

## Class 1

**I.** Introduction to the course of the subject (the 2nd term). Requirements, forms of control, rating system. Knowledge assessment.

### **II.** Vocabulary training

#### **Task 1. Learn the Vocabulary**

to refer	[rɪ'fɜːr]	относиться, ссылаться
to occur	[ə'kɜːr]	происходить, случаться
to modify	['mɒdɪfaɪ]	модифицировать, изменять
to undergo	[ˌʌndə'gəʊ]	подвергаться, проходить
to influence	['ɪnfluəns]	влиять
to determine	[dɪ'tɜːmɪn]	определять, устанавливать
to encourage	[ɪn'kʌrɪdʒ]	поощрять, побуждать
to suppress	[sə'pres]	подавлять, сдерживать
to interact	[ˌɪntə'rækt]	взаимодействовать
to identify	[aɪ'dentɪfaɪ]	идентифицировать, распознавать
to improve	[ɪm'pruːv]	улучшать
to evaluate	[ɪ'væljuːeɪt]	оценивать
to result in	[rɪ'zʌlt ɪn]	приводить к, быть результатом
to manifest	['mænɪfɛst]	проявляться
traits	[treɪts]	черты, особенности
patterns of behavior	['pætənz əv bɪ'heɪvjər]	паттерны поведения
response	[rɪ'spɒns]	отклик, реакция
event	[ɪ'vent]	событие
intentional efforts	[ɪn'tenʃənəl 'efɜːrts]	целенаправленные усилия
genetics	[dʒɪ'netɪks]	генетика
social environment	['səʊʃəl ɪn'vaɪrənmənt]	социальная среда
attitude	['ætɪtjuːd]	отношение, позиция
experience	[ɪk'spiəriəns]	опыт
wishes	['wɪʃɪz]	желания
equals	['iːkwəlz]	равные, равнозначные
ability	[ə'bɪləti]	способность
coping strategies	['kəʊpɪŋ 'strætədʒɪz]	стратегии преодоления
maturity	[mə'tjuəriːti]	зрелость
memory	['meməri]	память
perception	[pə'sepʃən]	восприятие
logical reasoning	['lɒdʒɪkəl 'riːzənɪŋ]	логическое мышление
sense of self	[sens əv self]	ощущение собственного "я"
inherited	[ɪn'herɪtɪd]	наследственный
self-reliant	[ˌself rɪ'laɪənt]	самодостаточный
independent	[ˌɪndɪ'pendənt]	независимый
logical	['lɒdʒɪkəl]	логический

#### **Task 2.** Read and translate the text.

#### **Personality shaping**

Personality refers to the traits, patterns of behavior, emotional patterns, and abilities that make up a person's response to the events of their life. Personality

development is the process of formation, enhancing, and changing one's personality over time. Such development occurs over the course of life, but it can also be modified through intentional efforts.

Many factors influence personality, including genetics, social environment and peculiar life situation. People can undergo changes in their attitudes, behaviors, and thought patterns in response to new experiences or personal growth.

Speaking about a person we mention his temperament and character. But these are not the same. Temperament (sanguine, choleric, phlegmatic, melancholic) is a key part of personality that is determined by inherited traits. Character is an aspect of personality influenced by experience and social learning that change throughout life.

The way we were raised and the traditions of our culture are also of great importance. In some cultures parents usually encourage children to become self-reliant and independent. In the others, children are taught to suppress their own wishes and are not allowed to act as equals to their parents.

The personality development should result in the development of the following aspects:

- 1) Social: ability to interact with other people, formation of social skills.
- 2) Emotional: ability to identify, understand, and control emotions, which includes the development of empathy, coping strategies, and emotional maturity.
- 3) Cognitive: thinking skills, such as memory, perception, and logical reasoning which help to improve your intellectual abilities.
- 4) Moral: values and beliefs that help to evaluate the thoughts and behavior in the decision-making process.
- 5) Identity: sense of self, acceptance of identity related to gender, ethnicity and so on.

So, personality is the sum of a person's physical, psychological, emotional, and social aspects that are manifested through behavior and actions.

**Task 3.** Fill in the blanks with suitable words: refers, traits, patterns, event, (to) modify, influence, genetics, response, social environment, undergoes, occur, experience:

1. Personality \_\_\_\_\_ to the specific characteristics that define an individual.
2. The \_\_\_\_\_ of behavior can change depending on the situation.
3. A person's \_\_\_\_\_ to a situation depends on many factors, including emotions and experiences.
4. An important \_\_\_\_\_ in a person's life can shape their personality.
5. Everyone has unique \_\_\_\_\_ that make them who they are.
6. Changes in attitude often \_\_\_\_\_ as people grow older.
7. Our behavior \_\_\_\_\_ some changes over time as we interact with different people.
8. \_\_\_\_\_ and \_\_\_\_\_ play the leading roles in shaping who we are.
9. \_\_\_\_\_ of using coping strategies can lead to personal growth.
10. Psychologists help \_\_\_\_\_ our beliefs and the way we behave in various situations.
11. Social and cultural factors \_\_\_\_\_ a person's personality in significant ways.

**Task 4.** Match the word with its definition:

1. to suppress	a) the predictable ways people act over time
2. wishes	b) the way a person thinks or feels about something
3. equals	c) traits that define an individual's nature
4. logical reasoning	d) thinking based on facts and logic
5. patterns of behavior	e) desires, wants, or requests
6. intentional efforts	f) knowledge or skill gained through direct involvement
7. traits	g) to control desires or actions which contradict the values
8. attitude	h) people who are treated with the same level of respect
9. experience	i) deliberate actions to achieve a goal
10. social environment	j) people and cultural contexts that surround the personality
11. character	k) distinct qualities of a person's personality

**Task 5.** Say whether the statements are true or false. Try to correct the wrong ones using the information from the text.

1) Personality is determined only by genetics. 2) Personality development occurs throughout life. 3) Behavioral patterns do not change over time. 4) Intentional efforts cannot modify personality. 5) Social environment has no impact on personality. 6) A person's response to life events is a part of their personality. 7) Temperament is not inherited. 8) Character is influenced by life experiences and social learning. 9) In some cultures, children are encouraged to become self-reliant. 10) Personality development results in improved thinking skills only. 11) The ability to interact with others is part of personality development. 12) Emotional maturity is related to a person's ability to understand and control emotions. 13) Perception helps people improve their intellectual abilities. 14) The sense of self is not related to identity in personality development.