at work.

Henry's a waiter, so he's on _____ at work most of the time.

Variant III

READING

I. Read and translate the text.

Why Are Cell Phone Users So Annoying?

You're sitting in a public area, perhaps hoping to catch up on your reading, an assignment, or a document you need for work the next day. The person sitting next to you is having a loud, animated conversation on her cell phone. You learn that her sister-in-law has diabetes, her best friend's husband is cheating on his wife, and her mother is thinking of selling her home but can't get a high enough offer.

Clearly, people feel that talking on the cell phone somehow isolates them from the people around. Their public cell phone behaviour is annoying, and perhaps a bit foolish. In other situations, however, public cell phone talkers want to look busy, important, and in charge. They let everyone around them know how well their sales are going or how many demands they experience in their high-level job. Perhaps their conversation is filled with boss-like commands telling the other person to sell this or buy that. Loudness may have something to do with what we find so annoying about overheard conversations. They're hard not to overhear. But they also show a lack of respect by the speakers for the rights of the people around them to enjoy an interruption-free trip. So keep your conversations short, quiet, and respectful of others.

The people forget to silence their phones at the cinema. You're watching a gripping new film, pulled in by the drama, the acting, the thrilling story. As the lead character leans in for a heartfelt kiss, or final speech, they receive unnecessary backing from a symphony of ringtones.

Driving and using a phone is illegal in most states, but that doesn't stop people from doing it. Driving and talking (or texting) is so dangerous. Talking on the phone while driving; checking Facebook at the dinner table; taking pictures of everything. When you're texting and walking, you're not paying attention to your surroundings, and subsequently you're more likely to run into someone (or something). We're all annoying someone with the way we use our phones. Are you constantly checking in, texting during dinner, or losing your phone? Shame on you!

II. Translate the second paragraph in written form.

III. Read the text again to decide if the following statements are true (T) or false (F). Correct the false ones with the facts from the text.

1. Clearly, people feel that talking on the cell phone somehow isolates them from the people around.
2. Loudness may have something to do with what we find so amazing about overheard conversations.
3. So keep your conversations long, quiet, and respectful of others.
4. The people forget to switch off their phones at the cinema.
5. Driving and talking (or texting) is so dangerous.

IV. Complete the sentences with the answer a, b or c which you think fits best according to the text:

1. People's public cell phone behaviour is annoying, and perhaps a bit _____.
a) rude
b) foolish
c) friendly
2. Perhaps their conversation is filled with _____ commands telling the other person to sell this or buy that.
a) boss-like
b) strict
c) important
3. You're watching a _____ new film, pulled in by the drama, the acting, the thrilling story.
a) amusing
b) moving
c) gripping
4. Driving and using a phone is _____ in most states, but that doesn't stop people from doing it.
a) common
b) forbidden
c) illegal
5. When you're _____ and walking, you're not paying attention to your surroundings.
a) listening

b) texting

c) reading

V. Match the words with their definitions

1. thrilling	a. after a particular thing has happened; afterwards
2. annoying	b. causing excitement and pleasure; exhilarating
3. subsequently	c. hear (someone or something) without meaning to or without the knowledge of the speaker
4. overhear	d. an insistent and peremptory request, made as of right
5. demand	e. causing irritation or annoyance

VI. Fill the gaps with the words below.

behaviour experience in charge isolates public

Clearly, people feel that talking on the cell phone somehow (1)_____ them from the people around. Their public cell phone (2)_____ is annoying, and perhaps a bit foolish. In other situations, however, (3)_____ cell phone talkers want to look busy, important, and (4)_____. They let everyone around them know how well their sales are going or how many demands they (5)_____.

USE OF ENGLISH

VII. Complete the text with the words in the box. There are two extra words.

bargains car crime community service complaint identity refund
suspects website

0. You sometimes need your passport to prove your **identity**.

1. Sometimes criminals are given _____ as a punishment.

2. Cars and motorbikes are safer in our town after a drop in _____ .

3. I picked up some great _____ in the sales last week.

4. This _____ has all the information you need about pets.

5. My new phone was faulty, so the shop gave me a _____ .

VIII. Read the text and choose the correct answer, A, B or C.

Last Saturday, I went on a great shopping ⁰ **A** with my friend. For once, I actually had some money, so I could ¹ ____ to buy myself a few things. First of all we went into a store that sold beauty products like ² ____ . They were quite expensive, but I bought a small ³ ____ of perfume. Then we went on to a clothes shop ⁴ ____ my friend wanted to get some new swimwear, but they didn't have the right ⁵ ____ for her. Then we felt a bit tired, so we went in a café for a drink. It was a nice place, but we couldn't attract the ⁶ ____ of the waiter, and then we waited ages for our drinks. So because the ⁷ ____ was really bad, we left and had a much ⁸ ____ drink at home!

- | | | | |
|--------------|-------------|-------------|--------------|
| 0. A trip | B journey | C tour | D travel |
| 1. A succeed | B stand | C afford | D handle |
| 2. A sandals | B jewellery | C flowers | D face cream |
| 3. A can | B jar | C bottle | D packet |
| 4. A which | B where | C who | D that |
| 5. A size | B stock | C reduction | D price |
| 6. A notice | B attention | C look | D focus |
| 7. A product | B staff | C quality | D service |
| 8. A nicer | B nice | C nicest | D the nicest |

IX. Complete the sentences with the correct form of the words in capitals.

- 0 My grandfather is really **passionate** about photography. **PASSION**
 1 This book is all about what can happen if you're too ____ ! **GREED**
 2 I can't find my trainers anywhere – they've completely disappeared. It's very ____ !
MYSTERY
 3 The police say that ____ is becoming a big problem in our city. **BURGLE**
 4 It's Jack's ____ to walk the dog every evening. **RESPONSIBLE**
 5 Tom felt he got a good ____ at his college. **EDUCATE**
 6 My mother's done a lot of research on ____ in the workplace. **DISCRIMINATE**

X. Complete the second sentence so that it has a similar meaning to the first.

0. My father drove me to school every day when I was small.
 My father used **to drive** me to school every day when I was small.
 1. John thought his photos were a big disappointment.
 John was very _____ with his photos.
 2. Anna still needs to do her homework.
 Anna _____ her homework yet.
 3. Can you imagine losing your purse?
What _____ do if you lost your purse?
 4. I was inspired by my teacher to study art.
My teacher was the _____ inspired me to study art.
 5. Phil's grandparents have taken him to Australia!
Phil _____ to Australia by his grandparents!
 6. I overslept, so I was too late to catch my bus.
The bus _____ by the time I got to the bus stop

Variant IV

READING

I. Read and translate the text.

WATCHING THE ENGLISH: HOW THE ENGLISH DRESS.

Kate Fox, an anthropologist, spent twelve years researching various aspects of English culture in order to try to discover the 'defining' characteristics of Englishness'. The following is an extract from her book "Watching the English".

The English have a difficult and, generally speaking, disfunctional relationship with clothes. Their main problem is that they have a desperate need for rules, and are unable to cope without them. This helps to explain why they have an international reputation for dressing in general very badly, but with specific areas of excellence, such as high-class men's suits, ceremonial costume, and innovative street fashion. In other words, we English dress best when we are "in uniform". The only truly eccentric dresser in this country is the Queen, who pays no attention to fashion and continues to wear what she likes, a kind of 1950s fashion, with no regard for anyone else's opinion.

However, it is true that the styles invented by young English people are much more outrageous than any other nation's street fashion, and are often imitated by young people all over the world. We may not be individually eccentric, apart from the Queen, but we have a sort of collective eccentricity, and we appreciate originality in dress even if we do not individually have it.

It is very important for the English not to take themselves too seriously, to be able to laugh at themselves. However, it is well known that most teenagers tend to take themselves a bit too seriously.

The Goths, in their macabre black costumes, certainly look as if they are taking themselves seriously. But when I got into conversation with them, I discovered to my surprise that they too had a sense of humour. I was chatting at a bus stop to a Goth who was in the full vampire costume - with a white face, deep purple lipstick, and spiky black hair. 'Why are you wearing that?' I asked. 'It's in case you don't realize that I'm a Goth,' he answered, pretending to be serious. We both looked at his highly conspicuous clothes, I and burst out laughing.

II. Translate the first and second paragraphs in written form.

III. Read the text again to decide if the following statements are true (T) or false (F). Correct the false ones with the facts from the text.

1. The English have a difficult and, generally speaking, functional relationship with clothes.
2. In other words, we English dress best when we are "in uniform".
3. However, it is true that the styles invented by young English people are much more appropriate than any other nation's street fashion.
4. We may not be individually eccentric, apart from the Queen, but we have a sort of individual eccentricity.

5. It is very important for the English not to take themselves too seriously, to be able to laugh at themselves

IV. Complete the sentences with the answer a, b or c which you think fits best according to the text:

1. The English people main problem is that they have a desperate need for_____.
a) entertainment
b) rules
c) disorder
2. This helps to explain why the English have an international reputation for dressing in general very_____.
a) badly
b) fast
c) well
3. However, it is well known that most_____ tend to take themselves a bit too seriously.
a) adults
b) teenagers
c) toddlers
4. The Goths, in their_____ black costumes, certainly look as if they are taking themselves seriously.
a) gruesome
b) hideous
c) macabre
5. Kate Fox, an anthropologist, spent twelve years_____ various aspects of English culture.
a) researching
b) conducting
c) exploring

V. Match the words with their definitions

1. desperate	a. state or describe exactly the nature, scope, or meaning of
2. outrageous	b. unconventional and slightly strange
3. spiky	c. feeling or showing a hopeless sense that a situation is so bad as to be impossible to deal with
4. eccentric	d. like a spike or spikes or having many spikes
5. defining	e. shockingly bad or excessive

VI. Fill the gaps with the words below.

clothes excellence fashion need reputation

The English have a difficult and, generally speaking, disfunctional relationship with (1)_____. Their main problem is that they have a desperate (2)_____ for rules, and are unable to cope without them. This helps to explain why they have an international (3)_____ for dressing in general very badly, but with specific areas of (4)_____, such as high-class men's suits, ceremonial costume, and innovative street (5)_____. In other words, we English dress best when we are "in uniform".

USE OF ENGLISH

VII. Complete the text with the words in the box. There are two extra words.

graffiti hacking identity property street artist suspect thief toiletries

0 You sometimes need your passport to prove your **identity**.

1 The new bus station is already covered in _____ !

2 Many companies with big IT systems worry about _____ .

3 I'm going away on holiday tomorrow, so I need to buy _____ like shampoo and sun cream.

4 Ben doesn't work in a studio or gallery; he's a _____ .

5 A person who steals other people's things is a _____ .

VIII. Read the text and choose the correct answer, A, B or C.

Last Saturday, I went on a great shopping ⁰ **A** with my friend. We'd ¹ _____ our money for ages, and we were hoping to ² _____ a few nice things – including some ³ _____ ! First we went to a shoe shop that was having a sale. They had some wonderful summer ⁴ _____ for the beach, so my friend and I bought a ⁵ _____ each. Then we were very hungry, so we ⁶ _____ to buy a snack! We ordered pizza, but it wasn't good – it wasn't cooked properly, so we sent it back and got a(n) ⁷ _____. Then we decided ⁸ _____ home and make a sandwich instead!

0. A trip B journey C tour D travel
1. A spent B paid C saved D kept

- | | | | |
|---------------|------------|------------|-------------|
| 2. A sort out | B pick up | C find out | D take up |
| 3. A bargains | B offers | C products | D goods |
| 4. A boots | B trainers | C sandals | D socks |
| 5. A bunch | B pair | C box | D packet |
| 6. A would | B must | C should | D had |
| 7. A refund | B exchange | C receipt | D complaint |
| 8. A going | B go | C went | D to go |

IX. Complete the sentences with the correct form of the words in capitals.

0. My grandfather is really **passionate** about photography. **PASSION**
1. My uncle got a medal for his great _____ in a dangerous situation. **BRAVE**
2. I've finally worked out a _____ to this problem! **SOLVE**
3. I was really _____ of my brother when he got a new watch! **JEALOUSY**
4. Mark was very _____ when his sister broke his laptop. **ANGER**
5. The police think an _____ started the fire in the building. **ARSON**
6. The _____ that committed the murder was finally arrested last night. **CRIME**

X. Complete the second sentence so that it has a similar meaning to the first.

- 0 My father drove me to school every day when I was small.
My father used **to drive** me to school every day when I was small.
- 1 Peter has a lot of involvement in charity work.
Peter is very _____ in charity work.
- 2 I really hate it when we have tests at school!
I can't stand _____ tests at school!
- 3 I think you should ask for some help.
If _____ you, I'd ask for some help.
- 4 I was born in that house.
That's the _____ I was born.
- 5 My parents have just given me a watch for my birthday!
I _____ a watch for my birthday by my parents!
- 6 John went to the bank and then to the baker's.
John _____ to the bank by the time he went to the baker's.

Variant V

READING

I. Read and translate the text.

GET STRESSED, STAY YOUNG

For decades doctors have warned us about the dangers of stress and have given us advice about how to cut down our stress levels. Everyone agrees that long-term stress, for example having to look after someone who has a chronic illness, or stressful situations where there is

nothing we can do, for example being stuck in a traffic jam, is bad for our health and should be avoided whenever possible. However, some medical experts now believe that certain kinds of stress may actually be good for us.

Dr. Marios Kyriazis, an anti-ageing expert, claims what he calls 'good stress' is beneficial to our health and may, in fact, help us stay young and attractive and even live longer. Dr Kyriazis says that 'good stress' can strengthen our natural defences which protect us from illnesses common among older people, such as Alzheimer's, arthritis, and heart problems. He believes that 'good stress' can increase the production of the proteins that help to repair the body's cells, including brain cells.

According to Dr. Kyriazis, running for a bus or having to work to a deadline are examples of 'good stress', that is situations with short-term, low or moderate stress. The stress usually makes us read quickly and efficiently, and gives us a sense of achievement - we did it! However, in both these situations, the stress damages the cells in our body or brain and they start to break down. But then the cells' own repair mechanism 'switches on' and it produces proteins which repair the damaged cells and remove harmful chemicals that can gradually cause disease. In fact, the body's response is greater than is needed to repair the damage, so it actually makes the cells stronger than they were before.

As the body gets older, this self-repair mechanism of the cells starts to slow down,' says Dr. Kyriazis. 'The best way to keep the process working efficiently is to 'exercise' it, in the same way you would exercise your muscles to keep them strong.

II. Translate the first and second paragraphs in written form.

III. Read the text again to decide if the following statements are true (T) or false (F). Correct the false ones with the facts from the text.

1. However, some medical experts now believe that certain kinds of stress may actually be harmful for us.
2. Dr. Marios Kyriazis, an anti-ageing expert, claims what he calls 'good stress' may, in fact, help us stay young and attractive and even live longer.
3. The stress usually makes us read quickly and efficiently, and gives us a sense of confidence.
4. In fact, the body's response is weaker than is needed to repair the damage.
5. 'The best way to keep the process working efficiently is to 'exercise' it.

IV. Complete the sentences with the answer a, b or c which you think fits best according to the text:

1. Dr. Marios Kyriazis, an anti-ageing expert, claims what he calls 'good stress' is _____ to our health.
a) destroying
b) useful
c) beneficial

2. Dr Kyriazis says that 'good stress' can strengthen our natural defenses which protect us from illnesses common among_____ .
- older people
 - teenagers
 - young people
3. He believes that 'good stress' can_____ the production of the proteins.
- decrease
 - increase
 - add
4. As the body gets older, this self-repair mechanism of the cells starts to_____ .
- slow down
 - speed up
 - decline
5. The proteins that help to_____ the body's cells, including brain cells.
- grow
 - form
 - repair

V. Match the words with their definitions

1. beneficial	a. the action of defending from or resisting attack
2. harmful	b. resulting in good; favourable or advantageous
3. defence	c. causing or likely to cause harm
4. deadline	d. a thing done successfully with effort, skill, or courage
5. achievement	e. the latest time or date by which something should be completed

VI. Fill the gaps with the words below.

actually avoided illness long-term stuck

Everyone agrees that (1)_____ stress, for example having to look after someone who has a chronic (2)_____, or stressful situations where there is nothing we can do, for example being (3)_____ in a traffic jam, is bad for our health and should be (4)_____ whenever possible. However, some medical experts now believe that certain kinds of stress may (5)_____ be good for us.

USE OF ENGLISH

VII. Complete the text with the words in the box. There are two extra words.

canals novels discovery ~~ambitions~~ journalist paintings photographs physicist

Do you have lots of dreams and ⁰ **ambitions** for the future? I do! For example, I think it would be wonderful to become a brilliant ¹ _____ and be famous all over the world because I had made a great ² _____. The problem is, I'm not very good at science! So instead, I'd like to have a boat, and travel up and down the ³ _____ in my country. I love being on water! And during my journeys, I could spend some time taking ⁴ _____ of the countryside and selling them to make money. Then in my spare time, I could read my favourite ⁵ _____! Sounds great, doesn't it?

VIII. Read the text and choose the correct answer, A, B or C.

About two years ago, my family and I moved into a really ⁰ **B** house right in the middle of the ¹ _____. Now we live in a(n) ² _____ with lots of stores, cinemas and restaurants and it's a very ³ _____ place to live. I love the house because it has got a huge ⁴ _____ where my brother and I can play table tennis. My dad works as a ⁵ _____ for a local newspaper based in the city, so the location is perfect for him. He writes ⁶ _____ about what's happening in the city every day, and he doesn't have to travel ⁷ _____ to his office. He says he prefers ⁸ _____ here than miles away from his office.

0 A popular **B** amazing **C** enjoyable **D** successful

- | | | | |
|------------------|----------------------|----------------------|------------------------|
| 1. A countryside | B suburbs | C city | D village |
| 2. A estate | B attraction | C destination | D neighbourhood |
| 3. A caring | B interesting | C outgoing | D ambitious |
| 4. A stairs | B cupboard | C basement | D front door |
| 5. A journalist | B playwright | C novelist | D politician |
| 6. A plays | B articles | C poems | D dialogues |
| 7. A long | B early | C soon | D far |
| 8. A live | B to live | C lived | D living |

IX. Complete the sentences with the correct form of the words in capitals.

0. Jon Moss is my favourite **singer** at the moment. **SING**
1. She's always smiling and _____. **CHEER**
2. I think you need a lot of _____ to be a writer. **IMAGINE**
3. He always does the same thing – he's so _____! **PREDICT**
4. Ben knew he had to take _____ for breaking the vase. **RESPONSIBLE**
5. This new thriller held my _____ right to the end. You must read it! **ATTEND**

X. Complete the second sentence so that it has a similar meaning to the first.

0. It's hotter today than it was yesterday.
It wasn't **as hot** yesterday as it is today.
1. My teacher said I should study Maths at university.
It was my teacher _____ I should study Maths at university.
2. Terry lives in a house that's joined to one other house.
Terry lives in a _____ house.
3. Bill has a job that doesn't pay very well.
Bill is badly _____ for his work.
4. Joanna's hoping she'll be accepted at university.
Joanna's hoping she'll get a _____ at university.

5. We can't go to the park – it's raining.

It's _____ wet to go to the park.

6. I've never been to a bigger city than New York.

New York is _____ city I've ever been to.

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