

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ

ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ ОБРАЗОВАТЕЛЬНОЕ
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ

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к.ф.н., доцент кафедры английского языка переводческого факультета
НГЛУ им. Н. А. Добролюбова А.С. Волгина

Данный практикум предназначен для студентов 2 курса бакалавриата обучающихся по направлениям подготовки 37.03.01 «Психология», 37.05.02 «Психология служебной деятельности», 38.03.03 «Управление персоналом» и 37.03.02 «Конфликтология». Данное пособие направлено на совершенствование навыков говорения и опирается на коммуникативный подход.

Практикум охватывает бытовую, социально-культурную и профессиональную сферы общения; включает аутентичные материалы для совершенствования речевых навыков. Темы практикума отвечают профессиональным интересам и уровню профессиональной компетенции обучающихся.

Ответственный за выпуск:
Председатель методической комиссии ИФиЖ ННГУ,
зам. директора ИФиЖ ННГУ по методической работе
к.ф.н., доцент Макарова Л.С.

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UNIT 1. POLITENESS AT WORK

Intro

Discuss these examples of bad manners. Which ones do you think are especially bad? Why?

- arriving late for a meeting
- ignoring people when you meet them
- shouting an order at someone
- not apologizing if you offend someone
- being rude to people who offer to help you
- using bad language

Pre-reading task

What other examples of good or bad manners can you think of? Work in small groups and make two lists. Then compare your lists with other groups. Do you all have the same opinion about politeness?

Reading

Task 1. Read the article and find six examples of bad manners. Which three examples of bad manners is the company in the article trying to stop?

Office workers admit being rude

Most office workers say they are rude or bad-mannered at work. Two out of three workers regularly arrive late for meetings, most ignore emails and three out of four use bad language. In a survey of 1,000 workers, two-thirds say that pressure of work is the reason for their bad manners.

Other common examples of bad office etiquette include ignoring colleagues and answering mobile phone calls during meetings. Using mobile phones in meetings is impolite and distracts others, research by the University of Surrey shows. If you respond to a call when speaking to somebody, it means that the phone call is more important than the person, the survey said. If you answer a call during a meeting it could mean that you think the meeting is not important.

Mr. Jacobs, managing director of “Office Angels”, a recruitment firm, says it is easy for people to forget their manners in the working environment, which is often very informal and very busy. Workers can forget proper etiquette such as introducing people at meetings, and this is often bad for working relationships.

Psychologist Dr. Colin Gill believes that people are not as polite as they used to be twenty years ago. He said: “Courtesy is no longer something that is so much respected in our society. People think it is 'stuffy' to be polite or formal.”

Now some organizations are actually investing money in training their junior managers to be polite. “Office Angels” is encouraging people to arrive on time for

meetings, turn off mobile phones and avoid bad language. “Avoiding bad manners at work is such a simple thing to do”, Mr. Jacobs says, “and it can have a dramatic impact on improving your working environment and your relationships with others.”



Task 2. Read the article again and answer the following questions.

1. What reason do office workers give for their bad manners?
2. Why is it impolite to answer a mobile phone during a meeting?
3. Are people today more polite than they used to be 20 years ago?
4. What are some organizations doing to improve workers' manners?
5. What are the benefits of avoiding bad manners at work?

Vocabulary

Task 1. Complete the questions with the correct form of words in the box.

distract encourage respond introduce improve ignore avoid
--

1. When you ... to a call during the meeting, you ... other people's attention.
2. My colleague ... me to his scientific advisor at the conference.
3. When you ... other people's feelings they react accordingly.
4. Teachers should ... students to come to classes on time.

5. ... your English speaking skills you should work much.
6. When colleagues ... each other's opinion they have no problems in communication.
7. If you can't ... bad language you are sure to be considered an ill-bred person.

Task 2. Explain the meaning of the words.

courtesy	recruitment firm
bad language	survey
bad-mannered people	stuffy
working environment	dramatic impact

Task 3. Insert prepositions.

- to arrive ... time ... meetings
- to have an impact ... working conditions
- to introduce people ... meetings
- to respond ... a call
- to show bad manners ... work
- to forget good manners ... the working environment
- to answer a call ... a meeting

Task 4. Make up your own situations with these expressions.

Speaking

- Do you have experience of the bad manners described in the article? How do you feel when other people show bad manners?
- Do you agree that 'courtesy is no longer respected' and 'it's stuffy to be polite'? Why? / Why not?

Dilemma

A Workplace Bully. Brief

Emily works for a computer company. At first, she liked the job and believed that she could do it well. But now she has a problem: her team leader, Irma, is a bully. Irma seems to dislike Emily. She always finds problems with her work. If Emily makes a small mistake, she shouts at her in front of her colleagues: "What's wrong with you? Are you stupid?" She doesn't talk to the other team members in this way. She gives Emily all the most boring and difficult tasks to do. Emily wants to go on a training course. She wants to specialize and be able to do more interesting work. But

Irma always finds a reason to stop her. She tells her she has no ability. Emily feels tired and stressed. She is starting to believe that she really is stupid. What should Emily do?

She has four options:

- talk to her colleagues about it
- talk to Irma herself
- report the bullying to a senior manager in the company
- leave the job

Task 1. To find a good solution, it is helpful to understand why someone is a bully. There are three main types of bully. Read about one of these types. Work in three groups. Group A, B and C.

Dilemma Group A

Some bullies love power. They want to be in control of everything and everybody. These bullies make life difficult for all their subordinates. They usually have psychological problems and it isn't easy to change their management style.

Dilemma Group B

Some bullies hate mistakes. They want their own work to be perfect and they want everyone else to be perfect too. These bullies don't consider other people's feelings when they find problems with their work. They often don't know they are bullying. Sometimes it can help to talk to these bullies about their management style.

Dilemma Group C

Some people become bullies because they are very unsure of themselves. They are afraid of competition from other people who may be better than them. They hate the idea of someone else doing well in their job. They think that the only way to improve their own success is to keep the competitors back.

Task 2. Form groups of three: one person from each group, A, B and C above. Take turns to describe one type of bully to your partners. Which description do you think best matches Irma? Using the information about this type of bully, decide on the best option for Emily. Of course, she can try more than one option. But which one is not a good solution? Why?



Decision

Now read what advice Gary Robinson, a business psychologist, gives about Emily's situation.

Gary Robinson

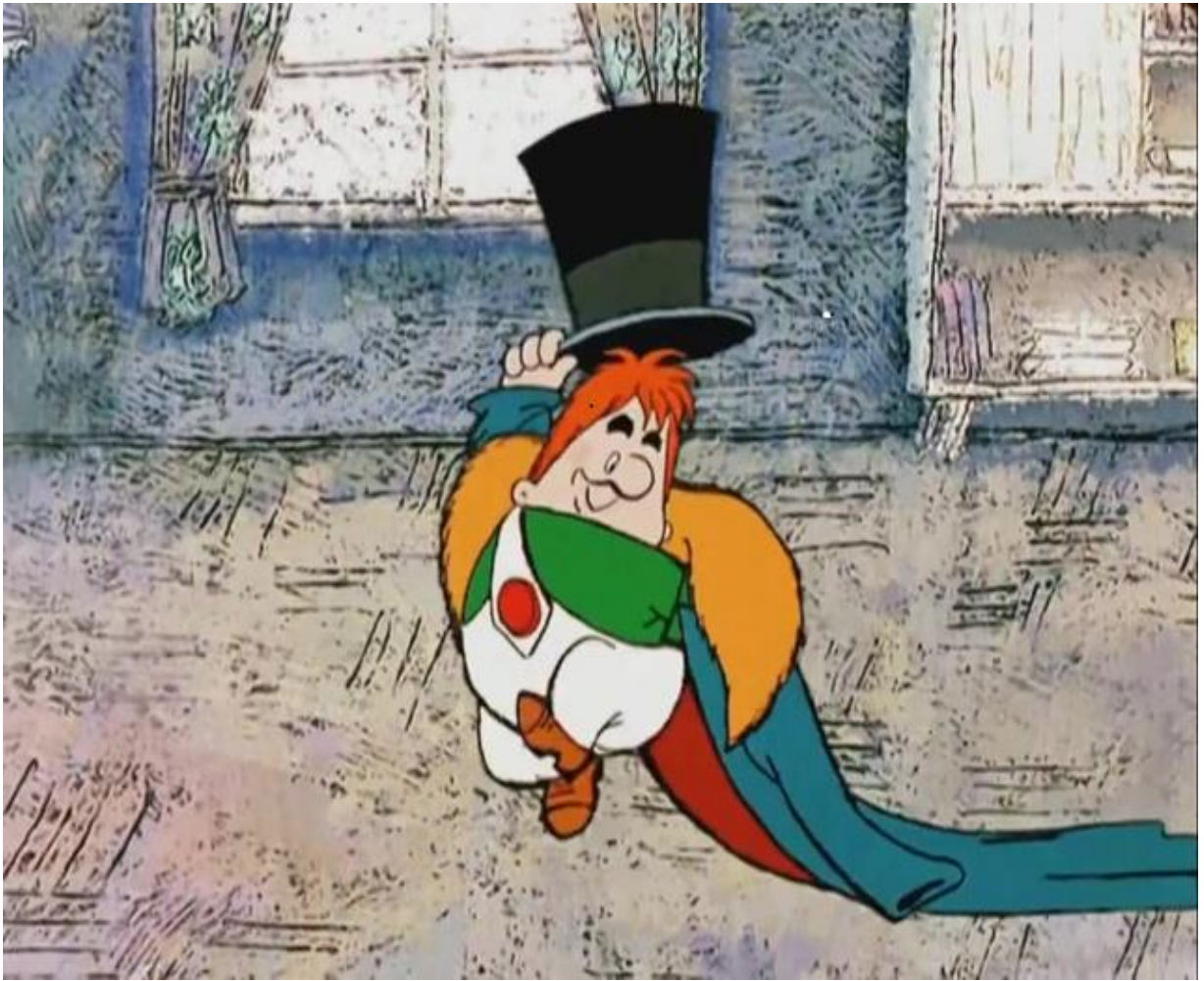
Bullying is a difficult problem and the solution depends on the situation and the type of bully. In Emily's case, she is the only one in her team that Irma bullies. This probably means that Irma sees Emily as a competitor and that's why she tries to make her look stupid. She wants to keep her at the lowest level in the team.

Emily should not try to talk to Irma directly. This will only make things more difficult between them.

The best option for Emily, therefore, is to talk to a senior manager. But first, she must collect as many facts as she can. It is a good idea to keep a diary of events. Each time she experiences bullying, she should make a note of it, writing down where and when it happened. If her colleagues can support her story, that's even better. If the senior manager understands the situation, he can move Emily to another team or to another department. Or he may decide to move the bully. He can also give Emily the chance to do the training she wants.

If the senior manager doesn't believe Emily, or doesn't want to help her, then the only solution for her, unfortunately, is to leave the company. Bullying causes a lot of stress. It's better to start again in a new job than to continue in a bad situation for months or years.

UNIT 2. MANNERS



Intro

Read a journalist's view on manners. Do you agree?

“I believe schools would be far better employed spending an hour a week on manners and charm, instead of banging on about Maths. Looking people in the eye, saying thank you, offering compliments at appropriate moments, giving up your seat to an elderly lady with shopping, the correct mode of addressing a Belgian policeman while inebriated after a victory at football - these topics would be much more useful than most of the stuff on the curriculum.”

Matthew Engel *The Guardian*

Task 1. Write down six things you were taught about good and bad manners by your parents/at school. Compare lists with other students.

Task 2. Look at the words in bold. Which describe polite behaviour (+) and which describe rude behaviour (-)?

it's very good manners	it's revolting
it's disrespectful	it's too familiar
it's not considered acceptable	it's considered gentlemanly
it creates a good impression	it's sexist
it's over the top	it's unhygienic
it's a way of showing respect to older people	it's unprofessional
it might make other people feel awkward/embarrassed	it might be offensive to some people
	it could be misinterpreted

Reading 1

Task 1. Read about what Miranda Ingram, who is married to Alexander Anichkin, says about the difference between Russian manners and British manners. What was their problem? How have they managed to solve their differences?

I always thought that good manners were always good manners, wherever you were in the world. But that was until I married Alexander. We met in Russia, when I was a student there, and I always remember when I first met him. He came to my flat one afternoon, and as soon as he came in, he said to me in Russian, “Nalei mnye chai” - which means “pour me some tea”. Well, I got quite angry and I said. “Pour it yourself”. I couldn't believe that he hadn't used a “Could you...?” or a “please”. To me it sounded really rude. But Alexander explained that in Russian it was fine – you don't have to add any polite words.

Some months later I took Alexander home to meet my parents in the UK. But before we went I had to give him an intensive course in “pleases” and “thank yous”. He thought they were completely unnecessary. I also told him how important it was to smile all the time.

Poor Alexander, he complained that when he was in England he felt really stupid, “like the village idiot” he said, because in Russia if you smile all the time people think that you're mad. And in fact, this is exactly what my husband's friends thought of me the first time I went to Russia because I smiled at everyone, and translated every “please” and “thank you” from English into Russian!

Another thing that Alexander just couldn't understand was why people said things like: “Would you mind passing me the salt, please?” He said, “It's only the salt, for goodness sake! What do you say in English if you want a real favour?”

He was also amazed when we went to a dinner party in England, and some of the food was...well, it wasn't very nice, but everybody – including me said. “Mmm...this is delicious”.

In Russia, people are much more direct. The first time Alexander's mother came to our house for dinner in Moscow, she told me that my soup needed more salt and pepper, that it didn't really taste of anything. I was really annoyed, and later after she left Alexander and I argued about it. Alexander just couldn't see my point. He said. "Do you prefer your dinner guests to lie?" Actually you know, I think I do. I'd prefer them to say "that was lovely" even if they didn't mean it.

Anyway, at home we now have an agreement. If we're speaking Russian, he can say "Pour me some tea", and not say "thank you" when I give it to him. But when we're speaking English, he has to add a "please", a "thank you", and... a smile."

Task 2. Mark the sentences T (true) or F (false).

1. In Russia you should say please (in Russian) when you ask someone to do something.
2. Before Miranda took Alexander to meet her parents she taught him English manners.
3. When Alexander smiled at people in the UK, he felt ridiculous.
4. When Miranda went to Russia the first time Alexander's friends were delighted because she smiled all the time.
5. Alexander thinks that the English sometimes use very polite expressions unnecessarily.
6. Alexander thinks the English are too direct.
7. Miranda doesn't think her dinner guests should criticize her cooking.

Task 3. What would people from our country do in these situations?

Speaking 1

In groups, talk about each thing in the Good Manners questionnaire. Do you think they are good manners, bad manners, or not important/ not necessary. Why?

WHEN YOU ARE INVITED TO SOMEBODY'S HOUSE...

- criticize the food (e.g. if it is too cold, salty, etc.)
- take a present
- write an email to say thank you
- arrive more than ten minutes late for lunch or dinner
- shout or hold loud conversations
- ask people how much they earn or how old they are

WHEN YOU ARE HAVING A MEAL WITH FRIENDS IN A RESTAURANT...

- leave your mobile on silent on the table in front of you

- answer or send a text or message
- make a phone call
- kiss your partner
- cough, sneeze or yawn without putting your hand over your mouth

WHEN GREETING PEOPLE...

- use more formal language when speaking to an older person
- kiss a woman on both cheeks when you meet her for the first time
- use your partner's parent's first names
- touch people when you talk to them, e.g. pat them on the back or put your arm round them

MEN AND WOMEN - A MAN'S ROLE...

- pay for the meal on a first date
- men opening doors for women and helping them to take off and put on their coats
- accompany a woman home

ON SOCIAL NETWORKING SITES...

- post a private message or conversation on an internet site
- post an embarrassing photo or video clip of a friend without asking their permission
- post all the details of your break-up with a partner

Speaking 2

Give a short talk about one of these topics:

- the kind of rude behaviour that infuriates you
- the six most important things a child should be taught about manners
- good manners between men and women
- the social taboos in your country that a foreigner should know about.

Reading 2

Task 1. Read the article and answer the questions. Discuss the questions in pairs.

1. Which nationalities are the most and least punctual?
2. Why did the British think that everyone understood their customs?
3. Which nationalities do not like to eat and do business at the same time?
4. "They (the French) have to be well fed and watered." What or who do you normally have to feed and water?

5. Which nationalities have rules of behaviour about hands? What are the rules?

6. Why is it not a good idea to...

...say that you absolutely love your Egyptian friend's vase.

...go to Russia if you don't drink alcohol.

...say "Hi! See you later!" when you're introduced to someone in Afghanistan.

...discuss politics with your American friend in a McDonald's.

A world Guide to GOOD MANNERS:

How not to behave badly abroad

By Norman Ramshaw



Travelling to all corners of the world gets easier and easier. We live in a global village, but how well do we know and understand each other? Here is a simple test. Imagine you have arranged a meeting at four o'clock. What time do you expect your foreign business colleagues to arrive? If they're German, they'll be bang on time. If they're American, they'll probably be 15 minutes early. If they're British, they'll be 15 minutes late, and you should allow up to an hour for Italians.

When the European Community began to increase in size, several guidebooks appeared giving advice on international etiquette. At first many people thought this was a joke, especially the British, who seemed to assume that the widespread understanding of their language meant a corresponding understanding of English customs. Very soon they had to change their ideas, as they realized that they had a lot to learn about how to behave with their foreign business partners.

For example:

*The British are happy to have a business lunch and discuss business matters with a drink during the meal; the Japanese prefer not to work while eating. Lunch is a time to relax and get to know one another, and they rarely drink at lunchtime.

*The Germans like to talk business before dinner; the French like to eat first and talk afterwards. They have to be well fed and watered before they discuss anything.

*Taking off your jacket and rolling up your sleeves is a sign of getting down to work in Britain and Holland, but in Germany people regard it as taking it easy.

*American executives sometimes signal their feelings of ease and importance in their offices by putting their feet on the desk whilst on the telephone. In Japan, people would be shocked. Showing the soles of your feet is the height of your bad manners. It is a social insult only exceeded by blowing your nose in public.

*The Japanese have perhaps the strictest rules of social and business behaviour. Seniority is very important, and a younger man should never be sent to complete a

business deal with an older Japanese man. The Japanese business card almost needs a rulebook of its own. You must exchange business cards immediately on meeting because it is essential to establish everyone's status and position. When it is handed to a person in a superior position, it must be given and received with both hands, and you must take time to read it carefully, and not just put it in your pocket! Also the bow is a very important part of greeting someone. You should not expect the Japanese to shake hands. Bowing the head is a mark of respect and the first bow of the day should be lower than when you meet thereafter.

*The Americans sometimes find it difficult to accept the more formal Japanese manners. They prefer to be casual and more informal, as illustrated by the universal "Have a nice day!" American waiters have a one-word imperative "Enjoy!" The British, of course, are cool and reserved. The great topic of conversation between strangers in Britain is the weather – unemotional and impersonal. In America, the main topic between strangers is the search to find a geographical link.

Here are some final tips for travellers.

*In France you shouldn't sit down in a café until you've shaken hands with everyone you know.

*In Afghanistan you should spend at least five minutes saying hello.

*In Pakistan you mustn't wink. It's offensive.

*In the Middle East you must never use the left hand for greeting, eating, drinking or smoking. Also, you should take care not to admire anything in your host's home. They will feel that they have to give it to you.

*In Russia you must match your hosts drink for drink or they will think you are unfriendly.

*In Thailand you should clasp your hands together and lower your head and your eyes when you greet someone.

*In America you should eat your hamburger with both hands and as quickly as possible. You shouldn't try to have a conversation until it is eaten.

Task 2. Answer the questions.

1. Do you agree with the saying "When in Rome, do as the Romans do"? Do you have a similar saying in your language?

2. What are the "rules" about greeting people in your country? When do you shake hands? When do you kiss? What about when you say goodbye?

3. Think of one or two examples of bad manners. For example, in Britain it is considered impolite to ask people how much they earn.

4. What advice would you give to somebody coming to live and work in your country?

5. What is cultural shock?

6. Write down one thing about each nationality that you can remember.

Task 3. What nationality does it concern?

Unpunctual

punctual

strict about the rules

cool, reserved, unemotional

hospitable, like to drink

sociable, easy-going

serious, self-confident

pedantic, disciplined

great snobs

Task 4. Who do it?

take off jackets and roll up sleeves to relax

give bows all the time

never speak about the salary

don't want to learn other languages

discuss business during meals

drink much

relax at lunch

always speak about weather

are always in search of geographical links

never wink

never use left hand for greeting

pay special attention to business cards

are always dressed stylishly

Task 5. What is important to know when you are going on business trip to Japan (America, Italy)?

Task 6. Name some typical features of behaviour of:

Americans

Japanese

German

British

Russian

Italians

Arabs

Task 7. Dramatize dialogues:

1. You are going on a business trip to some country. Ask your friend how to behave not to be a complete fool.

2. You have just returned from a business trip and discuss with your friend a "culture shock" you got there.

Rendering

Некоторые правила хорошего тона

Первое и основное правило: не ходите в гости без приглашения. Не надо приходить даже «на минутку» в те часы, когда, как вам известно, хозяева обедают дома или ужинают.

Не надо опаздывать, если вы договорились на определенный час: «опаздывающий гость хуже непрошенного», как сказал известный сатирик Эмиль Короткий. Еще хуже, если вы вообще не пришли, когда вас ждали. Поэтому следует взять за правило: если вы опаздываете или не можете прийти, то заранее сообщите об этом хозяевам.

Первые ваши приветствия - хозяйке дома. Может случиться, что раньше вас в переднюю вошло несколько гостей, и вы еще застаете их там. Не выражайте бурного восторга от встречи с ними, прежде чем не поприветствуете хозяйку или хозяина.

Если же в передней незнакомые вам гости, то не представляйтесь им. Хозяйка или хозяин сами найдут момент, чтобы представить вас.

Не следует первым садиться за стол – подождите приглашения. Запомните: первой садится хозяйка.

Не надо засиживаться в гостях.

Если вас что-то расстроило (разговор с кем-либо, услышанная новость), то не показывайте вида: нельзя портить настроение другим гостям.

О своих вкусах говорите только тогда, когда вас спросят, и не спорьте, если ваши вкусы не сходятся со вкусами хозяев. Ваше мнение будет уместно лишь тогда, когда гости собрались для того, чтобы поговорить об искусстве, поспорить о литературном произведении и т.д. Старайтесь высказывать свое мнение по существу, но не используйте спор для демонстрации своих знаний.

В домах, где вы бываете часто и уже давно, вы чувствуете себя свободнее. Но старайтесь и там придерживаться всех известных вам правил поведения – пусть они станут для вас привычкой.

Follow-up Writing

Write an essay “I am proud of being Russian. Or not?”

UNIT 3. STEREOTYPES

Intro

In pairs, answer the questions

1. Are you a talkative or a quiet person?
2. Who is...?
 - the most talkative person in your family
 - the most talkative person you know
3. Do you think that, generally speaking, women are more talkative than men?
4. What topics do
 - a) men talk about more than women?
 - b) women talk about more than men?

Reading

Task 1. Look at the definition of stereotype. Then A read the article *Men talk just as much as women* and B read the article *A gossip with the girls*? Find answers to questions 1-4.

Stereotype. noun – a fixed idea about a particular type of person or thing, which is often not true in reality. • ***stereotype. verb*** *In advertisements, women are often stereotyped as housewives.*

1. What was the stereotype that the researchers wanted to investigate?
2. Where was the research done?
3. How was the research done?
4. What did the research show?

Task 2. In pairs, tell each other about your article, using questions 1-4 to help you. Which of the two pieces of research do you think is...?

- 1 more credible
- 2 more important
- 3 more surprising

Men talk just as much as women – can it really be true?

Research by psychologists at the University of Arizona has shown that the stereotype that women talk more than men may not be true. In the study, hundreds of university students were fitted with recorders and the total number of words they used during the day was then counted.

The results, published in the *New Scientist*, showed that women speak about 16,000 words a day and men speak only slightly fewer. In fact, the four most talkative people in the study were all men.

Professor Matthias Mehl, who was in charge of the research, said that he and his colleagues had expected to find that women were more talkative.

However, they had been sceptical of the common belief that women use three times as many words as men. This idea became popular after the publication of a book called *The Female Brain* (2006) whose author, Louann Brizendine, claimed that a woman uses about 20,000 words per day, whereas a man uses about 7,000

Professor Mehl accepts that many people will find the results difficult to believe. However, he thinks that this research is important because the stereotype, that women talk too much and men keep quiet, is bad not only for women but also for men. It says that to be a good male, it's better not to talk – that silence is golden.

A gossip with the girls? Just pick any one of forty subjects

Women are experts at gossiping - and they often talk about trivial things, or at least that's what men have always thought. However according to research carried out by Professor Petra Boynton, a psychologist at University College London, when women talk to women their conversations are not trivial at all, and cover many more topics (up to 40) than when men talk to other men.

Women's conversations range from health to their houses, from politics to fashion, from films to family, from education to relationship problems. Almost everything, in fact, except football. Men tend to talk about fewer subjects, the most popular being work, sport, jokes, cars, and women.

Professor Boynton interviewed over 1,000 women for her study. She also found that women move quickly from one subject to another in conversation, whereas men usually stick to one subject for longer periods of time.

Professor Boynton also says that men and women chat for different reasons. In social situations women use conversation to solve problems and reduce stress, while men chat with each other to have a laugh or to swap opinions.



Speaking 1

In small groups discuss if the statements opposite about men and women are stereotypes or true

MEN&WOMEN – stereotypes or true?

- Women worry more about their appearance than men.
- Women spend more time than men on social networking sites.
- Men talk more about things; women talk more about people.
- Men are more interested than women in gadgets like phones and tablets.
- Women are better at multitasking than men.
- Women are better at looking after babies than men.
- Men find it more difficult than women to talk to their friends or family if they have a problem.
- Women spend more time than men talking about celebrities and their lifestyles.
- Men are more interested than women in power.
- Women are less interested in sport than men.
- Men worry more about their health than women.

Vocabulary 1

Collocation: verbs / adjectives + prepositions

Task 1. Cover the statements above. Can you remember the missing prepositions?

1. Men worry more ____ their health than women.
2. Women are better ____ multitasking than men.
3. Men are more interested than women ____ power.

Task 2. Complete the questions with a preposition. Then ask and answer the questions with a partner.

1. When you're with friends of the same sex. What do you usually talk ____?
2. Are there any sports or games that you're good ____?
3. Is there anything you're really looking forward ____?
4. Who in your family are you closest ____?
5. What kind of films are you keen ____?
6. Are there any animals or insects that you're afraid ____?
7. What's your town famous ____?
8. Are there any superstitions that you believe ____?

Vocabulary 2

Dependent prepositions

After verbs

Task 1. Complete the sentences with prepositions from the box. Say the sentences with the correct preposition.

about at between for in of on to with

1. We're arriving ___ Milan on Sunday.
2. We're arriving ___ Malpensa airport at 3.45.
3. Who does this book belong ___?
4. I never argue ___ my husband about money.
5. Could you ask the waiter ___ the bill?
6. Do you believe ___ ghosts?
7. I can't choose ___ these two bags.
8. We might go out. It depends ___ the weather.
9. I'm really looking forward ___ the party.
10. If I pay ___ the meal, can you get the drinks?
11. This music reminds me ___ our honeymoon in Italy.
12. I don't spend a lot of money ___ clothes.

After adjectives

Task 2. Complete the sentences with prepositions from the box. Say the sentences with the correct preposition.

about at for from in of on to with

1. My brother is afraid ___ bats.
2. She was really angry ___ her boyfriend last night.
3. I've never been good ___ sport.
4. Eat your vegetables. They're good ___ you.
5. I'm very close ___ my elder sister.
6. This Task isn't very different ___ the last one.
7. Krakow is famous ___ its main square.
8. My sister is very interested ___ astrology.
9. I'm very fond ___ my little nephew. He's adorable.
10. She's very keen ___ cycling. She does about 50 km every weekend.
11. She used to be married ___ a pop star.
12. My dad was very proud ___ learning to ski.

Follow-up Speaking

Prove that the research in A “Gossip with the girls” is wrong! Work in pairs or small groups.

- *If you're a woman*, try to talk for two minutes about: *Football, Cars, Computers*

- *If you're a man*, try to talk for two minutes about: *Fashion, Shopping, Your family*

UNIT 4. TRUTH AND LIES

Intro

Is it ever OK to lie?

Here are some common lies. Who might say these, in what circumstances, and why?

- 1 'Please don't worry about it, it wasn't all that valuable.'
- 2 'She/He means nothing to me – it's you that I really love.'
- 3 'You won't feel a thing, I promise.'
- 4 'Whatever happens, I hope we can still be friends.'
- 5 'Don't cry – your rabbit's gone to rabbit heaven. I know he has.'
- 6 'Sorry, she's in a meeting at the moment. Can she call you back later?'

What other things do people often lie about?

Task 1. Match the two halves of the quotations about lies and truth. Explain what each quotation means. Which are most true?

a. Truth is stranger ...	1 beats all the lies you can invent.
b. It has always been desirable to tell the truth ...	2 but it requires a man of some sense to know how to tell a lie well.
c. A truth that's told with bad intent...	3 the best policy.
d. Any fool can tell the truth ...	4 while the truth is still pulling its boots on.
e. Be sure your lies ...	5 but seldom, if ever, necessary to tell the whole truth.
f. Honesty is ...	6 than fiction.
g. A lie can be halfway round the world ...	7 will always find you out.

Reading 1

Task 1. Read Part I of the text and answer the questions after it.

- a) Can you easily read other people's mind?
- b) Do you easily pick up unconscious messages people's bodies give you?
- c) What is a non-verbal communication?
- d) How do people send messages in gestures?
- e) How can our body language give us away?
- f) How can you tell a friend is fibbing you?
- g) How do boys and girls try to cover up the lie?

Part I

Body Language

Have you ever wished you could read someone's mind? Well, you can, just by picking up the unconscious messages their body gives you.

Did you know that 93 per cent of our communication with others is non-verbal? What we actually say makes up only seven per cent of the picture! That's what US scientist Ray Birdwhistell found out when he began to study body language back in the 1950s. He filmed conversations and then played them back in slow motion to examine gestures, expressions and posture, he noticed the same movements happening again and again, he realized that the body can talk too!

We use our bodies to send messages all the time. We nod instead of saying "Yes", shrug our shoulders to mean "I don't know", or raise our eyebrows to show surprise.

But even when we don't want other people to know how we're feeling, our body language can give us away. It's not difficult to find out someone is really and they won't even know it! The way we sit or stand, the expression on our face can reveal far more than words. But many of us miss these important signals, because we don't know what to look out for. Here are some useful tips!

How can you tell if a friend is fibbing to you? They'll often start blushing. They're embarrassed because they know they're not telling the truth. They'll probably look away while they're talking as well. That's because our eyes can reveal what we're thinking, even if we're saying the opposite out loud.

Boys tend to look at the ground when they're lying, while girls look at the ceiling. If they put a hand over their mouth, it's another signal they're lying. It's as if they're trying to cover up the lie.

Task 2. Read Part II and make up 5 questions to it.

Did you know?

In Britain,

- people who know each other stand about 1.22 metres apart when talking.
- friends say Hi when they meet, but they don't normally shake hands or kiss.
- it is rude to stare at someone.

Imagine you're asking your teacher for a few more days to finish your homework. As you talk, she starts rubbing her ear. This is a signal that she doesn't want to hear what you're saying – so forget it!

Remember putting both hands over your ears as a child to block out your parents' words? Someone who folds their arms tightly across their chest is sending a similar signal. We use folded arms as a defensive barrier to protect ourselves when we feel nervous or think someone is criticizing us. So, if you're making a point in a discussion, and the others fold their arms, you'd better give up! They're shutting your ideas out and you won't convince them – even if they say they agree with you.

Have you begun to understand how body language works? Now you can use it to your own advantage. Follow these tips, and you could become the most popular

student in the school! You've met someone who you'd like to get to know better. Look them in the eye – it shows you're sincere. When they're talking, lean slightly forward towards them and tilt your head on one side. This gives the message “I'm interested and I'm paying attention.” Imitate their gestures. If they cross their legs, do the same. But be careful! Don't be too obvious or they'll think you're making fun of them.

Even though body language is common to everyone, there are still some cultural differences. To avoid any communication problems, it's a good idea to learn these if you want to travel abroad and make friends with people from another culture.

From Get on Track to FCE by J. Copage, L. Luque-Mortimer, M. Stephens
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Task 3. Remember your own behaviour in analogous situations.

Task 4. Think of some cultural differences concerning our body language.

Task 5. Look at the pictures a) – g) and comment on the situations. What might their body language be showing?



a)



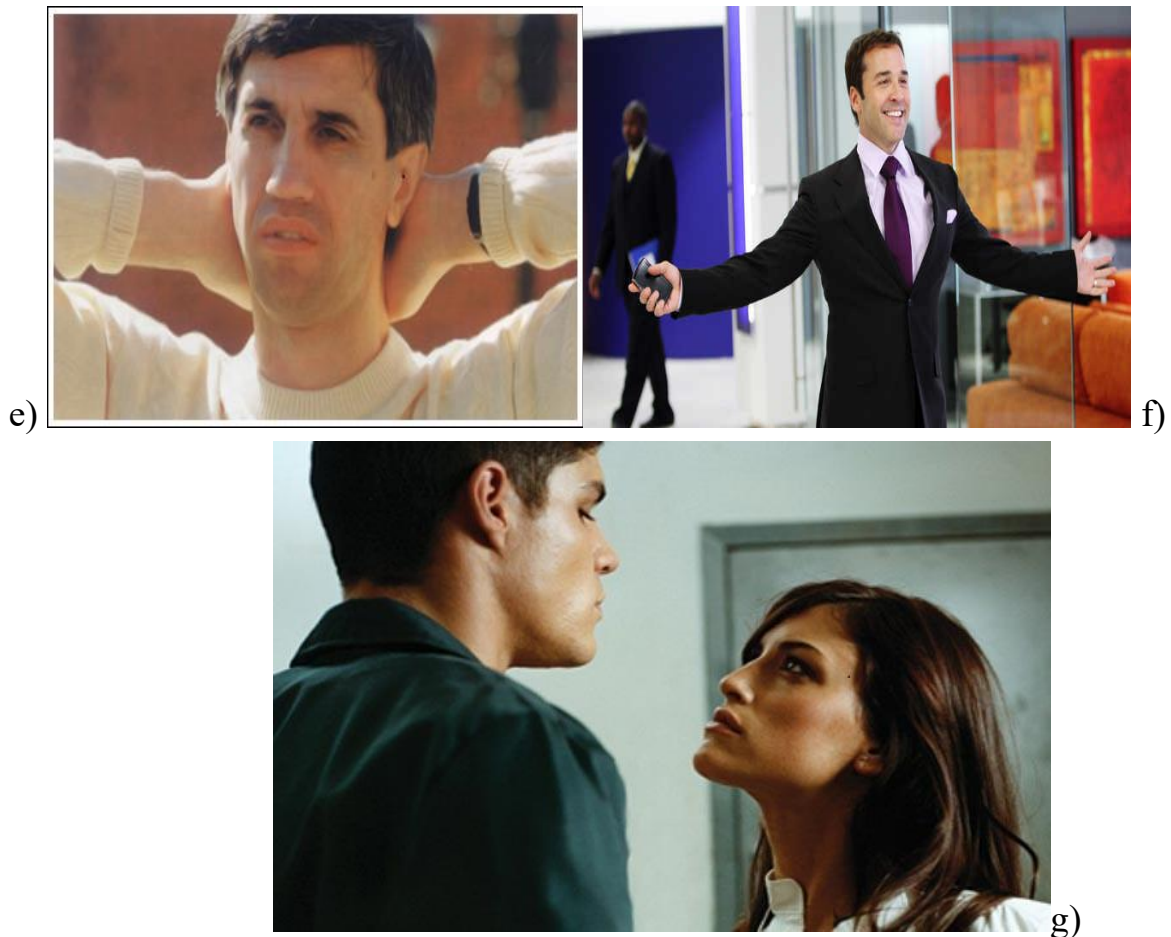
b)



c)



d)



Speaking

Task 1. Discuss these questions.

- Can you tell when your colleagues/friends/family are lying? How?
- Do you know anyone who is a habitual liar? What kind of things do they say?
- In which jobs is it particularly important that you are trustworthy?
- Are there any jobs in which it is an advantage to be a good liar?
- What characteristics does a good liar need?

Task 2. Make a list of ways in which people often give away the fact that they are lying.

Not looking into the eye

Reading 2

Task 1. Read and see how many of the ways you listed are in the text. What other ways are mentioned?

How do you Know When Someone is Lying?

1. How the ancient Chinese did it

The Chinese used rice. An examination for truthfulness might go something like this: “Is your name Chiang?” (They know the guy's name is, in fact, Chiang.) “Yes”.

The interrogators hand Mr. Chiang some rice. They have already counted the number of rice grains. “OK. Put this handful of rice in your mouth. Hold it for three seconds. Spit it out!”

Then they count how many rice grains come out.

“Did you steal the chicken?”

“No.”

“OK. Put this handful of rice in your mouth. Hold it for three seconds. Spit it out.”

Again, they knew how many grains went in, and they count how many come out. If more grains come out after the question about the stolen chicken than came out after the 'easy' question, where the suspect truthfully gave his name, they know he's lying. How? The stress of being caught lying makes the suspect's mouth drier. Fewer grains stick. More come out. Mr. Chiang stole the chicken.

2. Modern lie detectors

Modern lie detectors – also known as 'polygraphs' – rely on the same basic principle – that lying causes bodily changes, which can be detected and measured. Having agreed to do the test (if the test is done under duress, the extra stress makes the test unreliable), the suspect is connected to three devices measuring blood pressure, breathing rate and electrodermal response (the increased amount of electricity which flows to the skin when we sweat). Increased activity in these areas suggests increased stress ... which means the subject might be lying.

Lie detectors have been widely used in the US since the 1950s but they remain controversial and their results are not always accepted by courts.

The results of a test taken by the British nanny Louise Woodward to support her plea of not guilty to killing a child in her care were not admitted as evidence at her trial in Massachusetts. Nowadays, polygraphs are used by the US police, the CIA and the FBI to screen job applicants, but private employers are not allowed to subject job candidates to polygraph examinations, except in a few high-security industries like pharmaceuticals and money manufacturing.

3. Your voice

Cheaper and faster than a polygraph, the voice stress analyzer, or VSA is based on the premise that our voice changes when we are under stress – when we're lying for example. The VSA detects the changes, and will work on a telephone, tape recording or from the next room via a wireless mic or bug. The analyzer monitors the

subject's voice patterns and inflections, and electronically evaluates their relative stress patterns to determine if they are lying or not. Now you can even buy a Truth Phone, so when your other half rings to say they're working late at the office, you can immediately know if it's true or not! Research indicates this technology is not very precise at picking up lies.

4. Hesitation

The period of time between the last word of an investigator's question and the first word of the subject's response is known as 'Response latency'. Research tells us that the average response latency for subjects who are telling the truth is 0.5 seconds ... whereas the average latency for liars is 1.5 seconds. This is because the subject is mentally considering whether to tell the truth, part of the truth, or a complete lie. Latencies of two or three seconds should be regarded as highly suspicious ... in other words, he who hesitates ... is probably lying!!

5. Blushing

According to researchers in the USA, when someone lies, you get an instantaneous warming around the eyes commonly known as 'blushing'. Or James Levine of the Mayo Clinic in Rochester, Minnesota, speculates that people who lie are afraid of getting caught. That fear triggers a primitive response to run away. "Blood goes to the eyes so that the liar can more efficiently map out an escape route", he says. A high-definition, heat-sensing camera can detect such blushes; the new technology has proved more reliable than conventional lie detectors and could offer a new tool for mass security screening at places like airports, office buildings and high-profile events.



Task 2. Which statements below are true according to the text? Explain why, in pairs. (There may be more than one correct possibility.)

1. a) Lying makes it harder to spit out the grains of rice.
b) Lying makes it easier to spit out the grains of rice.
c) The rice makes your mouth go dry.
2. a) Lie detectors are reliable in the vast majority of cases.
b) Lie detectors can only work if used voluntarily.
c) Lie detectors rely on various forms of physical data.
3. a) You don't have to be in the same room as the subject to use the VSA.
b) The main advantages of the VSA are its cheapness and reliability.
c) The VSA measures how stressed you are rather than if you're lying or not.
4. a) People hesitate before lying because they need to prepare their lie.
b) The less hesitation there is, the less likely it is that you're lying.
c) The latency period more than doubles when people are lying.
5. a) People blush as the result of a primitive 'fight or flight' instinct.
b) Special machinery is needed to detect these blushes.
c) This technology is already in use for security screening at airports.

Follow-up Speaking

Task 1. Work individually. Write ten sentences about yourself: five should be true and five false. The sentences should be as interesting as possible, but remember that the idea is to trick your partners! Use the list to give you ideas:

Family

The things you love

The things you hate

Things you own

Places you've been

Famous people you've met

Jobs you've done

Past relations

Illnesses and accidents you've had

Your education and skills and abilities you have

Task 2. Spend 5-10 minutes thinking about how you will answer questions about these things (whether true or false). Ask your teacher about any vocabulary you need.

Task 3. Work in groups of about three. Take turns to read your statements to your partners. They can ask as many questions as they like.

Task 4. Decide which of your partner's statements are true and which are lies. Which member of the group persuaded the others to believe the most lies?

Useful vocabulary

Making statements

I know this is hard to believe/You may not believe this, but once ...

Believe it or not...

That's absolutely 100 per cent true.

Checking information

Tell us a bit more about...

Do you really expect us to believe ...?

Where/What/Why exactly did you ...?

Deciding which statements are true

This one can't possibly be/ must be/might be ...

There's no way she could have...

UNIT 5. STRESS

Intro

Task 1. Many people nowadays say that they are stressed. Make a list of reasons for this, and a list of ways of dealing with stress. Compare in groups.



Task 2. Put the phrases below in the best category. Mark them S if they are related to stress, R if they relate to relaxation.

- feeling tense
- getting things into perspective
- feeling worked up
- things getting on top of you
- chilling out
- being in a trance
- taking a step back
- finding it difficult to unwind
- getting pains in your chest
- feeling bad-tempered
- doing breathing exercises

Reading

Task 1. You are going to read about four complementary therapies: Colour therapy, Thai yoga massage, Hypnotherapy or Acupuncture. What do you think these treatments involve? Can you add any more complementary therapies to this list?

Task 2. Work in groups of three: students A, B, C and D. Each read about one of the other therapies. Complete the correct column of the table.

	<u>Alison</u> Hypnotherapy	<u>Ray</u> Colour therapy	<u>Dayle</u> Thai yoga massage	<u>Jackie</u> Acupuncture
His/her symptoms of stress				
Initial attitude to therapy				
Brief description of therapy				
Relationship with practitioner				
His/her assessment of the treatment				

Hypnotherapy

Alison Hatch teaches a class of seven- and eight-year-olds.

“I often get stressed at work, and it makes me feel bad-tempered and really worked up. I get pains in my chest, and an infection flares up in my hair and eyebrows. I'm very open-minded about alternative medicine.”

Prescribed

Hypnotherapy, which involves being induced into a light trance state usually by closing your eyes and listening to the therapist's voice. Though it directs itself to your unconscious mind, you remain aware of your surroundings.

Alison says: “We spent a large part of the first session looking back at my medical history and my life from when I was very small. She asked me what I was stressed about, to which the answer was “Everything”. The discussion was almost like therapy. I'd describe a stressful scenario, and she would look at it in a different way, explaining how things that happened in my childhood affect my reactions now.

Afterwards, she taught me breathing exercises for relaxation. Then she made me lie down and imagine a special place where I could go to relax. I thought of a rock

pool in a green lagoon. She said that after she counted to ten very slowly, she wanted me to be in my relaxed place in my mind, which was where I ended up.

She would then talk through whatever problems had come up at the beginning of the session, then she counted back to ten and took me out. The idea was that, when stressed, I would be able to close my eyes and remember that state of total relaxation and it's true, I can take myself back there if I want to. The infection hasn't been a problem since I started the treatment. When I find a classroom stressful, I take a step back, breathe and tell myself to chill out. A boy came up to me in the classroom the other day and said, "Miss, what are you doing?" and I said, "I'm counting to ten, Alex."

Continuing treatment? Yes

Colour therapy

Ray Coles teaches a class of ten- and eleven-year-olds.

"I find school very rushed and I only eat when I can find a minute to have a snack. When I get stressed at work, I get hyperactive and find it difficult to unwind. I also have difficulty concentrating and suffer from an aching back when I'm tense."

Prescribed

Colour therapy which is all about light, and involves watching various coloured lights to stimulate different parts of the brain.

Ray says: "I'm open-minded about alternative medicine, so I was ready for this. We began by having a good chat so that she could get to know me. It was a psychological discussion to talk about what stressed me out, such as school and life at home. She made really constructive suggestions about what I should actually do about my problems, and taught me some relaxation tasks".

After the discussion she asked me to lie down on the bed and dangled a crystal over my head from head to toe. She said that the energy from some colours was missing from certain parts of my body. It could have been bluff and guesswork, but she seems extremely genuine in what she believes.

Next, she switched on the disco lights and left me with them for 20 minutes. When she came back, she dangled the crystal again over certain points of my body and said she could see healing had taken place and certain parts were no longer as tense. I think it's a bit like horoscopes when you read that you'll meet a handsome stranger, you do suddenly begin to notice a lot of strange handsome people around you. A lot of the treatment relies on the power of suggestion.

I was very stressed about my workload and I got things far more in perspective. It was like going to someone for an independent viewpoint, because she gave me a lot of advice on interpersonal relationships. I wouldn't strongly recommend colour therapy, but I would suggest finding someone to go and have a good talk with."

Continuing treatment? No

Thai Yoga Massage

Dayle Brain teaches ten- and eleven-year-olds.

“I get very stressed and often have a headache when I leave school. It feels as if I'm constantly taking painkillers. Like most teachers I crash during the first week of the holidays and get throat infections. I don't know much about these treatments but I wouldn't mind doing something that involves some gentle stretching.”

Prescribed

Thai yoga massage which relieves physical stress and strain and stretches your limbs most effectively. It combines the yoga of India with the acupressure and meridian massage of China. It's like having your yoga done for you.

Dayle says: “Thai yoga massage is certainly not massage as we know it. It involves much harder pressing and it felt like I was a piece of dough being kneaded. When the practitioner was massaging me (through clothes) I did sometimes think, “please don't do that anymore”. He didn't actually talk to me apart from when he gave instructions which I found very strange. If he'd spoken to me more, I would have felt more comfortable.

I felt quite energetic after the first session, but it only lasted the day of the treatment. The next day I felt back to normal. As the sessions went on the massage got harder and my body felt as if it had been worked on each time, but I never got that feeling of instant energy back again.

It's difficult to say if the treatment was finally that useful. As the treatments went on, the headaches began to improve and things didn't seem to get on top of me the way they used to. I don't know if this was directly due to the treatment because stress depends on so many things.”

Continuing treatment? **No**

Acupuncture

Head teacher Jackie Cox is 55.

“As head of the school I just don't have time to relieve my stress. I suffer from an inflammatory disease which flares up when I'm under stress, and I'm ill most school holidays.”

Prescribed

Acupuncture, which involves inserting fine sterile needles into various trigger points that run along 12 energy channels throughout the body.

Jackie says: “I was extremely sceptical beforehand because I don't have much time for this sort of stuff. Still, at my first session the practitioner did a very thorough initial consultation involving my health history and important life events. It was so comprehensive it lasted 90 minutes, and I felt very reassured by her, which filled me with confidence. After that, she got started and, as the sessions have progressed, I've just felt better and better.

She didn't use big pins to start off with, she just put some very fine ones in my back, and took them out almost immediately. My husband has even noticed a difference in me. He thinks I'm much more relaxed now, and I certainly feel it.

I've just had a week off and usually I get very stressed during my holidays. I don't really enjoy the break, but it's been a good week. Now I'm back at work, which

is a very stressful environment, but I'm just starting to feel better. It's not a very relaxing treatment in itself - it's very different from having a massage, for example. I got on very well with the practitioner, though. At the beginning of every session, we would discuss what had happened in my week. She would ask me how I was feeling and how my stress levels were, before taking my pulses and deciding where she was going to position the needles. I found the process thrilling after having been such a sceptic.”

Continuing treatment? Yes

Task 3. Tell your partner about the text you've read. Rank the therapies from 1 (=most successful) to 4 (=least successful). Explain why.

Task 4. Discuss these questions.

- Which factors seem to affect how successful the therapy was?
- Would you like to try any of these therapies? Why/Why not?
- The four people in the articles are primary school teachers. Do you think that is a stressful job? Which other jobs do you think are stressful and why?

Follow-up Speaking

Task 1. Situation: Three months ago there was a staff shake up in the company where Mr. Hall works, after which he started having some physical as well as emotional problems. Mr. Hall, a middle-rank manager comes to see a counsellor. Read their conversation and complete the PRESENT COMPLAINT table

SURNAME <i>Hall</i>		FIRST NAME <i>James</i>
AGE <i>36</i>	SEX <i>M</i>	MARITAL STATUS <i>M</i>
OCCUPATION <i>Advertising manager</i>		
PRESENT COMPLAINT		

COUNSELLOR: Good morning, Mr. Hall. What's brought you along today?

PATIENT: Well, you see, counsellor, I've been having these headaches and dizzy spells at times, you see, and ...

COUNSELLOR: Aha. And how long have they been bothering you?

PATIENT: Er. Well, they started about ... well it must have been about three months ago.

COUNSELLOR: I see. And which part of your head is affected?

COUNSELLOR: Well, it's, it's right across the front here.

COUNSELLOR: Mm. And can you describe the pain?

PATIENT: Erm. It's a sort of dull, dull and throbbing kind of pain.

COUNSELLOR: I see. And do they come on at any particular time?

PATIENT: They seem to be, they're usually worse in the morning. I notice them when I wake up.

COUNSELLOR: Mm. And is there anything that makes them better?

PATIENT: Well, if I lie down for a while, they seem to go away.

COUNSELLOR: And as for the dizzy spells you have mentioned – do they appear at any particular part of the day?

PATIENT: Well, they seem to come in the afternoon or in the early evening.

COUNSELLOR: Is there anything that accompanies them apart from sense of discomfort?

PATIENT: I would say that during these spells I as if see a kind of yellow zebra, a moving zebra in front of my eyes.

COUNSELLOR: Yes, and has there been anything else apart from this?

PATIENT: Well, the wife, my wife, she says that I seem to be getting flashes of anger sometimes.

COUNSELLOR: Could you think of any reason for it?

PATIENT: Actually no, they appear out of nowhere, unexpectedly, the same as the dizzy spells.

COUNSELLOR: How does anger manifest itself in your body?

PATIENT: I'd say I start feeling shaky.

COUNSELLOR: Oh? Well, Mr. Hall. I believe you are suffering from stress as I can see physical as well as emotional expressions of this. I think at this stage I'll start by advising you to see a therapist for a health check. For my part, I can recommend you some complementary therapies to help you deal with stress.

PATIENT: What kind of complementary therapies are they – have never heard of such thing?

COUNSELLOR: Well, there are several techniques used nowadays

Task 2. Are there any other questions the counsellor might ask Mr. Hall? Write down as many as possible.

Useful Language 1

Ways of starting the interview:

What's brought you along today?

What brings you along today?

What can I do for you?

What seems to be the problem?

Note how the counsellor asks how long the problem has lasted:

How long have they been bothering you?

How long have you had them?

Useful Language 2

Note how the counsellor asks about the problem/the pain etc.

Where does it hurt?

Can you describe it?

What's the pain like?

What kind of pain is it?

Some possible answers:

It's: a dull sort of pain/feeling of pressure/burning pain/very sore, like a knife

Useful Language 3

Ways to ask if anything relieves the pain/the problem:

Is there anything that makes them better?

Does anything make them worse?

What effect does food have?

Does lying down help the pain?

Task 3. Act out a similar situation: student A – a counsellor, student B – a patient. Student B: describe the problem (invent any details). Student A: Find out about student B's problems asking as many related questions as possible and prescribe some further actions.

UNIT 6. THE ERA OF DIGITAL COMMUNICATION! OR DIGITAL LONELINESS ...?



Intro

**Task 1. Look at the title of the article below. What do you think it means?
Read the first paragraph to check.**

Task 2. Now read the whole article. Choose a b, or c.

1. Many of the managers surveyed think that as a result of information overload:

- a) they have to work harder
- b) they enjoy their jobs less
- c) they are ill more often

2. Scientists think that information overload makes people ...

- a) more anxious but more productive
- b) more productive but less creative
- c) more stressed and less creative

3. One solution to information overload would be to spend less time...

- a) searching for information
- b) using the internet
- c) talking on the phone

Information overload

If you type the words information overload into Google you will immediately get an information overload – more than 7 million *hits* in 0.05 seconds. Some of this information is interesting – for example, you learn that the phrase 'information overload' was first used in 1970 – actually before the internet was invented. But much of the information is not relevant or useful: obscure companies and even more obscure *bloggers*.

Information overload is one of the biggest irritations in modern life. There are news and sports websites to watch, emails that need to be answered, people who want to chat to you online, and back in the real world, friends, family, and colleagues who also have things to tell you. At work information overload is also causing problems. A recent *survey* has shown that many company managers believe that it has made their jobs less satisfying, and has even affected their personal relationships outside work. Some of them also think that it is bad for their health.

Clearly there is a problem. It is not only the increase in the quantity of information – it is also the fact that it is everywhere, not just in the home and in the workplace. Many people today do not go anywhere without their smartphones. There is no escape from the internet.

Scientists have highlighted three big worries. Firstly, information overload can make people feel anxious: there is too much to do and not enough time to do it. People end up *multitasking*, which can make them even more stressed. Secondly, information overload can make people less creative. Research shows that people are more likely to be creative if they are allowed to focus on one thing for some time, without interruptions. Thirdly, information overload can make people less productive. People who multitask take much longer and make many more mistakes than people who do the same tasks one after another.

What can be done about information overload? One solution is technological: there is now a computer program or app you can install called *Freedom* which disconnects you from the web at preset times. The second solution involves willpower – *switch off* your mobile phone and the internet from time to time. The manager of an IT company puts thinking time into his schedule, when all his *electronic devices* are switched off so that he isn't disturbed. This might sound like common sense. But nowadays, although we have more information than ever before, we do not always have enough common sense.

Adapted from a news website

Task 3. Read the article again and work out the meaning of the *italicized* words and phrases related to the internet and technology.

Speaking

Task 1. Do you suffer from information overload in your own life? Talk to your partner about how information overload affects different parts of your life.

*your work *your studies *your social life *your family life

Task 2. Read sentences A-F below. Tick (✓) the ones you agree with and cross (X) the ones you don't agree with. Think about your reasons.

- A. You can only have two or three close friends.
- B. Now people are in touch with more people but have fewer close friends.
- C. Men keep their friends longer than women.
- D. You should be friends with your parents on social networking sites

Task 3. In groups, compare opinions. Try to give real examples from your own experience or of people you know.

Reading

Task 1. Look at the book review information. What do you think the book is about? How do you think the three teenagers feel?

The winter of our disconnect¹

The wise and hilarious story of a family who discovered that having fewer tools to communicate with actually led them to communicate more.

When Susan Maushart first announced her intention to pull the plug on her family's entire collection of electronic gadgets for six months her three kids didn't react at all. Says Maushart: "Looking back I can understand why. They didn't hear me."

Task 2. Read Part 1 where some people are discussing the book review. Answer questions 1-6.

1. Why did Susan Maushart decide to do the experiment?
2. Was it just her children who were spending too much time using technology?
3. Who are 'digital immigrants' and 'digital natives'?
4. What gadgets did Susan Maushart's family have to switch off? Where?
5. What were they allowed to use?
6. How did she get the children to agree to the experiment?

¹ The title is a play on words. Shakespeare's play Richard III opens with the famous phrase 'Now is the winter of our discontent...'

Part I

Presenter: And now it's time for our book of the week, which is “The Winter of our Disconnect” by Susan Maushart. Jenny, to start with, it's a good title, isn't it?

Jenny: Brilliant! And it was a fascinating experiment and a good read.

Presenter: Tell us about it.

Jenny: Well, Susan Maushart is a journalist who's bringing up three teenage children. She decided to do the experiment after reaching a point where she felt that the whole family, especially her children, were all living in their own little worlds, with headphones on, plugged into their laptops or their iPods or their smart phones and that they weren't relating to the other people in the family.

Andrew: So it wasn't just her children who were permanently plugged into an electrical device?

Jenny: Well, she admits that she herself was quite addicted to her phone and to her iPod and her laptop and that she was constantly reading news sites and googling information, but it was really her children who were totally dependent on new technology. In the book she makes the interesting distinction between 'digital immigrants' and 'digital natives'.

Nick: What does that mean?

Jenny: She describes herself as a digital immigrant, that's to say someone who didn't grow up with digital technology, which is really anyone who was born before 1980. Her children are digital natives, which means that they were born after computers and the internet were already part of life.

Nick: Well, that's me then.

Jenny: Yes, well, the main difference, she says is that digital immigrants use the technology, to find information or to listen to music, but digital natives live and breathe the technology. So for them living without it is like living without water, without electricity, in the dark ages.

Nick: What were the rules of the experiment?

Jenny: The family had to live for six months without using any electrical gadgets in the house with a screen. So no smartphones, no laptops or computers, no TVs, no video consoles and no iPods. They were allowed to use technology at school or at friends' houses, or in internet cafes, and they were allowed to use land line phones. But everything else was switched off for the whole six months.

Sally: Six months? How on earth did she get the children to agree?

Jenny: She bribed them. She told them she was going to write a book about the experiment, and that they would share in any profits that she made from the book!

Sully: Wow, that was very clever of her...

Task 3. Read Part 2 of the book review. In general, was the experiment positive or negative? Why?

Part 2

Presenter: So what were the results? Was it a positive experience?

Jenny: At the end of the book Susan says that it was a positive experience in every way. At first, of course, the kids complained bitterly, they kept saying they were bored. But then they started to talk to each other again, to go and sit in each other's rooms and chat. They got interested in cooking and reading, they went to the cinema together. They played CDs on the CD player and they actually sat and listened to the music instead of just having music on their headphones all the time as background music. And Susan's 15-year-old son started playing the saxophone again. He had stopped playing a few years before, but then he started having lessons again and even started giving concerts... Oh and the children said that they slept better!

Sally: Oh. Well, that's good. What about the children's school work? I mean, nowadays we assume that everyone needs the internet to do research for homework and so on.

Jenny: In fact, the children's school reports showed that they all improved. When they needed the internet they used the computers at school or at university (the eldest daughter was at university), or they went to friends' houses. But when they did their homework they did it better than before because they weren't multi-tasking – they weren't doing homework and listening to music and sending messages all at the same time. So they concentrated better, and their schoolwork improved.

Andrew: What about, Susan, the mother? Did she find it difficult to live without modern technology?

Jenny: What she found most difficult was writing her weekly article for the newspaper because she had to do it by hand, and not on her laptop. She said that at the beginning her hand used to really ache, she just wasn't used to writing by hand anymore. But that was just a small problem.

Nick: Any other negatives?

Jenny: Well, of course the phone bill for their landline was enormous!

Nick: Has the experiment had a lasting effect?

Jenny: Susan says that it has. She thinks that they all get on much better as a family, her son is still playing the saxophone and he sold his video console. They've all realized that we live in a digital world, but that we need to disconnect from time to time and to re-connect to the people around us. So they have new rules in the house, like no TVs in bedrooms and no TV in the kitchen where they eat. And no wasted hours on the internet.

Sally: That would be a good rule for me too!

Task 4. Read again and complete the sentences in your own words.

- 1 At the beginning the children complained that...
- 2 Later they started to...
- 3 Her son started to...

- 4 Their mother found it difficult to...
- 5 Another negative thing was that...
- 6 They now have new house rules, for example...

Follow-up Speaking

- 1 Have you ever had to live without the internet for a few days or more, e.g. when you were on holiday somewhere? Did you miss it a lot? Why (not)?
- 2 Do you think Susan Maushart's experiment was a good idea? Why (not)?
- 3 If you had to do the experiment, what do you think you would miss the most? Why?

Useful language

The thing I'd miss most is... I can't live without it because... I need / use it (for)... I'm addicted to it... I depend on it (for)...

Rendering 1

Среди молодежи распространяется эпидемия одиночества

Появился новый сервис: живые цветы напрокат. То есть девочка на 8 Марта либо в свой день рождения может за умеренную плату заказать, чтобы ей на десять минут привезли шикарный букет из ста и одной розы.

Зачем? А чтобы сделать селфи во всех ракурсах и выставить фото в сеть. Вот, мол, какой у меня крутой парень, как меня любит! Завидуйте, ставьте лайки!

Самое забавное, что к букету на те же десять минут можно заказать упаковку подарка (естественно, пустую) от Гуччи, Армани, Валентино и других бонз гламура.

В Москве бизнес процветает. В Беларуси пока не прижился — хозяйева цветочных магазинов во время опроса пожимали плечами, выказывая опасения, что предприятие не окупится, цветы зря попортятся... Но мне кажется, скоро и наши девочки станут в инстаграм счастливо прятать личики с подростковой прыщавостью за огромными букетами, демонстрируя иллюзию успешной личной жизни.

А что хотите, если такая девочка каждый день страдает, видя в инстаграм и ВКонтакте фото счастливиц с букетами, да еще чья-то надежная рука обнимает за плечо...

Кстати, есть целая наука, как исхитриться себя сфоткать для инстаграм, чтобы казалось, будто тебя кто-то обнимает. А в 2012 году появился

популярный мем, когда какая-то барышня опубликовала фото с комментарием: «Парень сфоткал меня, пока я спала. Люблю его. Всем споки». Увы, за спиной якобы сладко спящей девушки находилось большое зеркало, в котором отражалась ее собственная поднятая рука со смартфоном.

Конечно, можно рассуждать об извечном стремлении раскрасить кролика акварелькой под мексиканского тушкана. Но проблема в другом. Психологи утверждают: среди молодежи распространяется эпидемия одиночества. Сегодня молодые люди в три раза чаще, чем пенсионеры, проводят большую часть времени в одиночестве и изоляции. Британская газета 'The Daily Mail' опросила более 5.000 человек разного возраста. Из них 18% чувствовали себя одинокими большую часть времени. Но среди 16 — 24-летних одиноких оказалось 32%, а среди тех, кому за 65, — 11%. То есть практически каждый третий молодой человек ощущает себя в социальной изоляции! При этом каждый двадцатый говорил, что его никогда не любили, каждый восьмой считал, что ощущение любви — редкое явление. Каждый восьмой признавался в отсутствии близких друзей. Представляете? Как раз тот возраст, когда необходимо общение, чувство, что ты кого-то интересуешь. Тысячи лайков в инстаграм, переписка в чатах никак не компенсируют реальное ощущение руки на твоём плече. Подростки загнаны в тупиковую ситуацию: чем больше проводят времени за общением в сети, тем меньше остается на общение реальное, а следовательно, тем острее чувство одиночества. Публичного одиночества — таков феномен времени. Сотни людей знают, что ты сегодня съела на завтрак, но некому было постучать по спине, когда ты поперхнулась. Это совсем не то, о чем Фредерик Бегбедер сказал: «Никто не хочет оставаться в одиночестве: оно высвобождает слишком много времени для размышлений. А чем больше думаешь, тем становишься умнее — а значит, и грустнее». Нынешнее одиночество — это «одиночество в сети», постоянная трескотня в чате, фиксация каждого мгновения своей жизни для других, которым это на фиг не нужно. При этом удачная личная жизнь, наличие друзей — один из важных показателей успеха. Поэтому в своем одиночестве признаваться не хотят, кроме наследников эмо, создающих из «мир — боль, все тлен» защитную сферу. Пользователю кажется, что его-то сверстники веселятся да тусуются...»

Целое поколение — с чувством ущербности... Как они это компенсируют? Хорошо, если просто заказывая сто и одну розу напрокат. А если, чтобы обратить на себя внимание в реале, подросток решает воплотить сюжет из компьютерной игры или блокбастера? Не зря самой большой популярностью пользуются сюжеты о том, как бывший лузер и изгой вдруг оказывается супергероем и крошит тех, кто его недавно презирал. Ужасные примеры таких срывов уже есть. Что же дальше? Или человечество перерастет изоляцию виртуального общения, как пережило повальное увлечение тамагочи, спиритизмом и алхимией, или возникнет целая генерация озлобленных хикки, не выходящих из комнат с компьютером. Ведь по интернету можно делать все — от покупок до заказных убийств. Недавно читала рассказ, в котором

описывается общество, где заводят виртуальных детей и борются за их равные права с детьми обычными.

С одной стороны, равнодушие, с другой — страх быть непонятым, отвергнутым без своей виртуальной оболочки...

Что делать? Для начала поинтересуйтесь, что происходит с ребенком, сидящим в соседней комнате с планшетом. Скорее всего, он страшно одинок и не понимает, что с этим делать.

Rendering 2

Одиночество в современной жизни — естественная реакция на развитие общества?

Одиночество — это современная «болезнь» нашего общества, которую пока безуспешно пытаются одолеть психотерапевты. При этом глобальный характер она носит в развитых и урбанизированных странах. То есть с развитием человечества, эволюционируют также различные фобии и социологические проблемы. В далекие от нас времена, человек, который пытался выжить в одиночку, был заранее обречен на страдание и тяжелое существование, именно поэтому их причисляли к мученикам, святым или отшельникам. Только сообща община людей могла продуктивно развиваться, давать отпор врагу и вести успешную хозяйственную деятельность. Другими словами, еще сто лет назад у человека не было физической возможности оставаться одному, и при этом быть самодостаточным и успешным.

Тенденция к одиночеству

Всемирная сеть Internet, совершенствование транспортной международной системы и глобализация мировых процессов, постепенно нивелировали потребность в тесных связях между людьми ради развития общества. К примеру, сегодня во многих сферах деятельности (особенно это касается области культуры, высоких технологий, научных исследований — достаточно высокооплачиваемых направлений) роль массовых коллективных усилий для достижения успеха, ничем не отличается от разобщенных действий одиночек, объединенных Всемирной паутиной, под управлением небольшого количества талантливых руководителей. Кроме этого, развитие средств массовой информации и компьютерной индустрии привлекают к себе все больше внимания. В эти проекты вкладываются значительные денежные средства, цель которых удержать внимание зрителя как можно дольше.

И это только несколько из основных причин, стимулирующих развитие тенденции к одинокому способу жизни. Человек получил реальную возможность быть успешным без тесного контакта с социумом, именно это и является главной причиной такого явления как одиночество. Но потребность общения и контакта никуда не исчезли, просто они атрофировались, исказились, приняли ложные формы. Такая псевдосвобода, в действительности, лишает возможности вести естественный образ жизни. Худшим сценарием

развития подобной ситуации, являются попытки носителей одинокого образа жизни, навязать свое мнение другим, своего рода найти подтверждение правильности своих действий среди остальных людей.

Это не касается тех людей, которые в силу определенных причин стали одинокими или не могут наладить общение: инвалиды, люди в возрасте или те, кто страдает нарушением психики. Речь идет о тех, кто добровольно замкнулся в себе и искренне верит в то, что одиночество, это нормальный образ жизни, естественная реакция на развитие современного общества. При этом многие идут дальше и отвергают семейные узы, ценности. Самый загадочный фактор в такой ситуации это то, что явлению социального одиночества в современных условиях подвержены люди молодого и среднего возраста, которые еще имеют психологическую и родительскую поддержку людей более зрелого поколения – своих родителей, которые выросли в условиях тесных общественных связей. Сложно предсказать, что будет в будущем, когда вырастет целое поколение одиноких людей, воспитанное одиночками.

Спрятаться от всех

Для многих одиночество – это своеобразная ширма, которая позволяет скрыть свои комплексы или другие недостатки, которые с течением лет будут все более прогрессировать. Не пытаясь приобщиться к социуму, противопоставляя себя ему, человек бессознательно (в редких случаях это происходит в полном понимании происходящего) боится быть самим собой и замыкается себе. Такой «защитный кокон» дает иллюзию правильности происходящего, дает силы на поддержание эффекта независимости и успешности. Отделившись такой ширмой от всего мира, удобно и приятно пестовать в собственном сознании свою бесценность и уникальность, формировать высокую самооценку и веру в высшее предназначение.

Именно это и происходит со многими физически и социально полноценными людьми. Выпестованный образ собственной значимости, а-ля центр Вселенной, формирует необоснованную уверенность в правильности подобных действий. Замыкаясь и концентрируя все свое внимание на себе, необоснованно возвышая свое эго, человек постепенно теряет способность любить и сострадать – чисто, светло и искренне. Черствеет сердце, появляется сарказм и цинизм, которые являются прикрытием для самой обыкновенной зависти к тем людям, которые имеет уютный семейный очаг и любящую семью, верных друзей. Вот только та самая иллюзия не дает возможности понять настоящую реакцию души на эти явления, она искривляет и извращает увиденное, предоставляя человеку возможность вновь заняться самообманом. Одиноким бредущим по жизни – по-своему несчастны, но при этом довольно часто успешные люди в современной жизни. Но вот только – жизнь ли это, отгородиться от окружающего мира в пределах своего «Я»? Да, каждый человек индивидуален и неповторим, но желания в своей основе, на протяжении тысячелетий, остаются те же: потребность быть любимым и любимой,

гордиться в старости своими детьми и внуками, быть желанным и иметь в этой сложной жизни опору в близких друзьях.

Объявим борьбу одиночеству

Сегодня человеку все тяжелее себя понять, возникает все больше факторов, которые мешают и искажают восприятие этих основных для человека потребностей. Именно поэтому в городах появляется все больше одиночек. В крупных населенных центрах проще найти суррогат-заменитель (для каждого человека он свой) для настоящих чувств, отсутствие которого вызывает самую настоящую ломку. Чаще всего человек-одиночка – это личность, которая на определенном этапе, в силу обстоятельств, противопоставила себя обществу. Именно поэтому такое явление должно быть временным, но никак не постоянным. Оно могло возникнуть как защитный механизм в детстве из-за насмешек товарищей или во взрослой жизни от издевательств мужа, бывает и так. Но очень важно с одиночеством бороться, не закрываться от внешнего мира, впустить в себя хотя бы его небольшую часть и обрести покой, который так необходим мятежной душе.

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Составители:

Сергей Сайярович Иванов
Татьяна Валентиновна Мартыанова
Марина Вианоровна Золотова

Федеральное государственное автономное образовательное учреждение
высшего образования «Нижегородский государственный университет им. Н.И.
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