

## Class 4

### I. Reading and Speaking

**Task 1.** Look through the text to answer whether the following sentences are true or false:

- 1) People of sanguine temperament are usually introverted and prefer solitude.
- 2) Sanguine people have an easy time with social interactions and can be talkative and energetic.
- 3) Impulsiveness can sometimes lead sanguines to seek thrills, including drug use.
- 4) Sanguine people often choose careers involving solitude and quiet work.
- 5) Choleric people are characterized as dominant and confident people.
- 6) Choleric people tend to avoid responsibility and leadership.
- 7) Choleric people often prioritize achieving goals over developing social connections.
- 8) Choleric people are always patient and willing to compromise.
- 9) Phlegmatics are emotional and active people who seek change.
- 10) Phlegmatics are characterized by traits such as dependability and patience.
- 11) Phlegmatics are considered too conflicted and aggressive.
- 12) Because of their desire to avoid conflict, phlegmatics may miss opportunities.
- 13) Melancholics are always joyful and optimistic people.
- 14) Melancholics value teamwork and seek cooperation.
- 15) Melancholics can be analytical and methodical.

#### **Sanguine**

People who are defined as sanguine are typically extroverted and sociable. They are chipper people who see a glass as half full instead of half empty. You will likely find them in the middle of a crowd and not at the fringes. Social interactions come easy to them, and they can be talkative and energetic. While sanguine people seem to have positive traits, the same personality traits that make them fun to be around could also make them impulsive and indecisive. Their impulsivity can sometimes manifest as seeking out thrill-seeking behaviors, which in extreme cases could include drug use.

#### **Choleric**

The defining characteristics of choleric people are dominant and assertive. People who belong to this temperament type are goal-oriented and driven. They are high achievers at work, school, or even play and are often selected as team leaders. Unlike sanguines, choleric people are decisive but can be impatient and stubborn. They could prioritize achieving set goals over fostering critical social connections and relationships.

#### **Phlegmatic**

Laid-back – that is the best word to describe a phlegmatic person immediately. They are easygoing people who tend to be very empathetic when relating with others. They are dependable and patient people who find comfort in the mundane and routine. Phlegmatic people show little emotion, which can come across as passive or unfeeling during social interactions. Their need to avoid conflict at all costs can be disadvantageous, causing them to miss out on opportunities when they fail to assert themselves.

#### **Melancholic**

People often conflate melancholic with joyless or sad, but there's so much more to people with this temperament. Although reserved, melancholic people are also thoughtful and sensitive. They can also be analytical and methodic, especially at work,

making them valuable to any workplace. Conversely, they prefer to work alone and might not make the best team players. They get moody and anxious when things aren't going their way.

**Task 2.** Fill in the table with adjectives (participles) from the text describing each type of temperament:

Sanguine	Choleric	Phlegmatic	Melancholic

**Task 3.** Think over and discuss with your classmate, which temperament you personally have. Prove your point of view. Ask your classmate, whether he\she agrees with your point of view.

## II. Grammar training.

**Task 4. Put the verbs in brackets into the Present Continuous tense. Ask a question to the words in bold.**

1) He (to improve) his **logical** reasoning by solving puzzles right now. 2) The psychologist (not to analyze) **patterns of behavior** in the group. 3) **Social media** (to shape) young people's perception these days. 4) She (to learn) new coping strategies **to manage stress**. 5) **They** (to identify) key values for moral development. 6) The class (to discuss) different temperaments **today at 10 o'clock**. 7) **We** (to evaluate) how personality affects decision-making at the moment. 8) The family (to improve) **their** communication skills during therapy.

**Task 5. Put the verbs in brackets into the Past Continuous tense. Ask the question to the words in bold.**

1) He (to refer) to **the experience** he had in college. 2) He (to improve) his logical reasoning through **practice tests** for the whole day yesterday. 3) **The participants** (to interact) with the social environment during the event last night. 4) They (not to evaluate) the results of their works when I saw them yesterday. 5) She (to suppress) **her** response to criticism during the discussion that morning. 6) The team (to practice) **the coping strategies** for the whole morning yesterday. 7) The teacher (to explain) logical reasoning during the **last lesson**. 8) **The parents** (to explain) the rules of behaviour when we entered the room.

**Task 6. Open the brackets and put the verbs into the Present Continuous or the Past Continuous tense.**

1. 1) He (to undergo) training to improve his logical reasoning right now. 2) They (not to study) the effective coping strategies when I saw them. 3) We (to encourage) students to use their memory effectively at the moment. 4) He (to modify) his coping strategies while dealing with the issue yesterday evening. 5) She (to manifest) her independent personality through her actions right now. 6) He (to refer) to his experience in his report at the moment. 7) She (to manifest) her ability to handle stress while some people were greatly distressed. 8) We (to improve) our sense of self through consistent effort these

days. 9) She (to present) key patterns in her research at that moment. 10) The child (to develop) his memory skills now. 11) The researchers (to study) logical reasoning in young adults at the moment. 12) The client (to answer) my questions when we were interrupted by a phone call. 13) You could watch how his attitude (to change) due to the therapy.

**Task 7.** Поставьте сказуемое в форме Simple или Continuous tense.

1) He (discuss) a treatment plan when we came in. 2) Professor (teach) Psychology at the University level. 3) We (conduct) the research at the moment. 4) He is busy now. He (solve) the problem. 5) He (revise) for the exam for the whole day yesterday. 6) This specialist (offer) direct care to patients. 7) Yesterday he (cater) to cancer patients when we came. 8) Don't call me tomorrow at 5 p.m. I (work) in a clinical setting. 9) He (prepare) for the work in the research setting for the whole day yesterday. 10) See me tomorrow at midday. I (perform) criminal investigation. 11) He (not start) his working day at 8 a.m. on Mondays. 12) Yesterday he (consult) clients when we came. 13) I'm sorry, I can't go with you. I (consult) patients this morning. 14) He (deal) with elderly patients in clinic for the whole evening yesterday.