

## Class 5

### I. Проведение контроля лексики и грамматики темы.

*Примерное содержание вопросов по теме –*

1. What is personality development?
2. How does personality develop over time?
3. What factors influence personality development?
4. How can personality be modified?
5. What are the key aspects of personality mentioned in the text?
6. What is the difference between temperament and character?
7. How is temperament determined?
8. What factors is character influenced by?
9. What is the role of culture and family traditions in personality development?
10. How do parents influence the development of independence and self-reliance in their children?
11. What are the five aspects of personality development mentioned in the text?
12. How can social skills be developed?
13. What does emotional maturity include?
14. What is the role of logical reasoning in cognitive development?
15. How does personality manifest itself in behavior and actions?

*Примерное содержание грамматического теста –* построение разных типов предложений во временах Continuous; разница употребления времен Simple и Continuous)

### II. Vocabulary

#### Task 1. Learn the Vocabulary

approach – подход, теория

to predict – прогнозировать, предвидеть

to claim – утверждать, заявлять

predisposition - предрасположенность

to reveal – выявлять, обнаруживать

to criticize - критиковать

to ignore - игнорировать

complexity – сложность (многогранность, многоаспектность)

behavioral - поведенческий

to assume - предполагать

internal/external – внутренний/внешний

“hit-and-miss” approach – метод проб и ошибок

to praise – хвалить, награждать

conditioning – обусловливание, обработка

reinforcement – усиление, подкрепление

to punish - наказывать

punishment - наказание

stimulus (pl. stimuli) -стимул, побудитель

reward – награда, похвала

to stimulate – стимулировать, поощрять

## Task 2. Read and translate the text

### Approaches to understanding human nature

There are several approaches which are used by psychologists to understand, predict and control human behavior.

Proponents of *physiological / biological approach* (Paul Broca, France; Carl Wernicke and Karl Ludwig Bühler, Germany; Charles Darwin, England) claim that biological factors influence our personality. Biological factors include genetic predisposition to some patterns of behavior and response to life events. Besides, the level of hormones and some features of the CNS activity influence human nature. For example, serotonin is a hormone that regulates mood, memory, contractility of muscles, circadian rhythm and some other functions. Its deficiency or excess can greatly influence our thinking and behavior. There are regions within our brain that govern emotions, mechanisms of thinking, memory and other aspects of the personality. If scientists reveal all these regions, they will probably find the ways to control people. Opponents criticize this approach as it ignores the complexity of human personality and the role of the society and learning.

*Behavioral approach* (John B. Watson and Burrhus F. Skinner, the USA; Ivan Pavlov, Russia) assumes that human behavior is determined by external environment. A person learns the patterns of behavior from his nearest social environment by “hit-and-miss” approach. If his actions are praised, he will repeat them. If they are ignored or criticized, he won’t do so any more. That’s why there is no need to study the processes occurring in his mind. The mechanism needed is to suppress the wrong behavior and encourage a correct one by conditioning (reinforcement or punishment). Conditioning involves the use of a stimulus (treat, reward) to stimulate a desired response. Opponents say that it’s impossible to find a specific stimulus for every person and there are individuals that behave differently though they were raised in similar environments.

## Task 3. Find an explanation from the right column to the term in the left one.

1) approach	a) a person who contradicts an idea or point of view
2) proponent	b) likelihood of something or great probability
3) opponent	c) something external that provokes an activity
4) to predict	d) to inhibit, to prevent from exhibiting
5) predisposition	e) a characteristics of a system with a lot of components which interact in multiple ways
6) circadian rhythm	f) to foresee, to make a forecast based on the data or trends
7) excess	g) method or way of doing something
8) complexity	h) internal biological mechanism regulating 24-hour cycle
9) to suppress	i) amount greater than necessary or usual
10) stimulus	j) a person who supports an idea or point of view

## Task 4. A case. Try to foresee what causes of the problem the proponents of the biological and behavioral approaches will focus on.

A woman of 30 addressed a psychologist with a problem. Her husband and the child (girl) want to have another baby in the family. The woman (Julia) contradicts the idea. She told that her sisters and brothers were quite rude to each other. Her parents always compared the children and proposed various competitions. So, Julia doesn’t like

children and even wanted to be child-free before the marriage. But her husband made Julia change her point of view as he threatened her with divorce. Julia loved her husband and agreed. Later she felt happiness having given birth to a daughter. But she can't agree to have one more child though she is eager to overcome this fear.

*Analyze the case using the following phrases:*

- A psychologist supporting the biological approach would focus on the fact that...
- From the biological viewpoint, the causes of Julia's fear may lie in...
- A psychologist supporting the behavioral approach would focus on the fact that...
- From the behaviorism viewpoint, Julia's actions and desires were caused by...