Class 10

I. Vocabulary training

Task 1. Try to explain in other words (one may turn to i-net resources)
Ex. *academic disorders (issues)* – disability to gain knowledge and apply skills, difficulties in memorizing and explaining information.
adolescents – ….
attachment – ….
cognitive decline – ….
digital addiction – ….
insomnia – ….
substance abuse – …..
isolation – ….
to interpret – ….
to promote – …

Task 2. Fill in the prepositions and conjunctions if necessary

1) This term refers ….. the traits, patterns of behavior, emotional patterns. 2) His behavior depends ….. 3) Development is the process which occurs … the time (the course of life). 4) Behavior can be modified …. intentional efforts. 5) Personality may undergo … changes. 6) He has changed in response … social environment demands. 7) Temperament is determined …. inherited traits. 8) His mood is influenced …. many factors. 9) In some cultures children are not allowed to act ….. equals ….. their parents. 10) The personality development should result ….. the development of several aspects. 11) There are several approaches … the understanding of the human nature. 12) Biological factors influence…. our personality. 13) Genetic factors include genetic predisposition ….. some patterns of behavior. 14) A person learns the patterns of behavior …. his nearest social environment. 15) To resolve a repressed conflict, a person should become aware ….. his problem. 16) The Ego acts a medium …. the desires and the rules of the outer world. 17) The Super ego is responsible ….. feelings of right and wrong. 18) Psychologists who stick ….. behavioral approach are well-known.

II. Grammar training

Task 3. Put the verb into the correct tense form (Present Perfect or Past Simple). Ask questions to the underlined words. Use the table as a prompt:

Past Simple	Present Perfect
"+" Подл (S)+ V_2	S+Have/has (he,she,it)+ V_3
"?" Did +S +V_0	Have/has + S+ V_3
"-" S+Didn't +V_0	S+Have/has (he,she,it)+not+ V_3

1. The teacher (help) the student overcome <u>his academic issues</u> last semester. 2) Finally, <u>the researchers</u> (analyze) data related to his problems. 3) Doctors (diagnose) John <u>with bipolar disorder</u> in the last session. 4) The experimenters (conduct) <u>multiple case studies</u>

exploring various psychological conditions <u>by now</u>. 5) <u>These elderly people</u> (experience) noticeable cognitive decline <u>in recent years</u>. 6) Parents (notice) signs of digital addiction in their children when they were spending holidays together. 7) Five years back the gerontologists (specialize) in geropsychology <u>to better understand aging-related issues</u>. 8) <u>Youngsters</u> already (develop) a <u>dangerous</u> level of digital addiction worldwide. 9) Many adolescents (experience) <u>anxiety</u> during their exams <u>last year</u>. 10) Jane (seek) <u>professional help for persistent insomnia</u> many times since the onset of sleep disturbances. 11) <u>Educators</u> (work) tirelessly this year to create more healthy learning environment for children. 12) Some kids (exhibit) <u>symptoms of hyperactivity</u> during class time yesterday.

Task 4. Ask questions (mind the adverbial context). Let your classmate answer this question in the corresponding tense form.
1) …. you (choose) your future specialization for now?
2) …. you (choose) your future specialization when you studied at school?
3) …. you ever (participate) in any group session?
4) …. you (participate) in our last group session?
5) …. your instructor (create) friendly learning environment by now?
6) …. your instructor (create) friendly learning environment last term?
7) …. you ever (interview) any persons having psychological disorders?
8) …. you (interview) any persons having psychological disorders when you practiced in clinics last term?

III. Summarizing the information.

Task 5. Read the text and summarize its information using the following phrases:
The abstract deal with….
It tells about the history of….
The MMPI was criticized at first as (так как, поскольку)…
But in the latest revisions …..
The scales study such psychological phenomena as (такие как)…..

Psychological Scales
The Minnesota Multiphasic Personality Inventory (MMPI) is psychology's most widely used clinical assessment tool, helping psychologists recognize and diagnose mental health disorders.

Developed in the late 1930s, the test has been revised and updated several times to improve accuracy and validity. The MMPI has 10 clinical scales that are used to indicate different psychotic conditions. In the years after the MMPI was first published, clinicians and researchers began to question its accuracy. Critics pointed out that the original sample group was inadequate. Others argued that the results indicated possible test bias, while others felt the test itself contained sexist and racist questions.

In response to these issues, the MMPI underwent several revisions. Many questions were removed, reworded, or added. Additionally, new validity scales were incorporated in the revised test.

Scale 1 - Hypochondria - to assess a neurotic concern over bodily functioning. The items on this scale concern physical symptoms and well-being. It was originally

developed to identify people displaying a tendency to believe that one has an undiagnosed medical condition.

Scale 2 - Depression - to identify depression, characterized by lack of hope in the future, and general dissatisfaction with one's own life situation. Very high scores may indicate depression, while moderate scores tend to reveal a general dissatisfaction with one's life.

Scale 3 – Hysteria - to identify those who display hysteria or physical complaints in stressful situations. Those who are well-educated and of a high social class tend to score higher on this scale. Women also tend to score higher than men on this scale.

Scale 4 - Psychopathic Deviate - to identify psychopathic individuals. This scale measures social deviation, lack of acceptance of authority, and amorality (a disregard for morality). This scale can be thought of as a measure of disobedience and antisocial behavior.

Scale 5 - Masculinity-Femininity - to identify "homosexual tendencies," but today it is used to assess how much or how little a person identifies himself/herself with stereotypical male and female gender roles.

Scale 6 - Paranoia - to identify individuals with paranoid symptoms such as suspiciousness, feelings of persecution, excessive sensitivity and rigid attitudes.

Scale 7 – Psychasthenia – is no longer used today and the symptoms described on this scale are more reflective of anxiety, depression, and obsessive-compulsive disorder This scale was originally used to measure excessive doubts, compulsions, obsessions, and unreasonable fears.

Scale 8 – Schizophrenia - to identify individuals with tendency to demonstrate bizarre thought processes and peculiar perceptions, social alienation, poor familial relationships, difficulties in concentration and impulse control, lack of deep interests, disturbing questions of self-worth and self-identity, and sexual difficulties.

Scale 9 – Hypomania - to identify characteristics of hypomania such as elevated mood, hallucinations, delusions, accelerated speech and motor activity, irritability, flight of ideas, and brief periods of depression.

Scale 10 - Social Introversion - to assess a person's shyness and tendency to withdraw from social contacts and responsibilities

Task 6. Read the part of the abstract dealing with the scales again and answer whether these statements are true or false:
1) Hypochondria scale is primarily focused on identifying hypomanic traits. 2) Depression scale identifies a lack of hope in the future and dissatisfaction with life circumstances. 3) Social Introversion scale evaluates unusual thought processes and difficulties in impulse control. 4) Psychopathic Deviate scale exclusively measures compliance with societal norms. 5) Paranoia scale measures symptoms such as suspiciousness and feelings of persecution. 6) Psychopathic Deviate scale measures social deviance, rejection of authority, and amorality. 7) Moderate scores of Depression scale always indicate severe clinical depression. 8) Hypochondria scale evaluates neurotic concerns about bodily functioning. 9) Schizophrenia scale is used to diagnose all forms of mental illness. 10) Hypomania scale measures characteristics like elevated mood, hallucinations, and rapid speech. 11) Hysteria measures physical complaints in stressful situations, with higher scores among poorly educated individuals and men. 12) Hypomania does not include symptoms of irritability or depression. 13) Social

Introversion assesses shyness and avoidance of social contact. 14) Hysteria only applies to individuals of lower socioeconomic status.