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## ВСТУП

Пропонований навчальний посібник призначений для студентів-психологів, які вивчають англійську мову професійного спрямування. Мета посібника – сформувані у студентів навички говоріння, читання, письма та перекладу, сприяти опануванню професійної англійської мови як системи та розширенню знань студентів з фаху на базі автентичних англійських текстів. Посібник складається з 17 розділів, українсько-англійського словника найуживаніших виразів і психологічних термінів, а також англійського глосарія психологічних термінів. Розділи посібника містять навчальний матеріал за програмою дисципліни. Кожний розділ містить базовий текст, лексичний коментар та активний вокабулярій, комплекс лексичних і комунікативних вправ на засвоєння нового матеріалу та розвиток навичок усного мовлення. Комунікативні вправи передбачають завдання рольового та дискусійного характеру та спонукають до діалогічного мовлення з аргументуванням точки зору. Навчальний матеріал посібника рекомендований для аудиторного та самостійного опрацювання, а також широкому колу осіб, які цікавляться питаннями психології.

## **UNIT 1. WHAT IS PSYCHOLOGY?**

### **1. Read and translate the key words.**

1. psychology
2. scientific
3. to study
4. mental
5. behavior
6. environment
7. pattern
8. human being
9. thought
10. feeling
11. action
12. mind
13. dream
14. desire
15. mental illness
16. research
17. psychologist
18. personality
19. habit
20. insight

### **2. Read and translate the text. Use a dictionary.**

#### **What Is Psychology?**

Psychology is the scientific study of mental processes and behaviour. Psychologists observe and record how people and other animals relate to one another and to the environment. They look for

patterns that will help them understand and predict behaviour, and they use scientific methods to test their ideas. Through such studies, psychologists have learned much that can help people fulfill their potential as human beings and increase understanding between individuals, groups, nations, and cultures.

Psychology is a broad field that explores a variety of questions about thoughts, feelings, and actions. Psychologists ask such questions as: “How do we see, hear, smell, taste, and feel? What enables us to learn, think, and remember, and why do we forget? What activities distinguish human beings from other animals? What abilities are we born with, and which must we learn? How much does the mind affect the body, and how does the body affect the mind? For example, can we change our heart rate or temperature just by thinking about doing so? What can our dreams tell us about our needs, wishes, and desires? Why do we like the people we like? What is mental illness?”

The research findings of psychologists have greatly increased our understanding of why people behave as they do. For example, psychologists have discovered much about how personality develops and how to promote healthy development. They have some knowledge of how to help people change bad habits and how to help students learn. They understand some of the conditions that can make workers more productive. A great deal remains to be discovered. Nevertheless, insights provided by psychology can help people function better as individuals, friends, family members, and workers.

### **3. Answer the questions orally.**

- What is psychology?
- What do psychologists do?
- What does psychology explore?
- What kind of questions do psychologists ask?

- Why do we need psychological research?
- How can psychology help us?

**4. Find the synonyms to the given words.**

- |              |                |
|--------------|----------------|
| 1. concept   | a) think       |
| 2. suggest   | b) primary     |
| 3. principal | c) definite    |
| 4. threat    | d) goal        |
| 5. view      | e) focus       |
| 6. believe   | f) opinion     |
| 7. explore   | g) propose     |
| 8. emphasis  | h) investigate |
| 9. purpose   | i) danger      |
| 10. explicit | j) idea        |

**5. Combine the words in column A with those in B to make word combinations and use them in the sentences of your own.**

- | A           | B                    |
|-------------|----------------------|
| 1. cast     | a) to the conclusion |
| 2. become   | b) forth             |
| 3. place    | c) evident           |
| 4. trace    | d) a light           |
| 5. pay/give | e) emphasis on       |
| 6. have     | f) in the context of |
| 7. come     | g) an interest in    |
| 8. set      | h) attention to      |
| 9. take     | i) place             |
| 10. arise   | j) back              |

**6. Discuss with your classmates the following questions:**

- Why do you want to become a professional psychologist?
- What is your favorite topic in psychology?
- When do you think a person should consult a psychologist?

## **UNIT 2. THE GROWTH OF PSYCHOLOGY**

### **1. Read and translate the key words.**

1. adulthood
2. to affect
3. anxiety
4. attempt
5. attitude
6. to assess
7. behavior
8. capability
9. to conduct
10. conscious
11. damage
12. to differ
13. disabled
14. discipline
15. disorder
16. diverse
17. flexible
18. to flourish
19. to identify
20. to influence smb/to have an influence on smb
21. to investigate
22. life span
23. morale
24. observable
25. perception
26. to prevent
27. research
28. sensation

- 29. to untangle
- 30. various
- 31. violence
- 32. vision

## **2. Read and translate the text. Use a dictionary.**

### **The Growth of Psychology**

It has been more than a hundred years since psychology broke away from philosophy and physiology to emerge as a separate discipline. In the past century this young and fertile area of study has undergone a series of expansions in subject matter as well as in research methods. During this period even the basic nature of psychology has been at issue: Is it the study of conscious experience? The study of unconscious processes? The study of individual differences, or of observable behavior? As we will discover when we examine a few of these basic ideas, these differences of opinion have contributed to the tremendous growth of psychology.

#### *Psychology as the Study of Conscious Experience*

Psychology had its formal beginnings in Leipzig, Germany, where Wilhelm Wundt founded the first psychological laboratory in 1879. Wundt is considered the first psychologist. He stringently limited the subject to the study of conscious experience. Wundt believed that all our conscious experiences are merely intricate combinations of elemental sensations – that is, intellectual towers made of sensory building blocks. Wundt attempted to use introspection to find the basic sensations. He also tried to discover the principles by which those sensations combine to become conscious experience.

#### *Psychology as the Study of Unconscious Processes*

For Sigmund Freud conscious experiences were only the tip of the iceberg. Beneath the surface, he believed, lay primitive biological urges that seek expression but are in conflict with the requirements

of society and morality. According to Freud, these unconscious motivations and conflicts are powerful influences on our conscious thoughts and actions; they thus are responsible for much human behavior.

### *Psychology Today*

Psychology's roots can be traced back to ancient Greece and to speculations about the nature of sensation, perception, reason, emotion, dreams, and memory. Developments in many countries over many years have contributed to the modern science of psychology, which now flourishes around the world: in Germany, where Wundt established his laboratory; in England, where Galton worked; in Russia, where Pavlov discovered the conditioned reflex; in Japan, where the discipline is still relatively new; and in numerous other countries. Psychology has gained wide public acceptance in the United States. While American psychology still dominates the world scene, several other countries have proportionately as many psychologists as the United States. These countries include Spain, Finland, Israel, the Netherlands, Belgium, and Denmark.

### *Fields of Specialization*

Experimental psychology investigates basic behavioural processes that are shared by various species. Experimental psychologists have sought answers to such questions as: What is the basis for love between mother and baby? Can animal reason? What is the role of the brain in memory? How do visual experiences during infancy affect later vision? They are also interested in how species are interrelated and in the significance of certain behavior.

Researchers in the fields of physiological psychology or neuropsychology attempt to untangle the connections between the nervous and endocrine systems and behavior. There has been a recent explosion of interest in the way that the brain works. The researchers in this area, which is called neuroscience, investigate the workings of sensory systems, the effects of brain damage on behavior, and