

TASK 2. Read the text. For statements (1–5) choose “True” if the statement is true according to the text, “False” if the statement is false.

Sleep and Memory

The students who stay up all night to cram for an exam are doing themselves more harm than good. People who deprive themselves of sleep so that they can study until the last minute are unlikely to remember anything that would improve their performance, while suffering the crippling effects of fatigue. Human brain needs good-quality sleep immediately after practicing a task if it is to learn to improve at it. Those who substitute study for sleep, particularly those who miss deep or slow-wave sleep, will get little benefit from their extra effort. Instead, they may perform worse than expected as tiredness is a major cause of poor decision making.

The findings add to a growing body of evidence that sleep is vital to the learning process. Before volunteers were asked to practice a visual discrimination task that involved identifying the orientation of diagonal lines, half of them were kept awake all night, the other half had a normal sleep. To eliminate the effects of fatigue on the sleep-deprived group, both groups slept normally for two further nights and then were tested again on the same exercise. A significant improvement was shown in the group which slept normally however those who hadn't slept showed none, despite the two nights of sleep to catch up. Thus a good night's sleep immediately after learning is absolutely required to embed new skills in memory. The first night's sleep starts the process of memory consolidation.

1. Learning something all night long on the eve of tests is rather useless.
2. Exhausted students can hardly do very well at the examinations after sleepless night.
3. Fatigue has no adverse effects on the decision-making function.
4. The volunteers were to determine the direction of different lines.
5. All the volunteers were allowed to sleep for two nights before re-testing.

TASK 3. Read the text. Fill in the blanks (1-10) with the correct word (A-D). Only one variant is possible.

Psychology is both an academic and applied discipline 1 _____ the scientific study of mental processes and behaviour. Psychologists study such phenomena as 2 _____, cognition, emotion, personality, behaviour, and interpersonal relationships. Psychology also 3 _____ to the application of such knowledge to various spheres of human activity, including issues 4 _____ to daily life, e.g. family, education, and work and the 5 _____ of mental health problems. Psychology is one of the behavioural sciences — a 6 _____ field that spans the social and natural sciences. Psychology 7 _____ to understand the role human behaviour plays in social dynamics while incorporating physiological and neurological processes into its conceptions of mental functioning. Psychology includes many sub-fields of study and application 8 _____ with such areas as

human development, sports, health, industry, law, and spirituality. Psychology describes and attempts to explain consciousness, behaviour, and social 9 _____. Psychological science helps educators understand how children think, process and remember — helping to design 10 _____ teaching methods.

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|-------------------|---------------|----------------|-----------------|
| 1. A involving | B approaching | C remaining | D preventing |
| 2. A definition | B perception | C distinction | D application |
| 3. A resembles | B requires | C includes | D refers |
| 4. A related | B confused | C created | D rejected |
| 5. A intelligence | B personality | C treatment | D consequence |
| 6. A broad | B essential | C brief | D interpersonal |
| 7. A efforts | B attempts | C issues | D sources |
| 8. A estimated | B encouraged | C concerned | D improved |
| 9. A existence | B feature | C cognition | D interaction |
| 10. A. hostile | B restricted | C embarrassing | D effective |

TASK 4. GRAMMAR TEST *Choose the correct answer. Only one variant is possible.*

1. The proper solution ... for since the scientists discovered the problem.			
A) have been looked	B) have been looking	C) has been looking	D) was looked
2. Physiologists ... that they could study these phenomena by the new methods.			
A) were thought	B) thought	C) are thought	D) had thought
3. Knowledge of physiology and neuroanatomy ... by modern psychologists.			
A) have been used	B) is being used	C) are used	D) are being used
4. The subjects ... to give as many examples as possible yesterday.			
A) was asked	B) are being asked	C) were asked	D) have been asked
5. People of all ages... in the struggle between ideologies without their knowledge.			
A) was used	B) is being used	C) are using	D) are being used
6. A specialized clinic for the children suffering from mental disorders ... there last year.			
A) has been founded	B) has founded	C) were founded	D) was founded
7. The sounds of favourite pieces of music ... easily.			
A) are remembered	B) have remembered	C) was remembered	D) is remembered
8. Careful consideration ... to these areas of research.			
A) have been given	B) has given	C) are being given	D) is being given
9. The research suggests that skill memories ... differently from intellectual memories.			
A) had been stored	B) was stored	C) have stored	D) are stored
10. Four traditional explanations of forgetting ... by the end of the lesson.			
A) are being provided	B) had been provided	C) were provided	D) have been provided
11. The investigators ... to introduce quantitative measurements.			
A) is being helped	B) was helped	C) will be helped	D) has been helped
12. Several complex experiments ... out in that research centre recently.			
A) were carried	B) have been carried	C) are carried	D) were being carried
13. In Freudian psychology, short-term memory ... to as the conscious mind.			
A) were referred	B) have referred	C) is referred	D) are being referred
14. When were the former colleagues told that all the formal papers ... by Friday?			
A) had sent	B) have been sent	C) were sent	D) would have been sent
15. Only some new films ... about after the children had watched them.			

A) were spoken	B) are being spoken	C) had spoken	D) are spoken
16. These studies ... on the subjective opinion regarding the attitudes to the job.			
A) have been based	B) was being based	C) is being based	D) have based
17. What ... by the social production of the material means of life?			
A) is distinguished	B) are distinguished	C) distinguished	D) have distinguished
18. Sensory information from the environment ... for a very brief period of time.			
A) are stored	B) are being stored	C) is stored	D) were stored
19. One way of thinking about memory organization ... as the semantic network model.			
A) had been known	B) is known	C) were known	D) are known
20. The cognitive school ... in large part by the development of computers.			
A) are influenced	B) was influenced	C) has influenced	D) was being influenced